

***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—7/19/2016

ORANGE COUNTY TRACK - 2016

This is the 27th 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	3:44.14	Austin Tamagno (Brea)	2016
1600m	4:00.83	Jantzen Oshier (Trabuco Hills)	2011
2000m	5:22.69	Brandon Bethke (El Toro)	2004
Mile	4:01.04	Austin Tamagno (Brea)	2016
3000m	8:17.5	Jon Butler (Edison)	1981
3200m	8:46.78	Jon Butler (Edison)	1981
Two Mile	8:44.6	Eric Hulst (Laguna Beach)	1976
Steeplechase	9:19.2	Eric Hulst (Laguna Beach)	1975
3 Mile	13:45.4	Ralph Serna (Loara)	1974
5000m	14:16.2	Ralph Serna (Loara)	1974
6 Mile	27:58.0	Eric Hulst (Laguna Beach)	1976
10,000m	28:55.0	Eric Hulst (Laguna Beach)	1976
One Hour Run	11m, 1043yd	Joey Gomez (Valencia)	1977
Marathon	2:27.25	Eric Hulst (Laguna Beach)	1976
120 yd Hurdles	13.3	John Peterson (Saddlback)	1975
110m Hurdles	13.41	Steve Kerho (Mission Viejo)	1982
180 vd Hurdles (curve)	18.6	Issac Curtis (Santa Ana)	1968
300m Hurdles (30")	35.85	Steve Kerho (Mission Viejo)	1982
330 yd Hurdles (30")	37.4	Tom Turner (Cypress)	1975
300m Hurdles (36")	36.45	Trevor Jones (Newport)	2000
400m Inter Hurdles	52.33	Trevor Jones (Newport)	2000
4 x 100m	41.48	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
4x880yd	7:48.0	Tustin	1965
4 x 1500m	16:23.1	University	1981
4 x 1600m	17:12.60	Trabuco Hills	2012
4 x Mile	17:27.75	Dana Hills	2009
Distance Medley (yd)	10:12.0	El Modena	1970
Distance Medley (m)	9:58.76	Dana Hills	2010
High Jump	7-2.5	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 (12 lb.)	71-7.25	Bronson Osborn (Esperanza)	2016
Shot Put (Junior 6kg)	69-9.5	Bronson Osborn (Esperanza)	2016
Shot Put (16 lb.)	57-10.25	Dave Murphy (Sunny Hills)	1966
Discus (HS 1.62kg)	213-11	Scott Moser (Huntington Beach)	1997
Discus (Junior 1.75kg)	189-04	Bronson Osborn (Esperanza)	2016
Discus (2kg)	161-2	Steve Lehmer (Loara)	1966
Decathlon	6525	Tohru Asami (Sunny Hills)	1978

GIRLS COUNTY OUTDOOR RECORDS

100 yd	11.04	Michelle Kelley (Irvine)	1979
100m	11.66	Carol Rodriguez (Western)	2003
200m	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	41.95	Emma Kratzberg (Newport)	2016
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	14-3	Rachel Baxter (Canyon)	2016
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
Hammer	203-08	Joy McArthur (Mater Dei)	2016
Heptathlon	5405	Sharon Hatfield (Fountain Valley)	1982
Pentathlon	3925	Sharon Hatfield (Fountain Valley)	1980

BOYS COUNTY INDOOR RECORDS

50m	5.86	Tim Martin (San Clemente)	1990
60 yd/55m	6.33	Kerwin Bell (Edison)	1980
60m	6.78	Kerwin Bell (Edison)	1980
300m	37.82	Gabe Warner (Woodbridge)	2015
500 yd	58.2	Brian Theriot (Newport)	1975
600 yd	1:14.72	Chad Rozean (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	9.8	* Kirk Ayers (Western)	1986
9.5	Jackie White (Santa Ana)	1969	9.8	Tien Bui (Villa Park)	1988
9.5	Devon Trahan (Saddleback)	1971	9.8	* William Dancy (SA Valley)	1988
9.5	Kerwin Bell (Edison)	1980	9.8	* Dariel Whipple (Western)	1989
9.6	Eddie Morris (Huntington Beach)	1940	9.8	Kevin Thomas (Valencia)	1989
9.6	Bill Swisshelm (Santa Ana)	1954	Wind-aided:		
9.6	Bob Maimbourg (Garden Grove)	1960	9.5w	Eddie Morris (Huntington Beach)	1940
9.6	** Stan Edmonds (Savanna)	1964	9.5w	Bill Swisshelm (Santa Ana)	1953
9.6	Fred Kuller (Santiago)	1964	9.5w	Dick Cooper (SA Valley)	1967
9.6	Dick Coulter (SA Valley)	1967	9.5w	Clancy Edwards (Santa Ana)	1973
9.6	Ron Pharris (Anaheim)	1967	9.69w	Kerwin Bell (Edison)	1980
9.6	Ron Hamley (Lowell)	1968	9.6w	Stan Edmonds (Kennedy)	1966
9.6	*Jack Struble (Kennedy)	1971	9.6w	Richard Yukihiro (Western)	1967
9.6	*Jim Straw (Garden Grove)	1973	9.6w	*Jim Beyers (Loara)	1970
9.6	Clancy Edwards (Santa Ana)	1973	9.6w	Mike Rhue (SA Valley)	1976
9.6	Walter Steen (SA Valley)	1982	100 meters		
9.84	* Kerwin Bell (Edison)	1979	10.36	Curtis Godin (Mater Dei)	2014
9.7	Bill Swift (La Habra)	1959	10.45	Matt Bruno (Trabuco Hills)	2002
9.7	Pat Moore (La Habra)	1959	10.50	Justin Woods (Los Alamitos)	2005
9.7	Bob Armstrong (Rancho Alamitos)	1961	10.51	Herbert Gamboa (San Clemente)	2012
9.7	* Ed Preston (Santa Ana)	1963	10.54	* Kyle Middlebrooks (Fountain Valley)	2009
9.7	Herman Grimes (SA Valley)	1964	10.56	Tim Martin (San Clemente)	1991
9.7	Randy Lynch (Anaheim)	1965	10.56	** Bryan Harrison (Dana Hills)	1995
9.7	Dave Samarin (La Habra)	1965	10.57	Elliot Dunning (SA Valley)	1984
9.7	Dave Cooke (Brea)	1966	10.58	Quinton Bell (Costa Mesa)	2014
9.7	Ed Steward (Santa Ana)	1967	10.60	Walter Steen SA Valley)	1982
9.7	Robert Ray (Santiago)	1967	10.61	Brian Woods (Los Alamitos)	2003
9.7	Bruce Rollinson (Mater Dei)	1995	10.62	Matt Slater (Servite)	2003
9.7	Pete Sprout (El Modena)	1969	10.64c	Eddie Morris (Huntington Beach)	10.4 1940
9.7	Clyde Emery (SA Valley)	1969	10.65	Chukwuekezue Nwachie (Loara)	2012
9.7	Rick Gilson (Bolsa Grande)	1970	10.66	Tony Pitts (SA Valley)	1978
9.7	Luis Castle (Sunny Hills)	1970	10.66	* Garland West (Cypress)	2004
9.7	* Steve Elkins (Loara)	1970	10.67	Kevin Griswold Garden Grove)	1996
9.7	*Jim Beyers (Loara)	1970	10.67	Damani Wilson (Orange Lutheran)	2010
9.7	Jim Rohrig (SA Valley)	1974	10.67	Austin Hazel (Mater Dei)	2012
9.7	Mike Rhue (SA Valley)	1976	10.67	Mike McNair (Mater Dei)	1998
9.7	Rex Brown (Ocean View)	1982	10.68	Andy White (Mission Viejo)	2007
9.7	Clay Kussler (Los Alamitos)	1984	10.70	Kerwin Bell (Edison)	1980
9.7	Elliot Dunning (SA Valley)	1984	10.70	Erik Mitchell (Los Alamitos)	1990
9.7	Paul Peters (SA Valley)	1987	10.70	Gary Young (Woodbridge)	1994
9.7	Erik Mitchell (Los Alamitos)	1990	10.70	* Claude Melvin (Brea)	1999
9.91	Ulysess Trammel (Rancho Alamitos)	1991	10.71	Rex Brown (Ocean View)	1982
9.8	Dan Hoefler (Fullerton)	1948	10.71	*Trent Langham (Pacifica)	2011
9.8	Johnny Allen (Santa Ana)	1956	10.71	Hunter Simmons (Tesoro)	2012
9.8	Ron Vande Putte (Valencia)	1959	10.71	*Spencer Danner (San Juan Hills)	2013
9.8	Gary Walker (Tustin)	1959	10.72	Kevin Alexander (Valencia)	1992
9.8	Jim Lawrence (Buena Park)	1964	10.72	Josh Brown (El Modena)	2007
9.8	* Randy Julian (Bolsa Grande)	1965	10.72	**Alex Suchesk (Santa Margarita)	2012
9.8	Mike Morgan (Mater Dei)	1967	10.73	* Joey Branker (Mission Viejo)	2009
9.8	Dennis Johnson (El Modena)	1969	10.73	Scott Patton (Woodbridge)	2015
9.8	Keith Denson (SA Valley)	1969	10.74	Donovan Stephens (Mission Viejo)	1986
9.8	Tom Teeple (Brea)	1969	10.74c	* Jarrett Murrell (Saddleback)	10.5 1991
9.8	Darryl Blood (Newport)	1970	10.74c	Charles Crook (Katella)	10.5 1997
9.8	Dave Johnson (Estancia)	1970	10.74c	Anthony Privitelli (Villa Park)	10.5 2008
9.8	Dave Lacey (Marina)	1970	10.74	Anton Jamir (Cypress)	2003
9.8	Phil Maas (Fountain Valley)	1971	10.76	* Darryl Poston (Edison)	2000
9.8	Tony Krzyzosiak (Garden Grove)	1986	10.76	Kellen Foley (Dana Hills)	2008
9.8	Carlo Tosti (Corona del Mar)	1972	10.76	Chris Nicholls (Servite)	2010
9.8	James Butler (SA Valley)	1972	10.76	**Hunter Simmons (Tesoro)	2011
9.8	Warren Hansen (Garden Grove)	1973	10.77	* Teddy Baker (Saddleback)	1984
9.8	Doug Perrall (Pacifica)	1974	10.77	*Matt Slater (Servite)	2002
9.8	Chris Saunders (Sonora)	1978	10.77	Devin Harrison (Dana Hills)	2011
9.8	Robert Powell (SA Valley)	1978	10.77	Michael Mitchell (Tesoro)	2016
9.8	Steve Southward (Fountain Valley)	1981	10.78	* Chip Rish (Marina)	1984
9.8	Rick Nichols (Fountain Valley)	1982	10.79	* Terry Johnson (Katella)	1985
9.8	Rod Harmon (Santa Ana)	1982	10.80	Dajuan Pannell (Western)	2000
9.8	Richard Calvin (SA Valley)	1982	10.80	Arron Harris (Western)	2008
9.8	Teddy Baker (Saddleback)	1985	10.81	* Chucky Linman (Edison)	2001
9.8	Chip Rish (Marina)	1985	10.81	* Deshaun Foster (Tustin)	1997
9.8	Ellis Bradford (SA Valley)	1986	10.81	Shane Henry (Esperanza)	2006

10.81	Matt Hurst (Corona del Mar)		2014	10.94	Sean Henderson (Los Alamitos)		2008
10.82	Tony Mosley (Santa Ana)		1987	10.94	Adrian Hernandez (Mater Dei)		2015
10.82	Kamron Shahbahrami (Irvine)		2011	10.94	Ethan Du (Esperanza)		2016
10.83	Jeff Smith (Troy)		2001	10.95	* Che Garcia (Anaheim)		1992
10.83	Drew Endly (Laguna Hills)		2008	10.95	* Austin Messick (Capo Valley)		2007
10.83	* Shawn Tucker (Laguna Hills)		2008	10.95	Chad Grimmer (El Toro)		2009
10.83	*Alex Young (Woodbridge)		2015	10.95	Ameer Webb (Tustin)		2009
10.84c	Steve Jennings (Marina)	10.6	1986	10.95	Miles Robertson (La Habra)		2014
10.84c	* William Dancy (SA Valley)	10.6	1988	10.96	Allen Shumate (Tustin)		2000
10.84c	Ben Cesar (Ocean View)	10.6	1990	10.96	**Jonathan Woods (El Toro)		2001
10.84c	Tim Fitzgerald (Santa Margarita)	10.6	1996	10.96	Whittaker (Mission Viejo)		2001
10.84c	Guillermo Esparza (Brea)	10.6	1997	10.96	**Blake Hennesay (Santa Margarita)		2016
10.84c	** Marshall Johnson (SA Valley)	10.6	1997	10.96	Jonahtan Hill (Cypress)		2014
10.84	* Chad Watts (Saddleback)		1998	10.97	Anthony Ramirez (Mission Viejo)		1992
10.84c	* Adolph Keyes (Los Alamitos)	10.6	1998	10.97	* Aaron Ford (Los Alamitos)		1994
10.84c	John Sanders (Fountain Valley)	10.6	1998	10.97	Allen Sabio (Servite)		1997
10.84c	Rasuli Webster (Brea)	10.6	1998	10.97	Aaron Coudy (St Margaret's)		2002
10.84c	*Zach Chandy (Sage Hill)	10.6	2005	10.97	Raphael McFarlane (Mission Viejo)		2003
10.84	Malik Felton (Servite)		2011	10.97	*Jacob Garrett (Fountain Valley)		2016
10.85	Korey Alexander (Valencia)		1992	10.97	Adam Gann (Trabuco Hills)		2011
10.85	Denny Casupanan (Tustin)		2002	10.97	Dustin Holtz (El Modena)		2012
10.85	Justin Hunter (Dana Hills)		2014	10.97	Garrett Estrada (Mater Dei)		2015
10.85	Brandon Douglas (Los Alamitos)		2015	10.98	Jim Adams (Anaheim)		1984
10.86	Charlie Davidson (Saddleback)		1992	10.98	Jeff Roach (Laguna Hills)		1984
10.86	* Alex Suchesk (Mission Viejo)		2013	10.98	Jesus Acevedo (Anaheim)		1997
10.86	Logan Obbards (Mission Viejo)		2014	10.98	Julius Williams (Tustin)		1998
10.87	Scott Young (Cypress)		1985	10.98	** Lb Al-amous (Canyon)		2008
10.87	Trevor Jones (Newport)		2000	10.99	Kimiko Bandy (SA Valley)		1992
10.87	Vince Nguyen (Fountain Valley)		2001	10.99	Rashad White (Garden Grove)		2000
10.87	Wes Williams (Esperanza)		2005	10.99	Joey Branker (Mission Viejo)		2010
10.88	Rich Brooks (Woodbridge)		1986	10.99	Cory Thomson (Santa Margarita)		2011
10.88	Matt Brooks (Santa Margarita)		1998	11.00	Greg Portis (Katella)		1985
10.88	Mike Chavis (Mission Viejo)		1998	11.00	Sam Moore (El Toro)		1999
10.88	Greg Stewart (Costa Mesa)		2000	11.00	* Matt Moore (Corona del Mar)		2000
10.88	Dominique Williams (Savanna)		2008	11.00	Chris Felix (Estancia)		1995
10.88	Mikey Fischelli (Dana Hills)		2009	11.00	Logan Sweet (Santa Margarita)		2011
10.88	**Isaiah Diego Williams (J Serra)		2014	11.00	* Joseph Velazquez (El Modena)		2013
10.88	Michael Hamill (Beckman)		2014	11.01	* Dahrin Footman (Esperanza)		1994
10.88	Josh Gray (Irvine)		2016	11.01	Ray Bardone (Edison)		1997
10.89	Jeff Williams (Orange)		1994	11.01	Weston Ellis (Pacifica)		2014
10.89	Scott Langford (Santa Margarita)		2001	11.01	*Christian Parker (Marina)		2016
10.89	Stephen Menzia (Mater Dei)		2016	11.01	Mason Mithcell (Santa Margarita)		2016
10.89	*Keith Taylor (Servite)		2016	11.02	Paul Peters (SA Valley)		1987
10.90	***Michael Graham (Mater Dei)		1993	11.02	Tien Bui (Villa Park)		1988
10.90	Jason Boyce (Corona del Mar)		1994	11.02	**Greg Cleave (Cypress)		1993
10.90	William Stovall (Woodbridge)		1997	11.02	* Steve Douglas (Loara)		2000
10.90	Quinten Pounds (Cypress)		2015	11.02	**Marcus Collins (Mission Viejo)		2011
10.91	Kevin Thomas (Valencia)		1989	11.02	*Xavier Bell (Mater Dei)		2016
10.91	Dane Endly (Laguna Hills)		2003	11.02	*Lance Dravis (Orange Lutheran)		2016
10.91	Andrew Tucker (Mission Viejo)		2004	11.03	Mike Allison (Laguna Hills)		1989
10.91	Adrian Pioquinto (Century)		2009	11.03	* Al Williams (Irvine)		1997
10.91	Brenden Schooler (Mission Viejo)		2016	11.03	Russ Rommelfinger (Woodbridge)		1999
10.92	* Clay Kussler (Los Alamitos)		1983	11.03	Travis Pett (Huntington Beach)		2000
10.92	* Dariel Whipple (Western)		1989	11.03	**Sean Henderson (Los Alamitos)		2006
10.92	* Julius Williams (Tustin)		1997	11.03	* Andrew Connell (Mission Viejo)		2008
10.92	**Nick Wedin (Dana Hills)		2000	11.03	Nolan Grimm (El Toro)		2010
10.92	Turill Engleman (Marina)		2002	11.03	Karlton Dennis (Servite)		2011
10.92	* Alex Miller (Savanna)		2003	11.03	Josh Raylor (Misison Viejo)		2014
10.92	Grant Schwartz (Dana Hills)		2005	11.04c	Steve Ashworth (Orange Lutheran)	10.8	1979
10.92	Ibahim Al-arnous (Mission Viejo)		2010	11.04c	Aaron Thigpen (Saddleback)	10.8	1982
10.92	Jacob Gasser (Los Alamitos)		2016	11.04c	Damon Sweazy (EI Toro)	10.8	1982
10.93	* Charles Crook (Katella)		1996	11.04c	Lance Martin (Corona del Mat)	10.8	1983
10.93	Scott White (Sonora)		1999	11.04c	Troy McAllister (Saddleback)	10.8	1983
10.93	Vanden Staly (Canyon)		2002	11.04c	John Garcia (Esperanza)	10.8	1983
10.93	Eddie Wallace (San Clemente)		2010	11.04c	Mike Stafford (Marina)	10.8	1986
10.94c	Jeff Gleed (Dana Hills)	10.7	1981	11.04c	John Sims (Marina)	10.8	1988
10.94c	Norm Moss (SA Valley)	10.7	1984	11.04c	Vic Gutierrez (Ocean View)	10.8	1988
10.94c	Dave Reedus (Westminster)	10.7	1988	11.04c	Joe White (Capo Valley)	10.8	1989
10.94c	Mark Barnum (Corona del Mar)	10.7	1990	11.04c	Chuck Steen (SA Valley)	10.8	1989
10.94c	Jarryd Gonzalez (Pacifica)	10.7	1992	11.04c	* Mark Brown (Sunny Hills)	10.8	1990
10.94c	Kojo Ahrin (Irvine)	10.7	1996	11.04c	Andre Hill (Troy)	10.8	1990
10.94	Pham (La Quinta)		1998	11.04	Mark Mahone (Marina)		1992
10.94c	Julio Peraza (Dana Hills)	10.7	1998	11.04c	Cale Carter (Mater Dei)	10.8	1992
10.94c	Josh Saunders (Capo Valley)	10.7	1998	11.04c	Ulysses Trammel (Rancho Al Childs (La Habra)	10.8	1991
10.94	Adolph Keys (Los Alamitos)		1999	11.04c	* Brandon Jessie (Edison)	10.8	1991
10.94c	* Turrill Engelman (Marina)	10.7	2001	11.04c	Sandro (Estancia)	10.8	1991
10.94	Nicholas Sanford (El Modena)		2005	11.04c			

11.04c	Jim Sebreros (Garden Grove)	10.8	1993	10.80	Matt Brooks (Santa Margarita)	1998
11.04c	* Mike Flores (Savanna)	10.8	1994	10.80	Scott Langford (Santa Margarita)	2001
11.04c	Reuben Droughns (Anaheim)	10.8	1996	10.81	Bernard Hardeman (Santa Ana)	1993
11.04c	Mike Garko (Servite)	10.8	1996	10.81	* Adolph Keyes (Loa Alamitos)	1998
11.04c	Lydon Covington (Villa Park)	10.8	1996	10.81	*Zach Chandy (Sage Hill)	2005
11.04c	Steve Anstead (Dana Hills)	10.8	1997	10.82	Drew Endly (Laguna Hills)	2008
11.04c	Jason Jerkins (Sunny Hills)	10.8	1997	10.82	Kendall Holmes (Los Alamitos)	2012
11.04c	Eric Nuanes (Loara)	10.8	1997	10.83	Darrell Fuey (JSerra)	2012
11.04c	Wray Watkins (Fountain Valley)	10.8	1997	10.84c	Tony Thompson (Huntington B)	10.6w 1984
11.04c	Myron Bownes (Woodbridge)	10.8	1998	10.84c	Shaun Massey (Marina)	10.6w 1985
11.04c	Ben Ogawa (Edison)	10.8	1999	10.84	* Anton Jamir (Cypress)	2002
11.04c	Shorter (Cypress)	10.8	2000	10.84	Luke McCarthy (Sonora)	2011
11.04c	Darryl Parker (Canyon)	10.8	2001	10.85	Dahrin Footman (Esperanza)	1995
11.04c	Nokoff (Dana Hills)	10.8	2005	10.85	Josh Gray (Irvine)	2016
11.04	Will Taylor (Mission Viejo)		2006	10.86	*Victor Bates (Buena Park)	2016
11.04	Brian Lockridge (Mission Viejo)		2007	10.87	Alexander Donigian (Trabuco Hills)	2011
11.04	* Matthew Nichols (Mater Dei)		2009	10.87	Toby Closure (Fullerton)	2011
11.04	Ronnie Hillman (La Habra)		2009	10.88	* Joseph Velazquez (El Modena)	2013
11.04	Ryan Lynn (San Clemente)		2012	10.89	* Chad Dunn (Los Alamitos)	2003
11.04	**John Galloway (Aliso Niguel)		2015	10.89	Austin Tinsley (Santa Margarita)	2014
11.04	Sean Damiano (Aliso Niguel)		2015	10.90	Drake Alvarez-Cates (Edison)	2012
11.04	Jeremiah Harris (Orange Lutheran)		2015	10.90	*Weston Ellis (Pacifica)	2014
				10.91	Carlo Valdes (Mater Dei)	2008
				10.92	J,J Cisneros (Los Alamitos)	1988
				10.92	Turill Engleman (Marina)	2002
				10.92	**Ryan Maxwell (Santa Margarita)	2005
				10.93	George Petsas (Esperanza)	2013
				10.93	Nolan Thompson (Huntington Beach)	2015
				10.94c	Chris Sperle (Fountain Valley)	10.7w 1984
				10.94c	Mark Mahone (Marina)	10.7w 1992
				10.94c	* Nate Gilkes (Troy)	10.7w 2002
				10.94	Michael Denton (Western)	2009
				10.94	Nick Malone (Fountain Valley)	2016
				10.94	*Cooper Malerstein (Marina)	2016
				10.95	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
				10.96	**Dylan Nicholson (Fullerton)	2016
				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			
10.70	Stephen Menzia (Mater Dei)		2-16			
10.71	Alex Young (Woodbridge)		2016			
10.71	Jacob Gasser (Los Alamitos)		2016			
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			
10.73	Michael Mitchell (Tesoro)		2016			
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	** Ib Al-arnous (Canyon)		2008			
10.76	* Denny Casupanan (Tustin)		2001			
10.76	Kamron Shahbahrani (Irvine)		2011			
10.76	Brenden Schooler (Mission Viejo)		2016			
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			
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
21.10	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	22.00	* Chucky Linman (Edison)	2001
21.42	Kevin Alexander (Valencia)		1992	22.00	Mason Mitchell (Santa Margarita)	2016
21.44	* Spencer Danner (San Juan Hills)		2013	22.02+	Jim Morgan (Mater Dei)	21.9y 1967
21.46	Teddy Baker (Saddleback)		1985	22.02+	Jim Beyers (Loara)	21.9y 1971
21.46	Dane Endly (Laguna Hills)		2003	22.02+	Tom Teeple (Brea)	21.9y 1971
21.48	Paul Peters (SA Valley)		1987	22.02+	Jack Struble (Kennedy)	21.9y 1971
21.50	Tim Martin (San Clemente)		1991	22.02+	Brian Theriot (Newport)	21.9y 1975
21.52+	Jackie White (Santa Ana)	21.4y	1970	22.02+	Marshal Johnson (SA Valley)	21.9y 1978
21.54	* Kyle Middlebrooks (Fountain Valley)		2009	22.02+	Aaron Lybarger (El Toro)	21.9y 1982
21.54	Devin Harrison (Dana Hills)		2011	22.02+	Aaron Thigpen (Saddleback)	21.9y 1982
21.56	* Joey Branker (Mission Viejo)		2009	22.02	*Jonathan Berry-Smith (Oxford Acad)	2010
21.57	Malik Felton (Servite)		2011	22.02	Scott Patton (Woodbridge)	2015
21.60	William Stovall (Woodbridge)		1997	22.03	Drake Alvarez-Cates (Edison)	2012
21.60	Herbert Gamboa (San Clemente)		2012	22.04	* Jarrett Murrell (Saddleback)	1991
21.61	Marcus North (Mission Viejo)		2006	22.04c	* Mike Flores (Savanna)	21.8 1994
21.61	Matt Hurst (Corona del Mar)		2014	22.05	* Vince Rivera (Savanna)	1982
21.62+	Devon Trahan (Saddleback)	21.5y	1971	22.05	Kyle Dravis (Orange Lutheran)	2009
21.62+	Jim Rohrig (SA Valley)	21.5y	1974	22.05	** Brandon Douglas (Los Alamitos)	2013
21.62+	Mike Kruthers (San Clemente)	21.75y	1977	22.05	Stephen Menzia (Mater Dei)	2015
21.62	Austin Hazel (Mater Dei)		2012	22.06	Rasuli Webster (Brea)	1998
21.64c	Jeff Gleed (Dana Hills)	21.4	1981	22.06	David Traylor (Servite)	1999
21.64	Damani Wilson (Orange Lutheran)		2010	22.07	Shad Vickers (Tustin)	1991
21.67	* Terry Johnson (Katella)		1985	22.07	Austin Tinsley (Santa Margarita)	2014
21.72	* Mike Fritz (Anaheim)		1986	22.08	Brandon Douglas (Los Alamitos)	2015
21.72+	Dave Johnson (Estancia)	21.6y	1970	22.09	* Rich Brooks (Woodbridge)	1985
21.72+	Greg Jones (Mission Viejo)	21.6y	1977	22.10	Bob Rust (Kennedy)	1980
21.72	Roshawn Sims (Esperanza)		1991	22.10	Logan Obbards (Mission Viejo)	2014
21.73	Anthony Davis (SA Valley)		1992	22.11+	Richard Yukihiko (Western)	22.0y 1967
21.73	Anton Jamir (Cypress)		2003	22.11+	Andrews (Tustin)	22.0y 1969
21.76	Taylor Torres (Mater Dei)		2013	22.11+	John Winstead (Santa Ana)	22.0y 1970
21.78	*Jeff Jacobs (Santa Margarita)		2002	22.11+	Hein (Tustin)	22.0y 1970
21.79	* Garland West (Cypress)		2004	22.11+	Robert Harrell (Santa Ana)	22.0y 1972
21.80	Michael Mitchell (Tesoro)		2016	22.11+	Rick Desmet (Costa Mesa)	22.0y 1972
21.81	Keyon Riley (Servite)		2016	22.11+	Mike Johnson (Magnolia)	22.0y 1978
21.82+	Bruce Rollinson (Mater Dei)	21.7y	1967	22.11+	Paul Harvey (Dana Hills)	22.0y 1984
21.82+	* Steve Elkins (Loara)	21.7y	1970	22.11+	Ellis Bradford (SA Valley)	22.0y 1986
21.82+	Jack Struble (Kennedy)	21.7y	1972	22.11+	Devon Edwards (Valencia)	22.0y 1991
21.82+	* Kirk Ayers (Western)	21.7y	1986	22.11	Julius Williams (Tustin)	1998
21.82	*Trent Langham (Pacifica)		2011	22.11	*Noah Styffe (Trabuco Hills)	2016
21.83	John Sanders (Fountain Valley)		1998	22.12	Hector Flores (Villa Park)	1993
21.83	Tubotein Taylor (Canyon)		2009	22.12	Mike Chavis (Mission Viejo)	1998
21.84c	Donovan Stephens (Mission Viejo)		1986	22.12	Dajuan Pannell (Western)	2000
21.84	Jeff Williams (Orange)		1994	22.12	Will Taylor (Mission Viejo)	2006
21.84c	Kai Lewis (San Clemente)	21.6	1999	22.12	Adrian Hernandez (Mater Dei)	2015
21.84c	Jeff Smith (Troy)	21.6	2001	22.12	*Steven Arrington (Canyon)	2016
21.84	Nick Provencio (San Clemente)		2008	22.13	Ray Bardone (Edison)	1997
21.84	Jonathan Hill (Cypress)		2014	22.13	Cade Lindahl (Dana Hills)	2006
21.87	** Marshall Johnson (SA Valley)		1997	22.13	** Victor Blackwell (Mater Dei)	2009
21.89	Bradley Gordon (Los Alamitos)		2011	22.14c	Mike Duncan (Loara)	21.9 1981
21.89	Jerry Fitschen (Orange Lutheran)		2016	22.14	Henning Peterson (Esperanza)	1981
21.90	Mason Champieux (Laguna Hills)		2011	22.14c	John Garcia (Esperanza)	21.9 1984
21.91	Brandon Clark (Santa Margarita)		2002	22.14	Ray Willis (Pacifica)	1988
21.92+	* Phil Maas (Fountain Valley)	21.8y	1970	22.14	Dave Reedus (Westminster)	1988
21.92+	* Joe Ventimiglia (Marina)	21.8y	1970	22.14	Will York (El Toro)	1991
21.92+	Tony Krzyzosiak (Garden Grove)	21.8y	1971	22.14c	**Jason Boyce (Corona del Mar)	21.9 1992
21.92+	Mike Gibson (Lowell)	21.8y	1973	22.14c	* Jesus Alvarado (Anaheim)	21.9 1996
21.92+	Kerwin Bell (Edison)	21.8y	1980	22.14c	Guillermo Esparza (Brea)	21.9 1997
21.92+	Mo Printup (Buena Park)	21.8y	1982	22.14c	Garrett Thompson (Santa Margarita)	21.9 1999
21.92	Korey Alexander (Valencia)		1992	22.14c	* Nick McIver (Sonora)	21.9 2000
21.92	* Chris Nicholls (Servite)		2009	22.14	Sean Young (Irvine)	2011
21.92	Brenden Schooler (Misison Viejo)			22.11	**Isaiah Diego Williams (JSerra)	2014
21.94c	* William Dancy (SA Valley)	21.7	1988	22.15	Danny Thompson (Huntington Beach)	1984
21.94	Greg Stewart (Costa Mesa)		2000	22.15	** Jonathan Woods (El Toro)	2001
21.94c	Darryl Parker (Canyon)	21.7	2001	22.15	Vince Nguyen (Fountain Valley)	2001
21.95	Sean White (Servite)		2008	22.15	*Marcus Collins (Mission Viejo)	2012
21.95	Justin Hunter (Dana Hills)		2014	22.16+	Steve Ashworth (Orange Lutheran)	22.28y 1979
21.96c	Clay Kussler (Los Alamitos)	22.08y	1984	22.16	Blaise Bryant (Cypress)	1987
21.96	Ahmad Wright (Kennedy)		1999	22.16	* Nate Gilkes (Troy)	2002
21.96	*Alex Young (Woodbridge)		2015	22.16	Josh Gray (Irvine)	2016
21.97	Matt Brooks (Santa Margarita)		1998	22.18	Kevin Thomas (Valencia)	1989
21.97	Drew Endly (Laguna Hills)		2008	22.18	Nicholas Sanford (El Modena)	2005
21.98	Jerard Bryant (Canyon)		1989	22.19	Jay Magruder (Katella)	1988
21.99	Dan Gomez (Troy)		2006	22.19	Kendall Wesley (Katella)	1990
21.99	Derek Barnes (Tesoro)		2012	22.19	* Kelvin Beatty (Kennedy)	2000
21.99	Nick Van Vliet (Dana Hills)		2014	22.19	Dominique Williams (Savanna)	2008
22.00	Gary Stenlund (Saddleback)		1980	22.19	Jacob Gasser (Los Alamitos)	2016
22.00	**Josh Herrera (La Habra)		1998	22.20	* Julius Williams (Tustin)	1997

22.20	Kellen Foley (Dana Hills)		2008	22.31+	Steve Hines (Edison)	22.2y	1975
22.20	* Chad Rozean (Trabuco Hills)		2009	22.31+	Rob Martin (Villa Park)	22.2y	1977
22.21+	Clyde Emery (SA Valley)	22.1y	1969	22.31+	Mike Dotterer (Mater Dei)	22.2y	1978
22.21+	Joe Ventimiglia (Marina)	22.1y	1969	22.31+	Mark Shores (SA Valley)	22.2y	1987
22.21+	Mike Black (Anaheim)	22.1y	1970	22.31	* Shawn Tucker (Laguna Hills)		2008
22.21+	Lewis Castle (Sunny Hills)	22.1y	1971	21.31	** Tramaine Brown (Savanna)		2003
22.21+	M Ferguson (Savanna)	22.1y	1971	22.32	Bill Thurmond (Saddleback)		1987
22.21+	John Miles (Corona del Mar)	22.1y	1972	22.33	Ryan Crane (Dana Hills)		1992
22.21+	David Wade (Anaheim)	22.1y	1972	22.33	Phil Sardis (Santa Margarita)		2000
22.21+	Gilbert Brito (Western)	22.1y	1973	22.33	Shane Henry (Esperanza)		2006
22.21+	M Callander (Buena Park)	22.1y	1975	22.33	George Petsas (Esperanza)		2013
22.21+	Perry Johnson (Kennedy)	22.1y	1977	22.34c	Chuck Steen (SA Valley)	22.1	1989
22.21+	William Steen (SA Valley)	22.1y	1978	22.34	*** Jimmy Hutsell (Cypress)		1992
22.21+	Chris Corum (Newport)	22.1y	1978	22.34c	Ethan Taub (Foothill)	22.1	1994
22.21+	Rod Harmon (Santa Ana)	22.1y	1982	22.34c	Zach Berridge (Western)	22.1	1994
22.21+	Lance Martin (Corona del Mar)	22.1y	1983	22.34c	josh Christensen (Western)	22.1	1994
22.21+	Wayne Barrett (Santa Ana)	22.1y	1984	22.34c	Mike Flores (Savanna)	22.1	1995
22.21+	John Hollis (SA Valley)	22.1y	1986	22.34c	Kojo Ahnin (Irvine)	22.1	1996
22.21+	Seals McCarthy (Brea)	22.34y	1987	22.34c	Terrence Williams (Orange)	22.1	1996
22.21	* Tommy Adams (Capo Valley)		1987	22.34c	Kenny Greer (El Dorado)	22.1	2001
22.21+	* Ed Presbury (Loara)	22.1y	1991	22.35	William Kim (Villa Park)		1983
22.21	* DeShawn Foster (Tustin)		1997	22.35	Ulysses Trammel (Rancho Alamitos)		1991
22.21	Garrett Estrada (Mater Dei)		2015	22.35	Stephen Ferguson (Dana Hills)		2008
22.22	*Brent Geray (Corona del Mar)		2010	22.35	Eddie Wallace (San Clemente)		2010
22.22	Josh Taylor (Mission Viejo)		2014	22.36	Bob Nita (Katella)		1999
22.24c	Lance Martin (Corona del Mar)	22.0	1983	22.36	Andrew Tucker (Mission Viejo)		2004
22.24c	Eric Shermerhorn (Woodbridge)	22.0	1984	22.36	*Kyle Dravis (Orange Lutheran)		2008
22.24	* Greg Portis (Katella)		1985	22.36	* Jeremy Maxwell (Edison)		2013
22.24c	* Grant Pearsall (Villa Park)	22.0	1993	22.37	Micah Dennison (Dana Hills)		1994
22.24c	***Michael Graham (Mater Dei)	22.0	1993	22.37	* Mike Chavis (Mission Viejo)		1997
22.24c	Gary Charles (Magnolia)	22.0	1995	22.37	Justin Aguayo (Mission Viejo)		2009
22.24c	Tim Fitzgerald (Santa Margarita)	22.0	1996	22.37	Miles Robertson (La Habra)		2014
22.24c	Young (Calvary Chapel)	22.0	1996	22.37	**Blake Hennesay (Santa Margarita)		2016
22.24c	Jesus Acevedo (Anaheim)	22.0	1997	22.39	Mike Sullivan (Sunny Hills)		1991
22.24c	Scott Thompson (Trabuco Hills)	22.0	1991	22.39	Jarryd Gonzalez (Pacifica)		1992
22.24c	* Chris Ringstrom (Corona del Mar)	22.0	2003	22.39	Jimmy Thorson (Edison)		2000
22.24	Aaron Harris (Western)		2009	22.39	Duane Nix (Tustin)		2001
22.24	Joseph Velasquez (El Modena)		2014	22.40	Jeff Dooley (Trabuco Hills)		1987
22.25	Ben Cesar (Ocean View)		1990	22.40	Bill Whalen (El Dorado)		1987
22.25	* Steve Douglas (Loara)		2000	22.40	Wray Watkins (Fountain Valley)		1997
22.25	Chukwuekezie Nwachie (Loara)		2012	22.40	*Alex Alvarez (San Clemente)		2010
22.26	Kamico Bandy (SA Valley)		1992	22.40	**Julius Irvin (Servite)		2016
22.26	* Sam Morton (Garden Grove)		2004	22.41	Eric Padgett (Katella)		1983
22.26	* Jonathon Brady (Capo Valley)		2009	22.41+	Rick Geddes (San Clemente)	22.3y	1969
22.26	Kamron Shahbahrani (Irvine)		2011	22.41+	Tom Teeple (Brea).	22.3y	1970
22.26	**Hunter Simmons (Tesoro)		2011	22.41+	David Wade (Anaheim)	22.3y	1971
22.27	John Van Dam (Pacifica)		1982	22.41+	Greg Kempton (El Dorado)	22.3y	1972
22.27	* Duke Ly (Magnolia)		1986	22.41+	Len Swavely (El Modena)	22.3y	1972
22.27	Richard Cradit (Cypress)		2000	22.41+	Mark Rafter (Western)	22.3y	1972
22.27	Grant Schwartz (Dana Hills)		2006	22.41+	Dwayne Bunker (Santa Ana)	22.3y	1973
22.27	Ibahim Al-arnous (Mission Viejo)		2010	22.41+	Jim Straw (Garden Grove)	22.3y	1974
22.28	*John Moos (Edison)		1997	22.41+	Mike Rhue (SA Valley)	22.3y	1976
22.29	Ricardo Molina (Los Alamitos)		2013	22.41+	Wayne Kasperek (Newport)	22.3y	1978
22.30	Andy Sims (Dana Hills)		1984	22.41+	Chris Saunders (Sonora)	22.3y	1978
22.30	Joe White (Capo Valley)		1989	22.41+	Steve Southward (Fountain Valley)	22.3y	1981
22.30	Robert Peinado (Savanna)		1997	22.41+	Walter Steen (SA Valley)	22.3y	1982
22.30	* Denny Casupanan (Tustin)		2001	22.41+	* Keith Golden (Foothill)	22.3y	1985
22.30	Kyle Crisp (Irvine)		2002	22.41+	Ron Rojas (Troy)	22.3y	1986
22.30	Justin Christjaener (Edison)		2006	22.41+	Eric Adkins (El Modena)	22.3y	1987
22.30	Richard Perez (Laguna Hills)		2012	22.41+	Mark Shores (SA Valley)	22.3y	1988
22.30	*John Galloway (Aliso Niguel)		2015	22.41	Aaron Ford (Los Alamitos)		1995
22.30	*Dimitrius Peters (Santa Margarita)		2015	22.41	** Dan Bowling (Mission Viejo)		1997
22.31	Ray Waiters (Trabuco Hills)		1987	22.41	Sam Moore (El Toro)		1999
22.31+	Mike Morgan (Mater Dei)	22.2y	1967	22.41	Nathan Farris (Brethren Christian)		1999
22.31+	Szatkowski (Pacifica)	22.2y	1969	22.42	Coy Collins (Loara)		1990
22.31+	Dennis Lackey (Savanna)	22.2y	1969	22.42	Steve Anstead (Dana Hills)		1997
22.31+	Phil Maas (Fountain Valley)	22.2y	1971	22.42	**Ryan Maxwell (Santa Margarita)		2005
22.31+	Carlo Tosti (Corona del Mar)	22.2y	1972	22.43	* Austin Messick (Capo Valley)		2007
22.31+	Kirk Vandaveer (Savanna)	22.2y	1972	22.44c	David Diamond (Katella)	22.2	1981
22.31+	Paul Desmet (Costa Mesa)	22.2y	1974	22.44c	Mark McGouney (El Modena)	22.2	1983
22.31+	Warren Hansen (Garden Grove)	22.2y	1973	22.44c	Shaun Massey (Marina)	22.2	1985
22.31+	Howard Carson (Anaheim)	22.2y	1973	22.44c	**Jeremy Buck (Dana Hills)	22.2	1990
22.31+	Randy Hawkins (Marina)	22.2y	1973	22.44c	Anthony Ramirez (Mission Viejo)	22.2	1991
22.31+	Dan Field (Valencia)	22.2y	1974	22.44	** Gary Young (Westminster)		1992
22.31+	Kevin Moerhing (Sunny Hills)	22.2y	1974	22.44c	Cale Carter (Mater Dei)	22.2	1992
22.31+	Doug Parrell (Pacifica)	22.2y	1974	22.44c	Greg Muniz (Woodbridge)	22.2	1992
22.31+	Keith Denson (SA Valley)	22.2y	1975	22.44	Darius McMillan (Cypress)		1996

22.44c	Scott White (Sonora)	22.2	1999	21.3	Ron Van de Putte (Valencia)	1959
22.44	Vanden Staly (Canyon)		2002	21.3	Stan Pash (Western)	1963
22.44	Bryan Payee (Trabuco Hills)		2004	21.3	Fred Kullar (Santiago)	1964
22.44	Tomas Olech (Trabuco Hills)		2011	21.3	Dave Cooke (Brea)	1966
22.44	*Vince Hernandez (Santa Margarita)		2013	21.3	Clyde Emery (SA Valley)	1968
22.44	*Keyon Riley (Servite)		2015	21.3	Jackie White (Santa Ana)	1969
22.44	Weston Ellis (Pacifica)		2015	21.4	Lanny Carter (Orange)	1953

Wind aided:

20.82	** Bryan Harrison (Dana Hills)		1995	21.4	Earl Woodson (Western)	1960
20.92 +	Clancy Edwards (Santa Ana)	20.8y	1973	21.4	Randy Scott (Western)	1960
21.01	Justin Woods (Los Alamitos)		2005	21.4	Aldrich Vanderlinden (Garden Grove)	1963
21.09	Elliot Dunning (SA Valley)		1984	21.4	Jim Lawrence (Buena Park)	1964
21.13	Wes Williams (Esperanza)		2005	21.4	Paul Hackett (La Habra)	1967
21.17	Mike McNair (Mater Dei)		1998	21.5	Claude LaBarre (Santiago)	1963
21.17	Gabe Warner (Woodbridge)		2015	21.5	Dave Allen (Buena Park)	1963
21.23	* Claude Melvin (Brea)		1999	21.5	John Winstead (Santa Ana)	1970
21.25	Tim Martin (San Clemente)		1991			
21.26	* Terry Johnson (Katella)		1985			
21.24	Ameer Webb (Tustin)		2009			
21.42	Tubotein Taylor (Canyon)		2009			
21.51+	Jim Rohrig (SA Valley)	21.4y	1973			
21.53	* Anton Hector (Esperanza)		1994			
21.54	* Joey Branker (Mission Viejo)		2009			
21.60	Alex Young (Woodbridge)		2016			
21.62+	Jim Beyers (Loara)	21.5y	1971			
21.63	** Victor Blackwell (Mater Dei)		2009			
21.66	Roshawn Sims (Esperanza)		1991			
21.67	Matt Brooks (Santa Margarita)		1998			
21.69	Keyon Riley (Servite)		2016			
21.71	Taylor Torres (Mater Dei)		2013			
21.72	Nick Van Vliet (Dana Hills)		2014			
21.72	Brandon Douglas (Los Alamitos)		2015			
21.74c	* Geoff Smith (Troy)	21.5	2000			
21.77	Cade Lindahl (Dana Hills)		2006			
21.81	Grant Schwartz (Dana Hills)		2006			
21.81	Ameer Webb (Tustin)		2008			
21.82	Eddie Wallace (San Clemente)		2010			
21.83	Dan Gomez (Troy)		2006			
21.87	Jalen Carter (Woodbridge)		2011			
21.88	Lance Dravis (Orange Lutheran)		2015			
21.89	*Chris Nicholls (Servite)		2009			
21.89	*Jonathan Berry-Smith (Oxford Acad)		2010			
21.91	Drake Alvarez-Cates (Edison)		2012			
21.92	Kyle Dravis (Orange Lutheran)		2009			
21.93	Austin Simpkins (Huntington Beach)		2012			
21.94	*Austin Hazel (Mater Dei)		2011			
21.95	Sam Phillippi (JSerra)		2015			
21.95	Stephen Menzia (Mater Dei)		2016			
21.96	Logan Obbards (Mission Viejo)		2014			
21.97	Trevor Jones (Newport)		2000			
21.98	Chas Harmon (JSerra)		2012			
22.00	Myron Bownes (Woodbridge)		1998			
22.04	Chuckie Linman (Edison)		2002			
22.04	Thomas Testini (Corona del Mar)		2012			
22.08	* Alex Suschesk (Mission Viejo)		2013			
22.10	Alex Hardlund (Cypress)		2012			
22.13	Arron Harris (Western)		2008			
22.13	*Marcus Collins (Mission Viejo)		2012			
22.14	* Henning Peterson (Esperanza)		1981			
22.14 c	Kamico Bandy (S A Valley)	21.9	1992			

					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
47.73	Roshawn Sims (Esperanza)		1991
47.73	Tubotein Taylor (Canyon)		2009
47.77	Trevor Jones (Newport)		2000
47.79	Matt Hurst (Corona del Mar)		2014
47.80	Cade Lindahl (Dana Hills)		2006
47.87+	Dave Buck (Brea)	48.0y	1963
47.87	* Chad Rozean (Trabuco Hills)		2009
47.89	* Wes Willaims (Esperanza)		2004
47.92	Jonathan Berry-Smith (Oxford Academy)		2011
47.94	Devin Harrison (Dana Hills)		2011
47.97	*Jeff Jacobs (Santa Margarita)		2002
48.03	Mason Mitchell (Santa Margarita)		2016
48.05+	Greg Jones (Mission Viejo)	48.34y	1977
48.06+	Tony Sanford (La Habra)	48.1y	1965
48.06+	Tom Lloy (Edison)	48.1 y	1975
48.09	Kevin Griswold (Garden Grove)		1996
48.12	* Ethan Traub (Foothill)		1993
48.16+	Gary Walker (Tustin)	48.2y	1960
48.19+	Marshall Johnson (SA Valley)	48.48y	1978
48.25	Andrew Carty (Los Alamitos)		2015
48.26+	Neil Catterson (Bolsa Grande)	48.4y	1966
48.26+	Paul Williams (Huntington Beach)	48.4y	1968
48.26	Mike Fritz (Anaheim)		1986
48.27	Paul Resong (Servite)		2015
48.30	* Jimmy Hutsell (Cypress)		1993
48.31	John. Hollis (SA Valley)		1986
48.33	Anthony Davis (SA Valley)		1992
48.36+	Dave Samarin (La Habra)	48.5y	1965
48.36+	Mike Owens (Valencia)	48.5y	1966
48.36	Brandon Clark (Santa Margarita)		2002
48.40	Chris Sperle (Fountain Valley)		1984
48.41	Vince Rivers (Savanna)		1983
48.41	Bill Thurmond (Saddleback)		1987
48.42	Ryan Crane (Dana Hills)		1992
48.45	David Boyd (Esperanza)		1983
48.45	Sean Young (Irvine)		2011
48.47	Keyon Riley (Servite)		2016
48.53	Micah Dennison (Dana Hills)		1994
48.56+	Paul Hackett (La Habra)	48.7y	1967

