

***ORANGE
COUNTY
TRACK
2014***

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

Don Chadez

ORANGE COUNTY TRACK - 2014

This is the 24th 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 - 2014

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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	3:50.2	Charlie Christensen (Edison)	1977
1600m	4:00.83	Jantzen Oshier (Trabuco Hills)	2011
2000m	5:22.69	Brandon Bethke (El Toro)	2004
Mile	4:05.4	Mark Schilling (Garden Grove)	1972
3000m	8:17.5	Jon Butler (Edison)	1981
3200m	8:46.78	Jon Butler (Edison)	1981
Two Mile	8:44.6	Eric Hulst (Laguna Beach)	1976
Steeplechase	9:19.2	Eric Hulst (Laguna Beach)	1975
3 Mile	13:45.4	Ralph Serna (Loara)	1974
5000m	14:16.2	Ralph Serna (Loara)	1974
6 Mile	27:58.0	Eric Hulst (Laguna Beach)	1976
10,000m	28:55.0	Eric Hulst (Laguna Beach)	1976
One Hour Run	11m, 1043yd	Joey Gomez (Valencia)	1977
Marathon	2:27.25	Eric Hulst (Laguna Beach)	1976
120 yd Hurdles	13.3	John Peterson (Saddlcbck)	1975
110m Hurdles	13.41	Steve Kerho (Mission Viejo)	1982
180 vd Hurdles (curve)	18.6	Issac Curtis (Santa Ana)	1968
300m Hurdles (30")	35.85	Steve Kerho (Mission Viejo)	1982
330 yd Hurdles (30")	37.4	Tom Turner (Cypress)	1975
300m Hurdles (36")	36.45	Trevor Jones (Newport)	2000
400m Inter Hurdles	52.33	Trevor Jones (Newport)	2000
4 x 100m	41.48	Tustin	1997
4 x 110 yd	41.2	SA Valley	1971
4 x 220 yd	1:26.8	Bolsa Grande	1966
4 x 400m	3:13.98	Orange Lutheran	2008
4 x 440 yd	3:15.0	Santa Ana	1972
Sprint Medley (yd)	3:27.4	I.a Habra	1961
Sprint Medlev (m)	3:27.33	El Modena	1982
4 x 800m	7:40.30	Dana Hills	2009
4x 880yd	7:48.0	Tustin	1965
4 x 1500m	16:23.1	University	1981
4 x 1600m	17:12.60	Trabuco Hills	2012
4 x Mile	17:27.75	Dana Hills	2009
Distance Medley (yd)	10:12.0	El Modena	1970
Distance Medley (m)	9:58.76	Dana Hills	2010
High Jump	7-2.5	Harrison Steed (J Serra)	2010
Pole Vault	16-9	Michael Woepse (Mater Dei)	2009
Long Jump	24-7	Dante Pettis (J Serra)	2014
Triple Jump	51-7.75	Phouphet Singbandith (Magnolia)	1990
Shot put	69-6.5	Brian Blutreich (Capo Valley)	1985
Shot Put (161 b.)	57-10.25	Dave Murphy (Sunny IIills)	1966
Discus	213-11	Scott Moser (Huntington Beach)	1997
Discus (41b. 6.4oz)	161-2	Steve Lehmer (Loara)	1966
Decathlon	6525	Tohru Asami (Sunny Hills)	1978