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

48.56+	Tom Grasha (Savanna)	48.7y	1971	49.22+	Eddie Morris (Huntington Beach)	49.4y	1940
48.57	Aaron Taub (Foothill)		1992	49.22	Kevin Ahlstrom (Los Alamitos)		2004
48.57	Don Oliver (Foothill)		1994	49.23	Chase Frazier Mission Viejo)		2004
48.58	Geno Howard (Los Amigos)		1986	49.25	Jonnie McIntyre (Western)		2005
48.59	* Jess Strutzel (Huntington Beach)		1995	49.26+	Greg Tagliaferri (Santiago)	49.4y	1964
48.59	Garrett Baxter (Canyon)		2009	49.26+	Jim Keathley (Westminster)	49.4y	1972
48.60	Nick John Haiduc (Servite)		1987	49.26+	Steve Dyer (Westminster)	49.4y	1972
48.63	Nick Van Vliet (Dana Hills)		2014	49.26+	Clancy Edwards (Santa Ana)	49.4y	1972
48.63	Curtis Godin (Mater Dei)		2014	49.26+	Jim Dykes (University)	49.4y	1973
48.64	Greg Muniz (Woodbridge)		1992	49.26+	*Jim Walters (Estancia)	49.4y	1976
48.65	Kendall Wesley (Katella)		1990	49.26+	George Carlross (Saddleback)	49.4y	1976
48.66+	Lanny Carter (Orange)	48.8y	1952	49.27	Max Redfield (Mission Viejo)		2013
48.66+	Gil Rangel (Santa Ana)	48.8y	1963	49.28	Walter Williams (Foothill)		1984
48.66+	*John Galbraith (Magnolia)	48.8y	1970	49.28	Thierry Brusselle (Newport)		1987
48.66+	Jan Skaarud (Buena Park)	48.8y	1972	49.28	Zack Neenah (Orange Lutheran)		2013
48.66+	Matt Hogsett (Newport)	48.8y	1972	49.30	Bobby Haghani (Laguna Hills)		2005
48.66	Justin Woods (Los Alamitos)		2005	49.30	Eric Vetter (Esperanza)		2010
48.68	Andy Sims (Dana Hills)		1984	49.31	Josh Christensen (Western)		1994
48.69	Richard Faircloth (Magnolia)		2006	49.31	Robert Peinado (Savanna)		1997
48.69	* Richard Garcia (Loara)		2009	49.31	Alexander Whiston (University)		2008
48.74	Terrence Williams (Orange)		1996	49.32	Julian Lujan (Servite)		2012
48.74c	Bryan Payne (Trabuco Hills)	48.6	2004	49.33	Justin Christjaener (Edison)		2006
48.74c	** Devin Harrison (Dana Hills)	48.6	2009	49.33	Joshua Smith (Huntington Beach)		2008
48.75	Joey Branker (Mission Viejo)		2010	49.34c	Rod Emery (Fountain Valley)	49.2	1982
48.75	*Dylan Atencio (Yorba Linda)		2014	49.34c	Noel Trout (Irvine)	49.2	1985
48.76+	Mark Joiner (Laguna Hills)	49.04y	1980	49.34c	Paul Harvey (Dana Hills)	49.2	1985
48.76+	Curtis Mack (Western)	48.9y	1961	49.34	Mitchell Ramirez (Buena Park)		2009
48.76+	Jim Morgan (Mater Dei)	48.9y	1967	49.34	Trevor Oblouk (El Toro)		2014
48.76+	**Eric Olson (Estancia)	48.9y	1970	49.35	Scott Thompson (Trabuco Hills)		1999
48.76+	Vince Mulroy (Newport)	48.9y	1975	49.35	*Alex Moreno (?)		2005
48.77	Nick Provencio (San Clemente)		2008	49.36+	Larry Kirchman (Anaheim)	49.5y	1952
48.79	John Dingus (Tesoro)		2008	49.36+	Bruce Bess (La Habra)	49.5y	1962
48.83	Vince McGuinness (Corona del Mar)		1983	49.36+	Tom Julian (Bolsa Grande)	49.5y	1966
48.86+	* Dave Cooke (Brea)	49.0y	1965	49.36+	* Kevin Cochran (Orange)	49.5y	1964
48.86+	Steve Christiano (Fountain Valley)	49.0y	1970	49.36+	Tom Kovacich (Buena Park)	49.5y	1972
48.86+	Bob Bradford (University)	49.0y	1973	49.36+	Barry Hyde (Villa Park)	49.5y	1974
48.86+	Corner Sill (Troy)	49.0y	1979	49.36+	Jack Hagan (Corona del Mar)	49.5y	1975
48.86	Chris Little (Cypress)		1988	49.36+	Marty Johnson (SA Valley)	49.5y	1976
48.86	Terrance Brown (Orange Lutheran)		2009	49.36+	* Scott Turner (Buena Park)	49.5y	1976
48.88	Devon Edwards (Valencia)		1991	49.36+	* Don Stodola (Esperanza)	49.5y	1976
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	49.38	*Jacob Cuero (Trabuco Hills)		2016
48.96+	Grif Rimes (Newport)	49.1y	1972	49.40	* Steve Hilferty Mater Dei)		1998
48.96+	Jim Harris (Westminster)	49.1y	1980	49.40	Jared Hayman (Trabuco Hills)		1999
48.96	* Brian Goodell (Mission Viejo)		2004	49.42	Jimmy Martin (Santa Margarita)		2009
49.01	Abrae Booker-Ciurrin (Mission Viejo)		2015	49.42	John Swigert (Corona del Mar)		2012
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
49.06+	Bill Van Note (Corona del Mar)	49.2y	1966	49.46+	Jim Keathley (Westminster)	49.6y	1972
49.06+	Chuck Denmark (Santa Ana)	49.2y	1973	49.46+	Bryant Humann (Newport)	49.6y	1976
49.06+	Tom Ahlstrom (Los Alamitos)	49.2y	1975	49.46+	Dave Russell (Canyon)	49.6y	1978
49.06+	Chris Corum (Newport)	49.2y	1978	49.46+	John Hall (Tustin)	49.6y	1979
49.06+	Jon Michael (El Dorado)	49.2y	1980	49.46	Nathan Lancaster (Laguna Beach)		2014
49.06+	Greg Heet (Lowell)	49.2y	1964	49.47	Curtis Lehman (Sonora)		2000
49.06+	Mike Terry (El Modena)	49.2y	1991	49.50	Michael Andraszcyk (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	Connor Dunne (San Clemente)		2016
49.16+	Bob Bonebrake (Orange)	49.3y	1934	49.53	Rob Smith (El Modena)		1982
49.16+	George Bragg (Anaheim)	49.3y	1958	49.53	Brad Slinkard (Santa Margarita)		2001
49.16+	Randy Smyth (Costa Mesa)	49.3y	1964	49.54c	Todd Homer (University)	49.4	1982
49.16+	Phil Morton (Lowell)	49.3y	1970	49.54c	Phil Porter (Rancho Alamitos)	49.4	1985
49.16	*Victor Blackwell (Mater Dei)		2010	49.54	John Boos (Edison)		1998
49.18	Mark Guest (Ocean View)		1982	49.55	Danny Dwelley (El Toro)		1998
49.20	** Brian Woods (Los Alamitos)		2002	49.56+	Dan Hoefler (Fullerton)	49.7	1949
49.20	Derek Holtz (El Modena)		2012	49.56+	Mike Bradshaw (Loara)	49.7y	1968
49.21	Matt Willis (Servite)		2002	49.56+	Lewis Castle (Sunny Hills)	49.7y	1971
49.21	Kyle Crisp (Irvine)		2002	49.56+	Harry Doland (Buena Park)	49.7y	1972
49.22	Ray Walters (Trabuco Hills)		1987	49.56+	Frank Venclik (Newport)	49.7y	1978

49.56	** Kirk Ayers (Western)	1985	1:53.20	Tony Guadagnini (Marina)	2005
49.56	Scott Tiveron (Woodbridge)	1989	1:53.20	Jesus Molina (Dana Hills)	2010
49.56	Sam Morton (Garden Grove)	2005	1:53.26	* Kris Monte (Capo Valley)	2000
49.56	Wes Feighner (Los Alamitos)	2008	1:53.27	Arien Anderson? (Mission Viejo)	1985
49.56	Nick Lee (Mission Viejo)	2012	1:53.34	Toby Villalva (El Toro)	2009
49.57	Chris Sweeney (Capo Valley)	2008	1:53.4 +	John Griffin (Lowell)	1:54.0y 1967
49.58	*John West (Sonora)	1997	1:53.42	*Joe Gatel (Edison)	2004
49.59	Shane Vickers (Tustin)	1997	1:53.46	Cole Guerin (Dana Hills)	2010
49.59	Chris Braham (Marina)	2004	1:53.48	Dan Niednagel (Dana Hills)	1991
49.59	Colin MacRae (Aliso Niguel)	1998	1:53.52	Louie Gallardo (Mater Dei)	2008
49.60	Chuck Reid (Villa Park)	1996	1:53.54	Tad Heath (Foothill)	1993
49.61	Pat McGrath (Corona del Mar)	1985	1:53.57	Brendon Confer (Servite)	2009
49.61	Mark Shores (SA Valley)	1988	1:53.6 +	Mike Bruggeman (Corona del Mar)	1:54.2y 1979
49.61	Corey Hammond (Mater Dei)	2012	1:53.6 +	Phil Vasquez (University)	1:54.2y 1970
49.62	Keith Pontiflet (Esperanza)	1985	1:53.7 +	Dave Hustwick (Laguna Beach)	1:54.3y 1970
49.62	Alex Alvarez (San Clemente)	2011	1:53.7 +	Steve Dyer (Westminster)	1:54.3y 1972
49.63	Kyle Dravis (Orange Lutheran)	2009	1:53.8 +	Bill Reimer (Edison)	1:54.4y 1980
49.64c	*Nick John Haiduc (Servite)	49.5 1986	1:53.89	Ryan Martin (Santa Margarita)	2007
49.64	Tad Heath (Foothill)	1993	1:53.9 +	Ken Hower (Mission Viejo)	1:54.5y 1973
49.64c	Matt Blasdel (Santa Margarita)	49.5 1996	1:53.9 +	Mike Delaney (Orange)	1:54.5y 1973
49.64	* Chris Ringstrom (Corona del Mar)	2003	1:53.9 +	Larry Sparks (Sonora)	1:54.5y 1979
			1:54.03	*Cooper Kossick (Edison)	2014
			1:54.03	Jake Ogden (Dana Hills)	2016
			1:54.1 +	Dexter Stanley (Foothill)	1:54.7y 1979
			1:54.10	Cody Nguyen (Brea)	2012
			1:54.18	David Boyd (Esperanza)	1983
			1:54.2 +	Mark Schilling (Garden Grove)	1:54.8y 1972
			1:54.2 +	Tim Sall (Villa Park)	1:54.8y 1974
			1:54.30	Craig Olson (El Dorado)	1987
			1:54.33	Tyler Valdes (Dana Hills)	2009
			1:54.34	Juan Gonzalez (El Toro)	2013
			1:54.4 +	Preston Campbell (Marina)	1:55.0y 1973
			1:54.4 +	Jon Albrecht (La Habra)	1:55.0y 1975
			1:54.4	*Dan Niednagel (Dana Hills)	1990
			1:54.40	Connor Kaddatz (Dana Hills)	2011
			1:54.42	* Ryan Valdes (Dana Hills)	2008
			1:54.44	Ryan Germann (El Toro)	2011
			1:54.47	Mike Hancock (Newport Harbor)	1991
			1:54.49	Peter Robie (Servite)	2006
			1:54.5	Jim Robbins (Corona del Mar)	1988
			1:54.51	Eric Solis (Costa Mesa)	1997
			1:54.52	Andrew Brown (Mission Viejo)	2013
			1:54.58	*David Hulme (Foothill)	2016
			1:54.6 +	Phil Wingard (Troy)	1:55.2y 1974
			1:54.6 +	* Steve Telaneus (Dana Hills)	1:55.2y 1976
			1:54.6	Noel Trout (Irvine)	1986
			1:54.60	Dave Sanford (Los Alamitos)	1988
			1:54.61	Matt Stoner (Laguna Hills)	2009
			1:54.66	Lucas Divok (University)	2011
			1:54.7 +	Chuck Denmark (Santa Ana)	1:55.3y 1973
			1:54.70	**Devin Lindahl (Dana Hills)	1997
			1:54.71	Brent Jones (Brea)	1988
			1:54.76	Parker Hostrand (Corona del Mar)	2015
			1:54.8 +	Steve Morago (Santa Ana)	1:55.4y 1975
			1:54.80	Noel Trout (Irvine)	1985
			1:54.8	Ethan Taub (Foothill)	1994
			1:54.85	Sam Delgado (Orange Lutheran)	2008
			1:54.86	* Chris Kemp (Mission Viejo)	1998
			1:54.89	Derrick Fleming (Woodbridge)	2010
			1:54.9 +	Milford Dahl (Santa Ana)	1:55.5y 1958
			1:54.9 +	Poss (Westminster)	1:55.5y 1973
			1:54.9	Scott Smith (Dana Hills)	2005
			1:54.92	Mark Gleason (Mission Viejo)	1998
			1:54.97	*Mark Wenberg (Marina)	2010
			1:55.0 +	Steve Christiano (Fountain Valley)	1:55.6y 1970
			1:55.0	James Cameron (Mission Viejo)	2009
			1:55.1 +	Terry Fink (El Modena)	1:55.7y 1974
			1:55.1 +	Ralph Serna (Loara)	1:55.7y 1975
			1:55.1 +	Matt Bell (Foothill)	1:55.7y 1975
			1:55.1 +	* Anthony Wells (SA Valley)	1:55.7y 1980
			1:55.05	* Antonio Lozano (Katella)	1999
			1:55.08	Joe Alexander (Huntington Beach)	1984
			1:55.10	Kevin Knapp (Esperanza)	1985
			1:55.10	John Peschelt (Newport)	2001
			1:55.18	Riley Sullivan (Trabuco Hills)	2008
			1:55.2 +	Bob Ironroad (Sonora)	1:55.8y 1972
			1:55.2 +	Matt Hogsett (Newport)	1:55.8y 1972
1:48.20	Sean Krinik (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			
1:50.41	Connor Dunne (San Clemente)	2016			
1:50.6 +	Paul Williams (Huntington Beach)	1:51.2y 1968			
1:50.75	Austin Tamagno (Brea)	2016			
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			
1:51.75	* Jess Struzel (Huntington Beach)	1995			
1:51.94	Doug Nichols (Edison)	1989			
1:52.1 +	Nick Rose (Corona del Mar)	1:52.7y 1971			
1:52.19	Josh Kingsland (Woodbridge)	2011			
1:52.22	Eamon Smythe (Edison)	2014			
1:52.27	Angelo Cervantes (Savanna)	2011			
1:52.3 +	*Jon Cook (Mission Viejo)	1:52.9y 1974			
1:52.38	Jim Sorenson (Villa Park)	1986			
1:52.40	Nick John Haiduc (Servite)	1981			
1:52.4 +	Carl Trentadue (Westminster)	1:53.0y 1965			
1:52.47+	Frank Venclik (Newport)	1:53.13y 1978			
1:52.5 +	Eric Olson (Estancia)	1:53.1y 1972			
1:52.50	Dave Cangelosi (Villa Park)	1979			
1:52.61	Jacob Gustafsson (Mission Viejo)	2002			
1:52.62	Jim Gallivan (Mater Dei)	1983			
1:52.66	* Ruben Esparza (El Modena)	1982			
1:52.75	Dragan Simic (Woodbridge)	2012			
1:52.8 +	* Bob Delaney (Orange)	1:53.4y 1961			
1:52.8 +	Andy Clifford (Sunny Hills)	1:53.4y 1974			
1:52.8 +	Larry Hayden (Sunny Hills)	1:53.4y 1975			
1:52.85	Jack Morgenson (Dana Hills)	2013			
1:52.89	* Matt Stollenwerk (San Clemente)	2003			
1:52.9 +	Charlie Christensen (Edison)	1:53.5y 1976			
1:52.98	Garrett Corcoran (Villa Park)	2014			
1:52.87	* Alonso Smith (Tustin)	2000			
1:52.92	John Carrow (Esperanza)	1988			
1:52.95	Mike Terry (El Modena)	1991			
1:52.99	Dave Anderson (Corona del Mar)	1984			
1:53.02	Jeff Williams (Foothill)	1982			
1:53.0	** Kevin Green (Villa Park)	1982			
1:53.1 +	Craig Lewis (Tustin)	1:53.7y 1966			
1:53.12	Brian O'Bannon (Ocean View)	1995			
1:53.13	John Cronin (Mission Viejo)	1985			
1:53.19	Michael Andraszczczyk (Aliso Niguel)	2008			
1:53.2+	***Bruce Bess (La Habra)	1:53.5y 1960			

800 meters

1:55.2 +	Mike Serna (Loara)	1:55.8y	1980	3:55.6	Dave Daley (Foothill)	1978
1:55.22	Mike Lynch (Foothill)		1993	3:55.66	James Cameron (Mission Viejo)	2009
1:55.22	* Billy Vetter (El Modena)		2008	3:56.1	Jim Robbins (Corona del Mar)	1988
1:55.25	Rusty Parker (Dana Hills)		2008	3:56.11	Haissam Sabra (Ocean View)	1987
1:55.26	Zach Chandy (Sage Hill)		2006	3:56.17	Shawn Gallagher (Corona del Mar)	1981
1:55.27	Jason Graney (Fountain Valley)		2001	3:56.62	Ricardo Campuzano (Dana Hills)	2011
1:55.28	Kyle Morton (Westminster)		1983	3:56.8	Mike Serna (Loara)	1980
1:55.3 +	Jim Greenman (Westminster)	1:55.9y	1965	3:56.89	Jaime Martinez (Orange)	1994
1:55.30	Jim Bowles (Costa Mesa)		1985	3:56.98	*Juan Gonzalez (El Toro)	2012
1:55.30	Kyle Iverson (Corona de Mar)		2012	3:56.99	Greg Whiteley (University)	1985
1:55.32	Brenden Stone (Northwood)		2014	3:57.1'	Mike Nielsen (Mater Dei)	1989
1:55.33	Scott Snyder (El Modena)		1985	3:57.4'	Bruce Bess (La Habra)	1962
1:55.33	Wade Hauptmeier (Esperanza)		1986	3:57.4	Ruben Esparza (El Modena)	1983
1:55.36	Wes Luke (Trabuco Hills)		2000	3:54.4'	Neil Stevenson (Capo Valley)	1989
1:55.36	Humberto Rojas (Estancia)		2003	3:57.8'	*Jim Olson (Irvine)	1985
1:55.4 +	Brian Hunsaker (Corona del Mar)	1:56.0y	1975	3:57.8	Kurt Depfyffer (Laguna Beach)	1987
1:55.4 +	Tom Fogerty (Capo Valley)	1:56.0y	1979	3:57.8'	Garrett Jensen (Sunny Hills)	1995
1:55.4 +	F Rossi (Canyon)	1:56.0y	1982			
1:55.40	Andy Coleman (Corona del Mar)		1985			
1:55.4	Chris Clark (El Modena)		1994			
1:55.45	Pedro Mendez (Katella)		2012			
1:55.46	Daniel Kor (Pacifica)		2003			
1:55.46	*Spencer Allen (El Toro)		2011			
1:55.48	Mike Villasin (Servite)		2008			
1:55.5 +	Bill Armstrong (El Dorado)	1:56.1y	1974			
1:55.5 +	Carlos Carrillo (Santa Ana)	1:56.1y	1976			
1:55.5 +	Vic Herrera (Costa Mesa)	1:56.10y	1980			
1:55.53	* Ken Simms (Irvine)		1983			
1:55.53	Jim Smith (Garden Grove)		1983			
1:55.54	Mike Neckerman (Capo Valley)		1983			
1:55.54	Luke Decker (JSerra)		2011			
1:55.54	Dalton Hall (Mater Dei)		2013			
1:55.56	Ricardo Campuzano (Dana Hills)		2011			
1:55.6 +	* Dave Stoner (Magnolia)	1:55.2y	1963			
1:55.60	Bob Grego (Costa Mesa)		1982			
1:55.64	* Ross Gierczak (Los Alamitos)		2004			
1:55.65	Mike Chavez (Esperanza)		2003			
1:55.66	Talal Khan (Valencia)		2008			
1:55.66	Robert Blackwell (Costa Mesa)		2012			
1:55.66	*Chance Lambuth (Canyon)		2015			
1:55.67	* John West (Sonora)		1997			
1:55.7 +	Gil Rangel (Santa Ana)	1:56.3y	1963			
1:55.7 +	Mike Eck (Savanna)	1:56.3y	1963			
1:55.7 +	Ron Taylor (Garden Grove)	1:56.3y	1965			
1:55.7 +	Kevin Eaton (Mission Viejo)	1:56.3y	1974			
1:55.7 +	Bob Sutherland (Fullerton)	1:56.3y	1974			
1:55.70	Darren Wood (Corona del Mar)		1985			
1:55.70	Ryan Jensen (Newport)		1999			
1:55.71	Tad Kaput (El Toro)		1996			
1:55.71	Darron Grimes (Dana Hills)		2005			
1:55.71	*Max McBride (Brea)		2011			
1:55.72	Demetrious Lloyd (Servite)		2013			
1:55.73	**Ryan Bush (Tesoro)		2016			
1:55.74	* Peter Gustafsson (Mission Viejo)		2003			
1:55.75	*Frank Guadagnini (Servite)		2010			
1:55.77	* Dave Baker (Edison)		1989			

1500 meters

3:44.14	Austin Tamagno (Brea)		2016
3:50.2	Charlie Christensen (Edison)		1977
3:50.24	Brandon Pacheco (Brethren Christian)		1995
3:50.4	Ralph Serna (Loara)		1975
3:51.1	Dave Cangelosi (Villa Park)		1979
3:51.2'	Jeff Williams (Foothill)		1982
3:52.0	Jon Butler (Edison)		1981
3:52.5	* Eric Hulst (Laguna Beach)		1975
3:52.5	* Jon Cook (Mission Viejo)		1974
3:52.5'	*Dennis Carr (Lowell)		1962
3:52.6	Andy Clifford (Sunny Hills)		1974
3:54.27	Eddie Lavelle (Corona del Mar)		1989
3:54.4'	Jim Geerlings (Newport)		1988
3:54.6'	Dale Story (Orange)		1959
3:54.8	Kyle Morton (Westminster)		1983
3:55.1'	Victor Valen (El Modena)		1984
3:55.4	John Gerhart (Costa Mesa)		1978
3:55.4'	Dave Anderson (Corona del Mar)		1984

1600 meters

3:59.65+	Austin Tamagno (Brea)	4:01.04y	2016
4:00.83	Jantzen Oshier (Trabuco Hills)		2011
4:03.13	Connor Dunne (San Clemente)		2016
4:03.77+	Garrett Corcoran (Villa Park)	4:05.19y	2014
4:04.0+	Mark Schilling (Garden Grove)	4:05.4y	1972
4:05.3+	Andy Clifford (Sunny Hills)	4:06.7y	1974
4:05.54+	Ryan Bousquet (Esperanza)	4:06.97y	2000
4:05.6 +	Ralph Serna (Loara)	4:07.0y	1975
4:05.79	Jake Ogden (Dana Hills)		2016
4:06.75	Jon Butler (Edison)		1981
4:06.82	Andrew Burkhardt (J Serra)		2016
4:07.02+	Jeff Williams (Foothill)	4:08.46y	1982
4:07.1+	Carl Trentadue (Westminster)	4:08.5y	1965
4:07.1+	Charlie Christensen (Edison)	4:08.5y	1977
4:07.3+	* Dennis Carr (Lowell)	4:08.7y	1962
4:07.26+	Mike Serna (Loara)	4:08.70y	1980
4:07.7+	* Eric Hulst (Laguna Beach)	4:09.1 y	1974
4:07.70	Chance Lamberth (Canyon)		2016
4:07.8+	Mike Solomon (Westminster)	4:09.2y	1967
4:08.3+	Robert Angel (Huntington Beach)	4:09.7y	1975
4:08.59	Brandon Pacheco (Brethren Christian)		1995
4:08.9+	Terry Lamb (Bolsa Grande)	4:10.4y	1969
4:08.97+	Jim Geerlings (Newport)	4:10.43y	1988
4:09.02	George Gleason (Huntington Beach)		2015
4:09.15+	James Cameron (Mission Viejo)	4:10.61y	2009
4:09.34	Victor Valen (El Modena)		1984
4:09.42	Toby Villalva (El Toro)		2009
4:09.5+	Doug MacLean (Costa Mesa)	4:10.9y	1972
4:09.53	*Brandon Bethke (El Toro)		2004
4:09.54	Sydney Gidabuday (El Modena)		2014
4:09.58	Connor Kaddatz (Dana Hills)		2011
4:09.6+	Dale Story (Orange)	4:11.0y	1959
4:09.6+	Matt Bell (Foothill)	4:11.0y	1975
4:09.79	Juan Gonzalez (El Toro)		2013
4:09.8+	Mark Spilsbury (Foothill)	4:11.2y	1976
4:09.8+	Dave Cangelosi (Villa Park)	4:11.2y	1979
4:09.95	Tyler Valdes (Dana Hills)		2009
4:10.51	Brennon Koryta (Brea)		2014
4:10.67	Zak Phillips (Dana Hills)		2009
4:10.73	Blake Ahrold (Dana Hills)		2010
4:10.74	Jim Robbins (Corona del Mar)		1988
4:10.84+	Ruben Esparza (El Modena)	4:12.31y	1982
4:10.92	Dave Anderson (Corona del Mar)		1984
4:10.97	Luke Decker (JSerra)		2011
4:10.99	Brandon Babiracki (Dana Hills)		2003
4:11.12	Billy Gaudreau (St Margaret's)		2012
4:11.2+	Tom Keefer (Anaheim)	4:12.6y	1969
4:11.56	Mike Nielsen (Mater Dei)		1989
4:11.6+	Pat Dutzi (El Dorado)	4:13.0y	1973
4:11.54	Haissam Sabra (Ocean View)		1987
4:11.74+	Nick Plumb (Trabuco Hills)	4:13.20y	2012
4:11.82	Sean Krinik (Valencia)		2010
4:11.88	Cooper Kossick (Edison)		2015
4:11.94	Eddie Lavelle (Corona del Mar)		1989
4:12.0+	Bruce Bess (La Habra)	4:13.4y	1962
4:12.04	Austin Goins (Canyon)		2013
4:12.08	Jeff Thies (Edison)		2013

4:12.21+	Dragan Simic (Woodbridge)	4:13.68y	2012	4:16.4+	Bill Ryan (Sunny Hills)	4:17.8y	1976
4:12.25	Scott Smith (Dana Hills)		2005	4:16.4+	Brian Appell (Fountain Valley)	4:17.8y	1978
4:12.38	Ryan Valdes (Dana Hills)		2009	4:16.40	Kevin Durham (El Toro)		2012
4:12.46	Mike Chavez (Esperanza)		2003	4:16.49	* Hunter Gulino (Fountain Valley)		2013
4:12.53	John Sullivan (Trabuco Hills)		2007	4:16.50	Wesley Walsh (Canyon)		2015
4:12.72	Riley Sullivan (Trabuco Hills)		2008	4:16.5+	Adamaitis (San Clemente)	4:17.9y	1976
4:12.73	Humberto Rojas (Estancia)		2003	4:16.55+	Scott Lacrosse (Costa Mesa)	4:18.04y	1980
4:12.76	Andrew Daedler (Brea)		2011	4:16.61+	Matt Groff (El Dorado)	4:18.10y	1980
4:12.8+	Ed Radermacher (Mission Viejo)	4:14.2y	1972	4:16.65	Luis Morales (Fountain Valley)		2011
4:12.8+	John Gerhart (Costa Mesa)	4:14.2y	1978	4:16.63	Jay Bonthius (Fountain Valley)		2012
4:12.87	Mike Bernstein (Garden Grove)		1991	4:16.75	Jordan Senko (El Toro)		2010
4:12.97	* Kevin Green (Villa Park)		1982	4:16.8 +	Ron Fister (Western)	4:18.2y	1966
4:13.01	Mason Coppi (Dana Hills)		2016	4:16.80	Jared Hazlett (Trabuco Hills)		2012
4:13.24	* Jaime Martinez (Orange)		1993	4:16.86	Brian McCaffery (Marina)		1990
4:13.3	Greg Whiteley (University)		1985	4:16.73+	Jim Hartford (Corona del Mar)	4:18.22y	1980
4:13.33	Talal Khan (Valencia)		2008	4:17.0+	Neil Sybert (Westminster)	4:18.3y	1967
4:13.54	* Chris Kemp (Mission Viejo)		1998	4:17.00+	Scott Curran (Tesoro)	4:18.3y	2014
4:13.56	Mark Gleason (Mission Viejo)		1998	4:17.0+	John Holcomb (Newport)	4:18.4y	1972
4:13.56	* Scott Blair (Trabuco Hills)		2007	4:17.0+	Mike Lansdon (Edison)	4:18.4y	1978
4:13.65	Karl Baranov (Marina)		2011	4:17.0+	Rick Cisneros (Valencia)	4:18.4y	1978
4:13.70	* Joe Gatel (Edison)		2004	4:17.0+	Jon Lee (El Dorado)	4:18.4y	1980
4:13.78	*Jim Olson (Irvine)		1985	4:17.01	Rex Nelson (Newport)		2008
4:13.87	Kurt Depfyffer (Laguna Beach)		1987	4:17.03	Brad Clary (Katella)		1982
4:13.89	Abdow Haji (El Toro)		2007	4:17.1+	Mike Walterhouse (Mission Viejo)	4:18.5y	1977
4:13.99	Garrett Jensen (Sunny Hills)		1995	4:17.1	*Jayson Hayes (Edison)		2005
4:14.0+	Sal Mendoza (Santa Ana)	4:15.4y	1964	4:17.2+	Jose Saavedra (Loara)	4:18.6y	1974
4:14.09	Josh Yelsey (Corona del Mar)		2001	4:17.2+	* Bob Erickson (Fountain Valley)	4:18.6y	1981
4:14.1+	Dave Daley (Foothill)	4:15.5y	1978	4:17.20	Josh Linen (Valencia)		2007
4:14.11	Gilbert Solorza (Buena Park)		2013	4:17.26	Fredd Hesslevik (University)		1982
4:14.15	Kyle Morton (Westminster)		1983	4:17.32+	***Daniel White (San Juan Hills)	4:18.82y	2016
4:14.2+	Colin McConnell (Edison)	4:15.6y	1976	4:17.36	Greg Lamb (Mission Viejo)		1988
4:14.21c	Dalton Hall (Mater Dei)		2013	4:17.38	* Augie Escobar (Villa Park)		1999
4:14.22	* William Feliciano (Cypress)		1984	4:17.38	Dylan Scarsone (Canyon)		2016
4:14.24	Conor Stanton (Servite)		2010	4:17.4+	George Aguilar (SA Valley)	4:18.8y	1974
4:14.32	Ricardo Campuzano (Dana Hills)		2011	4:17.42	Javier Barrera (Dana Hills)		1988
4:14.35	* Jesse Ramirez (Santa Ana)		2004	4:17.46	Spencer Keith (Corona del Mar)		2014
4:14.37+	Raul Lara (Orange)	4:15.85y	2004	4:17.5+	Gary Blume (Marina)	4:18.9y	1974
4:14.4+	Mark Hower (Mission Viejo)	4:15.8y	1974	4:17.5+	Matt Blaty (Marina)	4:18.9v	1979
4:14.4+	Shawn Gallagher (Corona del Mar)	4:15.8y	1981	4:17.5+	Sam Francis (Tustin)	4:18.9y	1965
4:14.48	Martin Brix (University)		1998	4:17.5+	Mark Wynne (Fullerton)	4:18.9y	1963
4:14.5+	Dave White (El Modena)	4:15.9y	1970	4:17.5+	Mike Messenger (Corona del Mar)	4:18.9y	1974
4:14.65	*Mason Coppi (Dana Hills)		2015	4:17.6+	Allan Sanford (Tustin)	4:19.0y	1965
4:14.72	* Mike Love (Katella)		1992	4:17.6+	Bob Gallagher (Loara)	4:19.0y	1975
4:14.72	Scott Blair (Trabuco Hills)		2008	4:17.63	Cody Nguyen (Brea)		2012
4:14.79	Andrew Brown (Mission Viejo)		2013	4:17.63	Austin Shellito (Brea)		2015
4:14.93+	Brandon Ferguson (Woodbridge)	4:16.41y	2012	4:17.72	*Brandon Price (St. Margaret's)		2012
4:14.93	Jason Engel (Santa Margarita)		2013	4:17.75	* Bruce Hancock (Costa Mesa)		1998
4:14.96	* Jon Shawel (Troy)		2007	4:17.77	Adolfo Cruz (El Modena)		2015
4:15.1+	*Chance Lamberth (Canyon)	4:16.3y	2015	4:17.80	Jesus Molina (Dana Hills)		2010
4:15.10	Mark Junkermann (Los Alamitos)		1983	4:17.90	Daniel Kor (Pacifica)		2003
4:15.0+	Marc Genet (Santa Ana)	4:16.4y	1972	4:17.92	Cameron Ashbaugh (Mission Viejo)		2014
4:15.0+	Ken Martyn (Marina)	4:16.4y	1973	4:17.94	Anuare Magana (Costa Mesa)		2015
4:15.17	Juan Robles (Valencia)		2003	4:17.99	Angelo Cervantes (Savanna)		2011
4:15.2+	Rick Bergstrom (Magnolia)	4:16.6y	1964	4:18.0+	Bill Cram (Anaheim)	4:19.4y	1961
4:15.32	**Michael Haddan (Woodbridge)		2002	4:18.0+	Tom Lipski (Saddleback)	4:19.4y	1969
4:15.36	Greg Shryock (Corona del Mar)		1989	4:18.01	Chris Partner (Edison)		1988
4:15.42	Chris McMillen (Newport)		2001	4:18.08	Matt McKeehan (Foothill)		2002
4:15.44	Alonzo Smith (Tustin)		2001	4:18.1+	Tim Gollnick (Costa Mesa)	4:19.5y	1973
4:15.46	Curt Herberts (Newport)		1999	4:18.1+	Brad Meyer (University)	4:19.5y	1980
4:15.53	Alfonso Leon (Santa Ana)		1999	4:18.1	*Jon Cook (Mission Viejo)		1975
4:15.6+	Keith Strodl (Orange)	4:17.0y	1967	4:18.1+	Jim Hartford (Corona del Mar)	4:19.6y	1980
4:15.60	* Matt McElroy (Edison)		2009	4:18.14	Gavin Diem (Dana Hills)		2014
4:15.67	Garrett Milner (San Clemente)		2000	4:18.19	Billy Thibault (Newport)		1990
4:15.7+	Bill Delaney (Orange)	4:17.1y	1963	4:18.2+	Ken Ernst (El Dorado)	4:19.7y	1979
4:15.7+	Armando Cendejas (Buena Park)	4:17.1y	1974	4:18.21	Jon Kelly (Dana Hills)		1985
4:15.77	Neil Stevenson (CapoValley)		1989	4:18.23	Shane Daugherty (El Toro)		2002
4:15.78	Brandon Price (St Margarets)		2013	4:18.25	Cesar Galvez (Santa Ana)		2011
4:15.79	Daniel Mejia (Katella)		2000	4:18.3+	Steve Webb (Kennedy)	4:19.8y	1978
4:15.8+	Bill Graves (Pacifica)	4:17.2y	1974	4:18.36	Ned Mosher (Fountain Valley)		1982
4:15.90	Bill Meyer (Villa Park)		1986	4:18.4+	Chris Mecher (La Habra)	4:19.9y	1970
4:16.01	Steve Frisone (Laguna Hills)		1989	4:18.40	Jackson Marshall (Woodbridge)		2014
4:16.01	Craig Huff (Marina)		2014	4:18.5+	Tod White (Newport)	4:20.0y	1955
4:16.02	David Napper (Cypress)		2003	4:18.5+	Rocky Chisolm (El Dorado)	4:20.0y	1968
4:16.04	*Dragan Simic (Woodbridge)		2011	4:18.5+	Ruben Mejia (La Habra)	4:20.0y	1969
4:16.06	Timothy Scott (Corona del Mar)		2007	4:18.5+	Ted Bechtel (Rancho Alamitos)	4:20.0y	1969
4:16.1+	Mike Parker (Tustin)	4:17.5y	1982	4:18.5+	Mike Annis (Sunny Hills)	4:20.0y	1974
4:16.3+	Scott Fessenden (Lowell)	4:17.7y	1975	4:18.5+	Mark Hallenbeck (Tustin)	4:20.0y	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				

4:18.5+	John Kolar (Costa Mesa)	4:20.0y	1975	8:55.53	Mason Coppi (Dana Hills)	2016
4:18.53	*Elliot Myers (Esperanza)		2010	8:55.73	Steve Valen (El Modena)	1981
4:18.55	Dan Kash (Westminster)		1987	8:56.09	Riley Sullivan (Trabuco Hills)	2008
4:18.55	Jacob Gustaffson (Mission Viejo)		2002	8:56.23	Augie Escobar (Villa Park)	1999
4:18.55	**Richie Soto (Marina)		2011	8:56.25	Wesley Walsh (Canyon)	2015
4:18.56	Jose Madera (Anaheim)		2010	8:56.44	* Matt McElroy (Edison)	2009
4:18.6+	Bob Godfrey (Fullerton)	4:20.1y	1973	8:56.7+	*Dave White (El Modena)	8:59.8y 1969
4:18.6	* David Moore (Orange)		1985	8:57.5+	Armando Cendejas (Buena Park)	9:00.6y 1974
4:18.63	David Abraham (Fountain Valley)		2014	8:57.5+	Greg Whiteley (University)	9:00.6y 1985
4:18.67	Nick Arciniaga (Fountain View)		2001	8:57.7+	Gary Blume (Marina)	9:00.8y 1974
4:18.7+	Dan McGaha (Orange)	4:20.3y	1981	8:58.18+	John Sullivan (Trabuco Hills)	9:01.32y 2007
4:18.7	* David Longyear (Villa Park)		1986	8:58.96+	Ken Ernst (El Dorado)	9:02.14y 1979
4:18.72	John Janneck (Brea)		2013	8:59.04	Blake Ahrold (Dana Hills)	2010
4:18.75	Julian DeRubira (Santa Margarita)		2006	8:59.12	**Jake Ogden (Dana Hills)	2014
4:18.77	Mike Gavino (Fountain Valley)		2002	8:59.4+	* Jeff Vandereems (Mission Viejo)	9:02.5y 1979
4:18.78	Thomas Heib (Los Alamitos)		2016	8:59.5	Toby Villalva (El Toro)	2009
4:18.8+	Mike Hall (Tustin)	4:20.3y	1967	9:00.1+	* Mike Durham (Troy)	9:03.2y 1973
4:18.8+	Rick Carr (Lowell)	4:20.3y	1967	9:00.1+	Steve Webb (Kennedy)	9:03.2y 1978

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

3200 meters

8:41.6+	Eric Hulst (Laguna Beach)	8:44.6y	1976	9:02.15	* Brandon Bethke (El Toro)	2004
8:42.9+	Ralph Serna (Loara)	8:45.9y	1975	9:02.42	Rex Nelson (Newport)	2008
8:46.78	Jon Butler (Edison)		1981	9:02.57	Bob Erickson (Fountain Valley)	1982
8:50.4+	Marc Genet (Santa Ana)	8:53.4y	1972	9:01.62	Andrew Burkhardt (J Serra)	2016
8:50.6+	Mark Spilsbury (Foothill)	8:53.6y	1976	9:02.88	Spencer Keith (Corona del Mar)	2014
8:51.2+	Jim Salcido (Sunny Hills)	8:54.2y	1972	9:02.90	* Eddie Lavelle (Corona del Mar)	1988
8:51.7+	Bill St. John (Mater Dei)	8:54.8y	1976	9:03.06	* Jim Rodriguez (SA Valley)	1988
8:51.9+	Colin McConnell (Edison)	8:55.0y	1976	9:03.57	Shannon Winkleman (Marina)	1988
8:52.18	Garrett Corcoran (Villa Park)		2014	9:04.1+	Pat Dutzi (El Dorado)	9:07.2y 1973
8:53.7+	Brian Hunsaker (Corona del Mar)	8:56.8y	1975	9:04.33	**Jack Landgraf (Dana Hills)	2016
8:54.01	Juan Gonzalez (El Toro)		2013	9:04.34	Jeff Thies (Edison)	2013
8:54.13	*Austin Tamagno (Brea)		2015	9:04.94	Kevin Durham (El Toro)	2012
				9:05.0+	Matt Blaty (Marina)	9:08.1y 1979
				9:05.20	Sydney Gidabuday (El Modena)	2014
				9:05.5+	Doug MacLean (Costa Mesa)	9:08.6y 1972
				9:05.86	Gus Quinonez (Huntington Beach)	1983
				9:06.08	Jaime Martinez (Orange)	1994
				9:06.13	* Scott Blair (Trabuco Hills)	2007
				9:06.4+	Joe Young (Costa Mesa)	9:09.5y 1977
				9:06.43	Scott Smith (Dana Hills)	2005
				9:06.49	Fredd Hesslevik (University)	1982
				9:06.5+	* Mike Walterhouse (Mission Viejo)	9:09.6y 1976
				9:06.66	Robby Price (Saddleback)	1990
				9:06.70	Shawn Frack (Esperanza)	1993
				9:06.74	Javier Barerra (Dana Hills)	1988
				9:06.8+	Dave Cangelosi (Villa Park)	9:09.9y 1979
				9:06.85	Josh Linen (Valencia)	2007
				9:06.9+	* Larry Gerich (Foothill)	9:10.0y 1972
				9:06.81	Mitch Eddy (Mater Dei)	1983
				9:06.82	*Kevin Durham (El Toro)	2011
				9:07.1+	Tom Keefer (Anaheim)	9:10.2y 1969
				9:07.03	Mike Love (Katella)	1993
				9:07.51	* Mark Gonzales (La Habra)	1990
				9:08.2+	Andy Gerkin (Corona del Mar)	9:12.4 1978
				9:08.3+	Darrell Hatfield (Rancho Alamitos)	9:11.4y 1973
				9:08.35	Dylan Scarsons (Canyon)	2016
				9:08.5 +	Mike Annis (Sunny Hills)	9:11.6y 1974
				9:08.6+	John Gerhart (Costa Mesa)	9:11.7y 1978
				9:08.65	Chris Lugo (Valencia)	1987
				9:08.68	Adalberto Sanchez (Capo Valley)	1995
				9:08.7+	Jose Saavedra (Loara)	9:11.8y 1974
				9:08.87	Collin Price (St Margaret's)	2015
				9:09.4+	Neil Sybert (Westminster)	9:12.6y 1967
				9:09.48	David Napper (Cypress)	2003
				9:09.52	* Mike Chavez (Esperanza)	2002
				9:09.58	Brad Meyer (University)	1981
				9:09.6+	Ron Fister (Western)	9:12.8y 1966
				9:09.62	James Cameron (Mission Viejo)	2009
				9:10.11	Mike Tansley (Dana Hills)	1989
				9:10.19	Mike Farrell (San Clemente)	1990
				9:10.41	* Terrence Mahon (La Habra)	1987

9:10.47	Jose Herrera (Loara)		1999
9:10.72	George Gleason (Huntington Beach)		2015
9:10.78	Blake Hofmeister (Laguna Beach)		2010
9:10.89	* Raul Lara (Orange)		2003
9:10.99	Ben Flamm (Huntington Beach)		1993
9:11.0+	Beldon Burch (San Clemente)	9:14.2y	1967
9:11.3+	Tom Westfall (Villa Park)	9:14.5y	1977
9:11.42	Ryan Herson (Trabuco Hills)		2011
9:11.6+	Robert Angel (Huntington Beach)	9:14.8y	1973
9:12.22	*Karl Baranov (Marina)		2010
9:12.3+	Mike Davis (Garden Grove)	9:15.5y	1968
9:12.3+	Greg Dean (Fullerton)	9:15.8y	1976
9:12.6+	Mike Fisher (Villa Park)	9:15.8y	1980
9:12.6+	Randy Spotts (Orange)	9:15.8y	1971
9:12.0+	Chris Money (El Modena)	9:16.2y	1976
9:12.4+	George Aguilar (SA Valley)	9:16.6y	1974
9:13.19	*Jose Herrera (Loara)		1998
9:13.6+	Bill Inglehart (Westminster)	9:16.8y	1966
9:13.62	Jared Hazlett (Trabuco Hills)		2012
9:13.66	Daniel Mejia (Katella)		2000
9:13.76	Jesse Morrill (Marina)		2006
9:13.80	Tim Aukshunas (El Modena)		2003
9:13.85	* Joe Gatel (Edison)		2004
9:13.88	Curt Herberts (Newport)		1999
9:13.99	*Brandon Price (St. Margaret's)		2012
9:14.07	* Steve Niednagel (Dana Hills)		1988
9:14.2+	Kent Norton (Orange)	9:17.4y	1973
9:14.29	Mark Gleason (Mission Viejo)		1998
9:14.43	Karl Baranov (Marina)		2011
9:14.47	Ricardo Campuzano (Dana Hills)		2011
9:14.49	* Blake Hofmeister (Laguna Beach)		2009
9:14.84	Anuare Magana (Costa Mesa)		2015
9:14.9+	Rick Cisneros (Valencia)	9:18.2y	1978
9:14.95	Kyler Fisk (Tesoro)		2012
9:14.98	Tyler Valdes (Dana Hills)		2009
9:15.0+	Mark Cunnart (Los Amigos)	9:18.3y	1980
9:15.2+	* Robert Tillman (Valencia)	9:18.5y	1973
9:15.30	Nathaniel Cushing-Murray (Foothill)		2011
9:15.33	Jantzen Oshier (Trabuco Hills)		2011
9:15.54	David Abraham (Fountain Valley)		2014
9:15.62	Mike Nielsen (Mater Dei)		1989
9:15.66	Brent Ritschel (Trabuco Hills)		2011
9:15.71	* Mark Gleason (Mission Viejo)		1997
9:15.72	Luke Dorman (Trabuco Hills)		2013
9:15.86	Julian DeRubira (Santa Margarita)		2006
9:16.0+	Allan Sanford (Tustin)	9:19.2y	1965
9:16.35	Mark Lindrud (Mission Viejo)		1986
9:16.39	Gilbert Borza (Buena Park)		2013
9:16.42	Scott Hakeman (El Dorado)		1983
9:16.59	Dan Gaston (Huntington Beach)		1997
9:16.16	Ryan Bousquet (Esperanza)		2000
9:16.81	Jose Penaloza (Godinez)		2013
9:17.04	Jay Bonthius (Fountain Valley)		2012
9:17.07	Cameron Everhart (Orange Lutheran)		2008
9:17.1+	Jeff Day (Corona del Mar)	9:20.3y	1976
9:17.39	*Jeff Thies (Edison)		2012
9:17.5+	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
9:18.19	*Jorge Suarez (Santa Ana)		2016
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
9:18.53	Carter Christmann (Tesoro)		2016
9:18.73	Amar Dholakia (Esperanza)		2012
9:18.83	Charara Mohammad (Buena Park)		2010
9:18.90	Shane Dougherty (El Toro)		2002
9:19.12	Erin Vali (University)		1989
9:19.3+	Bill Villa (Saddleback)	9:22.5y	1975
9:19.45	*Dragan Simic (Woodbridge)		2011
9:19.8+	Mike Solomon (Westminster)	9:23.0y	1967

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

Steeplechase

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

3 mile

13:45.4'	*Ralph Sema (Loara)		1974
13:51.9'	Eric Hulst (Laguna Beach)		1976
14:19.8	Dave White (El Modena)		1969
14:20.4	Brian Hunsaker (Corona del mar)		1975

14:20.8	Doug MacLean (Costa Mesa)	1972
14:27.0	**Robert Angel (Huntington Beach)	1973
14:36.6	Gary Blume (Marina)	1974
14:47.2	Bill St. John (Mater Dei)	1976
14:50.6	Mickey Wooley (El Modena)	1970

5000 meters

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

6 mile

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

10,000 meters

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

One Hour Run (track)

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

Marathon

2:31:24	****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
5073	*Geoffrey Delorie (Marina)	2016
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
14.36	Cameron Hurd (Trabuco Hills)	2016
14.38	Jeff Damron (Servite)	1983
14.38	Pat Swanson (Esperanza)	1996
14.40	* Denny Flanagan (Edison)	2001
14.45	* John Sorenson (Mater Dei)	1984
14.45	Shane Vickers (Tustin)	1997
14.46	Jay Thorson (Laguna Beach)	1981
14.47	Marc Kallick (Marina)	1988
14.48+	Jeff Nelson (Bolsa Grande)	14.2y 1965
14.48+	Jim Davis (Santa Ana)	14.2y 1970
14.49	Kienan Briggs (Valencia)	2001
14.50	Dave Plett (Western)	1981
14.51	*Jalen Craver (Woodbridge)	2010
14.51	Daniel Sun (Woodbridge)	2016
14.55	Austin Tinsley (Santa Margarita)	2014
14.56	Nehemiah Nash (Woodbridge)	2016
14.57	Vince Fusco (Dana Hills)	2010
14.58+	Howard Parker (Santa Ana)	14.3y 1962
14.58+	Leonard Sims (Santiago)	14.3y 1964

14.58+	Don Tilley (SA Valley)	14.3y	1967	14.80	Juan Lomeli (Saddleback)	1997
14.58+	Keith Denson (SA Valley)	14.3y	1970	14.80	Corey Hammond (Mater Dei)	2012
14.58+	Ward Kisman (Sunny Hills)	14.3y	1970	14.81	John Hall (Servite)	1996
14.58+	* Bryan Poland (Brea)	14.3y	1970	14.81	Shaquille Richardson (Los Alamitos)	2010
14.58+	Dave Powell (Edison)	14.3y	1972	14.82	Todd Prukop (Servite)	1985
14.58	Maikolo Liti (Foothill)		2003	14.82	Jimmy Martin (Santa Margarita)	2009
14.60	Connor Meech (San Juan Hills)		2015	14.82	* Dennis Austria (Kennedy)	2009
14.61	John Kennedy (Servite)		1986	14.82	Greg Starkey (San Clemente)	2009
14.61	George Lynch (Mater Dei)		1988	14.84c	Chris Fenn (Laguna Hills)	14.6 1981
14.57	Vincé Fusco (Dana Hills)		2010	14.84c	Adam Shapiro (Capo Valley)	14.6 1984
14.62	*Ramon Vargas (Huntington Beach)		2011	14.84	Greg Muniz (Woodbridge)	1992
14.62	Tyler Rios (Los Alamitos)		2014	14.84c	Dampen Roberts (SA Valley)	14.6 1998
14.64	* Al Williams (Irvine)		1997	14.84c	Jordan Czaykowski (El Modena)	14.6 2000
14.64c	Mitch Allen (El Toro)	14.4	2006	14.85+	Larry Neehan (Orange Lutheran)	14.82y 1979
14.65	Anton Hector (Esperanza)		1995	14.85	Jon Peck (Irvine)	1992
14.66+	Simon Faivaalo (SA Valley)	14.63y	1978	14.86+	Jesse Johnson (SA Valley)	14.83y 1980
14.68+	Louie Muniz (Santa Ana)	14.4y	1963	14.86	Carlos Valles (Katella)	2005
14.68+	Dan Hedlund (Villa Park)	14.4y	1971	14.86	Joshua Lindley (Aliso Niguel)	2009
14.68+	Bob McQueen (Anaheim)	14.4y	1971	14.87+	Alan Duncan (Fountain Valley)	14.84y 1978
14.68+	Matt Hogsett (Newport)	14.4y	1972	14.88+	Steve Davis (Edison)	14.85y 1978
14.68+	Dave Cooper (Magnolia)	14.4y	1972	14.88+	Sonny Owens (Fullerton)	14.6y 1955
14.68+	Steve Adams (Estancia)	14.4y	1974	14.88+	**Doug Hankins (Fullerton)	14.6y 1957
14.68+	B. Richardson (El Modena)	14.4y	1974	14.88+	Stan Kincade (Santa Ana)	14.6y 1963
14.68+	Jim Hunt (El Dorado)	14.4y	1976	14.88+	* Jeff Nelson (Bolsa Grande)	14.6y 1964
14.68+	Zim Walker (Savanna)	14.4y	1977	14.88+	Brent Romney (Loara)	14.6y 1965
14.68+	Alan Duncan (Fountain Valley)	14.4y	1981	14.88+	Bob Wilkins (SA Valley)	14.6y 1965
14.68+	Steve Davis (Edison)	14.4y	1981	14.88+	Craig Bothwell (Loara)	14.6y 1965
14.68	Dan Foote (Foothill)		1995	14.88+	Jack Handy (Loara)	14.6y 1971
14.68	Jim Bittner (Katella)		1998	14.88+	Frank Mazon (Savanna)	14.6y 1971
14.68	*Ryan Whites (Estancia)		2006	14.88+	Dick Chemieski (Villa Park)	14.6y 1974
14.68	Jose Rubio (Los Alamitos)		2016	14.88+	Plent (La Habra)	14.6y 1974
14.69	Nick Falcione (La Habra)		2004	14.88+	Jeff Butler (Los Alamitos)	14.6y 1975
14.70	Dwayne Gregory (Mission Viejo)		1984	14.88+	Owehand (Rancho Al)	14.6y 1975
14.70	Espinosa (Capo Valley)		1984	14.88+	Randy James (Lowell)	14.6y 1975
14.70	Scott Crowson (Mission Viejo)		1999	14.88+	Scott Bruckner (Lowell)	14.6y 1976
14.70	** Mike Liti (Foothill)		2001	14.88+	* Mark Hale (Katella)	14.6y 1980
14.71	* Brian Flowers (SA Valley)		1984	14.88+	Tom Rish (Ocean View)	14.6y 1980
14.71	Chance Kuehnel (Sage Hill)		2016	14.88	Pat Swanson (Esperanza)	1995
14.72	Ben Forbes (Marina)		1998	14.88	Matt Blasdel (Santa Margarita)	1996
14.72	Doyin Sule (Fullerton)		2011	14.89	Adolph Renaud (La Habra)	1986
14.73	Doug Miller (Estancia)		1986	14.90	David Frazier (Mission Viejo)	2002
14.73	* Preston Spence (Edison)		2008	14.90	Nick McGuinness (Corona del Mar)	2013
14.73	Grant Bayr (Dana Hills)		2015	14.91	Louie Muniz (Woodbridge)	1989
14.74c	Eric Nuanes (Loara)		1997	14.91	Muzae Sesay (Canyon)	2008
14.74	Myles Gregory (Fountain Valley)		2003	14.91	Andy Bardine (El Toro)	2012
14.75	Brent Elliot (Canyon)		2011	14.91	Jalen Gill (Woodbridge)	2016
14.76	Eric Dorn (Estancia)		1986	14.92	Sean Zeitler (Santa Margarita)	2001
14.76	Aaron Hill (Esperanza)		1999	14.92	* Joe Emerson (Huntington Beach)	2002
14.77	** Mike Smith (Mission Viejo)		1995	14.93	Jim Flanagan (Edison)	2006
14.77	Ramon Vargas (Huntington Beach)		2012	14.93	Al Beynon (Edison)	2015
14.78+	Forrest Younger (Fullerton)	14.5y	1952	14.93	Elias Ghazlani (Fountain Valley)	2016
14.78+	Don Jones (Huntington Beach)	14.5y	1956	14.94c	Jesse Johnson (SA Valley)	14.7 1981
14.78+	Bob Ballew (Garden Grove)	14.5y	1957	14.94c	Al Abdallah (SA Valley)	14.7 1981
14.78+	John Eastman (La Habra)	14.5y	1958	14.94c	Tom Fishbeck (Foothill)	14.7 1981
14.78+	Dave Jensen (Valencia)	14.5y	1966	14.94c	Tyrone Tucker (Villa Park)	14.7 1983
14.78+	Carl Field (SA Valley)	14.5y	1969	14.94c	Javon Guiens (Cypress)	14.7 2004
14.78+	Harry Bracy (Los Alamitos)	14.5y	1970	14.94	Reggie Dunn (Los Alamitos)	1988
14.78+	Garth Wise (Huntington Beach)	14.5y	1971	14.94	Sean Coye (Irvine)	1993
14.78+	Darrel Walker (Tustin)	14.5y	1972	14.94	Scott Dicus (El Modena)	1997
14.78+	Steve Pickford (Huntington Beach)	14.5y	1972	14.96	* Michael Colby (Tustin)	2000
14.78+	Steve Ward (La Quinta)	14.5y	1972	14.96	* Long Duong (Katella)	2000
14.78+	Walter Mead (Santa Ana)	14.5y	1972	14.97	** Steve Forte (Woodbridge)	1993
14.78+	Henry Harrell (Santa Ana)	14.5y	1973	14.97	Oliver Pham (Canyon)	2012
14.78+	Lars Soderlind (Anaheim)	14.5y	1973	14.97	Ryan Evans (Aliso Niguel)	2013
14.78+	Garry Templeton (SA Valley)	14.5y	1974	14.98+	Keith Keckler (SA Valley)	14.7y 1969
14.78+	Bristol (La Quints)	14.5y	1975	14.98+	David Porter (Orange)	14.7v 1970
14.78+	Dave Berger (Canyon)	14.5y	1977	14.98+	Blacker (San Clemente)	14.7y 1970
14.78+	Vic Beradino (Cypress)	14.5y	1977	14.98+	Don Mickelson (Los Alamitos)	14.7y 1970
14.78+	Chris Roberson (Kennedy)	14.5y	1977	14.98+	Jeff Schrechengost (Loara)	14.7y 1971
14.78+	Aaron Williamson (Westminster)	14.5y	1980	14.98+	Randy Lazenby (Garden Grove)	14.1y 1972
14.78+	Brian Chapman (Troy)	14.5y	1986	14.98+	Lori Perez (Santa Ana)	14.7y 1972
14.78	Brent Busch (Newport)		1991	14.98+	Gary Stewart (Loara)	14.7y 1973
14.78	*Robert Garrett (Katella)		2010	14.98+	Craig Feola (El Dorado)	14.7y 1974
14.79	Andy Stuffer (Villa Park)		1982	14.98+	Jay Craig (SA Valley)	14.7y 1974
14.79	Michael Miela (Trabuco Hills)		2009	14.98+	Roy Hedlund (Villa Park)	14.7y 1977
14.80	*Rich Nichols (Fountain Valley)		1982	14.98+	Charles Lucky (Los Alamitos)	14.7y 1977
14.80	Shaheed Quassin (Laguna Hills)		1992	14.98+	Jim Schulte (Foothill)	14.7y 1978

14.98+	Art Gourdine (El Toro)	14.7y	1978
14.98+	Steve McRoberts (Huntington Beach)	14.7y	1979
14.98+	Mike McGee (Dana Hills)	14.7y	1986
14.98+	Todd Andrews (Fountain Valley)	14.7y	1982
14.98	*Justin Royin (Laguna Beach)		2006
14.99	Tony Garcia (Foothill)		1994
14.99	Javier Nava (EI Dorado)		2003

Wind-aided:

13.44	Dominique DeGrammont (Tustin)		1997
13.54c	Terry Johnson (Katella)	13.3	1986
13.94	Charlie Davidson (Saddleback)		1992
13.95	*Devalle Pedrogo (Mission Viejo)		2009
14.08	Sam Barkley (Mater Dei)		2011
14.19	Pat Swanson (Esperanza)		1996
14.20	Mark Hale (Katella)		1981
14.23	*Ramon Vargas (Huntington Beach)		2011
14.23	Cameron Hurd (Trabuco Hills)		2016
14.24	Ahmad Wright (Kennedy)		1999
14.25	James Brown (Dana Hills)		1998
14.26	Tyler Rios (Los Alamitos)		2014
14.28+	Sonny Owens (Fullerton)	14.0y	1956
14.29	*Denny Flangan (Edison)		2001
14.31	Jose Rubio (Los Alamitos)		2016
14.36	*Jalen Craver (Woodbridge)		2010
14.40	Myles Gregory (Fountain Valley)		2003
14.40	Muzae Sesay (Canyon)		2008
14.45	Shane Vickers Tustin)		1997
14.46	Jimmy Martin (Santa Margarita)		2009
14.64	Chance Kuehnel (Sage Hill)		2016
14.47	Anton Hector (Esperanza)		1995
14.48+	Doug Hankins (Fullerton)	14.2	1959
14.48+	Keith Denson (S A Valley)	14.2y	1970
14.48+	Bob McQueen (Anaheim)	14.2y	1971
14.50	*Preston Spence (Edison)		2008
14.53	Eric Nuanes (Loara)		1997
14.54c	George Lynch (Mater Dei)	14.3	1988
14.54c	Brian Law (Villa Park)	14.3	2007
14.55	Dwayne Gregory (Mission Viejo)		1984
14.55	Brent Busch (Newport)		1991
14.57	Dylan Atencio (Yorba Linda)		2015
14.58+	Garth Wise (Huntington Beach)	14.3y	1971
14.58+	Todd Prukop (Servite)	14.3y	1985
14.58+	Lars Soderlind (Anaheim)	14.4	1973
14.60	Andy Bardine (El Toro)		2012
14.61	Carlos Valles (Katella)		2005
14.62	*Mike Liti (Foothill)		2002
14.62	Oliver Pham (Canyon)		2012
14.64	*Andy Stuffer (Villa Park)	14.4	1981
14.64c	Tony Garcia (Foothill)	14.4	1994
14.65	Nathan Arellano (Canyon)		2014
14.68	Brian Danskin (Pacifica)		1992
14.70	Shaquille Richardson (Los Alamitos)		2010
14.73	*Robert Garrett (Katella)		2010
14.74+	Steve Ward (La Quinta)	14.5y	1972
14.74+	Dave Powell (Edison)	14.5y	1972
14.74	*Kelvin Bias (Servite)	14.5	1987
14.74	*Eddie Dwelley (Edison)		2000
14.74	Sam Spencer (San Clemente)		2008
14.75	*Joe Emerson (Huntington Beach)		2002
14.77	*Dusin Huynh (Fountain Valley)		2013
14.79	*Nathan Willoughby (Fountain Valley)		2016
14.80	AJ Beynon (Edison)		2014
14.83	*Grant Bayr (Dana Hills)		2014
14.84c	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	*Kyle Sandoval (Servite)		2016
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	38.78	Jim Bittner (Katella)	1998
36.74	Keith Pontiflet (Esperanza)	1985	38.83	Myron Felix (Estancia)	1984
36.91	Dominique DeGrammont (Tustin)	1997	38.87	Justin Rovin (Laguna Beach)	2006
37.00	Connor Meech (San Juan Hills)	2015	38.88	Davis Taff (Edison)	2004
37.13	Matt Blasdel (Santa Margarita)	1996	38.92+	Mike Patton (Saddleback)	38.9y 1985
37.14	Al Williams (Irvine)	1998	38.92	Manuel Gomez (Los Alamitos)	2015
37.25	Austin Tinsley (Santa Margarita)	2014	38.94c	Steve Lawrence (Capo Valley)	38.7 1987
37.26	Terry Johnson (Katella)	1986	38.96	Justin Davis (San Clemente)	2002
37.26	Cameron Hurd (Trabuco Hills)	2016	38.97	Travis Harr (El Toro)	1994
37.27	Bryan Payne (Trabuco Hills)	2004	38.99	** Steve Forte (Woodbridge)	1993
37.27	Diego Courbis (Mission Viejo)	2014	39.01	Kevin Carr (Esperanza)	1997
37.35	Corey Hammond (Mater Dei)	2012	39.01	Jose Rubio (Los Alamitos)	2016
37.37	Anthony Hale (Garden Grove)	1988	39.02	Chris Milosch (Dana Hills)	2005
37.37	Brandon Phillips (Irvine)	2010	39.02	*Nathan Willoughby (Fountain Valley)	2016
37.38	Kevin Ahlstrom (Los Alamitos)	2004	39.03	Mike McGee (Dana Hills)	1986
37.41	Shaquille Richardson (Los Alamitos)	2010	39.04	Hyrum Taylor (Northwood)	2004
37.47	Brian Law (Villa Park)	2007	39.04	Aaron Birk (Edison)	2009
37.50	Dylan Alencio (Yorba Linda)	2015	39.07	Brent Busch (Newport)	1991
37.51	Sam Barkley (Mater Dei)	2011	39.08	Ben Forties (Marina)	1998
37.54	Danny Thompson (Huntington Beach)	1984	39.09	Justin Smith (Aliso Niguel)	2007
37.56	Jeff Roach (Laguna Hills)	1984	39.11	Daniel Moyer (Newport)	2001
37.75	Cullan Riser (Orange Lutheran)	2013	39.12	Ryan Crane (Dana Hills)	1992
37.79	Jalen Craver (Woodbridge)	2011	39.13	Chris Frazeur (Mission Viejo)	2003
37.60	Mike Fischetti (Dana Hills)	2009	39.13	Randy Rense (St Margaret's)	2005
37.62	Mel Lete (Saddleback)	1994	39.14c	* Wes Williams (Esperanza)	38.9 2004
37.62	Ahmad Wright (Kennedy)	1999	39.15	Chad Hick-Beach (Marina)	1996
37.66	Charles Michinock (Mater Dei)	2011	39.15	Nick Ahrold (Dana Hills)	2011
37.69	Greg Muniz (Woodbridge)	1992	39.16	Scott Crowson (Mission Viejo)	1999
37.69	Tyler Rios (Los Alamitos)	2014	39.19	* Phil Oh (Irvine)	1995
37.71	Vince Fusco (Dana Hills)	2010	39.20	Sean Coye (Irvine)	1993
37.74	Kirk Ayers (Western)	1987	39.21	*Ian Ward (Servite)	2016
37.77	Sheldon Evans (Pacifica)	2004	39.22	Christian Bohuslavizki (Santa Margarita)	2014
37.79	Matt Willis (Servite)	2002	39.23	Michael Miela (Trabuco Hills)	2009
37.80	** Anton Hector (Esperanza)	1993	39.23	Cameron Baldwin (Los Alamitos)	2012
37.81	John Hall (Servite)	1996	39.23	Jacob Anderson (Tustin)	2013
37.88	Vince Fusco (Dana Hills)	2010	39.24	Adrian Brown (Huntington Beach)	1991
37.89	Jimmy Martin (Santa Margarita)	2009	39.26	Doug Kalagian (Capo Valley)	2009
38.05	Shane Vickers (Tustin)	1997	39.27	Scott Dicus (El Modena)	1997
38.05	Cole Paton (Mission Viejo)	2015	39.27	Greg Starkey (San Clemente)	2009
38.12	Daniel Sun (Woodbridge)	2016	39.28	John Gallup (Huntington Beach)	1986
38.23	John Hollis (SA Valley)	1986	39.28	Tom Rodriguez (Mission Viejo)	2002
38.23	*Jalen Craver (Woodbridge)	2010	39.22+	Mark Holman (Orange)	39.2y 1986
38.24	** Nolan Grimm (El Toro)	2008	39.24c	Dwayne Gregory (Mission Viejo)	39.0 1984
38.25	Denny Flanagan (Edison)	2002	39.25	Chad McHenry (Foothill)	1989
38.26	Ramon Vargas (Huntington Beach)	2011	39.25	Dante Maxey (Tustin)	1998
38.28	Troy Hardy (Corona del Mar)	2013	39.30	Tim Williams (Woodbridge)	1988
38.30	Sean Zeitler (Santa Margarita)	2001	39.30	*Jack Grose (Trabuco Hills)	2010
38.31	Charlie Davidson (Woodbridge)	1992	39.31	Brian Chapman (Troy)	1985
38.31	*Quinn Williams (Mission Viejo)	2016	39.31	Edie Dwelley (Edison)	2000
38.33	Hassan Ilyas (Fountain Valley)	2011	39.31	* Mike Mudge (Aliso Niguel)	2000
38.34	*AJ Beynon (Edison)	2014	39.32+	Rodney Wright (Canyon)	39.3y 1986
38.35	Kevin Jones (Fountain Valley)	2008	39.32+	Brandon Beadle (Villa Park)	39.3y 1986
38.37	Andrew Kokinakes (Aliso Niguel)	2009	3932	Ike Hicks (Cypress)	1996
38.43	Elmer Guzman (Mission Viejo)	2005	39.33	Vince Flores (Savanna)	1991
38.45	Pat Swanson (Esperanza)	1996	39.33	Jarrett Deschenes (Esperanza)	2001
38.46	David Fair (El Toro)	1990	39.33	Nehemiah Nash (Woodbridge)	2016
38.52	Phil Oh (Irvine)	1996	39.34c	Robbie Pietsch (El Modena)	39.1 1989
38.57	Geno Howard (Los Amigos)	1986	39.34c	Don Oliver (Foothill)	39.1 1994
38.59	Jalen Gill (Woodbridge)	2016	39.35	Steve Ernest (Canyon)	1989
38.60	Kyle Clark (Whittier Christian)	2008	39.35	Dan Foote (Foothill)	1995
38.61	Jon Peck (Irvine)	1992	39.35	Robert Morell (Esperanza)	2000
38.64	* Eric Johnson (Sonora)	1987	39.35	* Dan Moyer (Newport)	2000
38.66	Shad Vickers (Tustin)	1991	39.35	Ramon Vargas (Huntington Beach)	2012
38.67	Trevor Wightman (Trabuco Hills)	2008	39.36	Chayne Chaldu (Laguna Beach)	1997
38.69	Chris Lamm (Irvine)	2001	39.36	Nick McGuinness (Corona del Mar)	2012
38.70	**Collin Hurd (Trabuco Hills)	2016	39.37	Jason Arellano (Edison)	1998
38.71	Mike Smith (El Toro)	1997	39.38	Chuck Loo (Newport)	1998
38.72	Elias Ghazlani (Fountain Valley)	2016	39.39	Tony Wilson (Anaheim)	1984
38.73	Mitch Allen (El Toro)	2006	39.42+	Nick Matrisciano (Villa Park)	39.4y 1985
38.75	Myles Gregory (Fountain Valley)	2003	39.42	* Kevin Carr (Esperanza)	1996
38.76	Louie Muniz (Woodbridge)	1989	39.42	Sean Schuster (Mission Viejo)	2008
38.77	George Lynch (Mater Dei)	1988	39.43	Gabaldon (Rancho Alamitos)	2001
38.77	** Jeremy Buck (Dana Hills)	1990	39.44c	Wynn Fredenburg (Esperanza)	39.2 1984
38.77	Kenny Vinh (Katella)	2000	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
42.22	Mater Dei		2016
42.23	Mission Viejo		2014
42.24	Cypress		2004
42.26	Servite		2016
42.28	Mater Dei		2013
42.29	Capo Valley		1987
42.29+	Marina	42.4y	1969
42.29+	SA Valley	42.4y	1969
42.29+	Savanna	42.4y	1971
42.29	Santa Margarita		1998
42.29	Dana Hills		2014
42.30	Servite		2008
42.30	San Clemente		2011
42.30	Santa Margarita		2016
42.31	Santa Margarita		1996
42.31	Servite		2011
42.31	Corona Del Mar		2012
42.32	Esperanza		1994
42.32	Trabuco Hills		2011
42.33	Santa Margarita		2001
42.35	Mater Dei		2012

42.36	Trabuco Hills		2016
42.37	Mission Viejo		2016
42.38	SA Valley		1985
42.39	Fountain Valley		1998
42.3h	Santa Margarita		2015
42.43	Marina		1984
42.43	Mater Dei		2015
42.37	Mission Viejo		2004
42.37	Corona del Mar		2014
42.39+	Loara	42.5y	1971
42.39+	Santa Ana	42.5y	1973
42.40	Edison		1999
42.41	Savanna		2006
42.42	Mission Viejo		2010
42.46	SA Valley		1992
42.46	Tustin		2000
42.46	Santa Margarita		2000
42.47	Los Alamitos		2004
42.48+	S A Valley	42.72y	1980
42.48	Capo Valley		1988
42.48	Valencia		1992
42.48	Irvine		2011
42.49+	Mater Dei	42.6y	1967
42.49+	Garden Grove	42.6y	1972
42.49+	SA Valley	42.6y	1973
42.49+	SA Valley	42.6y	1974
42.49+	SA Valley	42.6y	1976
42.49	Mission Viejo		2012
42.50	Esperanza		2010
42.51	Esperanza		1993
42.51	Canyon		2009
42.51	Servite		2010
42.53	Aliso Niguel		2015
42.54c	Capo Valley	42.4	1989
42.54	Woodbridge		1994
42.54	Santa Margarita		2014
42.54	Marina		2016
42.55	Trabuco Hills		2010
42.56	Santa Margarita		2002
42.56	Mission Viejo		2005
42.58	Los Alamitos		2014
42.60	Tesoro		2014
42.61	Mission Viejo		1992
42.61	Edison		2000
42.62	Saddleback		1991
42.63	SA Valley		1983
42.63	Woodbridge		1992
42.63	Mater Dei		1998
42.63	Dana Hills		2006
42.64c	Edison	42.5	1980
42.65	Los Alamitos		2010
42.65	Santa Margarita		2012
42.65	Woodbridge		2013
42.67	Fountain Valley		2008
42.69	Mission Viejo		1986
42.69+	Garden Grove	42.8y	1970
42.69+	Fountain Valley	42.8y	1970
42.69+	Sunny Hills	42.8y	1974
42.69+	Newport	42.8y	1978
42.70	Savanna		2003
42.70	San Clemente		2008
42.71	Mission Viejo		2003
42.72	Santa Margarita		1999
42.72	Fountain Valley		2016
42.72	Orange Lutheran		2016
42.74	Katella		1986
42.74	Dana Hills		1994
42.75	Mater Dei		1997
42.76	Laguna Hills		2003
42.76	Edison		2012
42.77	Canyon		2008
42.77	Orange Lutheran		2011
42.78	San Clemente		2010
42.79+	Saddleback	42.9y	1975
42.80	Woodbridge		2016
42.82	Laguna Hills		2008
42.82	Irvine		2016

42.83	Mission Viejo		1997	43.07	Mater Dei		2010
42.84c	Corona del Mar	42.7	1983	43.09+	El Modena	43.2y	1970
42.84c	Saddleback	42.7	1983	43.09+	Santiago	43.2y	1970
42.84	Woodbridge		1993	43.09+	Fountain Valley	43.2y	1971
42.84	Servite		1999	43.09+	Katella	43.2y	1971
42.85	Brea		1995	43.09+	Edison	43.2y	1975
42.85	Mater Dei		1996	43.09+	Loara	43.2y	1975
42.85	Corona del Mar		2013	43.09+	La Habra	43.2y	1975
42.86	Huntington Beach		2012	43.09+	Savanna	43.2y	1975
42.87	Katella		1985	43.09+	Loara	43.2y	1981
42.87	Trabuco Hills		2001	43.09+	El Modena	43.2y	1982
42.87	Trabuco Hills		2004	43.09	Esperanza		1985
42.87	Beckman		2014	43.09	Irvine		1986
42.86	Tesoro		2011	43.09	Trabuco Hills		1987
42.88	Mater Dei		2011	43.09+	Buena Park	43.2y	1990
42.89+	SA Valley	43.0y	1966	43.10	Esperanza		2004
42.89+	Loara	43.0y	1969	43.10	Tustin		2012
42.89+	Brea	43.0y	1970	43.11	SA Valley		1982
42.89+	SA Valley	43.0y	1972	43.11	Foothill		1991
42.89+	Corona del Mar	43.0y	1972	43.11	El Modena		2007
42.89+	Los Alamitos	43.0y	1975	43.11	Fountain Valley		2010
42.89+	Villa Park	43.0y	1977	43.12	Buena Park		1993
42.89+	Ocean View	43.0y	1981	43.12	Kennedy		1999
42.89+	Katella	43.0y	1981	43.12	J Serra		2015
42.89	Esperanza		1990	43.13	Edison		1997
42.89	Irvine		2001	43.13	Los Alamitos		2006
42.90	Mater Dei		1991	43.14c	Anaheim	43.0	1985
42.90	Fountain Valley		1997	43.14c	El Modena	43.0	1992
42.91	Troy		2000	43.14c	El Toro	43.0	2002
42.91	Edison		2002	43.14c	Aliso Niguel	43.0	2008
42.92	Foothill		1992	43.14	Huntington Beach		2010
42.92	El Modena		2008	43.14	Laguna Hills		2011
42.92	Trabuco Hills		2009	43.15	Sunny Hills		1995
42.93	Dana Hills		2013	43.16	Woodbridge		1998
42.94	Villa Park		1983	43.16	Mission Viejo		2001
42.94c	Saddleback	42.8	1985	43.16	Irvine		2010
42.94	Irvine		2000	43.17	Katella		1984
42.95	Brea		1998	43.17	Woodbridge		1999
42.95	El Toro		2012	43.17	Trabuco Hills		2013
42.96	Saddleback		1984	43.17	El Modena		2014
42.96	Santa Margarita		1997	43.18	San Clemente		2006
42.96	Los Alamitos		2001	43.18	Tesoro		2012
42.96	Cypress		2002	43.18	Fountain Valley		2015
42.96	San Clemente		2009	43.19+	Newport	43.3y	1975
42.96	Servite		2013	43.19+	SA Valley	43.3y	1987
42.97	Sonora		2011	43.19	Servite		1996
42.97	Aliso Niguel		2012	43.19	El Toro		1999
42.99+	Lowell	43.1y	1968	43.19	San Juan Hills		2013
42.99+	Marina	43.1y	1971	43.19	Aliso Niguel		2016
42.99+	Kennedy	43.1y	1972	43.20	Rancho Alamitos		1990
42.99+	Santa Ana	43.1y	1973	43.20	Trabuco Hills		1999
42.99	Santa Margarita		1995	43.20	Santa Margarita		2005
42.99	Huntington Beach		2011	43.20	Dana Hills		2015
43.00	El Toro		1997	43.21	Marina		1986
43.00	Savanna		2004	43.21	Kennedy		2001
43.00	Western		2011	43.21	Los Alamitos		2005
43.00	Laguna Hills		2012	43.21	Esperanza		2009
43.00	Los Alamitos		2013	43.21	Aliso Niguel		2009
43.00	Servite		2014	43.21	Los Alamitos		2016
43.00	Mission Viejo		2015	43.22	Santa Margarita		2008
43.01	Corona del Mar		1994	43.22	Sonora		2012
43.01	Irvine		1995	43.24c	Corona del Mar	43.1	1980
43.01	Dana Hills		1995	43.24c	Capo Valley		2008
43.01	Mission Viejo		2002	43.24c	Calvary Chapel	43.1	1996
43.01	Orange Lutheran		2012	43.24c	San Clemente		2007
43.01	Santa Margarita		2013	43.24	Anaheim		1984
43.02	Dana Hills		2009	43.24	Saddleback		1994
43.03+	Irvine	43.28y	1980	43.24	Trabuco Hills		2000
43.03	Anaheim		1996	43.24	Villa Park		2011
43.03	Fountain Valley		2009	43.25	Esperanza		1991
43.04	SA Valley		1988	43.25	Katella		1999
43.04c	Saddleback	42.9	1990	43.25	Edison		2005
43.04c	Irvine	4.29	1996	43.25	Orange Lutheran		2006
43.04	Dana Hills		2016	43.26	Edison		1998
43.05	Orange Lutheran		2013	43.27	Capo Valley		1990
43.07	El Toro		1987	43.27	Tustin		1996
43.07	Dana Hills		2005	43.28	Edison		2013

43.29+	Los Alamitos	43.4y	1989	1:29.9	Tustin		1960
43.29+	Katella	43.4y	1975	1:29.9	Anaheim		1965
43.29+	SA Valley	43.4y	1975	1:29.9	SA Valley		1992
43.29+	El Modena	43.4y	1986	1:29.98	Edison		1999
43.30	Mission Viejo		1999	1:30.0	Villa Park		1977
43.30	Trabuco Hills		2015	1:30.0c	Cypress	1:29.4m	2006
43.31	Esperanza		1997	1:30.1	Newport		1967
43.32	Newport		2001	1:30.1	Saddleback		1991
43.33	San Juan Hills		2014	1:30.11c	Dana Hills	1:29.58m	2008
43.34c	Ocean View	43.2	1982	1:30.16c	Fountain Valley	1:29.63m	2008
43.34c	Saddleback	43.2	1982	1:30.2	Corona del Mar		1972
43.34c	Mission Viejo	43.2	1988	1:30.28	Mission Viejo		2011
43.34c	Marina	43.2	1983	1:30.42	Dana Hills		2013
43.34c	Tustin	43.2	1990	1:30.45	Valencia		1991
43.34c	Katella	43.2	1997	1:30.62c	Mater Dei	1:30.09m	2008
43.34c	Canyon	43.2	2001				
43.34c	Los Alamitos	43.2	2008				

4 x 400 meter Relay

43.35	Corona del Mar		2010				
43.35	San Juan Hills		2012	3:13.8 +	Santa Ana	3:15.0y	1972
43.35	El Modena		2013	3:13.98	Orange Lutheran		2008
43.37	Cypress		1992	3:14.53	Orange Lutheran		2009
43.38	Dana Hills		1984	3:14.99	Foothill		1993
43.38	Valencia		1986	3:15.10	Foothill		1992
43.38	Los Alamitos		1994	3:15.19	Santa Margarita		2002
43.38	Esperanza		1996	3:15.5 +	Newport	3:16.7y	1975
43.38	Tustin		2008	3:15.70	Santa Margarita		2001
43.38	Yorba Linda		2016	3:15.79	Foothill		1994
43.39	Fountain Valley		1988	3:15.81	Trabuco Hills		2004
43.39	San Clemente		1990	3:15.94	Santa Margarita		2003
43.39	Savanna		2008	3:15.96	Woodbridge		2010
43.39	University		2016	3:16.0 +	Newport	3:17.2y	1978
43.40	Foothill		1990	3:16.02	Cypress		2005
43.40	El Toro		1998	3:16.34	Mission Viejo		2004
43.40	Dana Hills		1999	3:16.40	Los Alamitos		2004
43.40	Tustin		2009	3:16.41	Fountain Valley		1981
43.41	San Clemente		1989	3:16.5 +	Fountain Valley	3:17.7y	1970
43.41	Mission Viejo		1994	3:16.80	Mater Dei		2010
43.41	Huntington Beach		2008	3:16.91	Woodbridge		2015
43.41	Woodbridge		2010	3:16.92	SA Valley		1986
43.42	Esperanza		2011	3:17.28	Servite		2008
43.42	Servite		2012	3:17.30	Trabuco Hills		2009
43.43	Pacifica		2010	3:17.34	Mater Dei		2011
43.44c	Irvine	43.3	1981	3:17.46	Santa Margarita		2000
43.44c	Espancia	43.3	1986	3:17.57	Woodbridge		2014
43.44	Marina		1990	3:17.72	Buena Park	3:19.0y	1972
43.44c	Rancho Alamitos	43.3	1991	3:17.80	Corona del Mar		2012
43.44	Mater Dei		2001	3:17.84	Valencia		1991
43.44c	Esperanza	43.3	2008	3:17.85	Valencia		1992
43.44	Fullerton		2010	3:17.9 +	Garden Grove	3:19.2y	1970
43.45	Anaheim		1986	3:17.9 +	Edison	3:19.2y	1975
43.45	Northwood		2016	3:17.92	Newport	3:19.2y	1977
				3:18.12	Villa Park		1996
				3:18.3 +	Newport	3:19.6y	1972
				3:18.3 +	Los Alamitos	3:19.6y	1975
				3:18.34	Cypress		2006
				3:18.4 +	Bolsa Grande	3:19.7y	1966
				3:18.53	Foothill		1991
				3:18.65	Dana Hills		2005
				3:18.68	Servite		2011
				3:18.7 +	Western	3:20.0y	1972
				3:18.82	Orange Lutheran		2007
				3:18.98	Tustin		1997
				3:19.1 +	Santa Ana	3:20.4y	1971
				3:19.2 +	Newport	3:20.5y	1974
				3:19.23	Santa Margarita		1998
				3:19.29	Trabuco Hills		2015
				3:19.32	Edison		2005
				3:19.34	Edison		1989
				3:19.46	Fountain Valley		1982
				3:19.47	El Modena		1982
				3:19.54	Mater Dei		2013
				3:19.60	Mission Viejo		2013
				3:19.64	Dana Hills		2013
				3:19.68	Woodbridge		1989
				3:19.82	Servite		1999
				3:19.83	Dana Hills		1984
				3:19.9 +	Savanna	3:21.2y	1970

4 x 220 yard Relay

1:26.8	Bolsa Grande		1966				
1:27.2	Santa Ana		1972	3:18.34	Cypress		2006
1:27.9	Mater Dei		1967	3:18.4 +	Bolsa Grande	3:19.7y	1966
1:28.4	SA Valley		1967	3:18.53	Foothill		1991
1:28.5	Santa Ana		1956	3:18.65	Dana Hills		2005
1:28.5	La Habra		1965	3:18.68	Servite		2011
1:28.5	SA Valley		1977	3:18.7 +	Western	3:20.0y	1972
1:28.7	Valencia		1966	3:18.82	Orange Lutheran		2007
1:29.0	SA Valley		1964	3:18.98	Tustin		1997
1:29.0	Bolsa Grande		1965	3:19.1 +	Santa Ana	3:20.4y	1971
1:29.00c	Orange Lutheran	1:28.48m	2009	3:19.2 +	Newport	3:20.5y	1974
1:29.1	Santa Ana		1954	3:19.23	Santa Margarita		1998
1:29.10c	Orange Lutheran	1:28.58m	2008	3:19.29	Trabuco Hills		2015
1:29.18	Servite		2011	3:19.32	Edison		2005
1:29.28	Orange Lutheran		2013	3:19.34	Edison		1989
1:29.5	Santa Ana		1969	3:19.46	Fountain Valley		1982
1:29.52c	Garden Grove	1:29.0m	1996	3:19.47	El Modena		1982
1:29.6	Santa Ana		1966	3:19.54	Mater Dei		2013
1:29.7	La Habra		1966	3:19.60	Mission Viejo		2013
1:29.7	Esperanza		1995	3:19.64	Dana Hills		2013
1:29.89	Valencia		1992	3:19.68	Woodbridge		1989
1:29.9	Laguna Beach		1948	3:19.82	Servite		1999
1:29.9	Santa Ana		1953	3:19.83	Dana Hills		1984
				3:19.9 +	Savanna	3:21.2y	1970

3:19.9 +	Santa Ana	3:21.2y	1970	3:22.40	Los Alamitos	2005
3:20.0 +	Tustin	3:21.3y	1969	3:22.41	Orange	1983
3:20.0 +	Santa Ana	3:21.3y	1973	3:22.41	Mission Viejo	2012
3:20.00	Esperanza		1984	3:22.42	Aliso Niguel	2009
3:20.04	Mission Viejo		2016	3:22.5 +	El Dorado	3:23.8y 1980
3:20.06	Santa Margarita		2008	3:22.50	El Dorado	1987
3:20.1 +	Lowell	3:21.4y	1969	3:22.56	Los Alamitos	2001
3:20.16	Dana Hills		2010	3:22.56	Woodbridge	2011
3:20.21	SA Valley		1992	3:22.59	Corona del Mar	2011
3:20.23	Irvine		2010	3:22.67	Servite	2016
3:20.26	Newport		2000	3:22.68	Esperanza	1989
3:20.26	Mater Dei		2012	3:22.71	Mater Dei	1981
3:20.27	Esperanza		1983	3:22.71	Canyon	1989
3:20.32	Edison		1998	3:22.73	Los Alamitos	1983
3:20.4 +	Santa Ana	3:21.7y	1974	3:22.76	University	1981
3:20.43	Trabuco Hills		2016	3:22.80	Irvine	1987
3:20.52	Woodbridge		2013	3:22.80	Cypress	1993
3:20.57	Canyon		2008	3:22.80	Orange Lutheran	2006
3:20.59	Dana Hills		2014	3:22.81	Costa Mesa	1982
3:20.62	Trabuco Hills		1998	3:22.81	Woodbridge	2009
3:20.71	Servite		2015	3:22.82	Esperanza	2000
3:20.73	Orange Lutheran		2013	3:22.82	Trabuco Hills	2013
3:20.73	Woodbridge		2016	3:22.88	Edison	2001
3:20.74	Santa Margarita		1997	3:22.93	Trabuco Hills	2010
3:20.76	Los Alamitos		2003	3:23.0	El Modena	1981
3:20.80	Santa Margarita		2005	3:23.00	Edison	1997
3:20.84	Mission Viejo		2002	3:23.09	Mission Viejo	2006
3:20.89	Mission Viejo		2010	3:23.09	Los Alamitos	2008
3:20.98	Mission Viejo		2005	3:23.09	Trabuco Hills	2011
3:21.0 +	SA Valley	3:22.2y	1969	3:23.10	Estancia	1986
3:21.11	Woodbridge		1992	3:23.13	Esperanza	1982
3:21.12	Mater Dei		2009	3:23.13	Mission Viejo	2014
3:21.15	Mater Dei		2014	3:23.16	Rancho Alamitos	1984
3:21.16	Santa Margarita		1999	3:23.18	Villa Park	1985
3:21.17	Villa Park		1983	3:23.18	Santa Margarita	1996
3:21.18	Dana Hills		2008	3:23.23	Irvine	1986
3:21.22	Tesoro		2010	3:23.24	Mission Viejo	2003
3:21.38	Los Alamitos		2015	3:23.31	Servite	1986
3:21.4 +	Westminster	3:22.7y	1973	3:23.32	Katella	1983
3:21.4 +	Marina	3:22.7y	1976	3:23.33	University	1982
3:21.4 +	Villa Park	3:22.7y	1977	3:23.36	Fountain Valley	2016
3:21.49	Dana Hills		2009	3:23.39	Savanna	1997
3:21.49	Santa Margarita		2016	3:23.42	Los Alamitos	2014
3:21.5 +	Lowell	3:22.8y	1970	3:23.45	Esperanza	1991
3:21.5 +	University	3:22.8y	1980	3:23.45	Saddleback	1994
3:21.51	Anaheim		1984	3:23.45	Mission Viejo	2009
3:21.56	Tustin		2012	3:23.46	Corona del Mar	1984
3:21.58	Mater Dei		1983	3:23.47	Huntington Beach	1990
3:21.60	Saddleback		1992	3:23.48	Dana Hills	2001
3:21.6 +	Buena Park	3:22.9y	1971	3:23.49	Newport	1987
3:21.62	Trabuco Hills		2003	3:23.5	Costa Mesa	1981
3:21.67	Mission Viejo		1985	3:23.50	Katella	1989
3:21.68	Corona del Mar		2013	3:23.50	Huntington Beach	2008
3:21.7 +	Newport	3:23.0y	1973	3:23.50	Servite	2013
3:21.75	Trabuco Hills		1999			
3:21.81	Dana Hills		1983			
3:21.85	Canyon		2009			
3:21.87	Aliso Niguel		2008			
3:21.88	SA Valley		1997			
3:21.9 +	Estancia	3:23.2y	1976			
3:21.91	Edison		2014			
3:21.96	Dana Hills		2012			
3:21.98	Aliso Niguel		2015			
3:22.04	Fountain Valley		1993			
3:22.06	Marina		1984			
3:22.09	Dana Hills		2011			
3:22.1 +	Mission Viejo	3:23.4y	1975			
3:22.1	Corona del Mar		1983			
3:22.2 +	Villa Park	3:23.5y	1976			
3:22.2 +	El Dorado	3:23.5y	1978			
3:22.23+	Edison	3:23.41y	1980			
3:22.25	Katella		1988			
3:22.27	Mater Dei		2008			
3:22.28	Esperanza		1993			
3:22.3 +	Newport	3:23.5y	1969			
3:22.30	Santa Margarita		2014			
3:22.34	Edison		2013			

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

3:34.27	Los Alamitos	2013
3:34.57	El Modena	1994
3:34.59	San Juan Hills	2014
3:35.63	El Toro	2003
3:35.80	Trabuco Hills	2010

4 x 800 meter Relay

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

Distance Medley

9:58.76	Dana Hills	2010
10:01.50	Dana Hills	2009
10:03.24	Trabuco Hills	2008
10:06.73	Dana Hills	2015
10:08.02	Dana Hills	2011
10:08.4 +	El Modena	10:12.0y 1970
10:08.50	Dana Hills	2013
10:09.71	Corona del Mar	1989
10:12.4 +	Laguna Beach	10:16.0y 1976
10:13.41	Mission. Viejo	1998
10:13.50	Esperanza	2011
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
10:22.69	Brea	2016
10:22.8 +	Mission Viejo	10:26.4y 1977
10:23.1 +	Corona del Mar	10:26.8y 1975
10:23.5 +	Sunny Hills	10:27.2y 1974
10:23.70	Esperanza	2003
10:23.8 +	Foothill	10:27.5y 1978
10:24.51	El Toro	2003
10:24.54	Edison	2013
10:24.6 +	Corona Del Mar	10:28.3y 1985
10:24.7	Costa Mesa	10:28.4y 1977
10:24.8 +	Valencia	10:28.5y 1977
10:24.82	Mater Dei	1989
10:25.03	El Toro	2007
10:25.09	Dana Hills	2003
10:25.4 +	Edison	1981
10:25.40	Corona del Mar	1986
10:25.64	El Modena	2014
10:25.8 +	Lowell	10:29.4y 1963
10:26.11	Mission Viejo	2014
10:26.41	Dana Hills	2002
10:26.49	La Habra	1986
10:26.60	Trabuco Hills	2010
10:27.2 +	Villa Park	10:30.8y 1983
10:27.2	University	1980
10:27.77	Santa Margarita	2006
10:27.81	Servite	2010

4 x 1500 meter Relay

16:23.1	University	1981
16:23.3	El Modena	1980
16:25.5	El Modena	1982
16:33.3	University	1985
16:36.2	Mater Dei	1982
16:37.4	El Dorado	1983
16:37.8	University	1982
16:41.3	University	1983
16:44.2	El Modena	1985
16:50.6	Tustin	1982
16:50.8	El Dorado	1982

4 x 1600 meter Relay

17:12.60	Trabuco Hills	2012
17:13.71	Dana Hills	2016
17:15.78	Dana Hills	2015
17:21.55+	Dana Hills	17:27.63y 2010
17:21.67+	Dana Hills	17:27.75y 2009
17:23.26	Canyon	2015
17:25.60	Dana Hills	2011
17:28.79	Trabuco Hills	2011
17:31.6 +	Foothill	17:37.8y 1975
17:32.25	Dana Hills	2014
17:34.7 +	Villa Park	17:40.9y 1979
17:34.8 +	Marina	17:41.0y 1973
17:36.62	Valencia	2009
17:37.73+	Marina	17:43.90y 2006
17:38.9	Corona del Mar	1987
17:39.51+	El Toro	17:45.70y 2009
17:39.8 +	Edison	17:46.0y 1976
17:40.3 +	Fountain Valley	17:46.5y 1978
17:40.8 +	Loara	17:47.0y 1975
17:41.0 +	Mission Viejo	17:47.2y 1973
17:41.4 +	Lowell	17:47.6y 1975
17:41.6 +	Corona del Mar	17:47.8y 1975
17:42.8 +	Westminster	17:49.0y 1965
17:43.2 +	Tustin	17:49.4y 1965
17:43.2 +	Costa Mesa	17:49.4y 1977
17:44.74	Canyon	2016
17:44.77	Dana Hills	1989
17:44.77	Tesoro	2015
17:45.25	El Toro	2012
17:45.80	Dana Hills	2012
17:46.07	Orange	2003
17:46.7 +	Corona del Mar	17:53.0y 1980
17:47.3 +	Costa Mesa	17:53.6y 1978
17:47.36+	El Toro	17:53.59y 2007
17:47.94	Mater Dei	1989
17:48.07+	El Toro	17:54.30y 2006
17:48.9 +	Sunni Hills	17:55.2y 1973
17:49.0 +	Marina	17:55.3y 1978
17:50.6 +	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
17:54.20	Tesoro	2016
17:54.37	Trabuco Hills	2013
17:54.75	Fountain Valley	2014
17:55.8	Corona del Mar	1979
17:56.2 +	Villa Park	18:02.5y 1980
17:56.24	Fountain Valley	2013
17:56.3 +	Fountain Valley	18:02.6y 1980
17:57.36	Corona del Mar	2013
17:56.7 +	Fountain Valley	18:03.0y 1981
17:57.3 +	Loara	18:03.6y 1973
17:57.33 +	Brea	18:03.62y 2010
17:57.48	Santa Margarita	2007
17:58.05	El Toro	2011
17:58.7 +	El Modena	18:05.0y 1980

High Jump

7-2.5	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
7-0.25	**Sean Lee (Trabuco Hills)	2016
7-0	Brian Carlson (Katella)	1993
7-0	Cory Johnson (Los Alamitos)	1996
6-11.75	Doug Dreibelbis (Foothill)	1983
6-11.5	Alex Marbley (Tustin)	2001

6-11	Brad Harris (Los Alamitos)	1978
6-11	Jay Thorson (Laguna Beach)	1981
6-11	* Terry Mann (Sunny Hills)	1991
6-11	Daniel Kirkpatrick (Trabuco Hills)	2007
6-11	Cody Crampton (Canyon)	2012
6-10.75	Cary Burt (Huntington Beach)	1977
6-10.5	Jay Lim (Sonora)	1993
6-10.25	Doug Case (Laguna Beach)	1974
6-10.25	Troy Langley (Canyon)	1994
6-10.25	*CJ McCord (Sage Hill)	2014
6-10	Joe Phillips (SA Valley)	1974
6-10	Ken Connor (Estancia)	1975
6-10	Doug Nordquist (Sonora)	1977
6-10	*Ron Edgley (El Dorado)	1979
6-10	Eric Smyth (Dana Hills)	1979
6-10	Larry Berger (Esperanza)	1979
6-10	*John Landon (Savanna)	1980
6-10	*Francel Jones (SA Valley)	1981
6-10	Eric Wheelwright (Edison)	1985
6-10	Myron Williams (Orange)	1987
6-10	John Amneus (Foothill)	1987
6-10	Lester DeRaad (Tustin)	1997
6-10	Matt Carter (El Modena)	2003
6-10	Mason Hahn (Orange Lutheran)	2010
6-9.25	** Jeff Lawson (El Dorado)	1975
6-9.25	Wade Freier (Laguna Beach)	1977
6-9.25	Dave Reddick (Laguna Beach)	1977
6-9.25	Alan Gersten (University)	1977
6-9	Tony Madau (El Dorado)	1972
6-9	Jim Boyd (El Dorado)	1977
6-9	*Chris Stumfall (Los Amigos)	1979
6-9	Jim Cody (Servite)	1984
6-9	Eric Dorn (Estancia)	1986
6-9	Andy Lopries Western	1988
6-9	Chris Moxley Mission Viejo	1990
6-9	*David Benton Woodbridge	1990
6-9	Tim Cody (Servite)	1991
6-9	*Jeff Waldren (Cypress)	1991
6-9	Santesh Swamis (El Modena)	1998
6-9	Sage Stone (Mission Viejo)	2013
6-9	Myles Hawkins (Orange Lutheran)	2014
6-9	Quinten Pounds (Cypress)	2015
6-8.75	Tohru Asami (Sunny Hills)	1978
6-8.5	Ed Caruthers (SA Valley)*	1963
	*(Recordholder for the Straddle Technique)	
6-8.5	Dave White (Marina)	1977
6-8.5	Jeff Bedell (Villa Park)	1985
6-8.5	Matt Dispenza (Marina)	2014
6-8.25	Carl Eissman (San Clemente)	1975
6-8.25	Roger Leary (El Toro)	1982
6-8	Rick Sloan (Anaheim)	1964
6-8	Greg Heet (Lowell)	1964
6-8	Parker Kennedy (Foothill)	1966
6-8	Dave Russ (Garden Grove)	1969
6-8	Kevin Cuervo (Western).	1975
6-8	*Dave Kahn (Lowell)	1978
6-8	Jim Allen (Cypress)	1978
6-8	Jeff Stevens (Tustin)	1978
6-8	Dave Martin (Huntington Beach)	1979
6-8	Imad Jamal (Fullerton)	1979
6-8	Todd Hart (Servite)	1980
6-8	Mike Spera (Tustin)	1980
6-8	* Ed McGowan (Katella)	1980
6-8	Jeff Armstrong (Western)	1980
6-8	Ian Dougherty (Villa Park)	1982
6-8	*Jay Jensen (Los Alamitos)	1983
6-8	LeRon Ellis (Mater Dei)	1987
6-8	Chris Chapman (Esperanza)	1994
6-8	Danny Vasquez (Century)	1995
6-8	Jim Lunnen (Santa Margarita)	2000
6-8	Hunter Orahoed (San Clemente)	2001
6-8	Dionte Holloway (Kennedy)	2002
6-8	Jeff Goddard (Edison)	2003
6-8	Oberle (Cypress)	2004
6-8	Tim George (Los Alamitos)	2005
6-8	Daniel Gomez (Troy)	2006
6-8	Conrad (Buena Park)	2008

6-8	Mike La Rocca (Dana Hills)	2008
6-8	Mitchell Bland (Tesoro)	2014
6-8	*James Phillips (Yorba Linda)	2016
6-8	Chance Kuehn (Sage Hill)	2016
6-7.5	Chat Chuenrudeemol (Sunny Hills)	1990
6-7.25	Steve Baskin (Esperanza)	1975
6-7.25	Mike Weinrich (Santa Ana)	1964
6-7	Willie Gardner (Garden Grove)	1971
6-7	Bill Gordon (La Habra)	1971
6-7	George Kent (Corona del Mar)	1972
6-7	Mike Sena (Mission Viejo)	1974
6-7	Ed Holahan (Buena Park)	1978
6-7	Greg Lawson (El Dorado)	1979
6-7	*Jay Hunnemeyer (Troy)	1979
6-7	Lorenzo Demeyers (Edison)	1982
6-7	Scott Buccola (University)	1982
6-7	Eric Samuelson (Sonora)	1983
6-7	* Todd Fenton (Cypress)	1984
6-7	Mark Palmer (Corona del Mar)	1984
6-7	Perez (Fullerton)	1986
6-7	Matt Malone (Marina)	1987
6-7	Will Foster (Edison)	1987
6-7	* Greg Ramsey (Loara)	1989
6-7	* Paul Nihipali (Esperanza)	1992
6-7	Steve Sherwood (Esperanza)	
6-7	Robert Fuentes (Saddleback)	1998
6-7	Chase Thomas (Orange Lutheran)	2006
6-7	Ryan Arambulo (Beckman)	2008
6-7	Oscar Munson (San Clemente)	2011
6-7	AJ Beynon (Edison)	2015
6-6.75	Sprague Hanavan (El Modena)	1986
6-6.5	Andy Curbs (Western)	1961
6-6.5	Mike Maxey (Buena Park)	1973
6-6.5	Steve Cox (El Toro)	1975
6-6.5	Craig Fidone (Edison)	1977
6-6.5	Rob Spencer (Canyon)	1978
6-6.5	Eric Pryce (Mission Viejo)	1988
6-6.5	Dan Funks (Laguna Hills)	1995
6-6.25	Peter Hart (Villa Park)	1970
6-6.25	K.C. Connell (Newport)	1975
6-6.25	Ron Craig (Newport)	1977
6-6.25	* Todd Broesder (Loara)	1981
6-6	Mike Lange (Costa Mesa)	1962
6-6	Dave Russ (Garden Grove)	1969
6-6	Greg Lynch (Lowell)	1971
6-6	Tom Johnson (Loara)	1972
6-6	Joe Denger (Corona del Mar)	1972
6-6	Paul Morton (Kennedy)	1972
6-6	Doug Martin (Mater Dei)	1972
6-6	Jeff Hutton (Katella)	1972
6-6	Dave Gemmill (Lowell)	1973
6-6	Parker (Westminster)	1974
6-6	Craig Feola (El Dorado)	1974
6-6	Mitch Herold (Los Alamitos)	1974
6-6	Chris Davis (Edison)	1975
6-6	Gary Armstrong (Katella)	1975
6-6	Eric Schommer (Los Alamitos)	1975
6-6	John Peterson (Saddleback)	1975
6-6	Todd Kirschner (El Dorado)	1975
6-6	Keith DeLapp (Saddleback)	1976
6-6	Jacquez Tuz (Corona del Mar)	1977
6-6	Imad Jamal (Fullerton)	1978
6-6	Teavy (El Toro)	1978
6-6	Doug Lalicker (Savanna)	1978
6-6	Chris McNeese (Foothill)	1978
6-6	Dave Garrett (Santa Ana)	1978
6-6	Mike Seidschlag (Orange)	1979
6-6	Mike Aschieris (Foothill)	1979
6-6	Rich Chang (Edison)	1980
6-6	Eugene Harriman (Magnolia)	1981
6-6	*Kevin Harrison (Foothill)	1981
6-6	Allan Galloway (Pacifica)	1982
6-6	Brad Burns (Ocean View)	1982
6-6	Ron Murray (Los Alamitos)	1982
6-6	Ken Williams (Troy)	1982
6-6	** Tom Ward (El Dorado)	1983
6-6	Black (Santa Ana)	1983

6-6	Todd Prukop (Servite)	1984
6-6	Todd Jorgenson (Los Alamitos)	1985
6-6	Walter Lauderdale (Kennedy)	1985
6-6	Ryan Gillette (Villa Park)	1985
6-6	Steve Koehl (Foothill)	1986
6-6	Pete Gontang (Mission Viejo)	1986
6-6	John Grehata (SA Valley)	1986
6-6	Richie (Costa Mesa)	1986
6-6	Bill Price (Valencia)	1987
6-6	Dave Ellis (Woodbridge)	1987
6-6	Wil Foster (Edison)	1987
6-6	Greg Reyes (Los Alamitos)	1988
6-6	Bob Breneman (Trabucco Hills)	1988
6-6	Paul Mackay (Foothill)	1988
6-6	Tom Sheehy (Tustin)	1989
6-6	Anthony Ortiz (La Habra)	1989
6-6	Ian Alexander (Foothill)	1990
6-6	Melendez (Anaheim)	1990
6-6	Jason Swericz (San Clemente)	1991
6-6	* Ramsey Alexander (Tustin)	1991
6-6	Mike Desimore (Dana Hills)	1991
6-6	Tom Bottiaux (Canyon)	1991
6-6	Thomas Clayton (Tustin)	1991
6-6	Hubbard (Brea)	1992
6-6	Noah Kimbwala (Orange)	1992
6-6	Mark Greenwood (Canyon)	1993
6-6	*Matt Byrd (Fountain Valley)	1994
6-6	David Barnes (Marina)	1994
6-6	Steve McNully (La Habra)	1995
6-6	Dustin Miller (Dorado)	1995
6-6	*Dan Busch (Orange)	1995
6-6	*Danny DeRosier (Cypress)	1996
6-6	Chris Lawford (Dana Hills)	1997
6-6	Bryan Reese (Dana Hills)	1997
6-6	* Santosh Swamidass (El Modena)	1997
6-6	Steve Smith (Costa Mesa)	1997
6-6	Ryan Kugel (Brea)	1998
6-6	Bilian Panian (Los Alamitos)	1999
6-6	Joe Thomas (Buena Park)	1999
6-6	Andy Spaulding (Dana Hills)	2000
6-6	Matt Johnson (Santa Margarita)	2001
6-6	Daryl Parker (Canyon)	2001
6-6	* J.T. Perryman (Woodbridge)	2001
6-6	Mike Prouder (Cypress)	2001
6-6	*Jeff Goodard (Edison)	2002
6-6	Brian McTigue (Mlision Viejo)	2002
6-6	Zach Novac (Estancia)	2003
6-6	Blake Remeyer (Trabuco Hills)	2003
6-6	Williams (Savanna)	2003
6-6	Butts (Buena Park)	2004
6-6	Mike Lawrence (Servite)	2004
6-6	Rick Fisher (El Toro)	2005
6-6	**Warren Reuland (Mission Viejo)	2006
6-6	Chase Redfield (Dana Hills)	2007
6-6	* Colton Grandbouche (Canyon)	2008
6-6	* Andy Multari (Sage Hill)	2009
6-6	Neimah Jones (Irvine)	2009
6-6	Jordan Sachs (La Habra)	2009
6-6	Winston Lawson (Seegerstrom)	2011
6-6	Alex Wilde (Corona del Mar)	2014