GIRLS COUNTY OUTDOOR RECORDS

100 yd	11.04	Michelle Kelley (Irvine)	1979
100m	11.66	Carol Rodriguez (Western)	2003
200m	24.04	Danielle Darden (Aliso Niguel)	2013
200 yd	24.51	Michelle Kelley (Irvine)	1979
400m	53.42	Arlise Emerson (Westminster)	1978
440 yd	54.3	Arlise Emerson (Westminster)	1978
800m	2:02.3	Mary Decker (Orange)	1974
1500m	4:16.42	Christine Babcock (Woodbridge)	2008
1600m	4:32.82	Christine Babcock (Woodbridge)	2008
Mile	4:35.24	Polly Plummer (University)	1982
3000m	9:30.4	Polly Plummer (University)	1982
3200m	9:54.89	Bethan Knights (Northwood)	2014
5000m	17:44.95	Crystal Reed (Fountain Valley)	2005
110 yd Hurdles (30")	14.09	Lisa Gourdine (El Toro)	1977
100m Hurdles (30")	14.13	Laura Mills (University)	1981
100m Hurdles (33")	13.32	Ashley Bethel (Mission Viejo)	1997
300m Hurdles	42.55	Sharon Hatfield (Fountain Valley)	1982
400m Hurdles	61.63	Chris Davenport (Troy)	1979
4 x 100m	46.57	Kennedy	2005
4x 110 yd	47.98	SA Valley	1979
4 x 400m	3:48.28	Corona del Mar	1988
4 x 440 yd	3:50.4	Fountain Valley	1979
4 x 800m	9:10.70	Foothill	1983
4 x 880 yd	9:46.4	Foothill	1981
Sprint Medley (m)	4:03.90	Edison	1983
Distance Medley (m)	11.34.65	Corona del Mar	2006
4 x 1500m	18:52.5	University	1982
4 x 1600m	20:20.38	Corona del Mar	2005
4 x Mile	20:32.33	Corona del Mar	2005
Pole Vault	13-8	Kaitlyn Merritt (Santa Margarita)	2013
High Jump	6-2	Sharon Day (Costa Mesa)	2003
Long Jump	20-8.75	Karen Attlessey (Corona del Mar)	1971
Triple Jump	43-4.5	Michelle Sanford (Woodbridge)	2001
Shot Put	53-7.75	Natalie Kaaiawahia (Fullerton)	1983
Shot Put (81b)	50-6.5	Susie Ray (Villa Park)	1979
Discus	175-8	Kate Hutchinson (San Clemente)	2003
Javelin	169-7	Jacque Nelson (Canyon)	1979
Heptathlon	5405	Sharon Hatfield (Fountain Valley)	1982
Pentathlon	3925	Sharon Hatfield (Fountain Valley)	1980

BOYS COUNTY INDOOR RECORDS

50m	5.86	Tim Martin (San Clemente)	1990
60 yd/55m	6.33	Kerwin Bell (Edison)	1980
60m	6.78	Kerwin Bell (Edison)	1980
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	7.96	George Lynch (Mater Dei)	1988
4 x 160 yd	66.1	SA Valley	1978
8 x 160 yd	2:14.82	Edison	2000
4 x 440 yd	3:26.3	Newport	1975
4 x 880 yd	8:08.8	Westminster	1974
High Jump	6-10	Harrison Steed (J Serra)	2010
Pole Vault	16-7	Michael Woepse (Mater Dei)	2010
Long Jump	23-10	Devin Harrison (Dana Hills)	2009
Triple Jump	49-1	Ken Williams (Troy)	1982
Shot Put	64-11.75	Dave Kurrasch (Newport)	1975

GIRLS COUNTY INDOOR RECORDS

50m	6.67	Carol Rodriguez (Western)	2003
55m	7.16	Alyssa Tao (Fountain Valley)	2013
440 yd	54.8	Arlise Emerson (Westminster)	1979
500 yd	65.4	Arlise Emerson (Westminster)	1978
600 yd	1:27.37	Ashley Willingham (Los Alamitos)	2014
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
4x 160 yd	1:18.4	Mission Viejo	1988
4 x 440 yd	4:07.8	Edison	1985
4x 880 yd	9:37.3	Foothill	1983
High Jump	5-10.25	Sharon Day (Costa Mesa)	2003
Pole Vault	12-6	Victoria Rische (Foothill)	2010
Long Jump	18-6.25	Ashley Bethel (Mission Viejo)	1996
Triple Jump	39-7.75	Michelle Sanford (Woodbridge)	2003
Shot Put	45-9.75	Mackeena Howard (Fountain Valley)	2014