Pole Vault

17-6	Michael Woepse (Mater Dei)	2010
17-2	Jett Gordon (Marina)	2016
17-0	Carl Johansson (Orange Lutheran)	2014
16-8	Johnny Quinn (St Margaret's)	2006
16-7	Logan Odden (Marina)	2000
16-7	Greg Woepse (Mater Dei)	2006
16-6	Greg Ernst (El Dorado)	1978
16-5.25	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	15-0	*Gary VanSluis (El Modena)	1992
16-1	Tim Vahlstrom (Villa Park)	1975	15-0	Josh Petlowany (El Toro)	1998
16-1	Greg Stull (Troy)	1980	15-0	Brad Slinkard (Santa Margarita)	2001
16-1	Nate Fox (Edison)	1996	15-0	Clay Starnes (Trabuco Hills)	2002
16-0.75	Michael Rovzar (Mater Dei)	2013	15-0	Brian Whalen (Mater Dei)	2004
16-0	Tim McIntyre (Los Alamitos)	1979	15-0	Andrew Prodoehl (Santa Margarita)	2005
16-0	Steve Williams (Servite)	1986	15-0	Nick Jennings (San Clemente)	2008
16-0	Steve Slocum (Foothill)	1987	15-0	*Tanner Greeley (Edison)	2010
16-0	Parker Curry (Santa Margarita)	2014	15-0	Jeremy Kennedy (Marina)	2010
15-9	Pete Kovacs (El Modena)	1995	15-0	Connor McNicholas (Mission Viejo)	2012
15-9	Nick Masterson (Servite)	2008	15-0	Halden Comoglio (Dana Hills)	2014
15-9	David Bean (Orange Lutheran)	2014	15-0	*Preston O'Connell (Servite)	2015
15-9	Luke Newman (Trabuco Hills)	2015	14-10.75	Kevin Cuervo (Western)	1976
15-8.5	Steve Rakhshani (Edison)	1977	14-10.25	Dennis Walp (Loara)	1966
15-8	Jeff Ryan (Huntington Beach)	1999	14-10	Steve DeBerg (Savanna)	1972
15-8	Pat Luke (Santa Margarita)	2000	14-10	Bob Goto (Lowell)	1973
15-8	Aaron Corbett (Edison)	2002	14-10	Andy Spindler (Woodbridge)	2002
15-8	Blake Mason (Fountain Valley)	2008	14-10	*Jose Magana (Katella)	2002
15-8	Landon Shank (Servite)	2016	14-10	Trent Perez (Servite)	2008
15-7	David Kim (Los Alamitos)	2010	14-10	Cooper Montano (Servite)	2012
15-7	Jeremy Kennedy (Marina)	2010	14-10	Andrew Fowler (Los Alamitos)	2016
15-7	*R.W. Henson (Newport)	1987	14-9	Kevin Anthony (Tustin)	1976
15-7	*Chris Doerr (Trabuco Hills)	2015	14-9	* Travis Pett (Huntington Beach)	1999
15-6	Doug Miller (Estancia)	1986	14-9	Matt Kirsten (Mission Viejo)	2004
15-6	Ra Darling (Ocean View)	1988	14-9	**Carl Johansson (Orange Lutheran)	2012
15-6	Lu e Stokes (Edison)	1997	14-9	Keith Messinger (Dana Hills)	2012
15-6	* Hong Nguyen (Katella)	2002	14-9	*Michael Chadwick (Edison)	2016
15-6	Jeff Tran (Fountain Valley)	2009	14-9	Paul Bowker (Mission Viejo)	2012
15-6	Jesse Phillips (Katella)	2010	14-8.5	Tom Lueras (Santa Ana)	1972
15-6	Paul Thenard (Marina)	2013	14-8.5	Aaron Corbett (Edison)	2001
15-6	Riley Turner (Mater Dei)	2014	14-8	Mike Sampson (La Habra)	1969
15-6	Tommy Nord (Mater Dei)	2014	14-8	Mark Hill (Sunny Hills)	1983
15-6	*Alex Escalera (Sage Hill)	2016	14-8	Manuel Ballard (Cypress)	1985
15-4	Eric Whitcomb (Valencia)	1989	14-8	Shawn Rogen (Irvine)	1989
15-4	Gary VanSluis (El Modena)	1993	14-8	*Sean Kelsay (San Clemente)	2016
15-4	Travis Vandrovec (Fountain Valley)	1997	14-7.75	John Reed (Los Amigos)	1981
15-4	Curbs Hendrick (Marina)	2003	14-7.5	Les Hague (Santa Ana)	1965
15-4	Leon Roach (Marina)	2008	14-7.5	Jim Burton (SA Valley)	1966
15-4	Ryan Simioni (Edison)	2008	14-7.25	Mike Simmons (Newport)	1966
15-4	Matt Cooper (Mater Dei)	2009	14-7	Ed Elliot (SA Valley)	1967
15-4	Eric Sims (Servite)	2009	14-7	* Sven Northcott (Marina)	1994
15-4	Kevin Stull (Orange Lutheran)	2013	14-7	* Brian Lindley (University)	1995
15-4	Chandler Thorpe (Edison)	2013	14-7	Matt Summer (Marina)	1997
15-3	Paul Peters (Villa Park)	1981	14-7	* Aaron Roy (Edison)	2005
15-3	Ted Whalen (Mater Dei)	1997	14-7	Matt McCormick (Dana Hills)	2008
15-3	B. J. Vandrovec (Fountain Valley)	2001	14-7	Cameron Van Dieren (Servite)	2010
15-3	Sean Jones (Mission Viejo)	2002	14-6.5	Tony Hoffman (San Clemente)	1971
15-3	* Michael Simms (Servite)	2006	14-6.5	Kevin Magula (Marina)	1988
15-3	Sean McNanny (Mission Viejo)	2009	14-6	John Anderson (Santa Ana)	1969
15-3	Jesse Shank (Servite)	2014	14-6	Dan Ripley (Loara)	1971
15-3	Jacob Adler (Mission Viejo)	2014	14-6	Bruce Fandel (Santiago)	1971
15-2	Ron Mooers (Valencia)	1971	14-6	Dan Polk (La Habra)	1972
15-2	Willy Thorns (Newport)	1980.	14-6	Amaro Lopez (Santa Ana)	1972
15-2	Fritz Howser (Newport)	1985	14-6	Terry Lowry (Savanna)	1973
15-2	* Bobby Sparks (Esperanza)	1998	14-6	Larry Castanguay (Esperanza)	1975
15-2	* Brandon Mora (Katella)	2002	14-6	Plett (Troy)	1977
15-2	Chris Ostoich (St Margaret's)	2002	14-6	Randy Parker (Brea)	1977
15-1.5	* David Giang (Katella)	2001	14-6	Scott Kissick (Lowell)	1977
15-1	Jim Collins (Valencia)	1972	14-6	Al Geduld (Valencia)	1979
15-1	Jim Bogart (Edison)	1976	14-6	Scot McKay (Newport)	1979
15-1	Keith Miller (Corona del Mar)	1991	14-6	Dennis Shannon (Irvine)	1979
15-1	Brendan Pena (Edison)	2003	14-6	Terry Lomheim (Valencia)	1982
15-1	Stephen Horrell (Dana Hills)	2005	14-6	Rich Forsythe (Edison)	1982
15-1	* Matt Cooper (Mater Dei)	2008	14-6	Wayde Walker (Troy)	1983
15-1	* Garrett McRoberts (Mater Dei)	2008	14-6	Chuck Griffin (Sonora)	1983
15-1	Michael Loschiavo (Huntington Beach)	2010	14-6	Chris Madsen (Los Alamitos)	1985
15-1	*Jack Gallivan (Mater Dei)	2011	14-6	Josh Herndon (University)	1989
15-1	Fritz Howser (Newport)	2012	14-6	Rob Lindley (Dana Hills)	1990
15-1	Clint Gallivan (Mater Dei)	2013	14-6	John Bain (Foothill)	1994
15-1	*Ryan Fegan (Newport)	2016	14-6	David Allen (Woodbridge)	1997
15-0	*Sam Caruthers (SA Valley)	1965	14-6	Cameron St Clair (Brea)	1997
15-0	Tom DiStanislao (Newport)	1973	14-6	Kris Scotten (Edison)	1998
15-0	Mike Baker (Katella)	1973	14-6	* Dwayne McCabe (El Modena)	2000
15-0	Brian Cornett (Katella)	1979	14-6	Tom Sparks (Esperanza)	2000
15-0	Jeff Conkle (Cypress)	1977	14-6	* Brian Rother (San Clemente)	2003
15-0	Lance Betson (Newport)	1983	14-6	Garrett Gaska (Fountain Valley)	2005
15-0	Trevor Lycett (Esperanza)	1991	14-6	Blake Coscino (Dana Hills)	2008

14-6	Kevin Miller (Fountain Valley)	2010	14-0	Steve Pulvers (Garden Grove)	1972
14-6	*Max Van Bergh (Newport)	2010	14-0	Many Gresham (Marina)	1973
14-6	Tyger Morgan (Marina)	2010	14-0	Wayne Parris (Savanna)	1973
14-6	Bradley Wernick (Capo Valley)	2012	14-0	Allobello (La Habra)	1974
14-6	Ty Mason (Fountain Valley)	2013	14-0	Eric Engberg (Brea)	1975
14-6	Jordan Antol (Mission Viejo)	2014	14-0	Dean Barnett (Lowell)	1975
14-6	**Pierson O'Connell (Servite)	2016	14-0	Rob Conrad (Katella)	1975
14-5.5	Pat Lustig (Marina)	1981	14-0	Mark Harris (Lowell)	1975
14-5.25	Eric Berg (Costa Mesa)	1962	14-0	Grochow (Estancia)	1976
14-5	*Julien Okey (Tesoro)	2010	14-0	*Rob Little (Saddleback)	1977
14-4.5	Mike Lindsay (Santa Ana)	1962	14-0	Chris Hart (Western)	1977
14-4.5	Boyd (Western)	1964	14-0	Dan Duddridge (Costa Mesa)	1977
14-4	Gordy Mooers (Valencia)	1969	14-0	Tony Brassfield (Mission Viejo)	1977
14-4	Wood (Laguna Beach)	1969	14-0	Dan Worthington (Troy)	1977
14-4	Bruce Hooten (Edison)	1986	14-0	Mike Houseal (Saddleback)	1978
14-4	** Song Yang (Katella)	2000	14-0	*Jeff Koegel (Valencia)	1979
14-4	* Eric Simms (Servite)	2008	14-0	Pat Gleason (Edison)	1979
14-4	Kevin Mohr (Troy)	2016	14-0	Pickney (Estancia)	1979
14-3.25	*Ty Mason (Fountain Valley)	2012	14-0	John Knox (Edison)	1979
14-3	*Kevin Manix (Costa Mesa)	1968	14-0	Steve Verdone (Villa Park)	1980
14-3	John Boyd (Kennedy)	1968	14-0	Jim Kinnane (Troy)	1980
14-3	Will Blockleman (Lowell)	1974	14-0	Ken Bodenhofer (Newport)	1980
14-3	Geof Gerstner (Sunny Hills)	1975	14-0	Dennis Crawford (Katella)	1981
14-3	Tom Turner (Cypress)	1975	14-0	Curt Hildt (Irvine)	1982
14-3	Dale Anderson (Saddleback)	1978	14-0	Sean Robertson (Troy)	1983
14-3	John Carroll (Villa Park)	1983	14-0	Darren Stout (Valencia)	1984
14-3	*Vince Vu (Marina)	1990	14-0	Karl Schnug (Corona del Mar)	1984
14-3	Arthur Odden (Marina)	1997	14-0	*Jeff Jones (Estancia)	1985
14-3	Alexander Hale (Los Alamitos)	2003	14-0	Bruce Clemons (Dan Hills)	1986
14-3	Phong Duong (Katella)	2004	14-0	Gary Covington (Los Alamitos)	1986
14-3	Mike O'Sullivan (El Toro)	2007	14-0	Josh McHugh (Marina)	1988
14-3	Travis Stock (Dana Hills)	2009	14-0	Sean Woolsey (Corona del Mar)	1988
14-3	Scott Anderson (Santa Margarita)	2010	14-0	Curt Shipcott (Foothill)	1988
14-3	*Peter Klepp (El Toro)	2010	14-0	*Brad Williams (Servite)	1988
14-3	Kyle Garcia (Edison)	2010	14-0	Derrick Fritz (Foothill)	1988
14-3	**Jack Gallivan (Mater Dei)	2010	14-0	* Tyson Jacobson (Capo Valley)	1989
14-3	Nick Van Hoogmoed (Servite)	2011	14-0	Keith Miller (Corona del Mar)	1989
14-3	**Riley Turner (Mater Dei)	2012	14-0	Brian Zeller (Trabuco Hills)	1989
14-3	**David Bean (Orange Lutheran)	2012	14-0	Joel Cardenas (Saddleback)	1989
14-3	John Macwillie (Fountain Valley)	2012	14-0	Jason Brizic (El Toro)	1990
14-2.5	Schenk (Fountain Valley)	1972	14-0	Derek Nguyen (Katella)	1991
14-2	Jeff Oldham (Santa Ana)	1967	14-0	Tom Bottiaux (Canyon)	1991
14-2	Alvin Alaman (SA Valley)	1972	14-0	Mark Crowley (Marina)	1992
14-2	*Dave Tucker (Magnolia)	1971	14-0	Peter Barney (University)	1992
14-2	Steve Pulvers (Garden Grove)	1973	14-0	Adam Dyer (Esperanza)	1993
14-2	Foster (Lacuna Beach)	1975	14-0	* Robert Heckman (Huntington Beach)	1994
14-2	Tom Keim (Marina)	1995	14-0	Robert Villegas (Century)	1995
14-2	Mackel Vaughan (Dana Hills)	2004	14-0	Kevin Voorhis (Irvine)	1995
14-2	Andrew Wong (Corona del Mar)	2004	14-0	Kevin Bradley (Fountain Valley)	1996
14-1.5	Joe Vermilyer (Santa Ana)	1971	14-0	* Greg Walker (El Toro)	1996
14-1.5	Terry Parkinson (Fountain Valley)	1971	14-0	Dave Bienek (El Toro)	1998
14-1.5	Mike Cirillo (Corona del Mar)	1976	14-0	* Brandon Guffey (Esperanza)	1998
14-1	John Trosko (Valencia)	1964	14-0	Chits Heiner (Marina)	1998
14-1	Andy Solis (Santa Ana)	1968	14-0	Jason Knowles (Fountain Valley)	1998
14-1	Doug Boswell (Westminster)	1977	14-0	Jim Whitesides (El Toro)	1998
14-1	Brummel (Mission Viejo)	1991	14-0	Tom St Clair (Brea)	1999
14-1	Roger Van Sluis (El Modena)	1995	14-0	Ray Kroona (Foothill)	2000
14-1	Richard Gridley (Katella)	1998	14-0	** David Grant (Katella)	2000
14-1	David Morris (Katella)	2000	14-0	Ryan Borland (Dana Hills)	2000
14-1	Mardsen (Katella)	2001	14-0	Mark Martello (San Clemente)	2000
14-1	Pha Ngo (Marina)	2003	14-0	Scott Robinson (Esperanza)	2000
14-1	*Blake Coscino (Dana Hills)	2007	14-0	John Rossell (Brea)	2001
14-1	Brandon Janca (Edison)	2009	14-0	* Byron Collins (Esperanza)	2002
14-1	Mark Sakioka (Newport)	2009	14-0	Tyler Panian (Los Alamitos)	2002
14-1	Jeremy Kennedy (Marina)	2009	14-0	Cart (Mission Viejo)	2002
14-1	*Noah Metzdorff (Trabuco Hills)	2016	14-0	Robert Fulton (Servite)	2005
14-0.5	Jeff Gilbert (El Dorado)	1975	14-0	Brett DeAvila (Mission Viejo)	2006
14-0.25	Staines (Trabuco Hills)	2001	14-0	Michael Trieu (Woodbridge)	2006
14-0	Laskey (SA Valley)	1965	14-0	James Wu (Dana Hills)	2006
14-0	Jim Feeney (Katella)	1968	14-0	Greg Bowlin (Aliso Niguel)	2007
14-0	Alan Simons (Loara)	1969	14-0	Mathew McCormick (Dana Hills)	2008
14-0	Richard Carlson (Pacifica)	1969	14-0	Austin McGroaty (Marina)	2009
14-0	Wayne Gorman (Anaheim)	1971	14-0	Daniel Taylor (Aliso Niguel)	2009
14-0	John Kwan (Santa Ana)	1972	14-0	*Connor Hawks (Mater Dei)	2010
14-0	Jack Hanion (Anaheim)	1972	14-0	Trevor Rothaus (Servite)	2010
14-0	M. Kinnison (El Modena)	1972	14-0	Tyler Frank (Santa Margarita)	2011
14-0	Steve Johnson (Troy)	1972	14-0	Jack Gallivan (Mater Dei)	2012

14-0	David Munoz (Newport)	2013
14-0	Christian Abbey (Newport)	2013
14-0	Jason McKinnon (Fountain Valley)	2013
14-0	Ryan Riviere (Servite)	2014
14-0	*Gavin Carter (Fountain Valley)	2016
14-0	Jeremiah Chow (Canyon)	2016
14-0	Jake Bennett (Canyon)	2016
14-0	*Magula Michael (Marina)	2016

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
23-10.5	Michael Mitchell (Tesoro)	2016
23-10	Justin Schneider (El Toro)	2012
23-9.75	Danny Casupanan (Tustin)	2002
23-9	Victor 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	George Bamett (Estancia)	1969
22-8	Carlos Herrera (Westminster)	1966
22-8	Mac Rorie (Fullerton)	1972
22-8	Heaney (El Toro)	1974
22-8	Amok (La Quinta)	1992
22-8	Ignacio Perez (Santa Ana)	2003
22-8	Anton Jamir (Cypress)	2003
22-8	Diego Courbis (Mission Viejo)	2014
22-8	Brenden Schooler (Mission Viejo)	2016
22-7.75	*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
23-4.25	Brenden Schooler (Mission Viejo)	2016
23-4	* Eric Dorn (Estancia)	1986
23-3	Tyler Coffmann (Los Alamitos)	2016
23-0.5	** *Richard Fanti (Santa Ana)	1985
23-0.25	Brent Watson (Orange)	1971
23-0.25	* Jose Rubio (Los Alamitos)	2016

Triple Jump

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

45-10	Chris Moxley (Mission Viejo)	1990
45-10	Ryan Finnie (Mater Dei)	2013
45-9.75	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 Nikalojovic (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 Feeny (Santa Margarita)	1991
46-2.5	* Matt Dispenza (Marina)	2013
46-1.25	* Scott Capulong (Woodbridge)	1988
45-11.25	Aziz Spellman (Mission 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	Donavan Toban (Cypress)	2008
45-6	Danny Samarin (Edison)	2008
45-5	Jamie Nelson (Villa Park)	1986

Shot Put

71-7.25	*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 Coghil (Valencia)	2015
62-6.75	* Kelsey Benoit (San Clemente)	2013
62-6.25	Chad Smith (University)	2004
62-5.75	Clint Meyer (Esperanza)	2016
62-5	Marty Taylor (Newport)	2013
62-4.5	William Truong (Esperanza)	2014
61-11.5	Kent Pagel (Fullerton)	1970
61-10.5	Scott Moser (Huntington Beach)	1997
61-8.25	Rich Torbert (Lowell)	1974
61-7	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
60-0.5	Cole Smith (Newport)	2016
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
59-6.5	*Jake Arnold (Marina)	2016
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 Strenay (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 Valley)	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
57-2.75	Jordan Ammann (Esperanza)	2016
57-1.5	Rich Brown (Mission Viejo)	1987
57-1.25	Don Brandes (Canyon)	1977
57-1.25	Beau Ralphs (Newport)	1993
57-0.5	*Michael Jarbee (Newport)	2016
57-0.25	Jeff Klein (Rancho Alamitos)	1973
57-0	Brent Reiderich (Edison)	1985
57-0	Paul Castenada (SA Valley)	2004
56-11	Jerry Langenfeld (Rancho Alamitos)	1972
56-11	Chuck Underwood (Esperanza)	1989
56-10	Dick Mann (Savanna)	1971
56-10	Rick Tarvin (Marina)	1975
56-10	Vic Rakhshani (Edison)	1976
56-9.5	Rick Obema (Buena Park)	1974
56-9	Dan Noll (El Toro)	1996
56-8.75	Donnie Alaman (SA Valley)	1974
56-8.5	Kevin Einck (Servite)	1980
56-8.25	Chris Conrad (Brea)	1993
56-8	Dick Lindsay (Tustin)	1962
56-8	Kurt Clemens (Huntington Beach)	1969
56-8	Jeff Bodholdt (Irvine)	1994
56-7.75	J Tesimale (SA Valley)	1975
56-7	Jake Taylor (Newport)	2010
56-6.25	Mike Johnson (Bolsa Grande)	1965
56-5.5	Watson (SA Valley)	1975
56-5.5	Brian Stack (El Dorado)	1976
56-5	Dennis Shields (Tustin)	1965
56-5	Gus Coppens (Sunny Hills)	1973
56-5	*Matt Gray (Esperanza)	2003
56-4.75	John Covington (Sunny Hills)	1972
56-4.5	Curt Eilenberg (Costa Mesa)	1975
56-4.25	JB Salem (Newport)	2011
56-3.75	Doug Torbert (Lowell)	1969
56-3.75	Ed Thompson (Villa Park)	1970
56-3.75	Kevin McLain (Loara)	1971
56-3.25	* Brodie Reiderich (Edison)	1996
56-3	Matt Jordan (Dana Hills)	1990
56-3	Travis McCullough (Esperanza)	1993
56-2.75	Greg Blixt (SA Valley)	1982
56-2.5	Clarence Jackson (Saddleback)	1975
56-1.75	Robert Hulliger (Costa Mesa)	2000
56-0.75	John Jaragoski (Buena Park)	1965
56-0.75	P Cavanaugh (La Habra)	1969
56-0.75	Jerry Gillespie (Westminster)	1989
56-0	Jeff Brown (Corona del Mar)	1984
55-11.75	Dave Lawson (Corona del Mar)	1983
55-11.75	Kevin Fairman (Edison)	1987
55-11.5	T.J. Brown (Mission Viejo)	1993
55-11	Don Jones (Westminster)	1966
55-11	Matt Rudesill (Costa Mesa)	1998
55-10.5	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
55-8	Kristian Crabb (Huntington Beach)	2016
55-7.5	Steve Timmermann (Edison)	1972
55-7.5	Dave Lawson (Corona del Mar)	1983
55-7.5	Scott Bolton (Rancho Alamitos)	1981
55-7	Chris Sweeney (Capo Valley)	1980
55-7	*Javier Venegas (Newport)	2012
55-6.5	Joe Moretti (Magnolia)	1972

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

Shot Put (Junior 6kg)

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

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 (HS 1.62kg)

213-11	Scott Moser (Huntington Beach)	1997
213-7	Bo Taylor (Newport)	2006
210-8	Brian Blutreich (Capo Valley)	1985
209-8	Ethan Cochran (Newport)	2012
204-4	*Bronson Osborn (Esperanza)	2016
203-5	Travis Pendleton (Esperanza)	2000
200-9	Matt Gray (Esperanza)	2004
197-0	Nick Robinson (El Toro)	2006
195-11	Sam Lightbody (Huntington Beach)	1999
194-8	Malik McMorris (Mater Dei)	2015
194-2	Mark Parlin (Esperanza)	1991
193-9	Aaron Dan (Esperanza)	2005
193-6	Blake Ayles (Orange Lutheran)	2008
192-1	Andy Marrone (Dana Hills)	1990
191-6	Brian Ruziecki (Huntington Beach)	2002
191-11	Chad Peare (Trabuco Hills)	1993
190-8	Tambi Wenj (Fountain Valley)	1984
190-4	Marty Taylor (Newport)	2013
190-01	Nick Coghill (Valencia)	2015
190-0	Will Parsons (La Habra)	2011
189-10	Mike Bain (Corona del Mar)	1987
188-7	Quaid Vuncannon (San Clemente)	2012
187-9	Cecil Whiteside (Newport)	2009
187-2	Scott Hudson (Mission Viejo)	1980
186-8	Dan Westerfield (Capo Valley)	1981
186-2	Kaleaph Carter (Edison)	1988
185-10	Sepehr Sharifi (University)	1995
185-11	Kevin Jefferies (Newport)	1981
185-2	Greg Aitkenhead (Mission Viejo)	1984
185-9	Jake Fraser (El Toro)	2011
185-9	Clint Meyer (Esperanza)	2016
185-1	Steve Michaelson (Newport)	2012
185-1	Kelsey Benoit (San Clemente)	2014
184-10	Rocky Fenton (San Clemente)	2014
184-2	Kevin Corbett (El Dorado)	1976
183-0	Eki Faagai (Huntington Beach)	2004
182-2	Ken Mills (University)	1979
182-1	Steve Lehmer (Loara)	1966
181-8	Miguel Lopez (Esperanza)	2010

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

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

60 yards/55 meters#

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

60 meters

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

300 meters

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

500 yards

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

600 yards

1:14.72	Chad Rozean (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)	1986
7.74c	John Peterson (Saddleback)	1975
7.84c	Tom Turner (Cypress)	1975
7.94c	Brian Flowers (SA Valley)	1985
7.94c	Ken Margerum (Fountain Valley)	1977
8.04c	Wilbur Gregory (Mission Viejo)	1975
8.14c	Daryle Ware (Cypress)	1975

55 meter High Hurdles

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

4 x 160 yard Relay

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

8 x 160 yard Relay

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

Mile Relay

3:26.3	Newport	1975
3:27.0	Newport	1978
3:27.6	Foothill	1994

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

4 x 880 Relay

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

High Jump

6-10.75	**Sean Lee (Trabuco Hills)	2016
6-10	Harrison Steed (J Serra)	2010
6-7	Dave White (Marina)	1977
6-6	Kevin Connell (Newport)	1975
6-6	Kevin Cuervo (Western)	1976
6-6	Brad Harris (Los Alamitos)	1978
6-6	Todd Hart (Servite)	1981
6-6	Francel Jones (SA Valley)	1982
6-6	Eric Wheelwright (Edison)	1985
6-6	Jeff Waldren (Cypress)	1992
6-6	Jay Lin (Sonora)	1993
6-6	Brian Carlson (Katella)	1993
6-6	Alex Marbley (Tustin)	2001
6-5	Roger Leary (El Toro)	1983
6-5	Mitchell Bland (Tesoro)	2014
6-4	Ken Corner (Estancia)	1975
6-4	Gary Armstrong (Katella)	1975
6-4	Todd Kirschner (El Dorado)	1975
6-4	Mitch Herold (Los Alamitos)	1975
6-4	Jeff Lawson (El Dorado)	1976
6-4	Eric Dorn (Estancia)	1986
6-4	John Amneus (Foothill)	1987
6-4	Greg Ramsey (Loara)	1990
6-4	Matt Gwaltney (Fountain Valley)	1993
6-4	Troy Langley (Canyon)	1994
6-4	Danny Vasquez (Century)	1995
6-4	* F. Elliott Parks (El Toro)	1996
6-4	Beatty (Troy)	2003

Pole Vault

16-7	Michael Woepse (Mater Dei)	2010
16-0.75	Steve Michels (Brethren Christian)	1996
16-0	Logan Odden (Marina)	2000
16-0	Mark Sakioka (Newport)	2011
16-0	Carl Johansson (Orange Lutheran)	2014
15-10	Adam Bragg (El Toro)	2011
15-9	Greg Woepse (Mater Dei)	2006
15-6	Greg Ernst (El Dorado)	1978
15-6	Greg Stull (Troy)	1980

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

Weight Throw 25#

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

Long Jump

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

Triple Jump

49-1	Ken Williams (Troy)	1982
48-3.25	Ken Margenun (Fountain Valley)	1977
47-3.25	* Reggie Curry (Tustin)	1994
46-9.5	Arik Nesbit (San Clemente)	2014
46-6.5	Tony Parrish (Marina)	1993
45-4	Mike Phillips (Foothill)	1985
45-0	Joe Thomas (Buena Park)	1999
44-7.25	Clarence Moore (Cypress)	2000
44-3.5	Dennis Cowan (Fountain Valley)	1979

Shot Put

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

ALL-TIME OUTDOOR BEST MARKS LIST—GIRLS

100 Yards

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

Wind-aided:

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

100 Meters

11.66	*Carol Rodriguez (Western)	2003
11.87	**Gianna Lowery (Capo Valley)	2010
11.94	Sara Limp (Los Alamitos)	2015
11.95	Janice Nsor (Kennedy)	2005
11.95	**Becky Obinma (Rosary)	2016
11.97	Danielle Darden (Aliso Niguel)	2013
11.99	Jackie Dix (Woodbridge)	1997
12.01	Estelle White (Saddleback)	1982
12.03	**Kelli Godin (Mater Dei)	2016
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
12.26	*Sydney Carr (El Modena)	2016
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
12.31	Ashley Willingham (Los Alamitos)	2016
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	12.54c	* Elinor Tolson (Fountain Valley)	12.3	1992
12.34	*Kylee Wehrley (Trabuco Hills)	2016	12.54c	** Jaime Terry (Trabuco Hills)	12.3	1994
12.35	Stacy Noton (Sunny Hills)	1983	12.54c	** Denay Dominic (Canyon)	12.3	1997
12.35	Kim Steele (Esperanza)	1997	12.54c	* Brooke Fitzgerald (Santa Marg)	12.3	1997
12.35	* Danielle Eichelberger (Western)	2003	12.54c	Allison Woody (Sonora)	12.3	2007
12.36	Sher DuFur (Canyon)	1981	12.54	**Tanaz Nourian (San Clemente)		2012
12.36	** Andrea Dean (Mission Viejo)	1990	12.54	*** Paige LaBare (Costa Mesa)		2013
12.36	Shalanie Ross (Esperanza)	2000	12.54	Claire McKernan (Dana Hills)		2013
12.36	** Amy Burlingham (Newport)	2001	12.54	Amy Wilbourn (LA Habra)		2013
12.36	** Mia Hummel (Canyon)	2013	12.55	Melissa Swigart (Corona del Mar)		2005
12.36	**Sarah Perez (Mater Dei)	2014	12.55	Christina Twicken (San Clemente)		2010
12.37	* Tara Oettinger (Foothill)	1994	12.55	** Jazmin Moss (Mater Dei)		2013
12.38	* Eileen Dunaway (Huntington Beach)	1995	12.56	Cathy Conner (Esperanza)		1983
12.37	Nicole Johnson (Laguna Beach)	1999	12.56	Vanessa Blanco (Los Alamitos)		1985
12.37	***Heather Walleigh (Santa Margarita)	2011	12.56	* Jennifer Peterson (Edison)		1998
12.37	***Tessa Green (Santa Margarita)	2016	12.56	* Leticia Pulido (Katella)		2001
12.39	*Hollis Donovan (Dana Hills)	2014	12.56	** Megan Starkey (Kennedy)		2003
12.40	* Catherine Soto (Mater Dei)	1989	12.56	Jennifer Janneck (Brea)		2013
12.40	Patrice Donaldson (Orange)	2001	12.57	** Colaine Grieb (Katella)		2003
12.40	Tia McFarlane (Trabuco Hills)	2009	12.57	***Kaelynn Greene (Orange Lutheran)		2008
12.41	Roxanne Packard (Westminster)	1997	12.57	Gabrielle Scott (Woodbridge)		2011
12.41	Julie Steele (Troy)	1997	12.57	***Sierra Castles (El Toro)		2015
12.41	* Christina Ciampa (San Clemente)	1998	12.57	**Lauren Vissman (San Juan Hills)		2015
12.42	** S. Salcido (Marina)	2009	12.58	Judy Jackson (Tustin)		1989
12.43	** Caitlin Atkinson (Santa Margarita)	2004	12.58	Erin Kelly (Brea)		1998
12.43	* Krytine Hanberg (Mission Viejo)	2004	12.58	* Michaela King (Dana Hills)		2013
12.43	Kaelyn Kaichi (Tesoro)	2010	12.58	Kelley Peterson (El Toro)		2013
12.44c	Tina Johnson (Kennedy)	12.2	12.59	*Chelsea Lelito (Dana Hills)		2008
12.44c	Kathy Grant (Estancia)	12.2	12.59	Mickinze Ellis (Dana Hills)		2014
12.44c	Jamie Karrer (Edison)	12.2	12.59	Jazmin Moss (Mater Dei)		2015
12.44c	** Lucinda Watson (Century)	12.2	12.59	Paige Labare (Costa Mesa)		2016
12.44c	* Megan Reppe (Villa Park)	12.2	12.59	*Haley Hopkins (Mater Dei)		2016
12.44c	Kelly Phillips (Mission Viejo)	12.2	12.59	**Maliyah Medley (El Toro)		2016
12.44c	Angela Allen (El Modena)	12.2	12.60	Pam Asbury (Valencia)		1982
12.44c	** Dana Bethel (Mission Viejo)	12.2	12.60	* Pearl Mercer (Loara)		1994
12.44	** Whitney Harrison (Aliso Niguel)	2001	12.60	** Erin Reed (Huntington Beach)		1995
12.44	* Tiffany Pransky (Orange Lutheran)	2004	12.60	* Julia Crum (Troy)		2009
12.45	** Lori Smith (Canyon)	1987	12.61	Tiffany Pransky (Orange Lutheran)		2005
12.45	Madison Carney (Sonora)	2014	12.61	Marina Berrios (Pacifica)		2013
12.46	** Tifney Reeve (Cypress)	2006	12.61	**Janel Nguyen (Bolsa Grande)		2016
12.46	*Adriane Jaminski (Rosary)	2010	12.62	* Leah Zaby (Newport)		1998
12.46	**Monica Ukah (Trabuco Hills)	2010	12.62	Emily Kalmbach (Santa Margarita)		2000
12.46	*** Kaiya McCullough (El Toro)	2013	12.62	**Lauren Deats (Edison)		2010
12.46	**Mallory Barnes (Santa Margarita)	2016	12.62	***Yordan Scales (Tesoro)		2016
12.47	Brenda Owens (SA Valley)	1982	12.63	* Courtney Stafford (Katella)		2000
12.47	** Heidi Sandra (Los Alamitos)	1985	12.63	* Brittany Fastuca (Mission Viejo)		2006
12.47	Kathy Hargis (Magnolia)	1986	12.63	* Aniela Guyot (Santa Margarita)		2008
12.47	Heidi Sendro (Los Alamitos)	1985	12.63	*Kyleigh Brown (San Clemente)		2012
12.47	*** Noel Dula (Marina)	1997	12.63	**Emma Radan (Mater Dei)		2012
12.47	* Aileen Sablo (Rosary)	1999	12.63	Kenna Limp (Los Alamitos)		2015
12.47	* Bridgett Brown (Cypress)	2000	12.63	*Carina Hendley (Northwood)		2015
12.48	Tami Letterman (Edison)	1995	12.63	**Lauren Drysch (Santa Margarita)		2015
12.48	Megan Blanchard (Northwood)	2008	12.63	Alexis Turley-Young (Canyon)		2016
12.48	*Shebanette Terry (Irvine)	2012	12.63	Michelle Pitts (Sonora)		2016
12.48	*Haley Hopkins (Mater Dei)	2016	12.64c	Lynnda Kelley (Irvine)	12.4	1981
12.49	Rakita Roberson (Loara)	1987	12.64c	Celine Regalia (University)	12.4	1982
12.49	Eurie Jennings (Edison)	2000	12.64c	**Lori Shaw (Edison)	12.4	1983
12.49	Frenchy Silva (Dana Hills)	2008	12.64c	Tiffany Felix (Mater Dei)	12.4	1986
12.50	* Arika Griffith (El Toro)	1988	12.64c	Yrsa Tsuneyoshi (Marina)	12.4	1988
12.50	** Maika Nelson (Brea)	1996	12.64	*Jenny Infusino (Edison)		1991
12.50	*** Caitlin Atkinson (Santa Margarita)	2003	12.64c	Darci Bishop (Sunny Hills)	12.4	1991
12.51	* Michelle Muniz (Woodbridge)	1989	12.64c	* Rosie Manning (Trabuco Hills)	12.4	1993
12.51	* Erin Tuber (El Toro)	2005	12.64	Nicole Albano (Corona de1Mar)		1996
12.51	Ellexi Snover (Mater Dei)	2011	12.64c	Adrianna Gallardo (Saddleback)	12.4	1996
12.51	*Lauren McLeese (Tesoro)	2015	12.64	*** Lindsey Greco (Capo Valley)		1997
12.52	* Erika Ebel (Orange Lutheran)	1991	12.64c	Mariner (Foothill)	12.4	1997
12.52	** Brooke Thulin (Edison)	2000	12.64	*** Tiffany Hogan (Capo Valley)	12.4	1997
12.52	*Crystal Eckman (Fountain Valley)	2014	12.64	* Quinna Starr (Savanna)		1998
12.53	* Amanda Wheeland (Corona del Mar)	1989	12.64c	Kristin Keenan (Trabuco Hills)	12.4	1998
12.53	Rai Ahmed-Green (Irvine)	2014	12.64c	Grace Rozar (Mater Dei)	12.4	1998
12.53	*Nicole Moeller (Trabuco Hills)	2016	12.64c	** Sabrina Spruill (Kennedy)	12.4	2004
12.54c	Ann Kissinger (Marina)	12.3	12.64c	* Amber Moore (Aliso Niguel)	12.4	2004
12.54c	Rose Chavez (Kennedy)	12.3	12.64c	** Adriana Bracamonto (Orange Lut)	12.4	2004
12.54	*** Julianne Santos (Capo Valley)	12.3	12.64c	Gage (El Modena)	12.4	2007
12.54c	Casey Lozano (Sonora)	12.3	12.64c	Natalie Roy (Mission Viejo)	12.4	2007

12.64	Kristen Woepse (Woodbridge)	2005	12.74c	Kelly Marshall (Edison)	12.5	1996
12.64	** Kaelynn Greene (Orange Lutheran)	2009	12.74c	Nicole Bronner (Edison)	12.5	1996
12.64	** Amy Heins (Troy)	2010	12.74c	Kerry O'Bric (Edison)	12.5	1996
12.64	Sydney Elliott (Mission Viejo)	2011	12.74c	** Erin Sauchelli (Sunny Hills)	12.5	1996
12.64	***Rayne Anwar (Capo Valley)	2016	12.74c	* Baylea Norman (Capo Valley)	12.5	1997
12.64	Sahla Cook (Mission Viejo)	2016	12.74c	** Shannon Lee (Kennedy)	12.5	1997
12.65	Adrianna Gallardo (Saddleback)	1997	12.74c	***Tachaidra Ra (SA Valley)	12.5	1997
12.65	Davis (Santa Margarita)	2000	12.74c	** Amanda Shanklin (Santa Marg)	12.5	1997
12.65	*Kristina Bugg (Canyon)	2011	12.74	Alex McCarten (San Clemente)		1997
12.65	**Alyca Turner (Aliso Niguel)	2016	12.74	*** Megan Clark (Esperanza)		1998
12.65	*Cora Davis (Fountain Valley)	2016	12.74c	* Ngozi Ossai (Foothill)	12.5	1998
12.66	*Julie Thiel (Katella)	1991	12.74c	* Julie Handy (Esperanza)	12.5	2001
12.66	Suzanne Moshini (Edison)	1995	12.74c	Henderson (Foothill)	12.5	2004
12.66	***Jennifer Peteren (Edison)	1997	12.74c	Fernandez (Loara)	12.5	2004
12.66	** Ann Brigs (Esperanza)	2000	12.74c	Salze (La Habra)	12.5	2004
12.66	*** Katy Hinman (Capo Valley)	2009	12.74c	Amado (Aliso Niguel)	12.5	2004
12.66	**Amanda Graceffa (J Serra)	2010	12.74c	* Tierricka Haynes (Brea)	12.5	2004
12.66	**Breezy Frias (Westminster)	2012	12.74c	Whitney Wiedner (Corona del Mar)	12.5	2004
12.66	***Brianna Washa (Oxford Academy)	2012	12.74	*** Felicia Keely (Anaheim)		2006
12.66	**Nikki Merritt (Santa Margarita)	2016	12.74	* Janev Morris (Fountain Valley)		2006
12.67	Julie Petrilla (El 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	12.74	Aliyah Forbes (Mater Dei)		2016
12.68	Caryn Christiano (El Dorado)	1983	12.74	**Kristen Sobschhak (El Dorado)		2016
12.68	Melanie Williams (Western)	1986				
12.68	Sherrie Buente (Esperanza)	1990	Wind-aided:			
12.68	Barbara Scheil (Santa Margarita)	1995	11.56	Danielle Darden (Aliso Niguel)		2013
12.68	** Pam Thomas (Cypress)	2001	11.73	Janice Nsor (Kennedy)		2005
12.69	Britt Williams (Mission Viejo)	1984	11.75	**Becky Obinma (Rosary)		2016
12.69	Shelly Tochluk (Westminster)	1989	11.79	*Danielle Darden (Aliso Niguel)		2012
12.69	** Melissa Mewes (El Toro)	2009	11.85	Jackie Dix (Woodbridge)		1997
12.69	Aniela Guyot (Santa Margarita)	2009	11.88	Sara Lipm (Los Alamitos)		2015
12.69	Julia Crum (Troy)	2010	11.89	Estelle White (Saddleback)		1982
12.69	**Kelsey Waldmann (Mission Viejo)	2011	11.91	Cavetra Mitchell (Los Alamitos)		1993
12.69	Katelyn Andress (Capo Valley)	2012	11.91	Gia Trevisan (Mater Dei)		2011
12.69	***Danielle Solaru (Northwood)	2013	11.92	Persis William-Mensah (Estancia)		2014
12.69	**Dana Padget (Esperanza)	2014	11.93	Sherri Bertell (Mission Viejo)		1988
12.70	* Melanie Midani (Loara)	1988	11.93	* Marquita Taylor (San Clemente)		2001
12.70	Kristi Kierulff (Esperanza)	1995	11.98	*** Elia Reid (Kennedy)		2005
12.70	* Tierricka Haynes (Brea)	2004	11.99	Amber Moore (Aliso Niguel)		2005
12.70	* Victoria Ton (Northwood)	2004	11.99	Percylla Nared (Trabuco Hills)		2010
12.70	* Samantha Hanberg (Mission Viejo)	2009	11.99	*Sydney Carr (El Modena)		2015
12.70	*Damillia Foster (Savanna)	2010	12.00	Dionne Garner (Valencia)		1985
12.70	*Amy Heins (Troy)	2011	12.03	Trish Aubuchon (Esperanza)		1984
12.70	*Lauren Deats (Edison)	2011	12.04c	***Juanita Lawson (El Modena)	11.8	1999
12.71	Alida Dixon (SA Valley)	1989	12.05	** Erin Stovall (Woodbridge)		1996
12.71	Ashley Fletcher (Loara)	2005	12.05	Ashley Willingham (Los Alamitos)		2016
12.71	***Kassidy Gorman (Santa Margarita)	2011	12.08	* Meryl Stone (Woodbridge)		1998
12.71	* Mallory Winston (Laguna Hills)	2013	12.10	Melissa Swigart (Corona del Mar)		2005
12.71	***Mallory Barnes (Santa Margarita)	2015	12.10	Alyssa Tao (Fountain Valley)		2013
12.72	* Mildred Owens (SA Valley)	1983	12.12	Yasmin Webb (Buena Park)		2005
12.72	* Heaven Yoshino (Woodbridge)	1995	12.12	Kaitlyn Merritt (Santa Margarita)		2015
12.72	Lucinda Watson (Century)	1995	12.12	**Julia Cabrales (Mission Viejo)		2010
12.72	*Christina Ta (Rancho Alamitos)	2005	12.13	Paige Labare (Costa Mesa)		2016
12.72	Katie Madler (Santa Margarita)	2011	12.14c	* Tara Oettinger (Foothill)	11.9	1994
12.72	Allison Sprong (Dana Hills)	2012	12.15	*** Ariana Wright (Westminster)		2008
12.72	***Keelin Gilbert (Cypress)	2012	12.16	***Tessa Green (Santa Margarita)		2016
12.72	* Aliyah Jones (Troy)	2013	12.17	* Brooke Fitzgerald (Santa Margarita)		1997
12.73	* * Melissa Rivera (Marina)	2004	12.17	Malia Tilton (El Modena)		2013
12.73	* Rosie Manning (Trabuco Hills)	1993	12.20	Ashley Bush (Sonora)		2010
12.73	Eylsse Vanleer (Edison)	2004	12.20	***Becky Obinma (Villa Park)		2015
12.73	** Christina Ta (Rancho Alamitos)	2004	12.22	** Danielle Eichelberger (Cypress)		2002
12.73	* Amanda Chevalier (Brea)	2008	12.23	** Michelle Sanford (Woodbridge)		2001
12.73	* Tia McFarlane (Trabuco Hills)	2008	12.23	Krystyne Hanberg (Mission Viejo)		2005
12.73	Kimmie Conner (Dana Hills)	2010	12.24	**Kennedy Gillian (Mission Viejo)		2014
12.73	***Frances James (Troy)	2013	12.25	Kelley Peterson (El Toro)		2013
12.74c	Annette Brown (Saddleback)	12.5	12.25	*Crystal Eckman (Fountain Valley)		2014
12.74c	*Suzanne Kerho (Mission Viejo)	12.5	12.27	* Kylie McCuen (Brea)		2001
12.74c	Melissa Taylor (Edison)	12.5	12.27	Tierra Tyler (Western)		2008
12.74c	Carolyn Griffin (University)	12.5	12.28	**Heather Walleigh (Santa Margarita)		2012
12.74c	*Kala Ross (Newport)	12.5	12.28	Madison Carney (Sonora)		2014
12.74c	Michol Murray (Garden Grove)	12.5	12.30	**Parisia Barker (Orange Lutheran)		2012
12.74c	Jaime Terry (Trabuco Hills)	12.5	12.30	** Mia Hummel (Canyon)		2013
12.74c	Tori Young (Mater Dei)	12.5	12.31	* S Salcido (Marina)		2009

12.31	*Lily Ebanks (Valencia)		2014	24.66	Melissa Swigart (Corona del Mar)		2005
12.31	Jazmin Moss (Mater Dei)		2015	24.70	** Hilary Ojinnaka (Cypress)		2013
12.32	** Meghan Reppe (Villa Park)		1993	24.71	Trish Aubuchon (Esperanza)		1984
12.32	Megan Blanchard (Northwood)		2008	24.71	D'Layne Kerr (Corona del Mar)		1988
12.33	Wendy Hale (Brea)		1980	24.72+	Vanessa Denniston (SA Valley)	24.87y	1978
12.33	*** Ashley Lampley (Marina)		2005	24.73	** Crystal Davis (SA Valle)		1999
12.34c	Lori Shaw (Edison)	12.1	1985	24.76	Jackie Dix (Woodbridge)		1997
12.34c	Rosie Manning (Trabuco Hills)	12.1	1994	24.77	Ashley Bethel (Mission Viejo)		1997
12.34c	Ann Briggs (Esperanza)	12.1	2002	24.77	Kylie McCuen (Brea)		2002
12.34	*Amy Heins (Troy)		2011	24.77	* Tara Radan (Mater Dei)		2013
12.35	Tami Letterman (Edison)		1995	24.78	***Kylie Klein (Villa Park)		2010
12.36	* Arika Griffith (El Toro)		1988	24.79	Dionne Garner (Valencia)		1985
12.36	* Julieann Crum (Troy)		2009	24.80	Liz Morse (Corona del Mar)		2000
12.36	* Kaelyn Kaichi (Tesoro)		2009	24.82	*Ashley Willingham (Los Alamitos)		2015
12.36	*Shebanette Terry (Irvine)		2012	24.83	** Amy Burlingham (Newport)		2001
12.37	** Eileen Danaway (Huntington Beach)		1993	24.84	Meryl Stone (Woodbridge)		1998
12.37	* Pearl Mercer (Loara)		1994	24.85	Emma Radan (Mater Dei)		2014
12.37	Janey Morris (Fountain Valley)		2007	24.87	Brierra Winfrey (Trabuco Hills)		2011
12.37	**Mallory Barnes (Santa Margarita)		2016	24.87	Rai Ahmed-Green (Irvine)		2014
12.38	*Gabrielle Scott (Woodbridge)		2010	24.88	Adriana Bracamonte (Orange Lutheran)		2007
12.38	Kennedy Gillian (Mission Viejo)		2016	24.92	**Becky Obinma (Rosary)		2016
12.40	Cron (Ocean View)		1985	24.94c	* Michelle Banks (El Dorado)	24.7	1984
12.40	* Tenaya Johnson (Laguna Hills)		1991	24.94c	**Trindl Fearnley (Edison)	24.7	1984
12.40	*** Amy Heins (Troy)		2009	24.96	Kristyne Hanberg (Mission Viejo)		2005
12.40	**Amanda Graceffa (J Serra)		2010	24.96	Michelle Holt (Laguna Hills)		2016
12.41	*** Kristina Bugg (Canyon)		2009	24.96	**Kelli Godin (Mater Dei)		2016
12.41	Amy Heins (Troy)		2012	25.04c	* Tara Oettinger (Foothill)	24.8	1994
12.42	Mattye Morton (Garden Grove)		2001	25.05	* Tifney Reeve (Capo Valley)		2005
12.42	**Ally Lynn (San Clemente)		2012	25.05	Ellexi Snover (Mater Dei)		2011
12.43	Sarah Pérez (Mater Dei)		2016	25.09	**Kelley Peterson (El Toro)		2011
12.43	**Maliyah Medley (El Toro)		2016	25.10	**Sarah Perez (Mater Dei)		2014
12.44c	Michelle Muniz (Woodbridge)	12.2	1990	25.14	Grace Esslinger (Dana Hills)		2009
12.44	Leticia Pulido (Katella)		2002	25.14	* Ashley Bush (Sonora)		2009
12.44	** Kaelynn Greene (Orange Lutheran)		2009	25.16	* Jessica Zavalza (St Margaret's)		2007
12.44	Juliana Crum (Troy)		2010	25.19	Chloe Fan (Aliso Niguel)		2015
12.44	Katie Ostler (Beckman)		2011	25.20	* Emily Kalmbach (Santa Margarita)		2002
12.44	***Persis Williams (Estancia)		2011	25.20	* Perris William-Mensah (Estancia)		2013
12.45	* Alida Dixon (SA Valley)		1988	25.22	*Kandyce Doxey (Cypress)		2007
12.45	** Kelly Phillips (Mission Viejo)		1993	25.23	* Juanita Lawson (El Modena)		2002
12.45	***Mikaela Truckey (Orange Lutheran)		2010	25.23	Danielle Eichelberger (Cypress)		2003
12.46	Suzanne Moshini (Edison)		1995	25.23	Tai Crumsey (Canyon)		2014
12.47	* Lindsey Amado (Aliso Niguel)		2005	25.24	*Hollis Donovan (Dana Hills)		2014
12.47	Lauren Delgadillo (Fountain Valley)		2014	25.25	* Meghan Atkinson (Santa Margarita)		1999
12.48	Jennifer Infusido (Edison)		1992	25.25	Alyssa Tao (Fountain Valley)		2013
12.48	Julie Petrilla (El Dorado)		1993	25.26	Jessica Erickson (San Clemente)		2014
12.48	** Allison Sarrell (Brethren Christian)		2001	25.28	Whitney Harrison (Aliso Niguel)		2003
12.48	Ashley Moore (Rosary)		2012	25.28	Emily Kressin (Troy)		2009
12.48	*Cora Davis (Fountain Valley)		2016	25.29	*Sydney Carr (El Modena)		2016
12.49	** Sherrie Buente (Esperanza)		1988	25.30	Amanda Rosencrantz (Kennedy)		2005
12.49	Jenifer Janneck (Brea)		2013	25.30	** Mia Hummel (Canyon)		2013
				25.32	Michele Hull (Santa Margarita)		2004
				25.32	** Ashley Bush (Sonora)		2008
				25.32	**Ally Lynn (San Clemente)		2012
				25.33	**Kandyce Sillette (Tesoro)		2005
				25.34c	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
				25.37	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
				25.41	***Tessa Green (Santa Margarita)		2016
				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

200 meters

24.04	Danielle Darden (Aliso Niguel)		2013	25.34c	Brenda Owens (SA Valley)	25.1	1982
24.15	**Gianna Lowery (Capo Valley)		2010	25.34	Kelly Phillips (Mission Viejo)		1995
24.18	Sara Limp (Los Alamitos)		2015	25.34	Angella Allen (El Modena)		1997
24.19	Ashley Willingham (Los Alamitos)		2016	25.34	Maika Nelson (Brea)		1997
24.21	Percylla Nared (Trabuco Hills)		2010	25.34	* Erin Albee (El Toro)		2005
24.22	Carol Rodriguez (Western)		2003	25.37	Mattye Morton (Garden Grove)		2001
24.29	*Gabrielle Scott (Woodbridge)		2010	25.37	*Holly Rieck (Capo Valley)		2011
24.33	Gia Trevisan (Mater Dei)		2011	25.40+	Cheryl Henderson (Fountain Valley)	25.3y	1984
24.37+	Michelle Kelley (Irvine)	24.51y	1979	25.40	** S Salcido (Marina)		2009
24.39	Annette Rogers (University)		1984	25.40	*Shebanette Terry (Irvine)		2012
24.45	* Christina Twicken (San Clemente)		2009	25.40	Hope Bender (Newport)		2015
24.50	Alexandrea Kruthers (Capo Valley)		2010	25.41	Shelly Tochluk (Westminster)		1989
24.52	Cavetra Mitchell (Los Alamitos)		1993	25.41	Amanda Rozenantz (Kennedy)		2002
24.53	**Kennedy Gillian (Mission Viejo)		2014	25.41	***Tessa Green (Santa Margarita)		2016
24.54	*Lauren Drysch (Santa Margarita)		2016	25.42	Anne Briggs (Esperanza)		2001
24.55	Sheri Bertell (Mission Viejo)		1988	25.43	Celine Regalia (University)		1982
24.56	*** Elia Reid (Kennedy)		2005	25.43	Tiffany Hogan (Capo Valley)		1997
24.59+	Janet Steen (SA Valley)	24.73y	1979	25.44c	Barbara Rainey (Edison)	25.2	1982
24.59	**Maliyah Medley (El Toro)		2016	25.44c	Danetta Chaney (Saddleback)	25.2	1989
24.61	Meisha Wilson-Duvall (Woodbridge)		1995	25.45	Bridgett Brown (Cypress)		2000
24.64	Marquita Taylor (San Clemente)		2002	25.45	Julia Cabrales (Mission Viejo)		2012

25.45	Charisma Byrd (Rosary)		2016	25.78	Lauren McLeese (Tesoro)		2016
25.46	Courtney Stafford (Katella)		2000	25.78	Emma Kratzberg (Newport)		2016
25.46	*** Amy Heins (Troy)		2009	25.79	Pam Kurtela (Los Alamitos)		1990
25.46	* Alexis Deol (Aliso Niguel)		2007	25.79	Carla Battle (Anaheim)		1997
25.47	Taylor Hypolite (El Toro)		2011	25.79	Shalanie Ross (Esperanza)		2000
25.47	Paige LaBare (Costa Mesa)		2016	25.79	*Nicole Martinez (Yorba Linda)		2016
25.48	Schell (Fountain Valley)		1983	25.79	***Yordan Scales (Tesoro)		2016
25.49	Shemanette Terry (Irvine)		2012	25.80	Claire McKernan (Dana Hills)		2013
25.49	*Kimiko Tanaka (Dana Hills)		2014	25.80	Hollis Donovan (Dana Hills)		2015
25.50+	Cheryl Glazier (El Toro)	25.4y	1977	25.80	Lori Shaw (Edison)		1985
25.51	*** Michelle Sanford (Woodbridge)		2000	25.81	Megan Blanchard (Northwood)		2008
25.52	* Pam Asbury (Valencia)		1981	25.81	**Dana Padget (Esperanza)		2014
25.52	Rosie Manning (Trabuco Hills)		1994	25.81	Madison Carney (Sonora)		2014
25.52	***Mikaela Truckey (Orange Lutheran)		2010	25.81	*Chinyere Chambers (Northwood)		2015
25.53	** Lucinda Watson (Century)		1993	25.82	Danielle Reaves (Esperanza)		1988
25.54c	Estelle White (Saddleback)	25.3	1982	25.82	Sharon Day (Costa Mesa)		2003
25.54	Jamie Karrer (Edison)		1989	25.82	* Darin Milovich (Tesoro)		2009
25.54c	***Andrea Dean (Mission Viejo)	25.3	1989	25.82	Amy Wilbourn (LA Habra)		2013
25.54c	Heather Sterlin (Mission Viejo)	25.3	1992	25.82	***Sydney Carr (El Modena)		2014
25.54c	** Raven Herbert (SA Valley)	25.3	1997	25.82	*Carina Hendley (Northwood)		2015
25.54c	Erin Kelly (Brea)	25.3	1998	25.83	Danielle Coffman (Marina)		2008
25.54c	* Janice Nsor (Kennedy)	25.3	2004	25.84c	Slier Dufur (Canyon)	25.6	1981
25.56+	Chris Davenport (Troy)	25.71y	1979	25.84c	Kristen Fleeting (Tustin)	25.6	1981
25.57	** Christina Ciampa (San Clemente)		1997	25.84c	Chris Salerno (Canyon)	25.6	1982
25.57	* Nathalie Michiels (Santa Margarita)		2005	25.84c	Jocelyn Lee (Irvine)	25.6	1983
25.57	Lauren Deats (Edison)		2012	25.84	Erica Lee (Irvine)		1989
25.59	** Meghan Reppe (Villa Park)		1993	25.84c	***Nikki Adams (Newport)	25.6	1992
25.59	Janey Morris (Fountain Valley)		2007	25.84c	Angela Allen (El Modena)	25.6	1998
25.59	Holly Rieck (Capo Valley)		2012	25.84c	* Chelsea Lelito (Dana Hills)	25.6	2008
25.60+	Tina Johnson (Kennedy)	25.77y	1981	25.84c	* Kassie Ham (Dana Hills)	25.6	2008
25.60+	* Tsenre Jackson (Edison)	25.5y	1981	25.84	Ashley Jsames (Savanna)		2008
25.61	*Lily Ebanks (Valencia)		2014	25.84	**Amy Heins (Troy)		2010
25.61	*Nicole Moeller (Trabuco Hills)		2016	25.86	* Amanda Wheeland (Dana Hills)		1989
25.62	*Alex Gilbert (Santa Margarita)		2012	25.86	**Haley Hoplins (Mater Dei)		2015
25.62	***Kylee Wehrly (Trabuco Hills)		2014	25.86	**Lauren O'Banion (Yorba Linda)		2016
25.63	Trudy Zandbergen (Pacifica)		1982	25.87	**Allie Freed (University)		2010
25.63	*** Kristina Bugg (Canyon)		2009	25.87	*Kelley Peterson (El Toro)		2012
25.64c	Kelly Marshall (Edison)	25.4	1996	25.88	Heather Simpson (Marina)		2011
25.64c	Kerry O'Bric (Edison)	25.4	1996	25.89+	Cathy Jones (Edison)	25.8y	1976
25.64c	** Shannon Lee (Kennedy)	25.4	1997	25.89+	* Marina Laymon (La Habra)	25.8y	1982
25.64c	Patrice Donaldson (Orange)	25.4	2001	25.89	* Tierricka Haynes (Brea)		2004
25.64c	** Darin Milovich (Tesoro)	25.4	2008	25.89	Aliyah Forbes (Mater Dei)		2016
25.65	Emily Fischer (Troy)		2011	25.90	Karyn Haight (Orange Lutheran)		1978
25.66	Dana Kriesel (Pacifica)		1981	25.90	Lori Svoboda (El Dorado)		1989
25.66	*Ceili Tuttle (Fullerton)		2015	25.90	Brooke Thulin (Edison)		2002
25.67	Ebony Dozier (Western)		1997	25.91	** Lindsay Amado (Aliso Niguel)		2004
25.67	*Michelle Holt (Laguna Hills)		2015	25.91	Chelsea Green (Laguna Hills)		2008
25.67	**Alycia Turner (Aliso Niguel)		2016	25.91	*Alyssa Schlom (Orange Lutheran)		2011
25.68+	Kim Law (SA Valley)	25.83y	1978	25.91	*Kyleigh Brown (San Clemente)		2012
25.70+	Kristen Rios (Sonora)	25.6y	1984	25.92	** Erin Stovall (Woodbridge)		1995
25.70	Julie Petrilla (El Dorado)		1993	25.92	***Becky Obinma (Villa Park)		2015
25.71	Jonna Evans (Sunny Hills)		1997	25.93	*Anijah Green (Los Alamitos)		2015
25.71	* Alisyn Clark (SA Valley)		2003	25.94c	Cherie Andre (Edison)	25.7	1987
25.71	Alex Gilbert (Santa Margarita)		2013	25.94c	* Corolar White (Esperanza)	25.7	1996
25.72	Jennifer Janneck (Brea)		2013	25.94c	***Emily Dunn (Esperanza)	25.7	2004
25.72	*** Kaiya McCullough (Irvine)		2013	25.94	Alexia Williams (Irvine)		2013
25.73	*Katy Hinman (Capo Valley)		2011	25.95	* Erin Kelly (Brea)		1997
25.74c	Kris Lambert (Foothill)	25.5	1985	25.95	**Lauren Vissman (San Juan Hills)		2015
25.74c	Casey Lozano (Sonora)	25.5	1992	25.96	Kira Helmer (Mission Viejo)		2008
25.74c	* Ngozi Ossai (Foothill)	25.5	1998	25.96	* Danielle Fessenden (Los Alamitos)		2009
25.74	** Danielle Coffman (Marina)		2005	25.96	Brina Jablonski (Woodbridge)		2014
25.74	**Maia Craver (Woodbridge)		2012	25.96	*Kaitlyn Merritt (Santa Margarita)		2014
25.75	Kathy Grant (Estancia)		1986	25.97	Palmer (University)		2004
25.75	Eileen Dunaway (Huntington Beach)		1995	25.97	* Philine Qian (Northwood)		2013
25.75	* Jennifer Peterson (Edison)		1998	25.97	*Amanda Bolger (Northwood)		2016
25.75	Summer Crawley (Irvine)		2013	25.98	** Melissa McDonald (Mater Dei)		1989
25.76	Sherrie Buente (Esperanza)		1990	25.98	Sheila McMorris (Los Alamitos)		1990
25.76	Denise Gallion (Woodbridge)		2005	25.98	Sara McMillan (Cypress)		1998
25.76	*** Katy Hinman (Capo Valley)		2009	25.98	*Adriane Jaminski (Rosary)		2010
25.76	Samantha Hanberg (Mission Viejo)		2010	25.98	* Aliyah Jones (Troy)		2013
25.77	Lyn Murray (Esperanza)		1991	25.98	Luaren Wyckoff (Capo Valley)		2015
25.77	* Chistina Ciampa (San Clemente)		1998	25.99	Tricia Klemke (Marina)		1985
25.77	***Kaelynn Greene (Orange Lutheran)		2008				
25.78	*** Noel Dula (Marina)		1997				
25.78	Allison Sprong (Dana Hills)		2012				
				Wind-aided:			
				23.72	* Carol Rodriguez (Western)		2003

23.95	Sara Limp (Los Alamitos)	2015	25.77	Claire McKernan (Dana Hills)	2013
24.15	Percylla Nared (Trabuco Hills)	2010	25.78	Heather Simpson (Marina)	2011
24.27	Jackie Dix Woodbridge	1997	25.78	**Parisia Barker (Orange Lutheran)	2012
24.29	Cavetra Mitchell (Los Alamitos)	1993	25.79	Kira Helmer (Mission Viejo)	2008
24.41	**Maliyah Medley 9El Toro)	2016	25.80	*Ashley J'sames (Savanna)	2007
24.42	Kennedy Gillian (Mission Viejo)	2016	25.81	* Lori Smith (Canyon)	1988
24.47	** Meryl Stone (Woodbridge)	1997	25.82	Harrison (Aliso Niguel)	2002
24.48	*Michelle Holt (Laguna Hills)	2015	25.82	*Kelley Peterson (El Toro)	2012
24.49	*** Elia Reid (Kennedy)	2005	25.83	Lauren Vissman (San Juan Hills)	2015
24.56	* Tara Radan (Mater Dei)	2013	25.84	* Kelly Phillips (Mission Viejo)	1993
24.59	** Hilary Ojinnaka (Cypress)	2013	25.84c	Sara Tafazoli (Corona del Mar)	25.6 1993
24.62	**Lauren Drysch (Santa Margarita)	2015	25.84c	Donna Garcia (Ocean View)	25.6 1993
24.64	Dionne Garner (Valencia)	1985	25.84c	*Jessica Zavalza (St Margaret's)	25.6 2007
24.65	**Becky Obinma (Rosary)	2016	25.84c	Hamer (Capo Valley)	25.6 2007
24.66	Trish Aubuchon (Esperanza)	1985	25.84	Kassie Ham (Dana Hills)	2009
24.67	*Ashley Willingham (Los Alamitos)	2015	25.84	Danielle Fessenden (Los Alamitos)	2010
24.74	Danielle Darden (Aliso Niguel)	2013	25.85	*Whitney Hessler (Mission Viejo)	2016
24.78	Michelle Holt (Laguna Hills)	2016	25.86	Colleen O'Higgins (El Dorado)	1983
24.80	Ashley Bethel (Mission Viejo)	1998	25.86	Brianna Ramsey (Fountain Valley)	2009
24.87	* Danielle Eichelberger (Western)	2003	25.87	* Tanya Taylor (Sunny Hills)	2006
24.91	* Alexis Deol (Aliso Niguel)	2007	25.87	*Cassie Durgy (Huntington Beach)	2015
24.93	Ellexi Snover (Mater Dei)	2011	25.88	**Taylor Gather (Santa Margarita)	2015
24.98	** Ashley Bush (Sonora)	2008	25.88	**Emma Radan (Mater Dei)	2012
25.01	Amanda Rosencrantz (Kennedy)	2005	25.89	*Adriane Jarminski (Rosary)	2010
25.02	* Tifney Reeve (Capo Valley)	2006	25.90	Krista Kenyon (Esperanza)	1993
25.06	Kandyce Doxey (Cypress)	2008	25.90	Katelyn Andress (Capo Valley)	2013
25.11	* Grace Esslinger (Dana Hills)	2008	25.90	**Danielle Solaru (Northwood)	2014
25.13	*** Sheri Bertell (Mission Viejo)	1985	25.92	Carolyn Griffin (University)	1990
25.14	Jennifer Janneck (Brea)	2013	25.92	Emily Nolen (Brea)	2013
25.16	Janice Nsor (Kennedy)	2005	25.93	Emily Thiebaud (Esperanza)	1988
25.19	Persis William-Mensah (Estancia)	2014	25.93	Brenda Robinson (SA Valley)	1990
25.21	Lily Eubanks (Valencia)	2015	25.93	Marlene Laing (Fountain Valley)	1994
25.25	*Shemanette Terry (Irvine)	2012	25.93	Chelsea Hairanian (Cypress)	2011
25.29	* Erin Albee (El Toro)	2005	25.95	Katie Ostler (Beckman)	2011
25.35	* Danielle Fessenden (Los Alamitos)	2009	25.97	Julie McMillen (Sonora)	2008
25.37	Sharon Day (Costa Mesa)	2003			
25.37	Dana Padget (Esperanza)	2016			
25.38	** Andrea Dean (Mission Viejo)	1990			
25.39	***Kristien Sobschak (El Dorado)	2015	53.42	*Arlise Emerson (Westminster)	1978
25.40	** Adrianna Bracamonte (Orange Lutheran)	2005	53.74	**Maliyah Medley (El Toro)	2016
25.41	*Alex Gilbert (Santa Margarita)	2012	53.98	Gabrielle Scott (Woodbridge)	2011
25.41	*Cassidy Hodson (Villa Park)	2012	54.89	*Ashley Willingham (Los Alamitos)	2015
25.44c	Lori Shaw (Edison)	25.2 1986	54.89	Kennedy Gillian (Mission Viejo)	2016
25.45	** Marquita Taylor (San Clemente)	2000	55.05	Emily Dunn (Esperanza)	2007
25.45	***Mikaela Truckey (Orange Lutheran)	2010	55.24c	* Carol Rodriguez (Western)	55.1 2003
25.46	Paige Labare (Costa Mesa)	2016	55.24	* Tiffany Reeve (Capo Valley)	2005
25.47	Alyssa Schlom (Orange Lutheran)	2012	55.35	* Tara Radan (Mater Dei)	2013
25.50	Hollis Donovan (Dana Hills)	2015	55.40	Meisha Wilson-Duval (Woodbridge)	1995
25.52	Pam Asbury (Valencia)	1981	55.42	Barbara Rainey (Edison)	1983
25.52	Danielle Reaves (Esperanza)	1988	55.43+	Kim Law (SA Valley)	55.76y 1978
25.54	Megan Blanchard (Northwood)	2008	55.44	* Michelle Banks (El Dorado)	1984
25.57	** S Salcido (Marina)	2009	55.55	Christina Twicken (San Clemente)	2010
25.59	***Madison Lankford (Calvary Ch-SA)	2010	55.59	**Paige Metayer (University)	2016
25.60	Summer Crawley (Irvine)	2013	55.63	Emily Kressin (Troy)	2009
25.61	*Anijah Green (Los Alamitos)	2015	55.71	*Shebanette Terry (Irvine)	2012
25.62	* Amanda Chevalier (Brea)	2008	55.77	Shelly Tochluk (Westminster)	1989
25.62	*Cassidy Hodson (Villa Park)	2012	55.80	Trish Aubuchon (Esperanza)	1985
25.62	***Becky Obinma (VillaPark)	2015	55.88	** Tanya Ransom (El Toro)	1982
25.63	Tia McFarlane (Trabuco Hills)	2009	55.89	Liz Morse (Corona del Mar)	2000
25.64	**Maia Craver (Woodbridge)	2012	55.90	Alexandrea Kruthers (Capo Valley)	2010
25.65	*Tatum Gee (Cypress)	2016	55.95	Melissa Swigart (Corona del Mar)	2005
25.65	*Amy Heins (Troy)	2011	55.95	Emma Kratberg (Newport)	2016
25.66	*Marina Berrios (Pacifica)	2012	55.97	***Milana Malec (Woodbridge)	2016
25.66	**Birute Mikuleviciute (El Dorado)	2012	56.00	Brierra Winfrey (Trabuco Hills)	2011
25.68	** Nicole Callander (Canyon)	1991	56.01	Kyle Wolff (Woodbridge)	2008
25.68	Alex Gilbert (Santa Margarita)	2013	56.15	Rai Ahmed-Green (Irvine)	2014
25.70	*** Kristina Bugg (Canyon)	2009	56.27	* Alisyn Clark (SA Valley)	2003
25.71	Eileen Dunaway (Huntington Beach)	1995	56.28	* Suzy Hensel (Valencia)	1982
25.71	Annelise Doerr (Fountain Valley)	2015	56.33	d'Layne Kerr (Corona del Mar)	1988
25.72	*Lupe Medina (Mater Dei)	2012	56.34	* Mary Coleman (Irvine)	1986
25.74	Michelle Muniz (Woodbridge)	1990	56.38	* Cassie Stanislaw (Woodbridge)	2006
25.74c	Lauren Little (San Clemente)	25.5 2007	56.47	** Raven Hebert (SA Valley)	1997
25.76	Amber Moore (Aliso Niguel)	2005	56.47	* Emily Kalmbach (Santa Margarita)	2002
25.76	Amy Heins (Troy)	2012	56.52+	Michelle Kelly (Irvine)	56.7y 1979
25.76	Brina Jablonski (Woodbridge)	2014	56.54	Kaci Keffer (Woodbridge)	1990

400 meters

56.54	* Brittany Flores (Cypress)		2006
56.57	*Ceili Tuttle (Fullerton)		2015
56.57	* Debbie Marsino (Cypress)		1980
56.60	* Maia Craver (Woodbridge)		2013
56.62+	Cathy Jones (Edison)	56.8y	1976
56.62+	Debbie Bottomley (Canyon)	56.8y	1976
56.64	Alejandra Torres (Woodbridge)		1997
56.65	Amanda Rosencrantz (Kennedy)		2005
56.74	*** Alexis Deol (Aliso Niguel)		2005
56.79	Chloe Deol (Dana Hills)		2014
56.79	*Lauren Drysch (Santa Margarita)		2016
56.81+	Chris Davenport (Troy)	57.0y	1979
56.84	*Kimiko Tanaka (Dan Hills)		2014
56.87	*** Alisyn Clark (SA Valley)		2001
56.89	*** Tiffany Hogan (Capo Valley)		1997
56.90	*Cassie Durgy (Huntington Beach)		2015
56.91+	Tsenre Jackson (Edison)	57.1y	1982
56.91	*** Don Yell Norris (Mission Viejo)		1989
56.91	** Erin Albee (El Toro)		2004
56.94	*Alex Gilbert (Santa Margarita)		2012
56.97	*Shemanette Terry (Irvine)		2012
57.01+	Janet Steen (SA Valley)	57.2y	1978
57.03	* Corolar White (Esperanza)		1996
57.03	Jessica Erickson (San Clemente)		2014
57.06	* Debbie Furst (Esperanza)		1981
57.08	* Ashley Thurst (Laguna Hills)		1998
57.09	Hope Bender (Newport)		2015
57.16	***Kathy Grayson (Mission Viejo)		1986
57.17	** Kelly Morgan (Corona del Mar)		2004
57.19	Coco Putnam (Laguna Beach)		2016
57.21+	***Kenya Thornburg (University)	57.4y	1980
57.23	Sara Kronquist (Brea)		2011
57.24c	Arona (Troy)		1987
57.24	Raven Hebert (SA Valley)		1999
57.27	Chelsea Hairanian (Cypress)		2011
57.28	* Maika Nelson (Brea)		1997
57.31+	Stacy Kneeshaw (Foothill)	57.5y	1978
57.32	* Danielle Fessenden (Los Alamitos)		2009
57.35	Sharon Day (Costa Mesa)		2002
57.40	Catherine Schmidt (Mater Dei)		2002
57.40	*Laurel Shepherd (Irvine)		2016
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
57.52	** Mia Darden (Aliso Niguel)		2016
57.54c	Sherrri Smith (Woodbridge)	57.4	1986
57.54c	Molly Pierson (El Toro)	57.4	2005
57.54c	Annelise Doerr (Fountain Valley)		2015
57.55	*** Katy Hinman (Capo Valley)		2009
57.51+	*Laura Ichikawa (Katella)	57.7y	1981
57.56	Taylor Arco (Mission Viejo)		2016
57.57	Cassie Durgy (Huntington Beach)		2016
57.59	* Tanya Taylor (Sunny Hills)		2006
57.61+	** Renee Durrand (Laguna Beach)	57.8y	1980
57.61+	** Jodie Wood (Canyon)	57.8y	1980
57.61	Chloe Fan (Aliso Niguel)		2015
57.63	* Julie Baker (Capo Valley)		1980
57.63	Trudy Zandbergen (Pacifica)		1982
57.63	*Nicole Moeller (Trabuco Hills)		2016
57.64c	Dawn Price (Costa Mesa)	57.5	1981
57.64	Carissa Bricker (Dana Hills)		2011
57.64	Brina Jablonski (Woodbridge)		2014
57.65	* Karen Anderson (Edison)		1995
57.68	Michelle Hull (Santa Margarita)		2004
57.68	* * Summer Shaw (Huntington Beach)		1995
57.69	Brenna McNulty (Dana Hills)		2014
57.70	* Angela Allen (El Modena)		1997
57.71+	Rhonda Patcha (Valencia)	57.9y	1979
57.71	Lyn Murray (Esperanza)		1991
57.72	* Tara Oettinger (Foothill)		1994
57.73	Emily Fischer (Troy)		2011
57.74	Kristen Schertzer (Woodbridge)		1988
57.74	* Tai Crumsey (Canyon)		2013
57.76	Michelle Holt (Laguna Hills)		2016

57.77	*Whitney Hessler (Mission Viejo)		2016
57.81	* Julie Koubeka (Edison)		1992
57.81	Samantha Solaru (Northwood)		2011
57.82	*Kyle Wolff (Woodbridge)		2007
57.83	** Molly Pierson (El Toro)		2003
57.84	Erika Lee (Irvine)		1988
57.86	* Dana Kriesel (Pacifica)		1980
57.86	*** Maribeth Buche (Esperanza)		1998
57.87	* Anne Briggs (Esperanza)		2001
57.88	*Coco Putnam 9(Laguna Beach)		2015
57.90	Becky Marshburn (Dana Hills)		2005
57.90	Zahira Montanez (Kennedy)		2006
57.92	Monica Todd (Trabuco Hills)		2010
57.93	* Unique Conner (Western)		2008
57.93	Charisma Byrd (Rosary)		2016
57.94	Denise Gallion (Woodbridge)		2005
57.95	* Marissa Clow (Northwood)		2009
57.97	Stephanie Jones (Kennedy)		1985

800 Meters

2:02.3	** Mary Decker (Orange)		1974
2:05.7	** Rennie Durrand (Laguna Beach)		1980
2:06.48	Emily Dunn (Esperanza)		2007
2:07.5	* Arlise Emerson (Westminster)		1978
2:07.78	Liz Morse (Corona del Mar)		2000
2:08.75	Ashlyn Rambo (Mater Dei)		2014
2:08.85	*Cassie Durgy (Huntington Beach)		2015
2:09.17	Maggie Henson (Newport)		1986
2:09.29	Chelsea Kruthers (San Juan Hills)		2012
2:09.4	** Staci Kneeshaw (Foothill)		1978
2:09.54	* Anja Disiena (Fountain Valley)		2007
2:09.55	Hanna Edwards (El Toro)		2011
2:09.66	* Shelby Buckley (Corona del Mar)		2007
2:09.82	Suzu 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	Sherrri 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
2:11.98	Katie Camerena (San Juan Hills)		2016
2:12.03	Summer Shaw (Huntington Beach)		1997
2:12.07	*Jennifer Daly (Dana Hills)		2016
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
2:12.90	* Tiffany Boykin (Laguna Hills)		1994
2:12.99	Julie Kaudelka (Edison)		1994
2:13.24	**Nicole Biggers (El Toro)		1983
2:13.26	*Whitney Hessler (Mission Viejo)		2016
2:13.36	Courtney Pugmire (Esperanza)		1995
2:13.4+	Liz Melton (Fountain Valley)	2:14.1y	1979
2:13.47	Amanda Gehrich (Tesoro)		2016
2:13.49	Heather Balbier (Dana Hills)		2009
2:13.50	Samantha Costantini (Mater Dei)		2005
2:13.61	Laurinda Mulhaupt (Capo Valley)		1989

2:13.67	Leslie Pratt (Edison)		1983	2:16.12	***Mackensie Peace (Mission Viejo)		2011
2:13.73	* Nancy Long (Mission Viejo)		1984	2:16.14	*** Melissa Mello (Mission Viejo)		2006
2:13.73	* Molly Pierson (El Toro)		2004	2:16.21	Lauren Greco (Edison)		2012
2:13.74	Cynthia Mendez (Savanna)		2004	2:16.3 +	Kim Vollmer (Canyon)	2:17.1y	1978
2:13.80	Bethan Knights (Northwood)		2014	2:16.3 +	Shannon Stryker (Fustin)	2:17.1y	1982
2:13.84	Sabrina Caplis (Foothill)		1995	2:16.33	Rachel Roesgen (Santa Margarita)		2012
2:13.86	Natalie Herberg (Capo Valley)		2014	2:16.36	Ali Hummelberg (Corona del Mar)		2010
2:13.9	***Sharon Hatfield (Fountain Valley)		1979	2:16.39	Christina Theriot (Corona del Mar)		2009
2:13.91	Kamilah Foley (Trabuco Hills)		2010	2:16.41	Kimberly Condino (Corona del Mar)		2009
2:13.97	Kristin Kovacich (Mater Dei)		2004	2:16.45	Vanessa Hancock (Brea)		2008
2:13.97	Cristen Lane (Foothill)		2013	2:16.48	Jessica Kanin (Woodbridge)		2001
2:14.08	* Cindy Stoughton (Corona del Mar)		1980	2:16.5 +	* Jessie Fiorda (Costa Mesa)	2:17.3y	1980
2:14.14	* Shalice Pugmire (Esperanza)		2001	2:16.54	* Emma Kao (Dana Hills)		2013
2:14.15	* Maika Nelson (Brea)		1997	2:16.59	*Kathy Kelley (Canyon)		1985
2:14.21	**Paige Metayer (University)		2016	2:16.59	*Sara Fleming (Mission Viejo)		2012
2:14.3 +	Rhonda Patcha (Valencia)	2:15.0y	1979	2:16.65	** Hannah Kent -Johnson (Sunny Hills)		2004
2:14.33	**Lauren Jirges (Cypress)		2003	2:16.66	Alyssa Brown (Mission Viejo)		2006
2:14.36	***Amanda Honn (Huntington Beach)		2011	2:16.66	Nicci Corbin (Tesoro)		2011
2:14.4	***Barbara Boisvert (Orange Lutheran)		1992	2:16.70	Christine Adams (Esperanza)		2008
2:14.44	Carrie Caulkins (Esperanza)		1995	2:16.70	*Kylie Nishisaka (Marina)		2012
2:14.45	**Jennifer Gillis (Irvine)		1991	2:16.78	*Alana Jones (Laguna Hills)		2012
2:14.55	***Sommer Owens (Santa Margarita)		1999	2:16.81	Mackensie Peace (Mission Viejo)		2014
2:14.57	Holiday Molway (University)		1992	2:16.84	*** Lauren Medina (Mission Viejo)		2005
2:14.57	Sarah Keddington (Corona del Mar)		2010	2:16.84	Chanel Fischetti (Dana Hills)		2006
2:14.66	*Sara Kebede (San Clemente)		2012	2:16.84	*Janie Crawford (Laguna Beach)		2014
2:14.67	Ariana Selix (Esperanza)		2008	2:16.85	Brielle Budroe (Laguna Beach)		2014
2:14.7	Mary Anne Bullard (Esperanza)		1984	2:16.86	Mollie Flint (Corona del Mar)		1993
2:14.77	**Alyssa Bautista (Capo Valley)		2016	2:16.89	**Jordan Ansara (Aliso Niguel)		2010
2:14.75	** Sarah Toberty (Woodbridge)		2006	2:16.89	**Marley Jacobs (Tesoro)		2016
2:14.76+	**Barbara Vasquez (Irvine)	2:15.5	1980	2:16.90	Tammy Hogge (Canyon)		1978
2:14.83	Kathy Karpel (Ocean View)		1987	2:16.90	*** Katherine Delaney (Santa Margarita)		2008
2:14.83	* Kyle Oefelein (Woodbridge)		2013	2:16.91	Tepee Hawkins (Dana Hills)		1987
2:14.84	Devon Hoppe (Corona del Mar)		2011	2:16.92	Hannah Winokur (San Clemente)		2010
2:14.88	* Kathryn Gullikson (Dana Hills)		2009	2:16.95	***Rachel Ngu (Northwood)		2008
2:14.93	Sarah Porter (Santa Margarita)		2012	2:16.97	* Christa Fitzgerald (Dana Hills)		1997
2:15.0 +	Nancy Jessen (Dana Hills)	2:15.7y	1979	2:17.0	Mary Kenney (Valencia)		1984
2:15.01	** Hilary May (Corona del Mar)		2005	2:17.1	Camila Turati (El Toro)		2014
2:15.08	* Sydney Teske (J Serra)		2009	2:17.08	**Jennifer Daly (Dana Hills)		2015
2:15.09	Olivia Goins (Canyon)		2013	2:17.10	Jennifer Wells (Fountain Valley)		2006
2:15.10	* Buffy Rabbitt (Newport)		1985	2:17.13	Shannon Lane (Trabuco Hills)		2007
2:15.1 +	Lori Blanco (Westminster)	2:15.8y	1976	2:17.18	Kell Lewis (Dana Hills)		1987
2:15.11	***Jacquie Adams (Orange Lutheran)		2010	2:17.18	* Sarah Keddington (Corona del Mar)		2009
2:15.17	Emily Taylor (Marina)		2012	2:17.19	*Julia Sienski (Edison)		2014
2:15.2 +	Dale Keough (Corona del Mar)	2:15.9y	1976	2:17.2	** Raji Espinoza (Dana Hills)		1991
2:15.30	* Tracy Wright (Irvine)		1985	2:17.23	Joy Biefield (Edison)		1984
2:15.35	Jenny Thune (Brea)		2001	2:17.29	**Heather Cuthbertson (Marina)		1996
2:15.4+	* Kerry Cerda (Melodyland)	2:16. ly	1979	2:17.29	Kylee Grubbs (Brea)		2015
2:15.41	***Katie Nuanes (Santa Margarita)		1994	2:17.34	* Kristina Dahlberg (El Modena)		1992
2:15.44	**Cassandra Smith (Trabuco Hills)		2010	2:17.4	Tish Olswang (Newport)		1983
2:15.44	Rianna Goins (Canyon)		2013	2:17.43	* Sandy McClain (Orange)		1983
2:15.45	Shannon Karpel (Ocean View)		1987	2:17.47	Kendal Billingsley (Mission Viejo)		2001
2:15.46	Jerry Baker (Capo Valley)		1981	2:17.47	Chloe Berry (Mission Viejo)		2016
2:15.48	Kyle Wolff (Woodbridge)		2008	2:17.48	Staci Foster (Orange Lutheran)		2009
2:15.5	Monica Rothenburger (Dana Hills)		2004	2:17.53	Sydney Teske (J Serra)		2010
2:15.53	* Kristin Harkins (La Quinta)		1986	2:17.55	* Jessica Dahlberg (El Modena)		1997
2:15.55	**Christa Fitzgerald (Dana Hills)		1996	2:17.56	***Sarah Heckel (Yorba Linda)		2015
2:15.56	* Janice Lane (Woodbridge)		2013	2:17.6 +	Amy Thompson (Costa Mesa)	2:18.4y	1974
2:15.56	*Natalie Grohmann (Fountain Valley)		2014	2:17.61	Melissa Mello (Mission Viejo)		2009
2:15.59	Maribel Delgado (SA Valley)		1996	2:17.61	***Milana Malec (Woodbridge)		2016
2:15.65	Shira Duzman (University)		1993	2:17.64	***Amy Robles (Woodbridge)		1988
2:15.66	**Ashley Larson (Northwood)		2014	2:17.64	**Charisma Byrd (Rosary)		2014
2:15.69	**Jessica Dahlberg (El Modena)		1996	2:17.65	* Vanessa Kelly (Marina)		2000
2:15.69	* Natalie Fyke (Esperanza)		2009	2:17.7 +	Laura Johnson (Esperanza)	2:18.5y	1975
2:15.7	Judy McLaughlin (University)		1983	2:17.70	*** Jillian Bennett (Foothill)		2005
2:15.70	Brianna Bartello (Laguna Hills)		2015	2:17.71	***Sara Meng (Dana Hills)		2016
2:15.75	Janette Reed (Foothill)		1989	2:17.72	* Julie Allen (Corona del Mar)		2001
2:15.75	**Peggie Hall (Trabuco Hills)		1994	2:17.72	Karly Goral (El Modena)		2002
2:15.76	Jenny Cummins (Corona del Mar)		2001	2:17.73	Taylor Williams (Orange Lutheran)		2011
2:15.80	Kristen Rivera (Corona del Mar)		2012	2:17.80	Diane Munoz (El Modena)		1987
2:15.86	Kylee Vandenberg (San Juan Hills)		2013	2:17.80	Nicole Alai (Edison)		2006
2:15.90	Ashley Larson (Northwood)		2016	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	Jacquie 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

2:17.90	*Nicci Corbin (Tesoro)	2010
2:17.91	Briar Brumley (Tesoro)	2015
2:17.93	Karen Anderson (Edison)	1995
2:17.93	** Kim Condino (Corona del Mar)	2008
2:17.94	** Jenny Pilecki (Huntington Beach)	2008
2:17.98	*Joy Wilk (Esperanza)	2003

1500 Meters

4:16.42	Christine Babcock (Woodbridge)	2008
4:16.8'	Polly Plumer (University)	1982
4:22.31'	Annie St Geme (Corona del Mar)	2006
4:23.4'	** Christine Babcock (Woodbridge)	2006
4:26.8'	Julie Seleine (University)	1983
4:29.3'	Jennifer Abraham (Foothill)	1983
4:31.2'	Shelley Taylor (Edison)	1992
4:31.6'	Courtney Pugmire (Esperanza)	1995
4:33.0	** Sharon Hulse (Edison)	1978
4:33.4	* Staci Kneeshaw (Foothill)	1979
4:34.1'	**Nicole Ritchot (Edison)	1984
4:34.3'	Tammy Snyders (Edison)	1984
4:34.3'	Kathy Karpel (Ocean View)	1987
4:35.6'	Leslie Pratt (Edison)	1983
4:35.7	*Barbara Boisvert (Orange Lutheran)	1992
4:36.0'	Sherrri Smith (Woodbridge)	1986
4:36.02'	Molly Babcock (Woodbridge)	2012
4:36.8'	Maggie Henson (Newport)	1986
4:36.90	Amy Cox (Foothill)	1984
4:37.3'	Marcia Escobosa (El Dorado)	1984
4:37.6'	Judy McLaughlin (University)	1983
4:38.3'	*Allyson Marquand (University)	1998
4:39.03	Laura McCracken (Westminster)	1983
4:39.2'	Shannen Karpel (Ocean View)	1987
4:39.2'	** Hilary May (Corona del Mar)	2005
4:39.9'	Kelly Lewis (Dana Hills)	1987
4:39.97	**Amber Parkinson (Orange Lutheran)	1991
4:39.97	**Christie Engesser (Ocean View)	1991
4:41.30'	*Kylie Nishisaka (Marina)	2012
4:42.1	**Anabelle Villanueva (Fountain Vally)	1979
4:42.2'	Carrie Caulkins (Esperanza)	1995
4:42.3'	** Shelby Buckley (Corona del Mar)	2006
4:42.5'	***Kellie Campbell (Corona del Mar)	1993
4:42.7	Heidi Sickler (Laguna Hills)	1993
4:42.97	**Krishna Dahlberg (El Modena)	1991
4:43.1'	Buffy Rabbitt (Newport)	1986
4:43.10	Kristin Harkins (La Quinta)	1987
4:43.1'	**Jennifer Spahr (Huntington Beach)	1995
4:44.4'	*Janna Evans (Edison)	1992
4:45.47	* Nancy Dollar (San Clemente)	1994
4:45.7'	Susanna Thrasher (Villa Park)	1990
4:44.8	* Kim Nelson (Canyon)	1993
4:45.9	Shannon Stryker (Tustin)	1982
4:45.9	** Amber Steen (Newport)	1999
4:46.1'	Denisha Bendz (Costa Mesa)	1992
4:46.5	* Heather Garritson (Buena Park)	1997
4:46.9'	**Carne Garritson (Sunny Hills)	1992
4:46.9'	*Meghan Mayes (Capo Valley)	1993
4:47.3'	Heather Killen (Valencia)	1991
4:47.7	* Theresa Barrios (University)	1982
4:47.7	Melisa Partin (University)	1983
4:47.7	Elizabeth Alexander (Tustin)	1993
4:47.8	* Heather Cuthbertson (Marina)	1995
4:47.9	***Kathy Kiernan (Los Amigos)	1979
4:48.3	Sita Jones (La Habra)	1988
4:48.3	*** Meghan Mainwaring (Santa Margarita)	1999
4:48.7	Taryn Lawson (Ocean View)	1995
4:48.78	* Amy Robles (Woodbridge)	1990
4:48.9'	Kelly Flathers (Mater Dei)	1990
4:48.99	**Rajai Espinoza (Dana Hills)	1991
4:49.0	Tammy Snyder (Edison)	1984
4:49.11	*Tracy Fatone (Los Alamitos)	1991
4:49.4'	* Katie Durham (Woodbridge)	1992
4:49.8'	Ann Helm (Laguna Hills)	1985

1600 Meters

4:33.65+	Polly Plummer (University)	4:35.24y	1982
4:33.82	Christine Babcock (Woodbridge)		2008
4:38.63+	*Amanda Gehrich (Tesoro)	4:40.25y	2015
4:39.94+	Annie St Geme (Corona del Mar)	4:41.57y	2006
4:40.4+	***Mary Decker (Orange)	4:42.0y	1973
4:42.29	Bethan Knights (Northwood)		2014
4:42.95	Katherine Delaney (JSerra)		2011
4:43.75	Amber Steen (Newport)		2001
4:45.00	Julie Seleine (University)		1983
4:45.39	*Shelby Buckley (Corona del Mar)		2007
4:47.42	**Bonnie McGlinchey (Fountain Valley)		1980
4:48.52	Shelley Taylor (Edison)		1992
4:48.86	Laura Hollander (Marina)		2012
4:49.1+	**Sharon Hulse (Edison)	4:50.7y	1978
4:49.43	*Ximena Cruz (Trabuco Hills)		2008
4:49.57	Stacy Kneeshaw (Foothill)		1980
4:49.66	Jennifer Abraham (Foothill)		1983
4:49.95	Staci Foster (Orange Lutheran)		2009
4:50.19	Chloe Berry (Mission Viejo)		2016
4:50.37	***Kelli Hines (Mission Viejo)		2016
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
4:52.71	Stefanie Ortega (Seegerstrom)		2016
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
4:53.81+	Cassie Durgy (Huntington Beach)	4:55.52y	2016
4:53.83+	Emily Taylor (Marina)	4:55.54y	2012
4:54.0	Tammy Snyders (Edison)		1984
4:54.15	Heather Balbier (Dana Hills)		2009
4:54.16	Kathy Karpel (Ocean View)		1987
4:54.43	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
4:56.09+	*Hannah Tobin (El Toro)	4:57.81y	2016
4:56.07	Ava Kent (Orange Lutheran)		2011
4:56.17	Judy McLaughlin (University)		1983
4:56.23	Melissa Eisele (San Clemente)		2014
4:56.23+	Katie Camarena (San Juan Hills)	4:57.96y	2016
4:56.38	Monica Rothenburger (Dana Hills)		2004
4:56.53	**Haley Herberg (Capo Valley)		2016
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)		2008
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

4:58.01	* Bethany Nickless (Fountain Valley)	2002	5:03.22	Olivia Goins (Canyon)	2013
4:58.05	* Megan Meyer (Tesoro)	2008	5:03.27	***Jacquie Adams (Orange Lutheran)	2010
4:58.21	Amy Cox (Foothill)	1984	5:03.27	Ashlee Powers (Corona del Mar)	2011
4:58.25	Alyssa Brown (Mission Viejo)	2006	5:03.37	*** Brittany Bertuzzi (Aliso Niguel)	2004
4:58.26	Diana Hossfeld (Corona del Mar)	2001	5:03.38	CJ Smith (Trabuco Hills)	2011
4:58.34	* Marisa Cummings (Corona del Mar)	2009	5:03.65	Sarah Darby (San Clemente)	2010
4:58.41	*Sheridan Gomez (Dana Hills)	2011	5:03.67	Taylor Bryson (Newport)	2007
4:58.45	Kelly Lewis (Dana Hills)	1987	5:03.74	**Molly Babcock (Woodbridge)	2010
4:58.45	*Kylie Nishisaka (Marina)	2012	5:03.81	Sita Jones (La Habra)	1988
4:58.52	Jenny Sears (Woodbridge)	2002	5:03.90	Laura Bilder (Corona del Mar)	2009
4:58.62	Makenna Smith (Trabuco Hills)	2010	5:03.91	Katherine Nielsen (Irvine)	2007
4:58.81	Cassandra Smith (Trabuco Hills)	2012	5:03.93	Jessica Cushing-Murray (Foothill)	2014
4:58.93	Shannen Karpel (Ocean View)	1987	5:03.94	Ariana Selix (Esperanza)	2008
4:59.08	* Meghan Foley (Edison)	2008	5:04.08	Denisha Bendz (Costa Mesa)	1992
4:59.15	Angie Winkler (Fountain Valley)	1996	5:04.10	Cassidy Towner (El Dorado)	2014
4:59.31	Kristin Harkins(La Quinta)	1984	5:04.14	*Pearl Shoemaker (Laguna Beach)	2015
4:59.33	Chelsea Kruthers (San Juan Hills)	2012	5:04.19	Kellian Hunt (Whittier Christian)	2012
4:59.35	**Carrie Caulkins (Esperanza)	1993	5:04.2	** Grace Schafer (Capo Valley)	2013
4:59.38	Taylor Williams (Orange Lutheran)	2011	5:04.21	***Ashley Elliott (Tesoro)	2010
4:49.43	* Ximena Cruz (Trabuco Hills)	2008	5:04.21	***Leila Keyvan (Dana Hills)	2016
4:59.52	* Whitney Blue (Newport)	2005	5:04.29	**Alicia McFall (Newport)	1997
4:59.59	* Taylor Bryson (Newport)	2006	5:04.32	Kelly Flathers (Mater Dei)	1990
4:59.75	***Kellie Campbell (Corona del Mar)	1993	5:04.43	*Jillian Deavila (Los Alamitos)	2010
4:59.81	***Amanda Honn (Huntington Beach)	2011	5:04.65	**Alyssa Bautista (Capo Valley)	2016
4:59.90	Kristen Berglas (Woodbridge)	2003	5:04.69	**Kristina Dahlberg (El Modena)	1991
5:00.2	* Theresa Barrios (University)	1982	5:04.80	Rebecca Deitch (Capo Valley)	2015
5:00.2	***Barbara Boisvert (Orange Lutheran)	1992	5:04.93	**Dominique Regalado (Trabuco Hills)	2012
5:00.19	Sara VanDyke (Marina)	2011	5:05.0	** Melissa Livermore (Irvine)	1997
5:00.21	Sierra Vega (Foothill)	2010	5:05.04	* Erica Pearson (Newport)	2008
5:00.24	Elizabeth Coe (Fountain Valley)	2008	5:05.04	Sarah Porter (Santa Margarita)	2012
5:00.30	Sarah Keddington (Corona del Mar)	2010	5:05.13	Lilly Schmidt (Corona del Mar)	2016
5:00.42	Lauren Grego (Edison)	2012	5:05.17	* Kim Nelson (Canyon)	1993
5:00.64	**Olivia Goins (Canyon)	2011	5:05.21	Amber Bragdon (Fountain Valley)	2014
5:00.75	**Clair Kim (Sunny Hills)	2002	5:05.3 +	**Anabelle Villanueva (F Valley)	5:07.0y 1979
5:00.82	**Amber Parkinson (Orange Lutheran)	1991	5:05.31	* Janna Evans (Edison)	1992
5:00.84	Danica Wyson (Aliso Niguel)	2012	5:05.31	***Jeanette Zambrano (Bolsa Grande)	2012
5:00.87	**Leslie White (Lowell)	1980	5:05.37	*Erin Barth (Newport)	2014
5:00.93	* Gianna Velasquez (El Toro)	2009	5:05.40	Ali Hummelberg (Corona del Mar)	2010
5:01.02	Jessica Kanin (Woodbridge)	2001	5:05.42	Heather Killeen (Valencia)	1991
5:01.03	*Brianna Bartello (Laguna Hills)	2014	5:05.47	**Ashley Licata (Capo Valley)	2014
5:01.17	Buffy Rabbitt (Newport)	1986	5:05.53	Christi Americh (Rosary)	2001
5:01.17	Nisha Richardson (Canyon)	2006	5:05.57	Meghan Mainwaring (Santa Margarita)	2002
5:01.2 +	Jill Caldwell (Westminster)	5:02.9y 1974	5:05.66	Anne Gustafson (Brea)	2005
5:01.32	Christina Fitzgerald (Dana Hills)	1998	5:05.71	*Gracie Georgi (San Clemente)	2014
5:01.34	*** Rachel Ngu (Northwood)	2008	5:05.74	*** Melissa Mello (Mission Viejo)	2006
5:01.35	Cathryn Saylor (Trabuco Hills)	2009	5:05.84	Ashley Licata (Capo Valley)	2016
5:01.37	Emily Haigh (Foothill)	2002	5:05.88	Eileen Stressling (Marina)	2014
5:01.41	Samantha Costantini (Mater Dei)	2005	5:05.95	Ashlee Powers (Corona del Mar)	2012
5:01.46	Camila Turati (El Toro)	2014	5:05.97	**Jenny Sears (Mater Dei)	2000
5:01.63	Vanessa Kelly (Marina)	2001	5:06.01	**Liz Morse (Corona del Mar)	1998
5:01.7 +	Mari Gibbs (Marina)	5:03.4y 1977	5:06.2+	Cynthia Harryman (Laguna Beach)	5:07.9y 1976
5:01.77	**Sami Murphy (Northwood)	2015	5:06.28	**Jordan Stiewig (Villa Park)	2014
5:01.84	Kristin Arkin (Trabuco Hills)	2008	5:06.3	**Sara Kebede (San Clemente)	2011
5:01.90	Carrie Garritson (Buena Park)	1994	5:06.35	***Gwynn George (Santa Margarita)	2015
5:01.92	Heidi Sickler (Laguna Hills)	1993	5:06.41	Heather Cuthbertson (Marina)	1996
5:01.94	Melanie Powers (Corona del Mar)	2010	5:06.44	**Jacquie Adams (Foothill)	2011
5:02.06	Lori Mann (Santa Margarita)	2001	5:06.66	Marissa Bartello (Laguna Hills)	2015
5:02.10	Susanna Thrasher (Villa Park)	1990	5:06.67	* Mary Moore (Woodbridge)	1997
5:02.25	Natasha Strickland (Laguna)	2012	5:06.7 +	*Nancy Jessen (Dana Hills)	5:08.4y 1979
5:02.40	Kimberly Condino (Corona del Mar)	2009	5:06.70	**Ashley Messineo (El Toro)	2016
5:02.43	Sienna Serrao (Dana Hills)	2016	5:06.71	* Kelly Rendon (Orange Lutheran)	2004
5:02.49	* Gabrielle Yatauro (Edison)	2013	5:06.72	* Candace Alai (Edison)	2005
5:02.50	Ashley Licata (Capo Valley)	2016	5:06.78	Madeline Bradford (Woodbridge)	2014
5:02.56	*Jessie Babcock (Woodbridge)	2005	5:06.80	Bridget O'Keefe (Santa Margarita)	2008
5:02.74	Laura Sauerwein (University)	1982	5:06.83	Susan Meyers (Foothill)	1983
5:02.80	* Jessica Howard (University)	1999	5:06.84	Jessica Chang (Esperanza)	2010
5:02.84	*** Taylor Williams (Orange Lutheran)	2008	5:06.89	Kenna Kohl (Esperanza)	2008
5:02.85	**Kellian Hunt (Whittier Chr)	2010	5:06.94	**Sara Leonard (Canyon)	2016
5:02.93	*Kelsey Carroll (San Clemente)	2014	5:06.96	**Kendra Corey (Sunny Hills)	2015
5:03.0	Laura McCracken (Westminster)	1983	5:06.96	*Raquel Powers (Corona del Mar)	2016
5:03.0	** Becky Miske (El Toro)	1997	5:07.04	Kalie Demerjian (El Toro)	2015
5:03.03	* Heather Garritson (Buena Park)	1997	5:07.08	* Stacy Kim (Sunny Hills)	2003
5:03.11	* Melanie Powers (Corona del Mar)	2009	5:07.08	Chanel Fischetti (Dana Hills)	2006
5:03.12	Hannah Bell (Esperanza)	2012	5:07.20	** Emily Goldstein (El Toro)	2008
5:03.18	*Rebecca Sarmiento (El Modena)	2012	5:07.43	Alison Palmer (San Clemente)	2011

5:07.47	* Amy Robles (Woodbridge)	1990	5:09.95	* Johanna Walin (Corona del Mar)	1989
5:07.6	* Ruth Chassen (Costa Mesa)	1983	5:10.0	* Vicki Kelly (Costa Mesa)	1981
5:07.60	Kim DeVetis (Edison)	1982	5:10.01	* Alex Sterritt (Irvine)	2015
5:07.62	Mewgan Miller (Mission Viejo)	2015	5:10.02	* Colby Lindholm (J Serra)	2012
5:07.7	Natalie Grohmann (Fountain Valley)	2015	5:10.19	Nicole Blalock (Villa Park)	2003
5:07.73	Ashley Larson (Northwood)	2014	5:10.2	Elizabeth Alexander (Tustin)	1993
5:07.76	***Anne Charles (Canyon)	2011	5:10.27	* Paige Canterbury (Dana Hills)	2012
5:07.77	Erica Sahli (Villa Park)	2004	5:10.3	**Madison Huffman (San Clemente)	2011
5:07.81	* Nancy Dollar (San Clemente)	1994	5:10.37	* Aaren Cadieux (Trabuco Hills)	2010
5:07.86	* Molly Mann (San Clemente)	2011	5:10.4	*** Shelby Buckley (Rosary)	2005
5:07.87	* Emily Harper (Dana Hills)	2013	5:10.40	***Laura Strachan (Foothill)	1999
5:07.9	***Tanja Brix (University)	1989	5:10.44	* Joy Wilk (Esperanza)	2004
5:07.90	Jess Lesser (Woodbridge)	2014	5:10.48	***Tracy Fatone (Los Alamitos)	1989
5:07.92	**Brooke Thomas (Laguna Hills)	1997	5:10.5 +	Joelin Fisher (Costa Mesa)	5:12.3y 1980
5:07.96	Rocio Pelayo (Bolsa Grande)	2007	5:10.5	* Ava Jones (La Habra)	2001
5:07.96	Megan Petkovic (Pacifica)	2008	5:10.51	Lindsay Buwalda (Laguna Beach)	1997
5:07.98	Janna Evans (Edison)	1993	5:10.56	Emily Scharmann (Tesoro)	2013
5:08.0	Christie Engesser (Ocean View)	1993	5:10.63	*** Anja DiSiena (Fountain Valley)	2005
5:08.0	** Tanisha White (El Toro)	1997	5:10.65	* Sarah Toberty (Woodbridge)	2007
5:08.01	Becky Sarmiento (El Modena)	2013	5:10.65	Rachael Rutkowski (Aliso Niguel)	2009
5:08.01	**Christina Wright (Dana Hills)	2014	5:10.70	* Tracy Wright (Irvine)	1985
5:08.06	***Sara Leonard (Canyon)	2015	5:10.75	**Emily Bacon (Newport)	2014
5:08.08	Jennifer Spahr (Marina)	1997	5:10.76	* Martha Pinto (Katella)	1990
5:08.16	* Jessica Meyer (Laguna Hills)	2008	5:10.78	*Kaitlyn Smith (San Clemente)	2010
5:08.17	Jamie DeNoewer (Corsta Mesa)	1999	5:10.8	Leslie Cashion (Corona del Mar)	1988
5:08.25	Ann Helm (Laguna Hills)	1985	5:10.88	*Cait Williamson (Sage Hill)	2008
5:08.28	Cathy Casserly (Tustin)	1981	5:10.88	***Erica Liem (Tesoro)	2011
5:08.28	* Patience Unger (Foothill)	1981	5:10.98	Mikaela Garduno (Foothill)	2014
5:08.3 +	Rhonda Craig (Cypress)	5:10.1 y 1979	5:10.99	Lauren Jirges (Cypress)	2005
5:08.3	K Strachan (Foothill)	2001	5:11.06	Kelly Oelschlager (Woodbridge)	2004
5:08.35	Maggie Cummings (Esperanza)	2010	5:11.06	Tori Yanco (J Serra)	2015
5:08.36	Melissa Mead (Newport)	2007	5:11.08	*Kayla Tresser (Capo Valley)	2015
5:08.36	Arianna Fuentes (Katella)	2013	5:11.14	Madison Hoffman (San Clemente)	2012
5:08.42	Sara Keenan (Dana Hills)	1980	5:11.15	**Tern Smythers (San Clemente)	1989
5:08.45+	Kilo Lantry (Edison)	1980	5:11.27	**Mary Steinberger (Mission Viejo)	1991
5:08.45	*Sara Digiiovanni (Mater Dei)	2012	5:11.27	*Alyssa White (Dana Hills)	2016
5:08.53	*Bronte Golick (Capo Valley)	2010	5:11.30	Heather Hisgen (El Modena)	2008
5:08.54	** Nichole Slykhou (Corona Del Mar)	2005	5:11.34	Sydney Szabo (San Clemente)	2014
5:08.57	Arane Gushue (Foothill)	2011	5:11.39	*** Taylor Arco (Mission Viejo)	2013
5:08.57	** Erin Barth (Newport)	2013	5:11.42	* Courtney Kostrikin (Edison)	2006
5:08.6	Melisa Partin (University)	1983	5:11.53	Sara Bass (Los Alamitos)	2014
5:08.60	* Becky Miske (El Toro)	1998	5:11.54	Ligaya Lange (St Margaret's)	2001
5:08.61	***Whitney Hampton (El Toro)	2002	5:11.6	*Katherine Ott (San Juan Hills)	2011
5:08.76	Hannah Kent Johnston (Sunny Hills)	2005	5:11.62	Erin Bailey (Edison)	1994
5:08.93	* Melissa Eisele (San Clemente)	2013	5:11.62	*Jennifer Daly (Dana Hills)	2016
5:08.96	Katherine Gallagher (Esperanza)	2015	5:11.64	*Nikki Zielinski (Canyon)	2015
5:09.01	Michelle Thune (Brea)	1998	5:11.72	Raeanna Cortez (Bolsa Grande)	2011
5:09.02	*** Rachel Lida (Yorba Linda)	2013	5:11.75	Courtney Carder (Esperanza)	2007
5:09.06	Jenny Thune (Brea)	2001	5:11.76	Ximena Cruz (Trabuco Hills)	2009
5:09.1	** Jennifer Cooke (Esperanza)	1985	5:11.77	* Pam Smith (Esperanza)	1998
5:09.10	* Natalie Herberg (Capo Valley)	2013	5:11.83	**Gabrielle Yatauro (Edison)	2012
5:09.15	* Rajai Espinoza (Dana Hills)	1992	5:11.87	* *Christine Bjelland (Costa Mesa)	2002
5:09.17	Bailee Margolis (Trabuco Hills)	2015	5:11.92	** Lauren Mauer (Crean Lutheran)	2013
5:09.19	Jessica McIntyre (Los Alamitos)	2013	5:11.93	***Grace LaMontagne (Laguna Beach)	2015
5:09.2	** Nicole Biggers (El Toro)	1983	5:12.0	Sue Sharr (Mission Viejo)	1981
5:09.2	Sabrina Caplis (Foothill)	1995	5:12.0	* Mary Crane (Newport)	1991
5:09.26	Claire Kim (Sunny Hills)	2004	5:12.0	* Breelan Matranga (Dana Hills)	2008
5:09.33	Claire Feit (Mater Dei)	1982	5:12.01	Kathryn Carroll (San Clemente)	2015
5:09.34	Jessica Marquardt (Orange Lutheran)	2011	5:12.02	* Jessica Dahlberg (El Modena)	1997
5:09.36	** Jeanette Zambrano (Bolsa Grande)	2013	5:12.04	Kate Hirschboeck (Santa Margarita)	2004
5:09.37	Lilly Schmidt (Corona del Mar)	2014	5:12.04	**Jennifer Daly (Dana Hills)	2015
5:09.40	***Candice Alai (Edison)	2003	5:12.05	*Nicole Evans (Woodbridge)	2011
5:09.42	Ashley Bergstrom (Canyon)	2011	5:12.07	*Laura Beresford (Dana Hills)	2010
5:09.46	** Janie Crawford (Laguna Beach)	2013	5:12.11	Kathryn Bishop (Trabuco Hills)	2011
5:09.47	* Brooke Pigneri (Santa Margarita)	2013	5:12.13	** K Durant (Marina)	2009
5:09.48	Breelan Matranga (Dana Hills)	2009	5:12.14	**Sarah Rettman (Mission Viejo)	1999
5:09.50	Gabrielle Yatauro (Edison)	2014	5:12.20	* Roseanne Peters (Fountain Valley)	2000
5:09.6	Lynne Hagan (Mater Dei)	1988	5:12.22	**Emily Park (Kennedy)	2014
5:09.61	*Paige Tennison (Newport)	2012	5:12.23	Madeline Bradford (Woodbridge)	2012
5:09.71	* Janice Lane (Woodbridge)	2013	5:12.24	**Shannon Mackellar (Esperanza)	2015
5:09.73	Mikaela Mulhall (Capo Valley)	2015	5:12.28	**Mikayla Marshall (Mission Viejo)	2010
5:09.75	* Katie Durham (Woodbridge)	1992	5:12.3+	Marilyn Nichols (El Dorado)	5:14.2y 1981
5:09.85	Chelsea Vancott (Calvary Chapel)	2008	5:12.31	Cathy Peck (Woodbridge)	1989
5:09.90	**Anna Attard (Marina)	2002	5:12.32	Jamie Vaicaro (Katella)	1995
5:09.9 +	Kim Vollmer (Canyon)	5:11.7y 1977	5:12.34	Carrie Quinn (Edison)	1994

5:12.39 Kortnee Burton (Brea) 2008
5:12.4 + * Ann Scott (Corona del Mar) 5:14.3y 1980
5:12.4 Tara Whitfield (El Modena) 1995
5:12.40 * Sereena Warino (Aliso Niguel) 2001
5:12.40 **Kathryn Kaloroumakis (Dana Hills) 2015
5:12.44 Tess St Geme (Corona del Mar) 2014
5:12.48 *Haley Seward (Edison) 2012
5:12.51 *Melissa Ledesma (Esperanza) 2014
5:12.53 * Katie Eklof (Costa Mesa) 1991
5:12.53 Kelsey Carroll (San Clemente) 2012
5:12.67 Erin Griffith (Capo Valley) 2007
5:12.69 Kelly Dickerson (Tustin) 1999
5:12.69 *** Kayla White (Dana Hills) 2009
5:12.7 + Sherri Roach (Kennedy) 5:14.6y 1978
5:12.71 **Maribeth Buche (Esperanza) 1999
5:12.79 Alyssa Cerminara-Gutcher (Woodbridge) 2012
5:12.8 Jaime Canterbury (Dana Hills) 2005
5:12.87 Lauren Maurer (Crean Lutheran) 2015
5:12.94 ***Hannah Hall (Foothill) 2015
5:12.96 Cori Stemper (Foothill) 2013
5:13.0 Jordan Steirwig (Villa Park) 2014
5:13.01 Sabrina Hermann (Trabuco Hills) 2015
5:13.04 ** Jessica Marquardt (Orange Lutheran) 2009
5:13.06 Madison Huffman (San Clemente) 2013
5:13.08 *Ashley Geisler (J Serra) 2014
5:13.09c Aubrey Carr (Dana Hills) 2013
5:13.09 **Hannah Hall (Foothill) 2016
5:13.10 ***Hannah Hunsaker (JSerra) 2011
5:13.10 * Amanda Stark (Fountain Valley) 2013
5:13.12 **Makenna Duda (Trabuco Hills) 2015
5:13.14 Cynthia Mendez (Savanna) 2004
5:13.17 * Claire Rainey (Los Alamitos) 2013
5:13.19 *Hannah Stemper (Foothill) 2014
5:13.24 ***Alyssa Bautista (Capo Valley) 2015
5:13.25 **Julie Cooper (El Dorado) 1984
5:13.30 **Camille Perkins (Dana Hills) 2014
5:13.32 Jacquie Adams (Foothill) 2013
5:13.38 * Kristin Chadez (Esperanza) 1999
5:13.38 **Britney Webster (Capo Valley) 2001
5:13.4 ** Julie Morris (Costa Mesa) 1983
5:13.4 **Aubrey Carr (Dana Hills) 2011
5:13.43 * Kelly Caulfield (Pacifica) 2009
5:13.43 Lorraine Fernandez (Valencia) 2014
5:13.46 *** Madde Fox (Marina) 2013
5:13.48 **Laura Dzida (Rosary) 2003
5:13.52 * Tish Williams (Laguna Hills) 1989
5:13.57 Nancy Jessen (Dana Hills) 1980
5:13.57 Madeline McDonald (Rosary) 2014
5:13.58 *Lora Gonzalez (Woodbridge) 2016
5:13.59 *Emily Bacon (Newport) 2015
5:13.6 Jami Nourse University 1982
5:13.6 Bronte Colick (Capo Valley) 2011
5:13.65 *Kendal Marking (Newport) 2015
5:13.72 Heather Hutchison (Mission Viejo) 1986
5:13.82 *Bailee Margolis (Trabuco Hills) 2014
5:13.83 * Kyle Oefelein (Woodbridge) 2013
5:13.84 **Mariana Chavez (Fountain Valley) 2014
5:13.9+ Sandra Katzer (Huntington Beach) 5:15.8y 1977
5:13.9 Kylie Hunsaker (San Clemente) 2008
5:13.91 *Stefanie Y Ortega (Segerstrom) 2015
5:14.00 **Kendall Billingsley (Misson Viejo) 1999
5:14.01 Marissa Nickles (Fountain Valley) 2012
5:14.03 * Kristen Green (Huntington Beach) 1998
5:14.1 Bowles (?) 2005
5:14.2 *Debbie Lloyd (Foothill) 1983
5:14.2 * Jenni Scott (Tustin) 1983
5:14.24 Jeanette Zambrano (Bolsa Grande) 2015
5:14.26 *** Charisma Byrd (Rosary) 2013
5:14.27 Laura Peck (Woodbridge) 1989
5:14.28 Megan Geyer (Dana Hills) 2012
5:14.3 Wolfe (Costa Mesa) 1982
5:14.31 Wendy Petersen (Laguna Beach) 1987
5:14.42 Kristin Carney (Foothill) 1985
5:14.46 ** Carmille Garcia (Fountain Valley) 2009
5:14.46 *Natalie Wilson (Mater Dei) 2011

5:14.5 Liz Holland (Corona del Mar) 1987
5:14.51 Katie Carroll (San Clemente) 2015
5:14.51 **Elizabeth Dahl (Woodbridge) 2015
5:14.54 Jessica Chadwick (El Toro) 2009
5:14.6 Cindy Stoughton (Corona del Mar) 1981
5:14.6 ***Bree Frigo (El Toro) 1992
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
5:14.89 **Erika Adler (Northwood) 2016
5:14.98 **Alyssa White (Dana Hills) 2014
5:14.99 Christine Eckstaedt (El Modena) 2000

3000 meters

9:30.3 Polly Plumer (University) 1982
9:40.8' Courtney Pugmire (Esperanza) 1995
9:42.2' Annie St Geme (Corona del Mar) 2006
9:49.4 Kathy Mintie (Rosary) 1978
9:49.5 ** Carrie 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

3200 Meters

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
10:28.60	Nicole Zielinski (Canyon)	2016
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 Tennis (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
10:35.09	***Kelli Hines (Mission Viejo)	2016
10:35.16	* Annabella Villanueva (Fountain Valley)	1980
10:35.64+	* Whitney Blue (Newport)	10:38.35y 2005
10:36.07	*Hannah Tobin (El Toro)	2016
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
10:44.59	Ashley Licata (Capo Valley)	2016
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
10:50.03	* Erica Pearson (Newport)	2008
10:50.13	*Bailee Margolis (Trabuco Hills)	2014
10:50.28	Jessica Cushing-Murray (Foothill)	2014
10:50.29	***Sami Murphy (Northwood)	2014
10:50.5	* Sharon Hulse (Edison)	1979
10:50.50	Ann Helm (Laguna Hills)	1984
10:50.75	Bronte Golick (Capo Valley)	2011
10:50.8+	Sherri Roach (Kennedy)	10:54.6y 1978
10:51.09	**Sara Leonard (Canyon)	2016
10:51.1+	Stacy Kneeshaw (Foothill)	10:54.8y 1980
10:51.17	Camila Turati (El Toro)	2014
10:51.19	Sophia Ditty (Newport)	2008
10:51.28	*** Kelly Campbell (Corona del Mar)	1993
10:51.4 +	** Polly Plumer (University)	10:55.2y 1980
10:51.65	** Anne Gustafsson (Brea)	2003
10:51.76	Ashlee Powers (Corona del Mar)	2012
10:51.84	* Amber Bragdon (Fountain Valley)	2013
10:53.25	* Rocio Pelayo (Bolsa Grande)	2006
10:53.41	Katie Hansen (San Juan Hills)	2016
10:53.74	*** Sheridan Gomez (Dana Hills)	2009
10:54.2+	Rhonda Craig (Cypress)	10:58.0y 1979
10:54.20	Kristin Arkin (Trabuco Hills)	2008
10:54.55	Angie Winkler (Fountain Valley)	1996
10:54.58	** Elyse Homberger (Edison)	1993
10:55.6+	Mari Gibbs (Marina)	10:59.4y 1977
10:55.61	Melissa Mead (Newport)	2007
10:56.17	***Lauren Mauer (Crean)	2012
10:56.18	** Maryann Pynchon (Edison)	2001
10:56.20	Laura McCracken (Westminster)	1983
10:56.5+	Deborah Chaddock (Los Alamitos)	11:00.3y 1979
10:56.50	**Olivia Goins (Canyon)	2011
10:56.58	Molly Babcock (Woodbridge)	2012
10:56.63	Allie Rigby (Foothill)	2010
10:56.77	Katie Camarena (San Juan Hills)	2016
10:56.94	Cassandra Smith (Trabuco Hills)	2012
10:57.0	* Leslie White (Lowell)	1980
10:57.1	Becky Miske (El Toro)	1998
10:57.3	* Maggie Henson (Newport)	1985
10:57.33	Elizabeth Alexander (Tustin)	1993
10:57.37	Ava Jones (La Habra)	2002
10:57.77	**Kendra Corey (Sunny Hills)	2015
10:57.99	**Kellian Hunt (Whittier Chr)	2010
10:58.39	**Haley Herberg (Capo Valley)	2016
10:58.55	Sarah Paddon (St Margaret's)	2011
10:58.79	** Donna Fleagle (Tustin)	1983
10:58.8	** Kelly Roda (Irvine)	1991
10:58.92	**Jacquie Adams (Foothill)	2011
10:59.01	*Emily Scharmann (Tesoro)	2012
10:59.07	Marilyn Nichols (El Dorado)	1981
10:59.08	*Raquel Powers (Corona del Mar)	2016
10:59.11	Sabrina Herrmann (Trabuco Hills)	2015
10:59.21	** Jenny Sears (Mater Dei)	2000
10:59.22	***Shannon Mackellar (Esperanza)	2015
10:59.47	Laura Bilder (Corona del Mar)	2009
10:59.51	Kalie Demerjian (El Toro)	2015
10:59.52	Sydney Szabo (San Clemente)	2014
10:59.67	***Kathryn Bishop (Trabuco Hills)	2011
10:59.81	Bailee Margolis (Trabuco Hills)	2015
11:00.25	*Natasha Strickland (Laguna Beach)	2011
11:00.36	Katherine Nielsen (Irvine)	2007
11:00.49	Kristen Berglas (Woodbridge)	2003
11:00.81	** Brooke Thomas (Laguna Hills)	1997

11:00.05	Sienna Serrao (Dana Hills)	2016	11:10.57	** Misha Wilson (University)	1995
11:00.6	+***Kathy Kiernan (Los Amigos)	11:04.5y 1980	11:10.04	Kim Robinson (Newport)	1990
11:00.87	Paige Canterbury (Dana Hills)	2013	11:10.0	Sherrri Smith (Woodbridge)	1986
11:00.99	Jessica Marquardt (Orange Lutheran)	2011	11:10.05	*Katie Eklof (Costa Mesa)	1991
11:01.11	Erica Pearson (Newport)	2009	11:10.8	Barbara Kozlowski (Irvine)	1988
11:01.20	Rosalva Bonilla (Los Amigos)	1981	11:10.94	Lynne Hagan (Mater Dei)	1988
11:01.34	**Raquel Powers (Corona del Mar)	2015	11:11.06	* Mikaela Garduno (Foothill)	2013
11:01.35	* Claire Kim (Sunny Hills)	2003	11:11.23	Emily Haigh (Foothill)	2002
11:01.40	Erin Griffith (Capo Valley)	2007	11:11.71	Nicole Giove (Fountain Valley)	2008
11:01.48	*Sapna Dholakia (Esperanza)	2016	11:11.91	**Natatha Gunther (Dana Hills)	2010
11:01.8	Tracy Clark (Corona del Mar)	1995	11:11.94	*Hannah Bell (Esperanza)	2011
11:01.87	Heather Killeen (Valencia)	1991	11:12.26	Tori Yanco (J Serra)	2015
11:01.87	Pearl Shoemaker (Laguna Beach)	2015	11:12.32	Erica Sahl (Villa Park)	2004
11:01.94	Briar Brumley (Tesoro)	2015	11:12.41	Makenna Smith (Trabuco Hills)	2010
11:01.96	Ariane Gushue (Foothill)	2011	11:12.49	Megan Petkovic (Pacifica)	2008
11:02.52	** Emily Goldstein (El Toro)	2008	11:12.55	**Nicole Evans (Woodbridge)	2010
11:02.65	* Sue Armentrout (University)	1981	11:12.64	Kellian Hunt (Whittier Chr.)	2012
11:02.76	*Lora Gonzalez (Woodbridge)	2016	11:12.72	**Julia Van Marter (Canyon)	2012
11:02.86	*** Jordan Stiewig (Villa Park)	2013	11:13.02	Vanessa Kelly (Marina)	2001
11:03.07	** Alicia McFall (Newport)	1997	11:13.04	Nicole Evans (Woodbridge)	2011
11:03.14	Jenny Sears (Woodbridge)	2002	11:13.11	Gabrielle Yatauro (Edison)	2014
11:03.27	Keena Kohl (Esperanza)	2008	11:13.2	* Camila Turati (El Toro)	2013
11:03.31	Hannah Hall (Foothill)	2016	11:13.33	Andrea Aguilar (Mater Dei)	2006
11:03.4	Sita Jones (La Habra)	1988	11:13.38	**Molly Mann (San Clemente)	2010
11:03.54	**Lucina Vincent (El Dorado)	2016	11:13.4	Wendy Petersen (Laguna Beach)	1987
11:03.60	**Stephanie Ortega (Seegerstrom)	2014	11:13.51	* Maureen Quinn (Dana Hills)	1983
11:03.89	**Emily Bacon (Newport)	2014	11:13.63	*** Allison Damon (Corona del Mar)	2005
11:04.15	Arianna Seliz (Esperanza)	2008	11:13.64	Katie Durant (Marina)	2008
11:04.19	Emily Scharmann (Tesoro)	2013	11:13.66	Nicole Slyhous (Corona del Mar)	2007
11:04.49	** Carrie Caulkins (Esperanza)	1993	11:13.69	** Gianna Velasquez (El Toro)	2008
11:04.54	Kristy Koenes (Canyon)	2009	11:13.78	Shelby Stegall (Foothill)	2010
11:05.00	* Stephanie Torres (Cypres)	2003	11:13.8	** Tiffany Anderson (Newport)	1985
11:05.09	Leslie Cashion (Corona del Mar)	1988	11:13.85	Roselynda Garcia (Kennedy)	1987
11:05.27	*** Laura Strachan (Foothill)	1999	11:13.88	Christine Eckstaedt (El Modena)	2000
11:05.57	*Taylor Romine (El Toro)	2012	11:13.89	*Emily Bacon (Newport)	2015
11:06.01	Tasmin Valdez (Esperanza)	1983	11:13.97	** Liz Huipe (Estancia)	1999
11:06.04	Justine Rea (Trabuco Hills)	2010	11:14.04	**Emily Scharmann (Tesoro)	2011
11:06.14	** Kellee Miller (Tustin)	1982	11:14.04	**Marisa Purcell (Northwood)	2011
11:06.21	*Laura Beresford (Dana Hills)	2010	11:14.08	** Christine Bjelland (Costa Mesa)	2002
11:06.41	**Natasha Strickland (Laguna Beach)	2010	11:14.1	Ali Palmer (San Clemente)	2011
11:06.5	+Barb Ludovise (Corona del Mar)	11:10.3y 1980	11:14.15	**Elyser Estrada (SA Valley)	1993
11:06.60	***Kay Nekota (Woodbridge)	1991	11:14.3	Meghan Mayes (Capo Valley)	1994
11:06.62	* Desiree Alexander (Newport)	2008	11:14.52	*Melisa Olgun (Edison)	2008
11:06.7+	* Joelín Fisher (Costa Mesa)	11:10.5y 1979	11:14.57	** Beth Rosipajla (El Dorado)	1985
11:06.75	*Erika Adler (Northwood)	2016	11:14.72	Jessica Mumaugh (Santa Margarita)	2009
11:07.17+	+Janice Kelley (Canyon)	11:11.07y 1978	11:14.78	Kora Johnson (Trabuco Hills)	2011
11:07.22	***Maggie Goodson (Newport)	2010	11:14.8	Justine Rea (Trabuco Hills)	2009
11:07.29	*Stacy Kim (Sunny Hills)	2003	11:14.80	*Ashley Geisler (J Serra)	2014
11:07.61	* Sue Sharr (Mission Viejo)	1981	11:14.93	**Ava Kent (Orange Lutheran)	2010
11:07.67	Jen Blair (Corona del Mar)	1998	11:15.0+	Tami Darr (Mission Valley)	11:20.0y 1977
11:07.7	*** Bree Frigo (El Toro)	1992	11:15.4	Kristen Quigley (Dana Hills)	1988
11:07.72	** Terri Smythers (San Clemente)	1989	11:15.6	*** Laura Doering (Mater Dei)	1986
11:07.79	* Mary Moore (Woodbridge)	1997	11:15.62	Camille Garcia (Fountain Valley)	2011
11:07.97	** Lauren Maurer (Crean Lutheran)	2013	11:15.66	*Tittany Costello (Tesoro)	2014
11:08.17	Madison Tanner (Canyon)	2011	11:15.75	*** Melissa Haddy (Dana Hills)	1998
11:08.38	* Dominique Regalado (Trabuco Hills)	2013	11:15.77	Meghan Mainwaring (Santa Margarita)	2002
11:08.47	Elly Estrada (Santa Ana Valley)	1995	11:15.8+	Dale Sprink (University)	11:19.7y 1979
11:08.5+	Amy Cox (Foothill)	11:12.0y 1984	11:15.89	*** Nicole Scheid (Mission Viejo)	2001
11:08.67	* Shalice Pugmire (Esperanza)	2001	11:15.91	Elle Pace (El Modena)	2010
11:09.08	*Brianna Bartello (Laguna Hills)	2014	11:16.01	**Christina Wright (Dana Hills)	2014
11:09.15	*Haley Seward (Edison)	2012	11:16.11	Nisha Richardson (Canyon)	2006
11:09.27	** Tracy Clark (Corona del Mar)	1993	11:16.22	** Kelsey Carroll (San Clemente)	2013
11:09.3	Haley Niles (Trabuco Hills)	2009	11:16.28	** Karine Parry (Aliso Niguel)	2002
11:09.32	Julia Rigby (Foothill)	2008	11:16.3+	** Erika Lacrosse (Costa Mesa)	11:21.3y 1980
11:09.4	Gergley (Woodbridge)	2004	11:16.3	Taryn Lawson (Ocean View)	1995
11:09.48	***Julia Van Marter (Canyon)	2012	11:16.39	Danielle Oden (Esperanza)	2014
11:09.52	Kathryn Carroll (SanClemente)	2015	11:16.6+	***Heather Hutchinson (Mission V)	11:20.5y 1983
11:09.58	** Courtney Kostrikin (Edison)	2005	11:16.69	* Katie Strachan (Foothill)	2002
11:09.58	*Kaitlyn Smith (San Clemente)	2010	11:16.8+	** Paula Jones (Corona del Mar)	11:20.7y 1979
11:09.67	* Hayley Niles (Trabuco Hills)	2008	11:16.83	**Anna Attard (Marina)	2002
11:10.83	*Sara Digiovanni (Mater Dei)	2012	11:16.9	Maura Daley (Mission Viejo)	1985
11:10.10	***Paxton Cota (Dana Hills)	2008	11:16.9	Jamie Canterbury (Dana Hills)	2005
11:10.22	Colby Lindholm (JSerra)	2012	11:16.95	**Lisa Massoth (Esperanza)	1997
11:10.32	Katie Nuanes (Santa Margarita)	1997	11:16.95	Danielle Guerin (Dana Hills)	2007
11:10.4	* Ashley Sutor (Dana Hills)	2004	11:16.98	Bekah Bahra (Orange Lutheran)	2011

11:16.99	*Katherine Gallaher (Esperanza)	2014	14.82	*Dina Caffey (Esperanza)	1980
11:17.04	Jess Lesser (Woodbridge)	2014	14.85+	Liz Carroll (Fountain Valley)	14.7y 1978
11:17.20	**Elizabeth Kubis (Mission Viejo)	1985	14.85+	Vicki Almeida (Troy)	14.7y 1979
11:17.21	* Amanda Stark (Fountain Valley)	2013	14.87	Medra Lyons (Laguna Hills)	1984
11:17.25	**Chandler Horton (San Clemente)	2016	14.87	Nikki Jackson (Esperanza)	1990
11:17.28	Katherine Woie (Valencia)	1987	14.89	Tina Ortega (Irvine)	1986
11:17.43	Ashley Geisler (J Serra)	2015	14.91	Allison Franke (Canyon)	1989
11:17.51	*Lana Atchley (Ocean View)	1991	14.94c	Caroline Chambers (SA Valley)	14.7 1982
11:17.6	Kelly Roda (Irvine)	1993	14.94c	Shannon Bryant (Sonora)	14.7 1989
11:17.70	Ann Helm (Laguna Hills)	1985	14.94	**Kelly Graton (Loara)	1988
11:17.88	* Rachel Wilson (Trabuco Hills)	2013	14.95	*Julie Baker (Capo Valley)	1980
11:18.03	**Ashley Messineo (El Toro)	2016	14.95	Lisa Knott (Sonora)	1992
11:18.09	Katie Ott (San Juan Hills)	2011	14.96	Valerie Gritton (Woodbridge)	1987
11:18.19	*Stacy Carrington (Cypress)	1988	14.98	Andrea Dean (Mission Viejo)	1992
11:18.21	**Julia Lipson (El Modena)	2010	15.00	*Kim Collins (Tustin)	1984
11:18.28	Bridget O'keefe (Santa Margarita)	2008	15.00	Kathy Kelly (Canyon)	1984
11:18.5	*** Rachel Ngu (Northwood)	2008	15.04	*Shannon Dean (Mission Viejo)	1991
11:18.54	*Janna Evans (Edison)	1992	15.06	Wendy Hale (Brea)	1980
11:18.7+	**Linda Booth (Laguna Beach)	11:12.7y 1981	15.08	Melody Ryan (Western)	1983
11:18.70	***Jennifer Formosa (Edison)	1992	15.11	*Kell Thomson (El Toro)	1992
11:18.89	*Alyssa Brown (Mission Viejo)	2005	15.13	Lima Smith (Villa Park)	1984
11:19.0+	*Stacey Skeie (Corona del Mar)	11:22.6y 1984	15.14c	Sarah Moleski (Katella)	14.9 1980
11:19.04	Mary Kenney (Valencia)	1984	15.14c	Sharon Attlesey (Katella)	14.9 1986
11:09.08	***Leslie Burton (El Modena)	1995	15.14c	Le Anne Margerum (Fountain Valley)	14.9 1980
11:19.2	**Trudy Gardner (Magnolia)	1980	15.16	*Rene Wright (Orange Lutheran)	1990
11:19.26	**Katie Caya (Rosary)	2014	15.17	*Shundra Holland (Saddleback)	1986
11:19.3	Maricelle Benavides (SA Valley)	1988	15.19	*Gaylen Ames (El Modena)	1984
11:19.31	Desiree Alexander (Newport)	2007	15.20	Laura Knight (Katella)	1982
11:19.35	Mayra Medina (Laguna Hills)	1993	15.21	Heather Novak (Santa Margarita)	1992
11:19.35	***Nadia Tabrizi (J Serra)	2016	15.22	Tammy Siefert (Cypress)	1982
11:19.41	Chelsea Vancott (Calvary Chapel)	2008	15.23	Kristina Lockwood (Woodbridge)	1990
11:19.53	*Rachel Lida (Yorba Linda)	2015	15.24c	Heidi Smith (Valencia)	15.0 1991
11:19.54	Lauren Paul (Newport)	2004	15.24c	*Tracy Broughton (Irvine)	15.0 1991
11:19.57	Kortnee Burton (Brea)	2008	15.25+	Beth Rockliffle (Santa Ana)	15.1y 1978
11:19.58	**Shey Manifian (University)	2001	15.25	Nancy Chabot (Brea)	1990
11:19.6	Ximena Cruz (Trabuco Hills)	2009	15.28	Erin Stansbury (Ocean View)	1989
11:19.61	*Kelly Rendon (Orange Lutheran)	2004	15.29	Emily Thiebaud (Esperanza)	1988
11:19.81	Ali Hummelberg (Corona del Mar)	2010	15.33	Jennifer Owens (San Clemente)	1988
11:19.99	** Melanie Powers (Corona del Mar)	2008	15.34c	Leanna Delgado (Estancia)	15.1 1980
			15.34c	Sharon Bruster (El Modena)	15.1 1980
			15.34c	*Susie Jacobsen (Newport)	15.1 1989
			15.34	Shelby MacKay (Dana Hills)	1990
			15.35	Summer Everly (El Toro)	1989
			15.38	** Millie Potts (Loara)	1982
			15.39	Tiffany Feliz (Mater Dei)	1986
			15.42	Ann Kissinger (Marina)	1988
			15.43	***Lynde Gibson (Woodbridge)	1991
			15.44	Ursula Lovely (Kennedy)	1987
			15.44c	Katie Whitfield (Dana Hills)	15.2 1983
			15.44c	*Kelly Grand (Los Amigos)	15.2 1985
			15.44+	Ashley Selman (Foothill)	15.3y 1988
			15.47	Tamara Noggle (El Dorado)	1989
			15.49	*Brenda Robinson (SA Valley)	1989
			15.50	**Jill Lindhart (Capo Valley)	1986

5,000 Meters

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

100m Low Hurdles

(30" 1977-1992)

14.00+	Lisa Gourdine (El Toro)	14.09y 1977
14.10	*Suzie Ray (Villa Park)	14.19y 1979
14.13	*Laura Mills (University)	1981
14.16	*Suzanne Kerho (Mission Viejo)	1988
14.20	Stacy Noton (Sunny Hills)	1983
14.21	Bonnie Mercer (SA Valley)	1980
14.22	*Thelma Harmon (SA Valley)	1979
14.23	*Elinor Tolson (Fountain Valley)	1992
14.25	Tracy Hanlon (Edison)	1980
14.25+	*Cheryl Glazier (El Toro)	14.1y 1977
14.26	Sharon Hatfield (Fountain Valley)	1982
14.27	Jocelyn Lee (Irvine)	1983
14.34	Danielle Reeves (Esperanza)	1988
14.41	Chris Davenport (Troy)	1979
14.44	Nancy Niewlandt (Valencia)	1984
14.48	*Yleana Carrasco (Anaheim)	1985
14.51	***Elinor Tolson (La Quinta)	1990
14.57	***Katie Mook (Foothill)	1992
14.65+	Kim Attlesey (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

Wind-aided:

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

15.34 Susie Jacobson (Newport) 1990
 15.44 Karen Rish (Marina) 1986

100 meter Hurdles (33")

13.82 *Ashley Bethel (Mission Viejo) 1997
 13.87 **Dana Bethel (Mission Viejo) 1999
 14.12 Natalie Roy (Mission Viejo) 2007
 14.19 Emma Radan (Mater Dei) 2014
 14.20 Kimmie Conner (Dana Hills) 2010
 14.28 Emma Kratzberg (Newport) 2016
 14.30 *Lauren Collins (Santa Margarita) 2004
 14.34 *Alexis Turley-Young (Canyon) 2015
 14.35 *Monica Todd (Trabuco Hills) 2010
 14.35 Hope Bender (Newport) 2015
 14.37 Kristen Kiefer (Capo Valley) 2007
 14.44 Sharon Hatfield (Fountain Valley) 1982
 14.50 Ashleigh Gunderman (Mater Dei) 2005
 14.52 Cavetra Mitchell (Los Alamitos) 1993
 14.54c **Amanda Shanklin (Santa Margarita) 14.3 1997
 14.55 * Kelly Collins (Santa Margarita) 2007
 14.56 Inshirah Jones (Esperanza) 1995
 14.60 *Susie Ray (Villa Park) 1979
 14.68 Genelle Ives (Dana Hills) 2005
 14.68 * Caroline Hilley (Santa Margarita) 2013
 14.71 *Julie Handy (Esperanza) 2001
 14.73 Chelsea Taylor (Mission Viejo) 2008
 14.80 Kristen Woepse (Woodbridge) 2004
 14.82 *Katie Mook (Foothill) 1994
 14.82 * Michaela King (Dana Hills) 2013
 14.83 **Olivia Teegarden (Misison Viejo) 2015
 14.84 Kyndol Craver (Woodbridge) 2013
 14.85 **Erin Stovall (Woodbridge) 1995
 14.87 Tori Usgaard (Dana Hills) 2012
 14.88 ***Nikki Merritt (Santa Margarita) 2015
 14.89 * Grace Esslinger (Dana Hills) 2008
 14.89 Michelle Wicker (Trabuco Hills) 2010
 14.90 Hannah Duarte (Mission Viejo) 2016
 14.94 Jessica Bragg (El Toro) 2009
 14.96 Michelle Urabe (Mater Dei) 2010
 14.98 Jordan Agnew (Los Alamitos) 2013
 15.02 *Marie Philman (Edison) 1995
 15.02 Amanda Fleskoski (Mission Viejo) 2000
 15.03 *Amanda Shanklin (Santa Margarita) 1998
 15.03 *Kelsey Schuler (Katella) 2006
 15.04c Heather Sterlin (Mission Viejo) 14.8 1992
 15.04c *Kerry O'Bric (Edison) 14.8 1995
 15.04c *Rachael Ziemann (Edison) 14.8 2001
 15.04 Becky Marshburn (Dana Hills) 2005
 15.08 Lindsay Wells (Mater Dei) 2000
 15.08 *Jasmine Webb (Buena Park) 2004
 15.10 **Heather Gibson (Orange Lutheran) 2004
 15.10 Lauren Correa (El Toro) 2005
 15.11 Cira Wright (Kennedy) 2000
 15.13 *Sunny Nichols (Sunny Hills) 1997
 15.14 Kiana Henry (Canyon) 2011
 15.14 Brittney Thornton (San Clemente) 2013
 15.15 Krissy Knowles (Fountain Valley) 2009
 15.16 *Alison Parsons (Los Alamitos) 2015
 15.18 Heather Novak (Santa Margarita) 1994
 15.20 *Cristina Ohaeri (Esperanza) 1995
 15.20 Hailey Bond (Edison) 2014
 15.23 *Erin Gerardo (Santa Margarita) 2016
 15.24c *Susan Pettus (Marina) 15.0 1995
 15.24 Jenna Wendell (Santa Margarita) 2008
 15.26 *Shay Alexander (Capo Valley) 2001
 15.26 *Trista Marquez (Dana Hills) 2004
 15.28 *Jasmine Webb (Buena Park) 2004
 15.33 Mandy Girling (Orange Lutheran) 1999
 15.33 Amber Carpenter (Santa Margarita) 2003
 15.33 * Jordan Davis (Troy) 2013
 15.33 *Davina Pham (Fountain Valley) 2015
 15.34c Megan Scanlon (Troy) 15.1 1999
 15.35 Dilcia Loomis (Sunny Hills) 2006
 15.38 Michaela Schaeffer (Edison) 2013

15.39 Ashley Jsmes (Savanna) 2008
 15.39 Kamala Parker (La Habra) 2003
 15.39 Elizabeth Bastos (El Toro) 2006
 15.42 Alex McCarten (San Clemente) 1997
 15.44 Gigi Surmon (Costa Mesa) 1993
 15.44 *Breanna Barker (Dana Hills) 2012
 15.45 Tailor Dunigan (Mission Viejo) 2010
 15.45 ***Emily Garner (Woodbridge) 2016
 15.46 Aaliyah Banner (Buena Park) 2016
 15.47 *Amanda Herrington (Edison) 2016
 15.48 **Elizabeth Loud (Irvine) 2000
 15.48 *** Chelsea Larson (Orange Lutheran) 2008
 15.48 ***Katelyn Johnson (El Toro) 2015
 15.48 *Kellie May (Northwood) 2016
 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
 15.54 Davina Pham (Fountain Valley) 2016
 15.55 **Jill Holmes (El Toro) 1994
 15.55 *Rachel Gagnon (Oxford Academy) 2016
 15.56 Sarah Bonilla (Brea) 1998
 15.56 Melissa Scott (Beckman) 2016
 15.56 Nicole Merritt (Santa Margarita) 2016
 15.56 Jocelyn Parkinson (St Margaret's) 2002
 15.60 *Chelsea Larson (Orange Lutheran) 2010
 15.60 **Ashlan Revollar (Los Alamitos) 2014
 15.60 **Courtnee Moreno (Fountain Valley) 2016
 15.61 **Taylor Sims (Tesoro) 2012
 15.62 **Cira Wright (Kennedy) 1998
 15.63 Cathy Mullee (Edison) 1998
 15.63 *Emily Peterson (El Toro) 2010
 15.63 Mychal Robinson (Tustin) 2015
 15.64c Courtney Morris (Marina) 15.4 1995
 15.64 *Victoria Ton (Northwood) 2004
 15.65 *Madison Klovstad (El Modena) 2002
 15.69 Gabby Wikidal (Santa Margarita) 2016
 15.71 Rosita Smith (Mater Dei) 1994
 15.72 *Lauren Porter (Northwood) 2010
 15.72 Yasmeen Chennault (Laguna Hills) 2011
 15.73 ** Elizabeth Loper (Trabuco Hills) 2009
 15.74 Katy Zimmon (Edison) 1998
 15.74 Emma Farrell (Mission Viejo) 2013
 15.77 **Stevie Nicholas (Sunny Hills) 1998
 15.78 Lisa Stigman (Dana Hills) 1997
 15.78 Nicole Lomeli (Esperanza) 1999
 15.78 Annie Bubinski (Dana Hills) 2011
 15.78 Amanda Torchia (Fountain Valley) 2016
 15.79 Kelly O'Connor (Esperanza) 1996
 15.79 Marie Ingram (Aliso Niguel) 2006
 15.79 Lauren Wilson (Esperanza) 2006
 15.79 Rebecca Hamilton (Mater Dei) 2008
 15.79 ** Paige Grigus (Fountain Valley) 2009
 15.80 *Kaitlyn Meeder (El Modena) 2016
 15.82 Paige Donaldson (San Juan Hills) 2014
 15.83 *Cathy Mullee (Edison) 1997
 15.83 *Adrienne Baker (Santa Margarita) 2006
 15.83 Lily Trinh (Fountain Valley) 2010
 15.84c **Amber Price (SA Valley) 15.6 1997
 15.84 ** Brit Vasac (Dana Hills) 2007
 15.84 ***Ami Ballo (Dana Hills) 2010
 15.85 ** Taylor Ramirez (Katella) 2009
 15.87 *Malia Billups (Brea) 2006
 15.87 **Chelsea Josten (Brea) 2006
 15.87 *Tiffany Liu (Corona del Mar) 2006
 15.87 *Jessica Robson (Newport) 2006
 15.87 Nadia Sine (Woodbridge) 2014
 15.89 ** Megan Jones (Dana Hills) 2009
 15.90 Megan Jones (Dana Hills) 2011

15.90	Brittany Hanrahan (Mater Dei)	2012
15.90	Gabi Sagorin (Woodbridge)	2014
15.93	Tiffany Pransky (Orange Lutheran)	2005
15.94c	Christina Gustlin (Foothill)	15.7 1994
15.94c	Kendra Lakins(Brea)	15.7 1996
15.94c	Katie Wildermuth (Santa Margarita)	15.7 1998
15.94c	*Nicole Yergler (Santa Margarita)	15.7 2004
15.95	***Shay Alexander (Capo Valley)	1999
15.95	Keena Bensworth (Trabuco Hills)	2013
15.95	Hailey James (Foothill)	2013
15.96	Carrie Hoagland (Canyon)	1994
15.96	*Rene Deléllis 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
14.22	Emma Kratzberg (Newport)	2016
14.41	Kerry O'Bric (Edison)	1995
14.44	Katie Mook (Foothill)	1995
14.49	Hannah Duarte (Mission Viejo)	2016
14.64	Chelsea Taylor (Mission Viejo)	2008
14.65	Julie Handy (Esperanza)	2004
14.70	Kristen Woepse (Woodbridge)	2005
14.71	Kyndol Craver (Woodbridge)	2013
14.73	**Michaela King (Dan Hills)	2012
14.74	***Nikki Merritt (Santa Margarita)	2015
14.76	Krissy Knowles (Fountain Valley)	2009
14.86	Michaela King (Dana Hills)	2014
14.87	Kiana Henry (Canyon)	2011
14.90	Jordan Agnew (Los Alamitos)	2013
14.96	Lindsay Wells (Mater Dei)	2000
14.98	*Erin Gerardo (Santa Margarita)	2016
14.50	Inshirah Jones (Esperanza)	1995
14.52	*Erin Stovall (Woodbridge)	1996
14.56	* Amanda Shanklin (Santa Margarita)	1998
14.64	Chelsea Taylor (Mission Viejo)	2008
14.81	Michelle Wicker (Trabuco Hills)	2010
14.82	Lauren Wilson (Esperanza)	2006
14.87	Lauren Correa (El Toro)	2005
14.90	Ashley Jsmes (Savanna)	2008
14.92	Michelle Urabe (Mater Dei)	2010
15.01	Cristina Ohaeri (Esperanza)	1995
15.01	*Heather Gibson (Orange Lutheran)	2005
15.07	Hailey Bond (Edison)	2014
15.11	*DavinaPham (Fountain Valley)	2015
15.12	Michaela Schaeffer (Edison)	2013
15.21	Shay Alexander (Capo Valley)	2002
15.22	Aaliyah Banner (Buena Park)	2016
15.25	Madison Klovstad (El Modena)	2003
15.25	Alison Parsons (Los Alamitos)	2016
15.32	Marlene Lang (Fountain Valley)	1994
15.32	*Aaliyah Banner (Buena Park)	2015
15.33	Brittany Hanrahan (Mater Dei)	2013
15.33	**Ashlan Revollar (Los Alamitos)	2014
15.35	Katie O'Dell (University)	2002
15.35	Juliana Crum (Troy)	2010
15.36	*** Taylor Ramirez (Katella)	2008
15.39	*Mariah Durian (Esperanza)	2011
15.46	Misha Vincent (Orange)	2010
15.47	**Emma Kratzberg (Corona del Mar)	2014
15.48	*Chelsea Larson (Orange Lutheran)	2010
15.51	Tiffany Pransky (Orange Lutheran)	2005

15.52	**Davina Pham (Fountain Valley)	2014
15.53	Laurel Simpson (Capo Valley)	1995
15.54	*Sara Jane McIntyre (El Modena)	2000
15.54	Malia Billups (Brea)	2007
15.55	*Lexi Shaw (San Juan Hills)	2012
15.56	Marie Ingram (Aliso Niguel)	2006
15.57	Susie Schmidt (Westminster)	1993
15.58	***Kendra Larkins (Brea)	1993
15.58	Paige Donaldson (San Juan Hills)	2014
15.61	Amber Price (Saddleback)	1999
15.61	Gabby Wikidal (Santa Margarita)	2016
15.62	Tori Occhipinti (Crean Lutheran)	2013
15.63	Lisa Stigman (Dana Hills)	1997
15.64c	*Roberta Burns (Dana Hills)	15.4 1994
15.64c	Tia Barbee (El Toro)	1995

300 meter Hurdles

41.95	Emma Kratzberg (Newport)	2016
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
43.63	*Paula Pedrani (El Toro)	2015
43.71	*Elinor Tolson (Fountain Valley)	1992
43.78	*Mary Ann Bullard (Esperanza)	1983
43.81	Kelly Collins (Santa Margarita)	2008
43.81	* Caroline Hilley (Santa Margarita)	2013
43.93	Lexi Shaw (San Juan Hills)	2013
44.03	**Janel Loudat (Woodbridge)	1998
44.19	***Dana Bethel (Mission Viejo)	1998
44.21	Monica Fisher (El Toro)	1989
44.21	Paula Pedrani (El Toro)	2016
44.25	*Sunny Nichols (Sunny Hills)	1997
44.26	***Nikki Merritt (Santa Margarita)	2015
44.27	Ashley Jsmes (Savanna)	2008
44.30	Danielle Reeves (Esperanza)	1988
44.32	Jerri Baker (Capo Valley)	1981
44.34	Katie Mook (Foothill)	1995
44.39	*Brittney Thorton (San Clemente)	2012
44.44	**Olivia Teegarden (Mission Viejo)	2015
44.45	Hannah Heising (Woodbridge)	2014
44.52	Yleana Carrasco (Anaheim)	1985
44.58	Frenchy Silva (Dana Hills)	2008
44.60	Inshirah Jones (Esperanza)	1995
44.64	Sarah Bonilla (Brea)	1998
44.65	Hannah Duarte (Mission Viejo)	2016
44.66	*Michelle Basanda (Aliso Niguel)	1998
44.69	**Caroline Hilley (Santa Margarita)	2012
44.73	Emily Thiebaud (Esperanza)	1988
44.74c	Debbie Arthur (Esperanza)	44.5 1982
44.74c	Jill Young (Corona del Mar)	44.5 1990
44.76	Kerry O'Bric (Edison)	1996
44.76	*Erin Gerardo (Santa Margarita)	2016
44.80	Grace Esslinger (Dana Hills)	2009
44.82	Nancy Niewlandt (Valencia)	1984
44.84c	Marlene Lang (Fountain Valley)	44.6 1994
44.85	Sydney Elliott (Mission Viejo)	2011
44.86	Dana Padget (Esperanza)	2016
44.90	Coco Putnam (Laguna Beach)	2016
44.91	***Elinor Tolson (La Quinta)	1990

44.91	Skye Atchley (Orange Lutheran)		2009
44.92	Heaven Yoshino (Woodbridge)		1996
44.95	Kelly Grand (Los Amigos)		1986
44.96	Alexus Atchley (Yorba Linda)		2012
44.97	Shannon Bryant (Sonora)		1989
44.97	Elizabeth Bastos (El Toro)		2006
44.97	Kyndol Craver (Woodbridge)		2013
44.98	Thelma Harman (SA Valley)		1981
45.03	Brittany Hanrahan (Mater Dei)		2013
45.06	Lindsay Wells (Mater Dei)		2000
45.10	Emilie Winckel (Santa Margarita)		2006
45.11	Laurie Hagan (Dana Hills)		1983
45.14	Sahla Cook (Mission Viejo)		2016
45.15	*Jocelyn Parkinson (St Margaret's)		2001
45.16	Jordan Agnew (Los Alamitos)		2013
45.19	*Suzanne Kerho (Mission Viejo)		1988
45.19	* Clara Atkins (Esperanza)		2008
45.21	Lauren Wilson (Esperanza)		2005
45.22	*Sue Delacy (Newport)		1982
45.26	Michelle Wicker (Trabuco Hills)		2010
45.26	Tori Usgaard (Dana Hills)		2012
45.27	Ann Kissingner (Marina)		1988
45.27	Delphia Moore (Orange)		1994
45.33	Julie Kroenig (Costa Mesa)		2000
45.34c	Jocelyn Lee (Irvine)	45.1	1983
45.34c	**Trish Aubuchon (Esperanza)	45.1	1983
45.34c	Natalie Roy (Misison Viejo)	45.1	2007
45.34	* Jessica Bragg (El Toro)		2008
45.35	Tiffany Pransky (Orange Lutheran)		2005
45.36	*Lisa Knott (Sonora)		1991
45.36	*Nicole Lomeli (Esperanza)		1998
45.36	* Breana Nielson (Mission Viejo)		2006
45.36	*Natalie Ward (Newport)		2014
45.38	*Taylor Stokes (University)		1996
45.39	*Mariah Durian (Esperanza)		2011
45.47	Alexandra Sciarra (Crean Lutheran)		2010
45.48+	Kim Collins (Tustin)	45.5y	1985
45.48	Hailey Bond (Edison)		2014
45.53	*Aaliyah Banner (Buena Park)		2014
45.54c	Sharon Attlesey (Newport)	45.3	1986
45.57	* Cassidy Gayner (Newport)		2007
45.61	Nicole Yergler (Santa Margarita)		2005
45.62	Alex McCarten (San Clemente)		1997
45.62	*Janel Laudat (Woodbridge)		1999
45.64	Tasha Walker (El Dorado)		1994
45.68	Kathy Lavering (Fullerton)		1982
45.70	** Natalie Ward (Newport)		2013
45.72	**Jill Linhart (Capo Valley)		1986
45.72	**Cristina Ohaeri (Esperanza)		1995
45.73	* Beartriz Delgadillo (Esperanza)		2009
45.74+	**Kathy Kelly (Canyon)	45.8y	1983
45.75	*Mila Schulenburg (Irvine)		1997
45.75	* Elizabeth Ramsey (Huntington Beach)		2009
45.78	*Galen Ames (El Modena)		1984
45.78	*Michelle Foglia (Esperanza)		2003
45.79	**Emma Kratzberg (Corona del Mar)		2014
45.81	Misha Vincent (Orange)		2010
45.83	*Hilary Mann (Mission Viejo)		1990
45.83	*Riley Bennyworth (Edison)		2015
45.84c	Laura Knight (Loara)	45.6	1982
45.84c	Roy (Esperanza)	45.6	2005
45.85	*Beth Merkle (Mission Viejo)		1994
45.85	Ashleigh Gunderman (Mater Dei)		2005
45.90	***Liana Fuentes (Cypress)		2005
45.92	Kathy Kelly (Dana Hills)		1989
45.93	Amanda Fleskoski (Mission Viejo)		2000
45.94c	Sherrie Ray (Loara)	45.7	1982
45.94c	Kristen Schertzer (Woodbridge)	45.7	1988
45.97	**Jennifer Konowal (Huntington Beach)		1998
45.97	Beatriz Delgadillo (Esperanza)		2010
45.99	**Nyree Brown (Segerstrom)		2016
46.00	* Michelle Urabe (Mater Dei)		2009
46.00	***Hailey Ray (Mater Dei)		2016
46.02	Cara Brookhouse (El Modena)		1989
46.02	**Milda Mikuleviciute (El Dorado)		2012

46.04c	*Sara Morton (Irvine)	45.8	1983
46.04c	Tucker	45.8	1983
46.04	** Natalie Fyke (Esperanza)		2008
46.04	Autumn Tanaguchi (Marina)		2011
46.06	*Elle Cruikshank (Foothill)		2002
46.07	Colleen Gamblin (Esperanza)		1986
46.07	Brooklyn Paxson (Fountain Valley)		2010
46.08+	**D'Layne Kerr (Corona del Mar)	46.1y	1986
46.11	Madelleine Lisebland (Woodbridge)		1990
46.12	Katie Hill (Mission Viejo)		2002
46.13	Jaycee Mahler (Corona del Mar)		2001
46.15	Alana Palacio (Villa Park)		1993
46.16	Renee Wright (Orange Lutheran)		1991
46.16	*Jordan Agnew (Los Alamitos)		2012
46.17	*** Brittany Swank (Foothill)		1997
46.17	Nadia Sine (Woodbridge)		2014
46.19	Megan Scanlon (Troy)		1999
46.19	**Brianna Mikalson (Los Alamitos)		2012
46.20	Marissa Perez (Saddleback)		2014
46.23	* Kyle Wolff (Woodbridge)		2007
46.24	**Anne Hinman (Capo Valley)		2011
46.26	Megan McQuaid (Woodbridge)		1997
46.26	Madison Klovsstad (El Modena)		2003
46.27	** Megan Jones (Dana Hills)		2009
46.29	*Trista Marquez (Dana Hills)		2004
46.30	**Sherie Moore (Los Alamitos)		1992
46.31	Sherifa Cox (Los Alamitos)		1991
46.31	Cheyenne Perez (Los Alamitos)		2011
46.32	Sandy Springer (Los Amigos)		1983
46.32	*Susan Pettus (Marina)		1995
46.34c	Tanya Buchanan (Fountain Valley)	46.1	1986
46.34c	Arcela Diaz (Saddleback)	46.1	1988
46.34	*Shannon Dean (Mission Viejo)		1991
46.34c	*Jamie Lenehan (El Modena)	46.1	2000
46.35	*Renee Wright (Orange Lutheran)		1990

400 meter Low Hurdles

61.63	Chris Davenport (Troy)		1979
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4 x 100 meter Relay

46.57	Kennedy		2005
46.82	Trabuco Hills		2010
46.91	Los Alamitos		2015
46.99	Santa Margarita		2016
47.13	Woodbridge		1995
47.23	Mater Dei		2014
47.25	Trabuco Hills		2009
47.39	Mater Dei		2013
47.40	Woodbridge		1997
47.55	Mater Dei		2015
47.57	El Toro		2016
47.65	Edison		1984
47.70+	SA Valley	47.98y	1979
47.70	Kennedy		2004
47.74	Mission Viejo		1995
47.77	Capo Valley		2011
47.79	Mater Dei		2016
47.82	El Toro		2015
47.82	Santa Margarita		2015
47.98	Mater Dei		2011
48.02	Aliso Niguel		2005
48.03	Capo Valley		2012
48.04c	El Toro	47.9	2011
48.04+	SA Valley	48.32y	1978
48.04	Mater Dei		2012
48.12	Canyon		2014
48.14c	Mission Viejo	48.0	2011
48.15	Canyon		2011
48.15	Mission Viejo		2012
48.17	Irvine		2013
48.17	Mission Viejo		2015
48.18	Cypress		2007
48.19	Esperanza		1988
48.19	Troy		2009

48.21	Saddleback		1982	48.96	Esperanza		1985
48.21	Capo Valley		2010	48.97	San Clemente		2011
48.24c	Capo Valley	48.1	2009	48.98	Los Alamitos		2009
48.24	Dana Hills		2013	48.99	Western		2003
48.24	Mission Viejo		2016	48.99	Woodbridge		2004
48.26	Kennedy		2003	49.00	Dana Hills		2006
48.29	Dana Hills		2014	49.01	Woodbridge		1988
48.33	Dana Hills		2008	49.01	Los Alamitos		2012
48.34+	Edison	48.5y	1977	49.01	Dana Hills		2012
48.34	SA Valley		1999	49.02	Marina		2009
48.37	Irvine		2011	49.02	Orange Lutheran		2012
48.40	Los Alamitos		2014	49.03	La Habra		1984
48.44+	Newport	48.6y	1975	49.03	Mission Viejo		2004
48.45	Woodbridge		1994	49.03	Santa Margarita		2014
48.45	Northwood		2016	49.04c	Santa Margarita	48.9	1998
48.48	Cypress		2015	49.04c	Dana Hills	48.9	2007
48.48	Rosary		2016	49.04	Aliso Niguel		2015
48.49	SA Valley		1997	49.04	Fountain Valley		2016
48.49	Cypress		2008	49.05	Woodbridge		1989
48.51	Mission Viejo		1988	49.05	Esperanza		1990
48.52	SA Valley		1982	49.05	Mission Viejo		2014
48.52	Woodbridge		2005	49.06	Villa Park		2015
48.52	Northwood		2013	49.07	Northwood		2014
48.55	Corona del Mar		2005	49.08	University		2005
48.55	Trabuco Hills		2015	49.08	Troy		2014
48.59	Mater Dei		2009	49.09	Edison		2000
48.60	Woodbridge		1999	49.09	Santa Margarita		2004
48.60	Mater Dei		2010	49.10	Aliso Niguel		2003
48.60	Cypress		2014	49.10	Brea		2012
48.61	Santa Margarita		2003	49.10	El Toro		2012
48.61	Santa Margarita		2013	49.11+	Irvine	49.40y	1980
48.61	Trabuco Hills		2016	49.11	Los Alamitos		2013
48.62	Cypress		2006	49.13	Kennedy		2002
48.62	Dana Hills		2007	49.14	El Modena		1999
48.62	Canyon		2013	49.16	University		1981
48.64c	Woodbridge	48.5	1998	49.16	Canyon		1993
48.64c	Mission Viejo	48.5	2010	49.17	Irvine		1981
48.64	Los Alamitos		2016	49.17	Mission Viejo		1990
48.65	Santa Margarita		2011	49.19	Aliso Niguel		2001
48.66	Esperanza		1983	49.19	Trabuco Hills		2002
48.67	Los Alamitos		2010	49.20	Capo Valley		1998
48.68	Los Alamitos		2005	49.21+	Huntington Beach	49.49y	1979
48.69	Valencia		1983	49.21	Aliso Niguel		2006
48.69	Irvine		2012	49.21	Sonora		2008
48.70	Western		2008	49.22	Edison		2011
48.70	Woodbridge		2013	49.23	Newport		1992
48.74+	El Toro	48.9y	1977	49.24c	Brea	49.1	1997
48.75	El Modena		2000	49.24	Cypress		2001
48.75	San Clemente		2012	49.25	Brea		2002
48.78	Esperanza		2000	49.26	Canyon		2009
48.78	Santa Margarita		2000	49.29	Esperanza		2002
48.79	Esperanza		1995	49.30	Brea		2013
48.79	Edison		1995	49.31	Mission Viejo		2009
48.81	El Toro		2013	49.31	Yorba Linda		2016
48.82	Mission Viejo		1992	49.32	Aliso Niguel		2002
48.82	Laguna Hills		2016	49.32	Aliso Niguel		2004
48.83	Woodbridge		1990	49.32	Cypress		2004
48.84	Mission Viejo		1989	49.32	Brea		2011
48.85	Esperanza		2001	49.32	Marina		2011
48.85	Santa Margarita		2012	49.34	Trabuco Hills		1998
48.86	Capo Valley		1997	49.34c	Mission Viejo	49.2	1987
48.86	Esperanza		1999	49.34	Mission Viejo		2003
48.86	Woodbridge		2001	49.34	Mission Viejo		2006
48.86	Corona del Mar		2004	49.34c	Mission Viejo	49.2	2007
48.87	Fountain Valley		1978	49.34	Brea		2008
48.87	Fountain Valley		2013	49.34	Orange Lutheran		2008
48.88	Mission Viejo		2013	49.36+	Capo Valley	49.64y	1979
48.89	Laguna Hills		2008	49.36+	Edison	49.5y	1979
48.89	Orange Lutheran		2011	49.36	El Toro		2005
48.91	Yorba Linda		2015	49.36	Cypress		2011
48.92	Woodbridge		1996	49.37	Fountain Valley		2009
48.92	Cypress		2012	49.38	University		1982
48.94	Trabuco Hills		2008	49.38	Los Alamitos		1993
48.94	Trabuco Hills		2011	49.38	Irvine		2000
48.95	Cypress		2013	49.38	Capo Valley		2013

49.38	Fountain Valley		2014	3:53.9	SA Valley		1978
49.39	Edison		1978	3:53.96	Esperanza		1985
49.39	SA Valley		1981	3:53.99	San Clemente		2010
49.39	El Toro		2006	3:54.03	Woodbridge		2005
49.40	Mater Dei		1997	3:54.04	Dana Hills		2016
49.40	Woodbridge		2003	3:54.06	Orange Lutheran		2007
49.40	San Clemente		2013	3:54.08	Los Alamitos		2010
49.41	Aliso Niguel		2012	3:54.22	Aliso Niguel		2005
49.41	Troy		2013	3:54.30	Yorba Linda		2016
49.41	El Modena		2016	3:54.52	Trabuco Hills		2010
49.42	Santa Margarita		2010	3:54.59	El Toro		2004
49.43	Santa Margarita		2002	3:54.60	Capo Valley		2010
49.43	Aliso Niguel		2016	3:54.62	Woodbridge		1986
49.44c	Mission Viejo	49.3	1986	3:54.78	Esperanza		1981
49.44c	Esperanza	49.3	1987	3:54.79	Mission Viejo		2008
49.44	Santa Margarita		1994	3:54.82	El Toro		2002
49.44	Canyon		2005	3:54.83	University		1982
49.45	Irvine		1986	3:54.85	Los Alamitos		2016
49.45	Woodbridge		2012	3:55.08	Corona del Mar		2010
49.46+	SA Valley	49.6y	1977	3:55.13	Esperanza		1983
49.46	Fountain Valley		1992	3:55.13	Santa Margarita		1999
49.46	SA Valley		2001	3:55.17	Corona del Mar		2005
49.46	Los Alamitos		2004	3:55.19	Esperanza		1996
49.47	Dana Hills		2009	3:55.27	Edison		1986
49.48	Mission Viejo		2005	3:55.29	Corona del Mar		2000
49.48	Sonora		2014	3:55.32	Dana Hills		2003
49.49	Saddleback		1981	3:55.33	Woodbridge		1995
49.49	Mater Dei		1997	3:55.33	Santa Margarita		2003
49.49	Brea		2009	3:55.43	Santa Margarita		2005
				3:55.45	Woodbridge		2016
				3:55.50	Western		2008
				3:55.58	Mater Dei		2002
				3:55.59	Santa Margarita		2002
				3:55.62	Woodbridge		1990
				3:55.73	Laguna Hills		1993
				3:55.8 +	Esperanza	3:57.1y	1976
				3:55.89	Capo Valley		2005
				3:56.92	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
				3:57.20	Foothill		1995
				3:57.33	Corona del Mar		2004
				3:57.39	Mission Viejo		2013
				3:57.38	Orange Lutheran		2006
				3:57.4 +	University	3:58.7y	1979
				3:57.4	Esperanza		1989
				3:57.47	Woodbridge		1998
				3:50.50	Dana Hills		2011
				3:57.51	Edison		1995
				3:57.54	Brea		1998
				3:57.6	El Toro		1981
				3:57.60	Santa Margarita		2012
				3:57.65	Newport		1997
				3:57.72	El Toro		2006

4 x 400 meter Relay

3:47.31	Mission Viejo		2016				
3:48.28	Corona del Mar		1988				
3:48.60	Mater Dei		2014				
3:48.89	Mission Viejo		1986				
3:48.97	Los Alamitos		2015				
3:48.98	Mater Dei		2013				
3:48.99	El Toro		2005				
3:49.1 +	Fountain Valley	3:50.4y	1979				
3:49.45	Edison		1983				
3:49.45	Woodbridge		2007				
3:49.71	Canyon		1983				
3:49.60	Dana Hills		2014				
3:49.88	Mater Dei		2012				
3:49.88	Santa Margarita		2016				
3:50.22	Mater Dei		2011				
3:50.58	Woodbridge		2008				
3:50.70	Aliso Niguel		2007				
3:51.00	Santa Margarita		2013				
3:51.07	Mission Viejo		2014				
3:51.13	Kennedy		2005				
3:50.3 +	SA Valley	3:51.6y	1989				
3:51.21	Esperanza		1982				
3:51.3	Edison		1982				
3:51.49	Aliso Niguel		2006				
3:51.57	Woodbridge		1988				
3:51.62	Mission Viejo		2015				
3:51.63	Edison		1984				
3:52.13	Fountain Valley		2015				
3:52.15	Santa Margarita		2015				
3:52.19	Woodbridge		1997				
3:52.68	Esperanza		2001				
3:52.93	Esperanza		1990				
3:52.98	Santa Margarita		2008				
3:53.03	Woodbridge		2014				
3:53.35	Los Alamitos		2011				
3:53.37	Irvine		2011				
3:53.40	Woodbridge		1987				
3:53.65	Mission Viejo		2006				
3:53.62	Dana Hills		2009				
3:53.71	El Toro		2015				
3:53.8 +	Esperanza	3:55.1y	1976				
3:53.80	Corona del Mar		1987				
3:53.87	Troy		2009				

3:57.77	Capo Valley	2009
3:57.78	SA Valley	1999
3:57.8 +	Esperanza	3:59.1y 1976
3:57.83	Woodbridge	2013
3:57.88	Mission Viejo	2010
3:57.91	Esperanza	2000
3:57.96	Irvine	2012
3:57.99	Mater Dei	2009
3:58.05	Corona del Mar	1985
3:58.05	Corona del Mar	2003
3:58.06	Mater Dei	2001
3:58.08	Los Alamitos	2009
3:58.12	Northwood	2016
3:58.20	Brea	2003
3:58.22	Trabuco Hills	2009
3:58.23	Dana Hills	2005
3:58.24	Santa Margarita	2001
3:58.24	Aliso Niguel	2015
3:58.27	San Clemente	2012
3:58.32	Mater Dei	2000
3:58.38	Sunny Hills	1997
3:58.41	San Juan Hills	2010
3:58.49	El Toro	1982
3:58.50	Trabuco Hills	2005
3:58.5 +	El Toro	3:59.8y 1977
3:58.60	Esperanza	2007
3:58.61	Corona del Mar	1998
3:58.63	Capo Valley	1981
3:58.63	Santa Margarita	2004
3:58.65	Esperanza	1984
3:58.65	San Clemente	2011
3:58.66	Aliso Niguel	2009
3:58.7	Dana Hills	2008
3:58.71	Mater Dei	2015
3:58.74	Fountain Valley	2006
3:58.76	El Toro	2016
3:58.8	University	1980
3:58.82	Dana Hills	2015
3:58.9	Cypress	2006
3:59.00	Woodbridge	2011
3:59.04	Mission Viejo	1984
3:59.08	San Juan Hills	2012
3:59.10	El Dorado	1993
3:59.11	Capo Valley	2004
3:59.13	Corona del Mar	1999
3:59.15	Orange Lutheran	2007
3:59.16	Aliso Niguel	2001
3:59.18	Edison	1993
3:59.22	Fountain Valley	2014
3:59.24	Corona del Mar	2008
3:59.26	Dana Hills	1986
3:59.30	Woodbridge	2001
3:59.33	Mission Viejo	2011
3:59.46	Capo Valley	2013
3:59.46	Mater Dei	2016
3:59.49	Western	2002
3:59.5	El Toro	1983
3:59.50	SA Valley	2001
3:59.52	Orange Lutheran	2009
3:59.55	Corona del Mar	2009
3:59.60	Capo Valley	1987
3:59.61	Corona del Mar	1989
3:59.62	San Juan Hills	2016
3:59.63	Esperanza	1995
3:59.72	SA Valley	2000
3:59.73	Irvine	1984
3:59.73	Esperanza	2006
3:59.79	Laguna Beach	1980
3:59.8	Mission Viejo	2007
3:59.81	Aliso Niguel	2011
3:59.87	Newport	2009
3:59.88	Newport	2001
3:59.88	Northwood	2010
3:59.85	Mater Dei	2004
3:59.85	Laguna Beach	2015

3:59.92	Mission Viejo	1992
3:59.94	Trabuco Hills	2016

Sprint Medley

3:58.63	Los Alamitos	2015
4:03.90	Edison	1983
4:06.39	Dana Hills	2014
4:07.58	San Juan Hills	2012
4:07.94	Woodbridge	2016
4:08.20	Los Alamitos	2016
4:09.14	Mater Dei	2011
4:09.28	Woodbridge	2012
4:10.53	San Juan Hills	2013
4:10.54	Dana Hills	2012
4:10.66	Mater Dei	2013
4:10.97	Trabuco Hills	2010
4:11.26	Mission Viejo	2016
4:11.52	Woodbridge	2013
4:11.54	Mission Viejo	1986
4:11.54	Fountain Valley	2006
4:12.32	Dana Hills	2008
4:12.41	Edison	1984
4:12.75	Villa Park	2012
4:13.00	Marina	2010
4:14.59	Los Alamitos	2013
4:15.12	Woodbridge	2012
4:16.31	Los Alamitos	2011
4:16.58	Brea	2011
4:16.74	Mission Viejo	2015
4:17.28	Villa Park	2016
4:17.85	Woodbridge	2011
4:18.47	Los Alamitos	2010
4:18.58	Rosary	2008
4:18.70	Yorba Linda	2016
4:18.71	Fountain Valley	2015
4:19.78	San Clemente	2015
4:19.82	Orange Lutheran	2010

4 x 800 meter Relay

9:10.70	Foothill	1983
9:19.33	Dana Hills	2014
9:21.17	Dana Hills	2015
9:25.37	Fountain Valley	2005
9:28.10	El Toro	2004
9:28.20	Mission Viejo	2016
9:28.39	Mission Viejo	2014
9:30.22	Trabuco Hills	2010
9:30.64	Tesoro	2010
9:30.69	Dana Hills	2013
9:31.19	Dana Hills	2009
9:31.4	Fountain Valley	2006
9:31.43	El Toro	2005
9:31.44	Mission Viejo	2006
9:31.71	Mission Viejo	2013
9:32.18	Los Alamitos	2015
9:32.66	El Toro	2003
9:52.80	Tesoro	2013
9:32.96	Brea	2003
9:34.37	Orange Lutheran	2007
9:35.72	Laguna Hills	2012
9:36.31	Laguna Hills	2014
9:37.22	Dana Hills	2011
9:37.39	Fountain Valley	2004
9:37.44	El Modena	2008
9:38.05	Woodbridge	2006
9:38.12	San Juan Hills	2011
9:38.67	Esperanza	2005
9:38.9	Edison	1986
9:39.16	Brea	
9:40.33	San Clemente	2011
9:40.43	Costa Mesa	2014
9:40.57	El Modena	1998
9:40.71	Esperanza	2003
9:40.78	Tesoro	2015

9:41.0	Foothill	1989
9:41.1	Mater Dei	1989
9:41.16	Brea	2004
9:41.84	Santa Margarita	2004
9:41.9	Edison	1985
9:42.20	Fountain Valley	2008
9:42.31	Dana Hills	2016
9:42.34	Newport	2014
9:42.5	Fountain Valley	1983
9:42.85	Orange Lutheran	2010
9:42.9 +	Foothill	9:46.4y 1981
9:43.65	Mission Viejo	2015
9:43.7	Tustin	1982
9:43.86	Esperanza	1985
9:43.91	Marina	2009
9:44.19	Dana Hills	2002
9:44.37	Newport	2005
9:44.4	University	1981
9:44.71	Laguna Beach	2014
9:44.93	Corona del Mar	2008
9:45.32	Brea	2005
9:45.40	Edison	2008
9:45.82	Santa Margarita	2008
9:46.4	El Toro	1992
9:46.7	Edison	1991
9:46.75	Orange Lutheran	2009
9:46.89	Fountain Valley	2007
9:46.92	Edison	2004
9:47.21	Dana Hills	2006
9:47.27	San Juan Hills	2010
9:47.39	Esperanza	2010
9:47.67	Dana Hills	2010
9:47.71	San Juan Hills	2016
9:48.3	SA Valley	1989
9:49.0	Santa Margarita	1994
9:49.24	Brea	1998
9:49.34	Mission Viejo	2007
9:49.4	Woodbridge	2002
9:49.59	San Juan Hills	2015
9:49.6	Corona del Mar	1993
9:49.60	El Toro	2011
9:49.8	Corona del Mar	1994
9:50.4 +	Tustin	9:53.9y 1981
9:50.48	El Modena	1996
9:52.0	Esperanza	1998
9:52.03	El Modena	1995
9:52.1	Irvine	1985
9:52.5	Canyon	1994
9:52.58	Dana Hills	2004
9:52.58	Los Alamitos	2011
9:53.0	Edison	2006
9:53.01	Corona del Mar	2010
9:53.48	Newport	2007
9:53.5	El Toro	1995
9:53.67	Northwood	2012
9:54.48	Foothill	2011
9:54.83	Northwood	2016
9:55.3	Fountain Valley	1993
9:55.30	University	1998
9:54.1	Mater Dei	1986
9:54.1	Edison	1994
9:54.69	Fountain Valley	2010
9:54.9	Fountain Valley	1996
9:55.38	Santa Margarita	2011
9:55.42	Newport	2006
9:55.8	El Modena	1988
9:56.00	El Modena	1999
9:56.77	Santa Margarita	2002
9:57.1	Edison	1983
9:57.20	Santa Margarita	2013
9:57.3	Woodbridge	1991
9:57.40	Edison	2013
9:57.56	Tesoro	2011
9:57.76	Woodbridge	2014
9:57.80	Orange Lutheran	2008

9:57.82	Esperanza	2006
9:57.9	Katella	1982
9:57.9	Los Alamitos	2009
9:57.96	Foothill	2002
9:57.97	Mission Viejo	1998
9:58.0	Sonora	1981
9:58.09	Mission Viejo	1996
9:58.1	El Toro	2000
9:58.25	Fountain Valley	2014
9:58.9	Trabuco Hills	2009
9:59.0	Pacifica	2000
9:59.3	Edison	1993

Distance Medley

11:34.65	Corona del Mar	2006
11:41.28	Corona del Mar	2007
11:42.07	Corona del Mar	2005
11:43.53	University	1982
11:47.39	Dana Hills	2009
11:55.21	Woodbridge	2006
11:59.03	Corona del Mar	2010
12:00.71	Mission Viejo	2016
12:01.32	Marina	2012
12:02.27	Esperanza	2009
12:04.3	Fountain Valley	1980
12:04.83	Tesoro	2015
12:06.29	Esperanza	2002
12:06.45	Esperanza	1995
12:06.51	Edison	2012
12:06.84	San Clemente	2009
12:07.0	Edison	1984
12:07.21	Fountain Valley	2006
12:08.22	Orange Lutheran	2009
12:08.64	El Toro	2004
12:08.93	Woodbridge	2005
12:09.0	Edison	1980
12:09.37	Edison	1992
12:09.54	Foothill	1983
12:10.11	Esperanza	2008
12:10.37	Esperanza	2003
12:10.58	Trabuco Hills	2009
12:10.59	Edison	2006
12:10.81	Trabuco Hills	2012
12:11.37	Esperanza	2001
12:12.26	Corona del Mar	2000
12:12.70	Dana Hills	2016
12:13.07	Edison	2007
12:14.17	Santa Margarita	2001
12:14.24	Orange Lutheran	2011
12:14.40	University	1996
12:14.61	Trabuco Hills	2010
12:14.73	Esperanza	2010
12:15.07	Esperanza	1994
12:15.58	San Clemente	2011
12:16.13	Tesoro	2016
12:16.18	Corona del Mar	2009
12:16.32	Marina	2013
12:16.36	Edison	1983
12:16.6	Edison	1982
12:17.00	Dana Hills	2015
12:17.59	Newport	2014
12:17.83	El Toro	2016
12:18.89	San Juan Hills	2016
12:17.95	Trabuco Hills	2011
12:18.10	San Juan Hills	2012
12:18.63	Corona del Mar	2008
12:20.41	Fountain Valley	2005
12:20.46	Woodbridge	2004
12:20.64	Capo Valley	2015
12:21.01	Brea	2008
12:21.1	University	1983
12:21.18	Woodbridge	2008
12:21.24	Trabuco Hills	2015
12:22.22	San Clemente	2010

12:23.60	Edison	2015
12:23.63	Dana Hills	2013
12:22.64	Fountain Valley	2008
12:23.04	Fountain Valley	2011
12:23.67	Dana Hills	2002
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
12:27.78	Capo Valley	2016
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
12:33.47	Northwood	2016
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
21:05.34	Canyon		2016
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
21:14.83	El Toro		2016
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
21:44.28	Brea		2016
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
21:46.74	Dana Hills		2016
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
21:58.02	Trabuco Hills		2016
21:58.7	SA Valley		1989
21:59.17	Woodbridge		2016

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 Fegraus (Laguna Beach)	1982
5-8	* Beth Byron (Villa Park)	1991
5-8	Tracy Broughton (Irvine)	1992
5-8	Darcia Morrisson (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
5-6	* Kallie Given (Los Alamitos)	2016
5-6	** Dominique Ruotolo (Mater Dei)	2016
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	* Liana Edgar (Santa Margarita)	2016

Pole Vault

14-3	*Rachel Baxter (Canyon)	2016	11-3	Monica Danielson (Edison)	2011
13-9	*Kaitlyn Merritt (Santa Margarita)	2014	11-3	Mikaela Morris (El Toro)	2012
13-8	* McKenna Caskey (Mater Dei)	2016	11-3	* Diana Fujii (Mater Dei)	2013
13-7	*Allison Stokke (Newport)	2007	11-2	*Lindsay Steinriede (Dana Hills)	2003
13-2	*Tori Pena (Edison)	2005	11-2	Lauren Walker (Huntington Beach)	2006
13-1	Allison Koressel (Huntington Beach)	2009	11-1	Becky Beal (Fountain Valley)	2007
13-0	**Kate Thomas (Santa Margarita)	2015	11-1	* Micah Fein (Laguna Hills)	2007
13-0.25	Victoria Rische (Foothill)	2012	11-1	Christina Jakimiw (Marina)	2007
12-10	Whitney Johnson (Mission Viejo)	2004	11-1	* Caroline Yin (Edison)	2009
12-10	*Claire Hawkins (Santa Margarita)	2009	11-1	Hannah Chang (San Clemente)	2015
12-9	Kristen McGregor (Marina)	2002	11-1	Nicole Gehring (Mater Dei)	2016
12-8	Cara Walker (Marina)	2003	11-0	*Michelle McCaslin (Marina)	1997
12-7.25	Amy Loschiavo (Huntington Beach)	2012	11-0	Christine Von der Ahe (Santa Margarita)	2000
12-7	Elizabeth Woepse (Mater Dei)	2004	11-0	Alexis Jaime (Laguna Hills)	2000
12-6	*Erin Gerardo (Santa Margarita)	2016	11-0	* Elisa Liana (Katella)	2001
12-6	Claire Kao (Dana Hills)	2016	11-0	*Lindsay Steinriede (Dana Hills)	2002
12-4	Katie Rorem (Marina)	1998	11-0	** Brenna Martin (Katella)	2002
12-4	*Carissa Culver (Los Alamitos)	2010	11-0	Tracie Nakagawa (Brea)	2002
12-4	Karen Snapper (Edison)	2012	11-0	DeeDee Chan (Capo Valley)	2004
12-3	Jenna Bennett (Foothill)	2005	11-0	* Hilary Pohlman (Huntington Beach)	2004
12-3	*Lyndly Tamura (Huntington Beach)	2006	11-0	** Rachel Tears (Santa Margarita)	2005
12-3	Brooke Arthur (Mater Dei)	2010	11-0	Chelsea Ravitch (Trabuco Hills)	2005
12-3	Madalyn Roberts (Mater Dei)	2011	11-0	Kristina Fryar (Fountain Valley)	2006
12-2	*Megan Jamerson (Santa Margarita)	2003	11-0	Molly Mahony (Rosary)	2008
12-2	Susanne Hotchkin (Mission Viejo)	2006	11-0	** Kate Johnson (Mater Dei)	2008
12-2	Katelyn Beighton (Los Alamitos)	2007	11-0	Vanessa Chin (El Toro)	2008
12-1	Kelly MacLean (Edison)	2005	11-0	Q. Chang (El Toro)	2008
12-1	Sierra Hansen (Dana Hills)	2013	11-0	Lisa Dolan (Edison)	2008
12-0.75	Erica Hoering (Foothill)	1996	11-0	*Grace Boyer (Mater Dei)	2012
12-0	** Mandie Rowell (Santa Margarita)	2001	11-0	Kaylie Welch (Mater Dei)	2012
12-0	*Janna Bennett (Foothill)	2004	11-0	*Natalie Grabowski (Santa Margarita)	2012
12-0	** Brooke Arthur (Mater Dei)	2008	11-0	Ashley Prevett (Edison)	2013
12-0	Alexa Ward (Los Alamitos)	2008	11-0	*Nicole Katzaroff (Mater Dei)	2014
12-0	Renee Greene (Mater Dei)	2012	11-0	Nigel Ziegler (Trabuco Hills)	2016
12-0	Jenna Frum (Mater Dei)	2014	11-0	Melissa Scott (Beckman)	2016
12-0	Molly Scharmann (Tesoro)	2015	10-10	Catalina Dunmeyer (Trabuco Hills)	2011
12-0	Kari McCollum (Orange Lutheran)	2015	10-10	* Chrsitina Clark (Mission Viejo)	2013
11-11	Sara Higham (Mission Viejo)	1998	10-9	Kelly McCormick (Dana Hills)	2011
11-10	** Claire Hawkins (Santa Margarita)	2008	10-9	Chloe Roy (Edison)	2014
11-10	Mackenzie McRoberts (Mater Dei)	2011	10-9	Erica Davis (Fountain Valley)	2014
11-10	Sara Greene (Mater Dei)	2012	10-9	**Nina Espeleta (Huntington Beach)	2016
11-9	Chrissy Vandoornum (Huntington Beach)	2007	10-9	**Alison Young (Huntington Beach)	2016
11-9	Melissa Morris (Cypress)	2008	10-8	Michelle Urabe (Mater Dei)	2010
11-9	Haley Stauber (Rosary)	2010	10-8	*Peri Howser (Newport)	2012
11-9	Amy Loschiavo (Huntington Beach)	2011	10-7	** Kristen Purcha (Katella)	2002
11-9	Isabela Lozowski (Mater Dei)	2012	10-7	Kelly Meyer (Mater Dei)	2008
11-9	Peri Howser (Newport)	2013	10-7	** Siara Fabbri (Newport)	2009
11-9	Julie Johnson (Mater Dei)	2013	10-7	** Evelyn Villa (Orange Lutheran)	2013
11-9	*Emily Coombs (Orange Lutheran)	2016	10-7	Janae Mudge (Trabuco Hills)	2015
11-8	Caroline Rebello (Marina)	2000	10-7	*Grace Clemence (Newport)	2015
11-8	Jessie Lucier (Santa Margarita)	2006	10-6	Stephanie Heup (Marina)	1996
11-8	Katie Morte (Mater Dei)	2006	10-6	** Kristine Burns (Mission Viejo)	1998
11-8	Kate Johnson (Mater Dei)	2010	10-6	Lisa Fellers (Irvine)	1998
11-7	Shibley (Trabuco Hills)	2004	10-6	Michelle McCastlin (Marina)	1998
11-7	Christina Jacamu (Marina)	2007	10-6	** Crystal Richardson (Foothill)	1998
11-7	Kao Claire (Dana Hills)	2015	10-6	Jenny Thompson (Woodbridge)	1998
11-6	Tricia Gutierrez (Esperanza)	1998	10-6	Natalie Hallett (Marina)	1998
11-6	Kris-Erin Canary (Corona del Mar)	2002	10-6	Michelle Noble (Irvine)	1999
11-6	Megan Jamerson (Santa Margarita)	2004	10-6	Vanessa Duquette (Mater Dei)	2000
11-6	Mac Lean (Edison)	2004	10-6	Cathryn Perkins (Edison)	2000
11-6	Jocelyn Do (Marina)	2004	10-6	* Kriserin Lanary (Corona del Mar)	2001
11-6	*** Katie Adams (Aliso Niguel)	2005	10-6	** Janna Bennett (Foothill)	2002
11-6	** Alexa Ward (Los Alamitos)	2006	10-6	Alissa Miller (Laguna Hills)	2002
11-6	* Hillary Van Ert (Capo Valley)	2007	10-6	* Breanna Martin (Katella)	2003
11-6	Allison Krugman (Newport)	2011	10-6	*Joanna Burley (Rosary)	2003
11-6	Grace Boyer (Mater Dei)	2013	10-6	*Samantha Lin (Brea)	2003
11-6	Brittany Henderson (Mission Viejo)	2014	10-6	*** Katelyn Beighton (Los Alamitos)	2004
11-6	*Erin McAndrews (Mater Dei)	2015	10-6	*Katie Adams (Aliso Niguel)	2004
11-6	*Ella Hampson (Dana Hills)	2015	10-6	***Amy Wallace (Santa Margarita)	2006
11-4	Noelle Smith (Huntington Beach)	2013	10-6	Takymmin (Marina)	2007
11-4	Madi Bragg (El Toro)	2013	10-6	Megan Churlonis (Dana Hills)	2007
11-3	Missy Burley (Rosary)	2007	10-6	Mary Garrett (Los Alamitos)	2008
11-3	Cheryl Smith (Trabuco Hills)	2009	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
10-6	**Lillie Boyer (Mater Dei)	2016
10-6	*Jenna Brewer (Capo Valley)	2016
10-6	Ariana Zormeier (Yorba Linda)	2016
10-6	**Keri Lindstrom (Capo Valley)	2016
10-6	*Camdyn Roberts (Trabuco Hills)	2016
10-6	*Amanda Mohr (Troy)	2016

Long Jump

20-8.75	Karen Attlessey (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
19-0.75	Alison Parsons (Los Alamitos)	2016
19-0.5	** Sabrina Pendleton (Mission Viejo)	1979
19-0.5	Shannon McGinnis (Canyon)	1983
19-0.25	Kristy Kierulff (Esperanza)	1995
19-2	** Erin Stovall (Woodbridge)	1995
18-10.75	**Alice Franklin (SA Valley)	1979
18-10.5	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 Voisinet (Mater Dei)	2003
18-4.5	Thelma Viagar (Los Alamitos)	1980
18-4.5	*Debbie Knight (La Habra)	1984
18-4.5	Ashley Fletcher (Loara)	2005
18-4.25	*Tracy Hanlon (Edison)	1979
18-4.25	*Jordan Agnew (Los Alamitos)	2012
18-4	Erin Pike (Kennedy)	1977
18-3.5	* Mellisa McDonald (Mater Dei)	1990
18-3.5	* Kristen Kiefer (Capo Valley)	2006
18-3.5	Celine Smith (Mission Viejo)	2015
18-3.25	*Allison Axtell (Mission Viejo)	1989
18-3.25	*Alexis Turley-Young (Canyon)	2015
18-3	Sandy Lucas (Corona del Mar)	1988
18-3	** Bonnie Sorensen (Huntington Beach)	2005
18-2.75	* Amber Moore (Aliso Niguel)	2004
18-2.5	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
18-2.25	Taylor Ashmore (Mater Dei)	2016
18-1.75	Jiao Tsai (Corona del Mar)	1980
18-1.75	Kimmie Conner (Dana Hills)	2010
18-1.5	***Kris Dietz (Sonora)	1978
18-1.5	Lynnda Kelley (Irvine)	1981
18-1.5	Bonnie Mercer (SA Valley)	1980
18-1.5	Joy McDonnell (Tustin)	1980
18-1.5	Rochelle Snyder (Fountain Valley)	1982
18-1.5	* Kim Taylor (Valencia)	1984
18-1.5	Quinna Starr (Savanna)	1999

18-1	Sue Kruse (Newport)	1976
18-0.5	***Kaitlynn Johnson (El Toro)	2015
18-0.25	Tammy Graham (Mission Viejo)	1991
18-0.25	**Dominique Ruotolo (Mater Dei)	2016
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 Voisnet (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
19-6.75	Alison Parsons (Los Alamitos)	2016
19-0.75	**Alice Franklin (SA Valley)	1979
19-1	*** Ashley Bethel (Mission Viejo)	1995
19-0.5	Kristy Kierulff (Esperanza)	1995
18-11	Alexis Turley-Young (Canyon)	2016
18-9	Melissa McDonald (Mater Dei)	1991
18-8	*Mia Hummel (Canyon)	2014
18-7.5	* Val Macayan (Fountain Valley)	1981
18-6.5	Amber Moore (Aliso Niguel)	2005
18-6	***Kaitlynn Johnson (El Toro)	2015
18-4.25	Emily Huynh (Oxford Academy)	2016
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
18-1.5	Hannah Duarte (Mission Viejo)	2016
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
38-10.25	***Emily Garner (Woodbridge)	2016
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
38-6.25	Elizabeth Weeks (Santa Margarita)	2016
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
37-11	Doneisa Anderson (Tustin)	1987
37-10.75	**Leila Khoury (Foothill)	1994
37-10.75	Amanda Shanklin (Santa Margarita)	1998
37-10.75	*Chelsie Churchill (St Margaret's)	2011
37-10	* Shay Alexander (Capo Valley)	2001
37-9	* Kelsey Schuler (Katella)	2006
37-8	Sarah Mullenburg (Brethren Christian)	1999
37-7.25	* Samantha Toomey (Capo Valley)	1987
37-7.25	**Adienne Liu (Trabuco Hills)	2010
37-7.25	**Dominique Ruoloto (Mater Dei)	2016
37-7	Penny Franklin (SA Valley)	1983
37-7	Kirby Ruback (Tesoro)	2014
37-6.75	Cassandra Smith (Trabuco Hills)	2012
37-6.5	Siera Backus (University)	2005
37-6	***Dominique Ruotolo (Mater Dei)	2015
37-5.75	Elizabeth Cotociu (Pacifica)	2014
37-5.5	Debbie Knight (La Habra)	1985
37-5	Samantha Seirano (Marina)	2004
37-4.5	Susan Guest (Troy)	1986
37-4.25	M.E. Clayton (Newport)	1997
37-4	** Eurie Jennings (Edison)	1998
37-3.5	* Tynisha Edwards (Foothill)	1998
37-2.5	* Ashley Voisinet (Mater Dei)	2002
37-2.25	**April Ross (Newport)	1998
37-2.25	Laura Gordon (Sage Hill)	2005
37-2	Jennifer Michaelman (Laguna Hills)	2011
37-1.5	*Shundra Holland (Saddleback)	1986
37-1.5	Aliyah Forbes (Mater Dei)	2016
37-1.25	Megan McQuaid (Woodbridge)	1997
37-1	Ashley Selman (Foothill)	1988

37-1	*** Marcia Fogg (Tustin)	1989
37-1	Katie Mook (Foothill)	1995
37-1	* Tiffany Liu (Corona del Mar)	2006
37-0.5	Kristin Kulow (Capo Valley)	1987
37-0.5	Laura Clayton (Newport)	2007
37-0	Alison Parsons (Los Alamitos)	2016
36-11.5	**Nikki Charette (Mission Viejo)	1990
36-11	Debbie Geary (Cypress)	1983
36-11	**Jenny Wooten (Marina)	1996
36-11	Christina Murillo (Trabuco Hills)	2007
36-10.5	Tennli Ulicny (Brea)	1998
36-10.25	*Lara Wright (Esperanza)	1985
36-10	Danielle Brown (Sunny Hills)	1990
36-10	Chelsie Churchill (St Margaret's)	2012
36-9.5	** Kristen Kiefer (Capo Valley)	2005
36-9	Joan Greve (Marina)	1992
36-9	Kim Duong (La Quinta)	2001
36-9	Amanda Kronquist (Brea)	2006
36-9	*Kelli May (Northwood)	2016
36-9	Elisa Trujillo (Brea)	2016
36-8.5	**Courtnee Moreno (Fountain Valley)	2016
36-8	Alex Gaines (Mission Viejo)	2011
36-7.5	Kimmie Conner (Dana Hills)	2010
36-7	Taylor Cusick (Esperanza)	2003
36-7.75	Jamie Cuthbert-Allen (La Habra)	2001
36-7.5	Young (Fountain Valley)	1987
36-7.5	Krista Widen (Irvine)	1990
36-6.75	*Ashley Rhorer (Santa Margarita)	2011
36-6.5	Ursula Lovely (Kennedy)	1987
36-6.5	Hilary Mann (Mission Viejo)	1991
36-6.5	Ashley Fletcher (Loara)	2005
36-6.25	Lori Lucas (Corona del Mar)	1987
36-6.25	* Erica Tillman (Esperanza)	2001
36-6.25	Taylor Dunigan (Mission Viejo)	2010
36-6	Tracy Wright (Irvine)	1986
36-6	** Christina Ivey (Foothill)	1991
36-6	Kara Theis (Orange Lutheran)	1992
36-6	LaShieka Henderson Trabuco Hills)	1995
36-6	** Jordyn Stoddard (Aliso Niguel)	2006
36-6	Taylor Eljenholm (Dana Hills)	2011
36-5.75	Holly Hutchinson (Mission Viejo)	1988
36-5.75	Jennifer Bandle (Los Alamitos)	2014
36-5.5	** Jessica Lyons (Capo Valley)	1998
36-5	Jenny Wooten (Marina)	1998
36-5	Jennifer Fairchild (Orange)	2001
36-4.75	**Sheila Green (Canyon)	1988
36-4.75	** Christina Murillo (Trabuco Hills)	2005
36-4.5	* Mychael Westervelt (Capo Valley)	1999
36-4	** Shemica Perkins (Tustin)	1995
36-3.5	*Xhristina Pham (University)	1993
36-3.5	Nikki Kotey (Trabuco Hills)	2002
36-3.5	Anna Lindsey (Edison)	2013
36-2.75	* Tiffany Chandler (Foothill)	1986
36-2.5	**Nina Foster (Mission Viejo)	1992
36-2.5	Paula PEdrani (El Toro)	2016
36-2.25	Whitney Nelson (El Dorado)	1987
36-2.25	* Jessica Lyons (Capo Valley)	1999
36-2.25	**Shay Alexander (Capo Valley)	2000
36-2.25	***Phallon Bakus (University)	2003
36-2	Tami Chick (Huntington Beach)	1987
36-2	***Maryjone Dinnie (Capo Valley)	1992
36-2	Tracy Thomas (SA Valley)	1992
36-2	** Deidra Segura (El Toro)	1995
36-2	*Sumner Higgins (Dana Hills)	2015
36-1.5	Chloe Soremekun (Cypress)	2011
36-1.25	Blay Turk (Santa Margarita)	2012
36-1	Nina Speights (El Toro)	2004
36-1	*** Sara Mitchell (LaQuinta)	2006
36-1	* Allison McCoy (Edison)	2009
36-1	**Lora Bender (Fountain Valley)	2012
36-0.5	** Cherris Gray (San Clemente)	1990
36-0.25	* Jennifer Close (Marina)	1989
36-0.25	Christine Von Der Ahe (Santa Margarita)	2000
36-0	Teri Zanelli (Ocean View)	1986
36-0	Vanessa Gardner (Mission Viejo)	2004

Wind-aided:

40-11	Lisa Fager (Mission Viejo)	1990
39-9.5	Hannah Duarte (Mission Viejo)	2016
39-5.75	Michaela Schaeffer (Edison)	2013
39-5.5	Courtney Stafford (Katella)	2001
39-5	Cassandra Smith (Trabuco Hills)	2012
39-3.25	Jamie Kirven (Woodbridge)	1985
39-2.5	** * Dameshia Griffith (Trabuco Hills)	1995
38-10.5	* Erica Dickson (Mission Viejo)	1995
38-10.5	* Brenna Barker (Dana Hills)	2012
38-4.75	* Michaela Schaeffer (Edison)	2012
38-2.75	Marilyn Anene (University)	2006
38-0.5	Christina Murillo (Trabuco Hills)	2007
37-11	* Chelsea Churchill (St Margaret's)	2011
37-11	* Lora Bender (Fountain Valley)	2013
37-10	Elisa Trujillo (Brea)	2016
37-9	Debbie Knight (La Habra)	1985
37-9	** Mandy Clayton (Newport)	1995
37-7.75	* Adrienne Liu (Trabuco Hills)	2011
37-7.5	Lara Wright (Esperanza)	1986
37-7.25	Tiffany Liu (Corona del Mar)	2007
37-7	Taylor Dunigan (Mission Viejo)	2010
37-7	Elizabeth Cotociu (Pacifica)	2014
37-6	LaShieka Henderson (Trabuco Hills)	1995
37-6	Jennifer Michaelman (Laguna Hills)	2011
37-4.5	Alison Parsons (Los Alamitos)	2016
37-0.25	Jordyn Stoddard (Aliso Niguel)	2008
36-11	Anna Lindsey (Edison)	2013
36-9.75	** Summer Higgins (Dana Hills)	2014
36-9	Kristen McGregor (Marina)	2002
36-9	Taylor Cusick (Esperanza)	2003
36-8.25	* Cassie Stanislaw (Woodbridge)	2006
36-7.25	Jennifer Bandley (Los Alamitos)	2014
36-7	Emily Huynh (Oxford Academy)	2016
36-6	Amanda Torchia (Fountain Valley)	2016
36-5.75	Jordan Agnew (Los Alamitos)	2013
36-5.5	* Erika Ebel (Orange Lutheran)	1991
36-5.5	* Taylor Fenton (Capo Valley)	2008
36-5.5	Paula Pedrani (El Toro)	2016
36-5	* Clair Whelan (Canyon)	1988
36-5	* Julianne Conrad (El Toro)	2006
36-5	Ashley Rhorer (Santa Margarita)	2012
36-5	Laura Hamann (Rosary)	2014
36-5	*** Raquel Gonzalez (El Toro)	2016
36-3.75	*** Nikki Johnson (Canyon)	1988
36-9.5	* Ashley Rhorer (Santa Margarita)	2011
36-6.75	Chloe Soremekun (Cypress)	2011
36-6.5	Cherish Harris (Orange Lutheran)	2011
36-4	Channing Jones (El Toro)	2011
36-3	Skye Atchley (Orange Lutheran)	2009
36-3	* Bianca James (Mater Dei)	2016
36-3	** Kira Kawano (Canyon)	2016
36-2.5	** Allison McCoy (Edison)	2008
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	* Alexa Munoz (Trabuco Hills)	2016
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 Yunghans (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
44-9.5	* Aylsha Green (El Toro)	2016

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 Clements (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	Karie'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
42-5.5	** Faimalie Sale (Los Alamitos)	2016
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
41-5	Ciera Williams (Mission Viejo)	2016
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 Boxtal (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
39-10	Jacky Cenani (Laguna Beach)	2016
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
39-6.5	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'Brice (Edison)	1996

39-4.2	**Kianey Davis (Troy)	1999	37-10	Ashley Donohoe (Huntington Beach)	2013
39-3	Lisa Bullock (Edison)	1977	37-9.75	Lori Gustafson (Corona del Mar)	1980
39-3	Hannah Meager (El Toro)	2014	37-9.5	Leslie Contreras (La Habra)	1979
39-2.75	Rachel Davis (Katella)	1993	37-9	Nicole Lied (Tustin)	1985
39-2.25	Etta Jackson (Magnolia)	1998	37-9	* Spring Trammell (Los Amigos)	1994
39-1.5	Kelly Wilson (Woodbridge)	1985	37-9	* Malaya Paggatt (Mission Viejo)	1998
39-1.5	Ashley Selman (Foothill)	1988	37-9	* Geneva Bailey (Loara)	2001
39-0.5	Devon Pessler (Foothill)	2014	37-9	Una Makenesi (Loara)	2004
39-0	Tiffany Gray (El Dorado)	2011	37-8.5	Laura Williams (SA Valley)	1980
38-11	*** Niki Awaa (Brea)	2002	37-8.5	Megan Good (Huntington Beach)	2010
38-10.5	Olive Langi (Saddleback)	1989	37-8.25	Gretchen Schroeder (Mission Viejo)	1984
38-10	Loretta Sepulona (Santa Ana)	1978	37-8	Sue Bolton (Rancho Alamitos)	1983
38-9.75	Jordaine Simmons (Mission Viejo)	2016	37-8	* Katy Homewood (Marina)	1997
38-9.5	Jennifer Insley (Los Alamitos)	1988	37-8	Meagan O'Reilly (Mission Viejo)	2007
38-9.5	Robin Regan (Mater Dei)	2004	37-7.75	*Caroline Van de Velde (Corona del Mar)	2010
38-9.25	**Joy McArthur (Dana Hills)	2015	37-7.5	Shirlyn Weenig (Laguna Beach)	1984
38-9	* Laura Wilson (Newport)	1995	37-7.5	* Keely Ziegler (Huntington Beach)	1995
38-9	Alfa Stewart (Woodbridge)	2000	37-5.5	Alyxa Bennett (Loara)	1995
38-8.75	Jacqueline Anderson (San Clemente)	2001	37-5.5	Riley Laos (Esperanza)	2016
38-8.5	Michelle Paproski (Villa Park)	1989	37-5.25	* Gabby Botts (Villa Park)	2009
38-8.5	Brianna Uipi (Orange Lutheran)	2016	37-7	** Marybeth Thobe (Edison)	1982
38-8.25	* Janell Jakubka (Capo Valley)	1987	37-7	Tracy Titus (Loara)	1991
38-8.5	Shawn Sturgeon (Esperanza)	1982	37-6.5	* Olivia Raya (El Modena)	2004
38-8.5	Tarua Rich (Mission Viejo)	2000	37-5.75	Hughes (Sonora)	1978
38-8.5	Laura Boggein (Huntington Beach)	2007	37-5.75	**Erica Dickson (Mission Viejo)	1994
38-8	Erika De La Puente (University)	2008	37-5.75	Litia Makakaufaki (Laguna Hills)	2001
38-8	*Sheraton Jones (Canyon)	2012	37-5	Susan Gingrich (Estancia)	1985
38-8	**Kayla Pemasa (Marina)	2016	37-5.5	Avelina Ruiz (Santa Ana)	1990
38-8	Anelamaikalani Miki-han (Irvine)	2016	37-4	Kim Faoa (Magnolia)	2000
38-7.5	* Scarlet Leduga (El Toro)	2001	37-3.5	Jodi Dyer (Troy)	1989
38-6.75	Kathy Copelm (Sunny Hills)	1977	37-3.5	***Deanna Mitchelson (Aliso Niguel)	1994
38-6.5	Megan McCullough (Mission Viejo)	2008	37-3.25	* Jenny Branam (El Dorado)	1998
38-6	Ashley Johnson (Saddleback)	2002	37-3	Asou (Magnolia)	2007
38-5.5	Pat Shaw (SA Valley)	1978	37-3	Holly Fraser (El Toro)	2009
38-5	* Lia Rousset (Newport)	1995	37-3	Sheraton Jones (Canyon)	2013
38-4.5	*Nicole Oberreuter (Estancia)	1990	37-2.75	Maryn Ciarelli (Huntington Beach)	1999
38-4.25	Julia Loya (Mission Viejo)	1998	37-2	H. Langi (Saddleback)	1997
38-4	Julie Sprague (Santa Ana)	1983	37-2	Kelly Lynn (Tustin)	1999
38-4	* Mary Uata (Mater Dei)	1999	37-2	* Alia Stewart (Woodbridge)	2001
38-4	Mielle Zylstra (Edison)	2000	37-1.5	Yolanda Penukoko (Anaheim)	2010
38-4	* Laura Cadranel (Los Alamitos)	2001	37-1	Tracy Wilson (Loara)	1983
38-3.5	Vogel (Corona del Mar)	1975	37-1	*** Mindy Speed (Irvine)	1987
38-3.5	Melissa Price (Loara)	1997	37-1	** Tonja Lawson (SA Valley)	1992
38-3.25	Laura Mills (University)	1981	37-1	Victoria Gomez (Los Amigos)	2014
38-3	Hoyler (Whittler Christian)	1997	37-0.75	Marianne Gourd (Fullerton)	2016
38-3	Margarita Matiks (Irvine)	2009	37-0.5	Julia Reedy (Mission Viejo)	2011
38-3	Jackie Chasteler (Misison Viejo)	2013	37-0.5	*Kelly Fagan (Yorba Linda)	2015
38-2.5	Beverly Hewitt (Canyon)	1980			
38-2.5	Stephanie Bell (Foothill)	1986			
38-2.5	Spring Trammell (Los Amigos)	1995	Shot Put (81b.)		
38-2.5	Lauren Anderson (Troy)	2004	50-6.5	*Susie Ray (Villa Park)	1979
38-2.25	Abby Erickson (Mater Dei)	1995	50-0.5	Emily Dole (Kennedy)	1975
38-2.25	*Haunani Pedro (Trabuco Hills)	2015	49-4.25	Rosarie Ramos (Anaheim)	1979
38-2	*Kelly Wilson (Woodbridge)	1984	46-10.5	*** Natalie Kaaiawahia (Fullerton)	1980
38-2	Vao Faoa (Magnolia)	2002	40-10	Jiao Tsai (Corona del Mar)	1980
38-2	Mele Makenesi (Loara)	2004	40-3.75	* Julie Green (Fountain Valley)	1979
38-1.5	Nia Jones (Santa Ana)	1992			
38-1.5	Cara Heads (Newport)	1995	Discus		
38-1	Booth (Westminster)	1978	175-8	Kate Hutchinson (San Clemente)	2003
38-0.5	Erica Goodman (Estancia)	1986	174-9	Natalie Kaaiawahia (Fullerton)	1983
38-0	Adee Gunkel (Mater Dei)	1981	167-5	Jacque Norton (Mission Viejo)	1982
38-0	Mararita Matiks (Irvine)	2010	160-6	Allison Franke (Canyon)	1989
37-11.75	McConnell (San Clemente)	1979	158-2	Hilary Fraser (El Toro)	2007
37-11.5	Brittany Frers (Marina)	2010	156-10	Priscilla Gardner (Mission Viejo)	2003
37-11	Karen Jones (SA Valley)	1982	155-6	Terri Sabol (Buena Park)	1974
37-11	Kelly Langi (Saddleback)	1997	152-8	* Vao Faoa (Magnolia)	2001
37-11	* Becky Steen (Tesoro)	2003	150-0	* Carrie Axton (Los Amigos)	1996
37-11	Philliz Tuavao (Canyon)	2015	149-9	Mackenna Howard (Los Alamitos)	2014
37-10.75	Abria Lipscomb (Northwood)	2003	149-5	Cara Heads (Newport)	1995
37-10.25	Rachel Savaai (Fullerton)	2010	149-2	Elaina Oden (Irvine)	1985
37-10	Dannie Darrow (Dana Hills)	1994	148-5	* Katelyn Ciarelli (Huntington Beach)	2003
37-10	* Greshawnda Clayton (Canyon)	1996	148-0	Celeste Paquette (Rancho Alamitos)	1985
37-10	Brooke Fitzgerald (Santa Margarita)	1998	148-0	Heidi Adams (Mission Viejo)	1985
37-10	** Tabitha Tabb (Santa Ana)	2001	148-0	Andrea Bill (University)	1993
37-10	Cristina Kim (El Toro)	2008	147-8	Carrie Axton (Los Amigos)	1997
			147-5	Alana Faagai (Huntington Beach)	2006

146-1	Gina Heads (Newport)	1994	130-9	Erin Streater (Villa Park)	2002
146-1	Ashley Pyka (Canyon)	2008	130-9	** Tara Ross (Misson Viejo)	2004
145-5	Emma DeSilva (Mission Viejo)	2016	130-6	Lisa Wood (Saddleback)	1986
144-3	Margarita Matiks (Irvine)	2010	130-3	Emily Crum (Mater Dei)	2014
144-0	Marie Philman (Edison)	1996	130-2	Kathrine Henze (Foothill)	1998
143-10	Debbie Hargrove (Estancia)	1990	130-0	** Marybeth Thobe (Edison)	1982
143-6	**Felicia Crenshaw (Costa Mesa)	2016	130-0	Aprile Powell (Century)	1999
143-3	* Angela Burgess (Woodbridge)	1994	130-0	* Laura Cadranel (Los Alamitos)	2001
143-2	Brianna Uipi (Orange Lutheran)	2016	130-0	Evelyn Roberts (Dana Hills)	2015
142-10	Sonya Bryant (Marina)	1996	129-10	Luisa Thimauave (Magnolia)	1988
142-6	Kelsey Allen (Capo Valley)	1988	129-9	* Samantha Meredith (El Modena)	1999
142-5	Melissa Yunghans (Orange Lutheran)	2004	129-9	Asou (Magnolia)	2007
142-2	Kristin Thompson (Esperanza)	2000	129-9	*Xochitl Bryson (Oxford Academy)	2016
142-0	Lisa Williams (SA Valley)	1983	129-4	** Krista Gregory (El Toro)	2008
142-0	Amanda Truong (Esperanza)	2016	129-3	Laura Wilson (Newport)	1996
141-9	Susie Ray (Villa Park)	1979	129-3	** Ashley Parrish (Esperanza)	2000
141-8	Suzanne Linn (Trabuco Hills)	1998	129-3	Mary Geers (Capo Valley)	2013
140-6	Kara Caskey (Mater Dei)	2012	129-3	*Philliz Tuavao (Canyon)	2014
140-3	Vanessa Gardner (Mission Viejo)	2004	129-2	Kelly Langi (Saddleback)	1997
140-3	*Rachelle A LaTorre (Newport)	2015	129-0	**Joy McArthur (Dana Hills)	2015
139-10	Holly Fraser (El Toro)	2009	128-11	*Kara Caskey (Mater Dei)	2011
139-8	Katie Laich (Esperanza)	2007	128-10	Antoinette Herrera (Los Amigos)	1998
139-7	Jaycee Olsen (Corona del Mar)	2010	128-9	Tee Eskridge (El Modena)	1982
139-5	Shelly Lovati (El Modena)	1986	128-8	Kristy Dominguez (Mission Viejo)	2001
139-5	* Jenny Brickner (Esperanza)	2002	128-7	Kristin Dunn (Mission Viejo)	1990
138-11	Chrissy Tolson (Fountain Valley)	1996	128-6	Lisa Henderson (Foothill)	1988
138-10	Luseane Makanesi (Katella)	2009	128-6	Kari DeSoto (Esperanza)	1996
138-9	Fiapopo Apelu (Magnolia)	2004	128-5	Marlene Godbolt Mission Viejo)	1995
138-8	Pamela Makanesi (Katella)	2011	128-5	Evaine Mansfield (Foothill)	1999
138-4	Lynne Kelley (Irvine)	1981	128-4	Sheraton Jones (Canyon)	2013
137-11	Kelly Wilson (Woodbridge)	1985	128-3	**Faimalie Sale (Los Alamitos)	2016
137-8	* Olivia Raya (El Modena)	2004	128-0	** Lia Rousset (Newport)	1994
137-4	Marie Midland (Estancia)	1990	128-1	Spring Trammell Los Amigos)	1995
137-4	Krista Dill (Newport)	2000	128-1	Hannah Meager (El Toro)	2014
137-2	Bev Oden (Irvine)	1989	127-11	Melanie Dear (Garden Grove)	1991
137-2	* Nikki Awaa (Brea)	2004	127-11	*Sheraton Jones (Canyon)	2012
137-0	Heather Quinn (El Toro)	2002	127-9	Tawney Barber (El Modena)	2007
136-11	Laura Mills (University)	1981	127-8	Megan Good (Huntington Beach)	2010
136-8	* Adara Newidouski (Dana Hills)	1992	127-7	Kara Stephens (Orange Lutheran)	1992
136-1	Tawny Hanna (Irvine)	2012	127-5	Joanna Alo (SA Valley)	1990
136-0	Maryn Ciarelli (Huntington Beach)	1999	127-5	Carina Martinez (SA Valley)	2001
135-8	Shirlyn Weenig (Laguna Beach)	1984	127-4	Megan Franke (Canyon)	1988
135-6	Bonnie Dasse (Costa Mesa)	1977	127-4	Chichi Amadi (Dana Hills)	2008
135-5	Joni Argento (Kennedy)	1979	127-4	*Ashley Donohoe (Huntington Beach)	2012
135-4	Anna Gillis (San Clemente)	2016	127-1	Dayna McKenzie (Capo Valley)	1993
134-9	Etta Jackson (Magnolia)	1998	127-1	Katie Easley (Los Alamitos)	1996
134-8	Melissa Price (Loara)	1997	126-11	Jenny Brickner (Esperanza)	2000
134-8	Karle'h Wilson (Corona del Mar)	2012	126-11	* Scarlet Leduga (El Toro)	2001
134-7	Cyndi Lee (El Dorado)	1988	126-11	Stacy Knisley (Esperanza)	2002
134-4	Diana Clements (San Clemente)	1981	126-10	Marlena Godboldt (Mission Viejo)	1996
134-4	Wendy Duffresne (Woodbridge)	1996	126-10	Whitney Johnson (Mission Viejo)	2004
134-4	*Brianna Uipi (Orange Lutheran)	2015	126-9	*** Marjorie Niumata (Rancho Alamitos)	1996
134-2	Tracy Wilson (Loara)	1983	126-8	** Samangha Meredith (El Modena)	1998
133-7	* Christa Van Doren (Estancia)	1991	126-6	Una Makanesi (Loara)	2004
133-7	Joy MacArthur (Dana Hills)	2014	126-6	Madison Chronister (San Clemente)	2015
133-6	Mele Makenesi (Loara)	2004	126-4	Reena Gonzales (Brea)	2000
133-5	Stephanie Sampson (Esperanza)	1999	126-1	Becky Crouse (Woodbridge)	2008
133-5	Ashley Johnson (Saddleback)	2002	126-1	Jessica Imani (Corona del Mar)	2011
133-0	* Megan Ilertsen (Troy)	2003	126-0	** Jillianne Whitfield (Newport)	2002
132-7	Samantha Grant (Mission Viejo)	2002	126-0	*Tiffany Gray (El Dorado)	2010
132-6	* Jessica Perez (Sunny Hills)	1999	125-10	Jerrilyn Stanwood (Trabuco Hills)	2009
132-6	Sina Dailey (Mission Viejo)	2008	125-8	Katie Holmes (Canyon)	1996
132-2	* Stacy Kohler (Marina)	1990	125-8	***Kyliegh Wilkerson (Trabuco Hills)	2016
132-2	Stacy Jame (Esperanza)	1998	125-8	**Rosalie Ballo (Dana Hills)	2016
131-11	Christa Kondru (Northwood)	2010	125-5	* Robyn Utu (Huntington Beach)	1981
131-8	Marie Arthur (Fountain Valley)	1996	125-5	* Jenny Shutt (Edison)	1996
131-5	Ciera Williams (Mission Viejo)	2016	125-5	Christina Kim (El Toro)	2008
131-4	Carolyn Pendleton (Esperanza)	2001	125-3	Jennifer Harney (Esperanza)	1990
131-3	Abria Lipscomb (Northwood)	2003	125-3	Lauren O'Hara (Irvine)	1998
131-3	*Haunani Pedro (Trabuco Hills)	2015	125-2	Katie Okano (Trabuco Hills)	1995
131-1	Aidee Pacheco (Saddleback)	1995	125-0	* Kristen Okura (Mission Viejo)	1988
131-1	Emily Gleason (El Toro)	1998	125-0	L. Kelly (Villa Park)	1983
131-0	Konafesi Mataia (Loara)	2009	125-0	* Katie Smith (Orange)	1992
131-0	*Amanda Coper (Corona del Mar)	2016	124-10	* Katie Henze (Foothill)	1997
130-10	Ann Gill (Western)	1985	124-9	*Alaysha Green (El Toro)	2016

124-8	*Karle'h Wilson (Corona del Mar)	2011
124-7	Maria Ornes (Foothill)	1982
124-7	Cheyenne Maneafaiga (Garden Grove)	2012
124-3	Keanna Roberson (Aliso Niguel)	2011
124-3	Kate Jensen (Woodbridge)	2016
124-2	Karlié Manos (Katella)	1999
124-2	Ashley Donohoe (Huntington Beach)	2013
124-1	Bernadette Quinteras (Orange)	1992
124-1	** Olivia Raya (El Modena)	2003
124-0	*Nicole Beauregard (Valencia)	1991
123-10	Terri Ortega (Irvine)	1987
123-10	Teresa Rocha (Esperanza)	2011
123-7	Jamie Questa (Edison)	1997
123-7	Melissa Lee (University)	2016
123-6	Leslee Briggs (Edison)	1989
123-6	* Kristin Gunderson (Laguna Beach)	1998
123-6	Stacy Knisley (Esperanza)	2001
123-6	Courtney Brown (El Modena)	2010
123-6	Evelyn Roberts (Dana Hills)	2014
123-3	Bernadette Quinteros (Western)	1993
123-3	Marissa Welliver (Aliso Niguel)	2003
123-2	Meagan O'Reilly (Mission Viejo)	2007
123-0	Jevona Morgan (La Quinta)	2004
123-0	Sina Daley (Mission Viejo)	2008
123-0	Ambernicole Hollinger (Los Alamitos)	2014
122-11	Jennifer Yu (Western)	1988
122-9	Trinity Arriola (El Dorado)	2016
122-8	Lisa Henderson (Foothill)	1988
122-2	Nori McCrystal (LaHabra)	1997
122-7	Julia Loya (Mission Viejo)	1998
122-6	Kristin Dutwiler (Mission Viejo)	1998
122-6	Miki-han Anelamaikala (Irvine)	2015
122-1	Nicole Lind (Tustin)	1985
122-0	Jacque Nelson (Canyon)	1978
122-0	Nina Foster (Misison Viejo)	1994
122-0	* L.J. Amadi (Dana Hills)	2003
122-0	Veronica Beavor (Orange Lutheran)	2008
122-0	Anelamaikalani Miki-han (Irvine)	2016
121-9	* Joanne Alo (SA Valley)	1989
121-9	* Hannah Meager (El Toro)	2013
121-8	Sarah Hernandez (Huntington Beach)	2008
121-8	Julia Reedy (Mission Viejo)	2011
121-7	Becky Daniel (Newport)	1976
121-7	** Shakeena Henderson (Tustin)	1997
121-6	Amina Mercado (Mater Dei)	2016
121-5	** Jenny Sotomayor (LaHabra)	1997
121-5	Amanda Rodriguez (Cypress)	2004
121-4	* Yesenia Carrillo (Katella)	1998
121-4	Regina Dos Santos (Los Alamitos)	2010
121-4	Hannah TerHarr (Mission Viejo)	2013
121-3	* Maria Omes (Foothill)	1981
121-2	Wendy Fullmer (Esperanza)	1991
121-1	Pat Shaw (SA Valley)	1978
121-1	** Tonya Lawson (SA Valley)	1991
121-1	Tabitha Goff (Newport)	2010
120-10	* Spring Trammel (Los Amigos)	1994
120-8	Jiao Tsai (Corona del Mar)	1980
120-7	* Milaya Paggett (Mission Viejo)	1998
120-6	Kyrah Coleman (Valencia)	2016
120-4	Bonnie Manning (SA Valley)	1980
120-4	Luisa Tuimauvae (Magnolia)	1990
120-1	Jennifer Petty (El Dorado)	1991
120-1	Lara Ohanesian (St Margarets)	2014
120-0	Tawnya Turton (Mission Viejo)	2010

Javelin

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

Heptathlon

5405a	Sharon Hatfield (Fountain Valley)	1982
5200	Laura Mills (University)	1981
5115	* Ashley Bethel (Mission Viejo)	1997
5114	Kerry O'Bric (Edison)	1996
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
4049	*Kellie May (Northwood)	2016
4003	Molly Moore (Loara)	1982
3922	*Chelsea Larson (Orange Lutheran)	2010
3856	Tailor Dunigan (Mission Viejo)	2010
3821	Hailey Bond (Costa Mesa)	2014
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
3546	**Brooke Kong (Northwood)	2016

Pentathlon

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

Hammer Throw

203-08	*Joy McArthur (Mater Dei)	2016
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
TJ	Paul Magana	45-10.25	2016
SP	Jim Heath	59-9.5	1969

Girls

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

BECKMAN

Boys			
100m	Michael Hammill	10.88	2014
400m	Antonio Morales	50.86	2014
100m H	Melissa Scott	15.56	2016
400m R		42.87	2014
300m H	Zach Ta	40.90	2014
HJ	Ryan Arambulo	6-7	2008
Dis	Brendon Birdsell	180-8	2009

Girls

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	1:50.75	2016
1600m	Austin Tamagno	3:59.65+ 4:01.04y	2016
3200m	Austin Tamagno	8:54.73	2015
110m H	Bryan Poland	14.58+(14.3y)	1970
400m R		42.18	1999
HJ	Hubbard	6-6	1992
	Ryan Kugel	6-6	1998
PV	Randy Parker	14-6	1977
LJ	Dan Carpenter	24-0.5	1972
SP	Dave Johnson	60-10.75	1976
DIS	Jim Norum	178-7	1997

Girls

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

BOLSA GRANDE

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

Girls

100m	Janel Nguyen	12.61	2016
1600m	Jeanette Zambrano	5:05.31	2012
3200m	Rocio Pelayo	10:53.25	2006

BRETHREN CHRISTIAN

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

Girls

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

BUENA PARK

Boys			
100m	George McDonald	10.89	1994
200m	Mo Printup	21.92+(21.8y)	1982
400m	Mitchell Ramirez	49.34	2009
800m	Tom Kovacich	1:50.8+(1:51.4y)	1972
1600m	Armando Cendejas	4:15.7+(4:17.1y)	1974
3200m	Armando Cendejas	8:57.5+(9:00.6y)	1974
400m R		43.09+(43.2y)	1990
1600m R		3:17.72+(3:19.0y)	1972

HJ	Conrad	6-8	2008
LJ	Kevin McGannon	23-7.5	1965
TJ	Joe Thomas	46-8.75	1999
SP	Pat Kyle	60-11	1982

Girls

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

CALVARY CHAPEL

Boys

Girls

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

CANYON

Boys

100m	Vanden Staly	10.93	2002
	Ib Al-arnous	(10.75w)	2008
200m	Tubotien Taylor	21.83	2009
400m	Tubotien Taylor	47.73	2009
800m	F Rossi	1:55.4+(1:56.0y)	1982
1600m	Chance Lamberth	4:07.70	2016
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
PV	Jeremiah Chow	14-0	2016
	Jake Bennett	14-0	2016
LJ	Dave Berger	23-7.5	1978
TJ	Chris Jackson	45-9.75	1999
SP	Ken DeShano	58-8.5	1979
Dis	Don Brandes	161-8	1977

Girls

100m	Alexis Turley-Young	12.15	2015
200m	Tai Crumsey	25.23	2014
400m	Debbie Bottomley	56.62+(56.8)	1976
800m	Oliva Goins	2:15.09	2013
1600m	Olivia Goins	4:54.67	2013
3200m	Nicole Zielinski	10:28.60	2016
100m H	Alexis Turley-Young	14.34	2015
300m H	Kathy Kelly	45.74+(45.8y)	1983
400m R		48.12	2014
1600m R		3:49.71	1983
HJ	Carrie Hoagland	5-5	1994
PV	Rachel Baxter	14-3	2016
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	4:56.53	2013
3200m	Ashley Licata	10:44.59	2016
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

Girls

100m	Paige LaBare	12.54	2013
200m	Paige Labare	25.47	2016
400m	Sharon Day	57.35	2002
800m	Vicki Kelly	2:12.61	1981
1600m	Denisha Bendz	5:04.08	1992
3200m	Joelin Fisher	11:06.7+(11:10.5y)	1979
100mH	Gigi Surmon	15.44	1993
300m H	Julie Kroenig	45.33	2000
1600m R		3:56.33	1982
HJ	Sharon Day	6-2	2003
SP	Bonnie Dasse	42-6	1977
Dis	Felicia Crenshaw	143-6	2016

CREAN LUTHERAN**Boys**

800m	Sean Pino	1:57.90	2013
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Girls

1600	Lauren Mauer	4:56.67	2012
3200	Lauren Mauer	10:56.17	2012
100m H	Tori Occhipinti	15.97	2013
300m H	Alexandra Sciarra	45.47	2010

CYPRESS**Boys**

100m	Garland West	10.66	2004
200m	Anton Jamir	21.73	2003
400m	Jimmy Hutsell	48.30	1993
1600m	William Feliciano	4:14.22	1984
3200	David Napper	9:09.48	2003
110m HH	Tom Turner	14.28+(14.0y)	1975
400m R		41.91	2003
1600m R		3:22.80	1993
HJ	Jeff Waldren	6-9	1991
	Quinten Pounds	6-9	2015
PV	Jeff Conkle	15-0	1977
LJ	Todd Fenton	23-3.75	1984
TJ	Clarence Moore	48-3.75	2000
SP	Jamil Douglas	58-5	2010
Dis	David Sampson	177-11	2003

Girls

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

DANA HILLS**Boys**

100m	Bryan Harrison	10.56	1995
200m	Bryan Harrison	21.10	1995
400m	Cade Lindahl	47.80	2006
800m	Andy Sims	1:51.42	1984
1600m	Jake Ogden	4:05.79	2016
3200m	Mason Coppi	8:55.53	2016
110m H	Mike Germain	14.30	1983
300m H	Mikey Fischetti	37.60	2009
400m R		41.78	2008
1600m R		3:18.65	2005
HJ	Eric Smyth	6-10	1979
PV	Stephen Horrell	15-1	2005
LJ	Devin Harrison	24-1	2010
TJ	Jordan Singleton	45-7.5	2008
SP	Rory Mount	59-1.75	2009
Dis	Andy Marrone	192-1	1990

Girls

100m	Grace Esslinger	12.18	2008
200m	Grace Esslinger	25.14	2009
400m	Chloe Deol	56.79	2014
800m	Jennifer Daly	2:12.07	2016
1600m	Paige Canterbury	4:53.66	2013
3200m	Alaina Alvarez	10:36.16	2011
100m H	Kimmie Conner	14.20	2010
300m H	Kimmie Conner	42.97	2010
400m R		48.24	2013
1600m R		3:49.80	2014
HJ	Brenna Barker	5-7.5	2013
PV	Claire Kao	12-6	2016
LJ	Kimmie Conner	18-1.75	2010
TJ	Brenna Barker	38-9.25	2013
SP	Adara Newidouski	41-2.5	1993
Dis	Adara Newidouski	136-8	1992

EASTSIDE CHRISTIAN**Boys**

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

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

Girls

100m	Trindl Fearnley	12.34c (12.1)	1984
200m	Trindl Fearnley	24.94c(24.7)	1984
400m	Barbara Rainey	55.42	1983
800m	Meghan Foley	2:10.47	2007
1600m	Shelley Taylor	4:48.52	1992
3200m	Hillary Hayes	10:28.79	2009
100m H	Marie Philman	15.02	1995
300m H	Kerry O'Bric	44.76	1996
400m R		47.65	1984
1600m R		3:49.45	1983
HJ	Rachel Zieman	5-10	2000
PV	Tori Pena	13-2	2005
LJ	Kerry O'Bric	19-9	1996
TJ	Kerry O'Bric	39-8	1996

SP	Leslee Briggs	41-11.5	1989
Dis	Marie Philman	144-0	1996

EL DORADO

Boys

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

Girls

100m	Michelle Banks	12.34	1984
200m	Michelle Banks	24.94c(24.7)	1984
400m	Michelle Banks	55.44	1984
800m	Marcia Escobosa	2:17.8	1984
1600m	Marcia Escobosa	4:55.9	1984
3200m	Cassidy Townner	10:43.96	2014
100m H	Milda Mikuleviciute	16.29	2014
300m H	Tasha Walker	45.64	1994
400m R		49.53	2016
1600m R		3:59.10	1993
PV	Misty Richards	9-6	1998
HJ	Lori Svoboda	5-10.5	1989
TJ	Whitney Nelson	36-2.25	1987
SP	Heather Cunningham	40-9	1995
Dis	Cyndi Lee	134-7	1988

EL MODENA

Boys

100m	Josh Brown	10.72	2007
		(10.61w)	2007
200m	Nicholas Sanford	22.18	2005
400m	Mike Terry	49.06+(49.2y)	1991
800m	Dave Kingsland	1:49.4+(1:50.0y)	1977
1600m	Sydney Gidabuday	4:09.54	2014
3200m	Dave White	8:56.7+(8:59.8y)	1969
110m H	Richardson	14.68+(14.4y)	1974
300m H	Scott Dicus	39.27	1997
400m R		42.92	2008
1600m R		3:19.47	1982
HJ	Matt Carter	6-10	2003
PV	Peter Kovacs	15-9	1995
LJ	Sean Sawyer	23-5	1984
TJ	Mark McGouney	46-8.75	1983
SP	Ziad Khozam	59-5.5	1985
Dis	Ziad Khozam	179-6	1985

Girls

100m	Juanita Lawson	12.14c (11.9)	2001
200m	Sydney Carr	25.29	2016
800m	Jessica Dahlberg	2:15.69	1996
1600m	Rebecca Sarmiento	5:03.18	2012
3200m	Leslie Burton	11:09.08	1995
100m H	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 Grimmett	10.95	2009
200m	Aaron Lybarger	22.02+(21.9y)	1982

400m	Trevor Oblouk	49.34	2014
800m	Toby Villalva	1:53.34	2009
1600m	Toby Villalva	4:09.42	2009
3200m	Toby Villalva	8:59.5	2009
110m H	Mike Smith	14.25	1997
300m H	Nolan Grimm	38.24	2008
400m R		42.95	2012
HJ	Elliott Parks	7-2	1997
PV	Adam Bragg	16-3	2011
LJ	Justin Schneider	23-10	2012
TJ	Art Gourdine	46-3	1978
SP	Nick Robinson	65-1	2006
Dis	Nick Robinson	197-0	2006

Girls

100m	Maliyah Medley	12.29	2015
200m	Maliyah Medley	24.59	2016
400m	Maliyah Medley	53.74	2016
800m	Hanna Edwards	2:09.55	2011
1600m	Hannah Tobin	4:56.09+ 4:57.81y	2016
3200m	Hannah Tobin	10:36.07	2016
100m H	Jessica Bragg	14.94	2009
300m H	Paula Pedrani	43.63	2015
400m R		47.57	2016
1600m R		3:48.99	2005
HJ	Lauren Correa	5-7	2005
PV	Madi Bragg	11-4	2013
LJ	Lisa Gourdine	19-9	1977
TJ	Monica Fisher	38-3.5	1989
SP	Hilary Fraser	45-6.5	2007
Dis	Hilary Fraser	158-2	2007

ESPERANZA

Boys

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

Girls

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

ESTANCIA**Boys**

100m	MyranFelix	(10.8w)	1994
200m	Dave Johnson	21.72 21.6y	1970
400m	Eric Olson	48.76 48.9y	1970
800m	Jim Walters	1:48.8+(1:49.4y)	1977
1600m	Humberto Rojas	4:12.73	2003
3200m	Humberto Rojas	9:21.73	2003
110mH	Steve Adams	14.68+ {14.4y}	1984
	Ryan Whites	14.68	2006
300m H	Myron Felix	38.83	1984
1600m R		3:21.9+(3:23.2y)	1976
HJ	Ken Connor	6-10	1975
PV	Doug Miller	15-6	1986
LJ	Eric Dorn	23-2.75(23-4w)	1986
TJ	Mitch Barnett	43-6.5	1978

Girls

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

FOOTHILL**Boys**

200m	Ethan Taub	22.34c(22.1)	1994
400m	Ethan Taub	48.12	1993
800m	Jeff Williams	1:53.02	1982
1600m	Jeff Williams	4:07.02+(4:08.46y)	1982
3200m	Mark Spilsbury	8:50.6+(8:53.6y)	1976
110m H	Maikalo Liti	14.63	2003
300m H	Chad McHenry	39.25	1989
400m R		42.92	1992
1600m R		3:14.99	1993
HJ	Doug Dreibelbis	6-11.75	1983
PV	Steve Slocum	16-0	1987
TJ	Ken Gates	46-9.75	1980
SP	Joe Walshe	58-5.5	1984
DIS	Andrew Cruikshank	176-8	2010

Girls

100m	Tara Oettinger	12.37	1994
200m	Tara Oettinger	25.04c(24.8)	1994
400m	Stacy Kneeshaw	57.31+(57.5y)	1978
800m	Amy Cox	2:11.73	1982
1600m	Stacy Kneeshaw	4:49.57	1980
3200m	Sierra Vega	10:23.59	2010
100m H	Kate Mook	14.82	1994
300m H	Kate Mook	44.34	1995
400m R		49.73	1986
1600m R		3:57.20	1995
HJ	Elizabeth Bauer	5-6	1989
PV	Victoria Rische	12-9.75	2011
LJ	Tara Oettinger	19-7.5	1994
TJ	Leila Khoury	37-10.75	1994
SP	Ashley Selman	39-1.5	1988
DIS	Kathrine Henze	130-2	1998

FOUNTAIN VALLEY**Boys**

100m	Kyle Middlebrooks	10.54	2009
200m	Kyle Middlebrooks	21.54	2009
400m	Chris Sperle	48.40	1984
800m	Steve Christiano	1:55.0+(1:55.6y)	1970
1600m	Brain Appell	4:16.4+ (4:17.8y)	1978
3200m	Bob Erickson	9:02.57	1982
110m H.	Ken Margerum	13.82+(13.78y)	1977
300 H	Hassan Ilyas	38.33	2011
400m R		42.67	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	Mattye Morton	12.42w	2001
200m	Mattye Morton	25.37	2001
DIS	Melanie Dear	127-11	1991

GODINEZ**Boys**

3200m	Jose Penaloza	9:16.81	2013
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HUNTINGTON BEACH**Boys**

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

Girls

100m	Eileen Dunaway	12.38(12.37w)	1995
200m	Eileen Dunaway	25.75	1995
400m	Cassie Durgy	56.90	2015
800m	Cassie Durgy	2:09.57	2015
1600m	Cassie Durgy	4:53.81+ 4:55.52y	2016
3200m	Amanda Honn	10:39.39	2011
300m H	Elizabeth Ramsey	45.75	2009
400m R		49.21+(49.49y)	1979
HJ	Ann Erpenbeck	5-9	1978
PV	Allison Kioressel	13-1	2009
LJ	Bonnie Sorensen	18-3	2005
SP	Robyn Utu	41-1.5	1982
Dis	Katelyn Ciarelli	148-5	2003

IRVINE**Boys**

100m	Kamron Shahbahrami	10.82	2011
200m	Mario Bassani	21.26	2001
400m	Mario Bassani	47.01	2001
800m	Noel Trout	1:54.6	1986
1600m	Jim Olson	4:13.78	1985
110m H	Al Williams	14.23	1998
300m H	Al Williams	37.14	1998
400m R		42.48	2011
1600m R		3:20.23	2010
HJ	Neimah Jones	6-6	2009
PV	Shawn Rogen	14-8	1989
LJ	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	Andrew Burkhardt	4:06.82	2016
3200m	Andrew Burkhardt	9:01.62	2016
400m R		42.21	2014
HJ	Harrison Steed	7-2.5	2010
LJ	Dante Pettis	24-7	2014
TJ	Dante Pettis	44-4	2014
SP	Luke Wattenberg	53-5.5	2014
Dis	Luke Wattenberg	176-3	2016

Girls

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

Girls

100m	Letty Pulido	12.56	2001
400m	Cortney Stafford	25.46	2000
800m	Donna Mills	2:15.80	1990
1600m	Martha Pinto	5:10.76	1990
3200m	Martha Pinto	10:42.51	1990
100mH	Kelsey Schuler	15.03	2006
400m R		49.63	2001
HJ	Cortney Stafford	5-6.5	1999
PV	Elisa Liana	11-0	2001
LJ	Courtney Stafford	17-8.5	2001
TJ	Courtney Stafford	39-1	2000
SP	Luseane Makensesi	43-4.25	2009
Dis	Luseane Makensesi	138-10	2009

KENNEDY**Boys**

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

Girls

100m	Janice Nsor	11.95	2005
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	Coco Putnam	57.19	2016
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	Jacky Cenan	39-10	2016
Dis	Shirley Weenig	135-8	1984

LAGUNA HILLS

Boys

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

Girls

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

LA HABRA

Boys

100m	Miles Robertson	10.95	2014
200m	Josh Herrera	22.00	1998
400m	Tony Sanford	48.06+	1965
800m	Eric Behring	1:51.34	1981
1600m	Bruce Bess	4:12.0+(4:13.4y)	1962
3200m	Mark Gonzales	9:07.51	1990
110m H	Wayne Clayton	14.28+(14.0y)	1968
300m H	Eric Lancaster	40.75	2016
400m R		43.09+(43.2y)	1975
HJ	Bill Gordon	6-7	1971
PV	Mike Sampson	14-8	1969

LJ	Doug Switzer	22-10.25	1966
TJ	Robert Stevens	45-9.5	2003
SP	P Cavanaugh	56-9.75	1969
Dis	Will Parsons	190-0	2011

Girls

100m	Salze	12.74c	2004
200m	Amy Wilbourn	25.82	2013
1600m	Sita Jones	5:031	1988
3200m	Ava Jones	10:57.37	2002
100m H	Kamala Parker	15.39	2003
400m R		49.03	1984
LJ	Debbie Knight	18-4.5	1984
TJ	Debbie Knight	37-5.5(37-9w)	1985
SP	Leslie Contreras	37-9.5	1979
Dis	Nori McCrystal	122-2	1997

LA QUINTA

Boys

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

Girls

800m	Kristin Harkins	2:15.53	1984
1600m	Kristin Harkins	4:59.31	1984
TJ	Kim Duong	36-9	2001
Dis	Jevona Morgan	123-0	2004

LOARA

Boys

100m	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
LJ	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	Alison Parsons	19-0.75	2016
TJ	Alison Parsons	37-0	2016
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
Dis	Adam Hernandez	166-1	2016

Girls

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

MAGNOLIA**Boys**

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

Girls

100m	Kathy Hargis	12.47	1986
3200m	Trudy Gardner	11:19.2	1980
PV	Misty Richards	9-0	1996
SP	Eta Jackson	39-2.25	1998
Dis	Vao 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	Jett Gordon	17-2	2016
LJ	Mitch Malone	23-3.25	1987
TJ	Tony Parrish	50-11.75	1993
SP	Jake Arnold	59-6.5	2016
Dis	Jake Arnold	168-9	2016

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	Kelli Godin	12.03	2016
200m	Gia Trevisan	24.33	2011
400m	Tara Radan	55.35	2013
800m	Ashlyn Rambo	2:08.75	2014
1600m	Ashlyn Rambo	4:55.39	2014
3200m	Clarie Feit	10:48.29	1982
100m H	Emma Radan	14.22	2014
300m H	Emma Radan	43.00	2014
400m R		47.23	2014
1600m R		3:48.60	2013
HJ	Melissa McDonald	5-10	1990
PV	McKenna Caskey	13-8	2016
LJ	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
	Brenden Schooler	22-8	2016

TJ	David Hall	46-1.25	1986
SP	Greg Aitkenhead	64-7.5	1984
Dis	Scott Hudson	187-2	1980

Girls

100m	Julia Cabrales	12.15	2012
200m	Kennedy Gillian	24.53	2014
400m	Kennedy Gillian	54.89	2016
800m	Kathy Grayson	2:10.97	1986
1600m	Chloe Berry	4:50.19	2016
3200m	Kelli Hines	10:35.09	2016
100m H	Ashley Bethel	13.82	1997
300m H	Chelsea Taylor	43.26	2008
400m R		48.24	2016
1600m R		3:47.31	2016
HJ	Lisa Fager	5-7	1988
PV	Whitney Johnson	12-10	2004
LJ	Heather Sterlin	19-8.5	1992
TJ	Lisa Fager	39-11.5	1989
SP	Heidi Adams	46-9	1985
Dis	Jacque Norton	167-5	1982

NEWPORT

Boys

100m	Trevor Jones	10.87	2000
200m	Brian Theriot	22.02	1975
400m	Brian Theriot	47.04c(46.9)	1975
800m	Frank Venclik	1:52.47+(1:53.13y)	1978
1600m	Jim Geerlings	4:08.97+(4:10.43y)	1988
3200m	Rex Nelson	9:02.42	2008
110m H	Trevor Jones	13.99	2000
300m H	Trevor Jones	36.46	2000
400m R		42.69+(42.8y)	1978
1600m R		3:15.5+(3:16.7y)	1975
HJ	KC Connell	6-6.25	1975
PV	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
400m	Emma Kratzberg	55.95	2016
800m	Maggie Henson	2:09.17	1986
1600m	Amber Steen	4:43.75	2001
3200m	Amber Steen	10:26.45	2001
100m H	Emma Kratzberg	14.28	2016
300m H	Emma Kratzberg	41.95	2016
400m R		48.44+(48.6y)	1975
1600m R		3:56.37	2015
HJ	Misty May	5-10	1993
PV	Allison Stokke	13-7	2007
LJ	Sue Kruse	18-1	1976
TJ	Elizabeth Clayton	38-4.5	2002
SP	Gina Heads	47-5	1994
Dis	Cara Heads	149-5	1995

NORTHWOOD

Boys

200m	Savon Cotton	22.66	2016
800m	Brenden Stone	1:55.32	2014
300m H	Hyrum Taylor	39.04	2004
400m R		43.45	2016
LJ	Ryan Collier	22-6	2011
SP	Caleb McCurry	60-6.25	2009
Dis	Caleb McCurry	179-4	2009

Girls

100m	Megan Blanchard	12.48	2008
200m	Megan Blanchard	25.81	2008
	Chinyere Chambers	25.81	2015
400m	Marissa Clow	57.95	2009
800m	Bethan Knights	2:13.80	2014

1600m	Bethan Knights	4:42.29	2014
3200m	Bethan Knights	9:54.89	2014
100m H	Kellie May	15.48	2016
400m R		48.45	2016
1600m R		3:58.12	2016
100mH	Kristen Woepse	15.33	2002
LJ	Victoria Ton	17-8.5	2004
TJ	Kellie May	36-9	2016
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 Yungghans	46-8.75	2004
Dis	Brianna Uipi	143-2	2016

OXFORD ACADEMY

Boys

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

Girls

100m	Brianna Washa	12.66	2012
100m H	Rachel Gagnon	15.55	2016
LJ	Emily Huynh	17-4.75	2016
Discus	Xochitl Bryson	129-9	2016

PACIFICA

Boys

100m	Trent Langham	10.71	2011
200m	Trent Langham	21.82	2011
800m	Daniel Kor	1:55.46	2003
1600m	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	Bregar Moore	9:00.7+(9:03.8y)	1975
110m H	Owehand	14.88+(14.6y)	1975
300m H	Gabalдан	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	Becky Obinma	11.95	2016
200m	Becky Obinma	24.92	2016
400m	Charisma Byrd	57.93	2016
800m	Charisma Byrd	2:17.64	2014
1600m	Kathy Mintie	4:50.9+(4:52.5y)	1978
3200m	Shelby Buckley	10:46.99	2005
100m H	Renee Delellis	15.96	2000
400m R		48.48	2016
LJ	Laura Hamann	17-0	2014
HJ	Linnea Housewright	5-8	1995
PV	Haley Stauber	11-9	2010

SADDLEBACK

Boys

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

Girls

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

SAGE HILL

Boys

100	Zach Chandy	10.84c(10.6)	2005
		(10.81w)	2005
200	Zach Chandy	21.19	2006
400	Zach Chandy	47.29	2005
110m H	Chance Kuehnell	14.71	2016
HJ	CJ McCord	6-10.25	2014
PV	Alex Escalera	15-6	2016

Girls

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

SAN CLEMENTE

Boys

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

Girls			
100m	Marquita Taylor	12.07	2001
200m	Christina Twicken	24.45	2009
400m	Christina Twicken	55.55	2010
800m	Alex Dunne	2:10.82	2008
1600m	Alex Dunne	4:52.50	2009
3200m	Alex Dunne	10:16.83	2009
100m H	Brittney Thornton	15.14	2013
300m H	Brittney Thornton	44.39	2012
400m R		48.75	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	Micah Ray	49.69	2016
800m	Chris Camarena	1:56.64	2014
1600m	Daniel White	4:17.32+ 4:18.82y	2016
110 H	Connor Meech	14.60	2015
300m H	Connor Meech	37.00	2015
400m R		43.19	2013
1600m R		3:26.06	2014

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

SANTA ANA

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

Girls			
HJ	Lisa Pickering	5-5	1979
SP	Matala Lualemaga	40-7	2000

SANTA ANA VALLEY

Boys			
100m	Elliot Dunning	10.57	1984
200m	Elliot Dunning	21.33	1984
400m	Paul Peters	47.34	1987
800m	Anthony Wells	1:55.1+(1:55.7y)	1980
1600m	George Aguilar	4:17.4+(4:18.8y)	1974
3200m	Jim Rodriguez	9:03.06	1988
110mH	Don Tilley	14.58+(14.3y)	1967
	Denson	(14.48w)	
300m H	John Hollis	38.23	1986
400m R		41.10+(41.2y)	1971
1600m R		3:16.92	1986
HJ	Joe Phillips	6-10	1974

PV	Sam Caruthers	15-0	1965
U	Tony Pitts		

Girls			
100m	Crystal Davis	12.04c (11.8)	2001
200m	Crystal Davis	24.73	1999
400m	Kim Law	55.43+(55.76y)	1978
800m	Maribel Delgado	2:15.59	1996
1600m	Maribel Delgado	5:07.28	1996
3200m	Elyse Estrada	11:14.15	1993
100m H	Amber Price	15.84	1997
300m H	Thelma Harman	44.98	1981
400m R		47.70+(47.98y)	1979
1600m R		3:50.3+(3:51.6y)	1989
HJ	C Mack	5-6	1978
LJ	Alice Franklin	18-10.75(19-0.75w)	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	Mason Mitchell	22.00	2016
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	Lauren Drysch	24.54	2016
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		46.99	2016
1600m R		3:49.88	2016
HJ	Lauren Collins	5-8.5	2005
PV	Kaitlyn Merritt	13-9	2014
LJ	Kaitlin Long	16-10.25	2014
TJ	Elizabeth Weeks	38-6.25	2016
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 Jsamples	25.84	2008
800m	Erika Lovett	2:12.86	1987
1600m	Cynthia Mendez	5:13.14	2004
100m H	Ashley Jsamples	15.39	2008
300m H	Ashley Jsamples	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	4:52.71	2016
3200m	Stephanie Ortega	11:03.60	2014
300m H	Nyree Brown	45.99	2016

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	Michael Mitchell	21.80	2016
400m	John Dingus	48.79	2008
800m	Ryan Bush	1:55.73	2016
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
PV	Julien Okey	14-5	2010
LJ	Michael Mitchel	23-10.5	2016
TJ	Mitchell	49-4	2014
Dis	Scott Bolton	163-3	2009

Girls

100m	Kaelyn Kaichi	12.43	2010
200m	Kandyce Sillette	25.33	2005
800m	Amanda Gehrich	2:13.47	2016
1600m	Amanda Gehrich	4:38.63+(4:40.25y)	2015
3200m	Amanda Gehrich	10:23.96	2015
100m H	Lauren Bercha	15.50	2010
400m R		50.12	2014
PV	Molly Scharmann	12-0	2015
LJ	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	Cameron Hurd	37.26	2016
400m R		42.32	2011
1600m R		3:16.34	2004
HJ	Sean Lee	7-0.25	2016
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 (51-10w)	1982
SP	Paul Evenson	55-4	2001
Dis	Mike Richie	177-5	1998

Girls

100m	Julie Steele	12.41	1997
200m	Emily Kressin	25.28	2009
400m	Emily Kressin	55.63	2009
100m H	Jordan Davis	15.33	2013
400m R		49.08	2014
1600m R		3:53.87	2009
HJ	Laura Campbell	5-10	1981
PV	Amanda Mohr	10-6	2016
LJ	Vicki Almeida	19-6	1978
TJ	Susan Guest	37-4.5	1986
SP	Kianey Davis	39-4.25	1999
Dis	Megan Ilertson	133-0	2003

TUSTIN**Boys**

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

Girls

100m	Judy Jackson	12.58	1989
200m	Kristen Flemming	25.84c(25.6)	1981
800m	Shannon Stryker	2:16.3+(2:17.1y)	1982
1600m	Shannon Stryker	4:57.70	1982
3200m	Shannon Stryker	10:29.42	1982
100 H	Mychal Robinson	15.63	2015
300m H	Kim Collins	45.48+(45.5y)	1985
HJ	Kristina Curtis	5-9	2005
LJ	Joy McDonnell Smith	18-1.5 (18-3.25w)	1980
TJ	Doneisa Anderson	37-11	1987
SP	Nicole Lind	37-9	1985
Dis	Nicole Lind	122-1	1985

UNIVERSITY**Boys**

400m	Bob Bradford	48.86+(49.0y)	1973
800m	Phil Vasquez	1:53.6+(1:54.2y)	1970
1600m	Greg Whiteley	4:13.3	1985
3200m	Greg Whiteley	8:57.5+(9:00.6y)	1985
400m R		43.39	2016
1600m R		3:22.76	1981
HJ	Alan Gersten	6-9.25	1977
PV	Brian Lindley	14-7	1995
SP	Chad Smith	62-6.25	2004
Dis	Ken Mills	182-2	1979

Girls

100m	Annette Rogers	12.12	1981
200m	Annette Rogers	24.39	1984
400m	Paige Metayer	55.59	2016
800m	Julie Seleine	2:09.83	1983
1600m	Polly Plummer	4:33.65+(4:35.24y)	1982
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 Krink	4:11.82	2010
3200m	Josh Linen	9:06.85	2007
110m H	Kienan Briggs	14.49	2001
400m R		42.48	1992

1600m R		3:17.84	1991
PV	Eric Whitcomb	15-4	1989
LJ	Don Moreno	23-0	1977
TJ	Kienan Briggs	45-9	2001
SP	Nick Coghill	63-0.5	2015
Dis	Nick Coghill	190-1	2015

Girls

100m	Dionne Garner	12.24	1984
200m	Dionne Garner	24.79	1985
		(24.64w)	
400m	Suzy Hensel	56.82	1983
800m	Suzy Hensel	2:09.82	1983
1600m	Heather Killeen	5:05.42	1991
3200m	Heather Killeen	11:01.87	1991
300m H	Nancy Niewlandt	44.82	1984
400m R		48.69	1983
LJ	Lily Ebanks	18-10.5	2015
TJ	Kim Taylor	39-5.5	1984
SP	Kay Ilertsen	42-5.5	1974
Dis	Nicole Beauregard	124-0	1991

VILLA PARK

Boys

100m	Anthony Privitelli	10.74c(10.5)	2008
200m	Hector Flores	22.12	1993
400m	Barry Hyde	49.36+(49.5y)	1974
800m	Jim Sorenson	1:52.8	1986
1600m	Garrett Corcoran	4:03.77+ (4:05.19y)	'14
3200m	Garrett Corcoran	8:52.18	2014
110m H	Dan Hedlund	14.68+(14.4y)	1971
300m H	Brian Law	37.47	2007
400m R		42.89+(43.0y)	1977
1600m R		3:21.17	1983
HJ	Jeff Bedell	6-8.5	1985
PV	Keith Schimmel	16-3.25	1975
LJ	Jim Mitchell	23-0.5	1974
TJ	Ryan Gillette	45-9.25	1985
SP	Ed Labate	58-9.5	1973
Dis	Francine Schuyler	171-6	1983

Girls

100m	Kylie Klein	12.10	2010
200m	Kylie Klein	24.78	2010
400m	Madison Goerlinger	58.26	2016
1600m	Susanna Thrasher	5:02.10	1990
3200m	Jordan 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	Schmidt	(15.57w)	1993
400m R		49.71	2008
SP	Lisa Tamamasui	42-0	1991

WHITTIER CHRISTIAN

Girls

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

WOODBIDGE

Boys

100m	Alex Young	10.85	2016
200m	Jalen Craver	21.04	2010
400m	Jalen Craver	46.92	2010
800m	Eric Schermerhorn	1:49.21	1984
1600m	Dragan Simic	4:12.21+ (4:13.68y)	'12
3200m	Dragan Simic	9:19.45	2011
110m H	Jalen Craver	14.51	2010
	Daniel Sun	14.51	2016
300m H	Greg Muniz	37.69	1992
400m R		41.56	2015
1600m R		3:15.96	2010
HJ	David Benton	6-9	1990
PV	Andy Spindler	14-10	2002
TJ	Scott Capulong	45-2	1989
		(46-1.25w)	
Dis	Derek Davis	165-4	2003

Girls

100m	Jackie Dix	11.99	1997
200m	Gabrielle Scott	24.29	2010
400m	Gabrielle Scott	53.98	2011
800m	Christine Babcock	2:10.15	2008
1600m	Christine Babcock	4:33.82	2008
3200m	Christine Babcock	10:04.03	2008
100m H	Kristen Woepse	14.80	2004
300m H	Janel Loudat	44.03	1998
400m R		47.40	1997
1600m R		3:49.45	2007
HJ	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
800m	Zachary Joseph	1:59.74	2016
1600m	Zachary Joseph	4:19.85	2016
300m H	Dylan Atencio	37.50	2015
400m R		43.38	2016
HJ	James Phillips	6-8	2016
LJ	James Phillips	22-1	2016

Girls

100m	Meggin Rosas	12.75	2014
200m	Nicole Martinez	25.79	2016
1600m	Rachel Lida	5:09.02	2013
3200m	Rachel Lida	11:19.53	2015
300m H	Alexus Atchley	44.96	2012
400m R		48.91	2015
1600m R		3:54.30	2016
PV	Ariana Zormeier	10-6	2016
SP	Kelly Fagan	37-0.5	2015