ALL-TIME OUTDOOR BEST MARKS LIST—BOYS

100 yards

9.3	Tony Pitts (SA Valley)	1978	9.8	* Kirk Ayers (Western)	1986
9.5	Jackie White (Santa Ana)	1969	9.8	Tien Bui (Villa Park)	1988
9.5	Devon Trahan (Saddleback)	1971	9.8	* William Dancy (SA Valley)	1988
9.5	Kerwin Bell (Edison)	1980	9.8	* Dariel Whipple (Western)	1989
9.6	Eddie Morris (Huntington Beach)	1940	9.8	Kevin Thomas (Valencia)	1989
9.6	Bill Swisshelm (Santa Ana)	1954	Wind-aided:		
9.6	Bob Maimbourg (Garden Grove)	1960	9.5w	Eddie Morris (Huntington Beach)	1940
9.6	** Stan Edmonds (Savanna)	1964	9.5w	Bill Swisshelm (Santa Ana)	1953
9.6	Fred Kuller (Santiago)	1964	9.5w	Dick Cooper (SA Valley)	1967
9.6	Dick Coulter (SA Valley)	1967	9.5w	Clancy Edwards (Santa Ana)	1973
9.6	Ron Pharris (Anaheim)	1967	9.69w	Kerwin Bell (Edison)	1980
9.6	Ron Hamley (Lowell)	1968	9.6w	Stan Edmonds (Kennedy)	1966
9.6	*Jack Struble (Kennedy)	1971	9.6w	Richard Yukihiko (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	Chukwuekezie 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	10.74	Donovan Stephens (Mission Viejo)	1986
9.8	Keith Denson (SA Valley)	1969	10.74c	* Jarrett Murrell (Saddleback)	10.5 1991
9.8	Tom Teeple (Brea)	1969	10.74c	Charles Crook (Katella)	10.5 1997
9.8	Darryl Blood (Newport)	1970	10.74c	Anthony Privitelli (Villa Park)	10.5 2008
9.8	Dave Johnson (Estancia)	1970	10.74	Anton Jamir (Cypress)	2003
9.8	Dave Lacey (Marina)	1970	10.76	* Darryl Poston (Edison)	2000
9.8	Phil Maas (Fountain Valley)	1971	10.76	Kellen Foley (Dana Hills)	2008
9.8	Tony Krzyzosiak (Garden Grove)	1986	10.76	Chris Nicholls (Servite)	2010
9.8	Carlo Tosti (Corona del Mar)	1972	10.76	**Hunter Simmons (Tesoro)	2011
9.8	James Butler (SA Valley)	1972	10.77	* Teddy Baker (Saddleback)	1984
9.8	Warren Hansen (Garden Grove)	1973	10.77	*Matt Slater (Servite)	2002
9.8	Doug Perrall (Pacifica)	1974	10.77	Devin Harrison (Dana Hills)	2011
9.8	Chris Saunders (Sonora)	1978	10.78	* Chip Rish (Marina)	1984
9.8	Robert Powell (SA Valley)	1978	10.79	* Terry Johnson (Katella)	1985
9.8	Steve Southward (Fountain Valley)	1981	10.80	Dajuan Pannell (Western)	2000
9.8	Rick Nichols (Fountain Valley)	1982	10.80	Arron Harris (Western)	2008
9.8	Rod Harmon (Santa Ana)	1982	10.81	* Chucky Linman (Edison)	2001
9.8	Richard Calvin (SA Valley)	1982	10.81	* Deshaun Foster (Tustin)	1997
9.8	Teddy Baker (Saddleback)	1985	10.81	Shane Henry (Esperanza)	2006
9.8	Chip Rish (Marina)	1985	10.81	Matt Hurst (Corona del Mar)	2014
9.8	Ellis Bradford (SA Valley)	1986	10.82	Tony Mosley (Santa Ana)	1987

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

11.04	Ronnie Hillman (La Habra)		2009	10.92	**Ryan Maxwell (Santa Margarita)		2005
11.04	Ryan Lynn (San Clemente)		2012	10.93	George Petsas (Esperanza)		2013
11.04	*Brandon Douglas (Los Alamitos)		2014	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
Wind-aided:				10.94	* Dahrin Footman (Esperanza)		1994
10.29	Curtis Godin (Mater Dei)		2014	10.94	Michael Denton (Western)		2009
10.33	Matt Bruno (Trabuco Hills)		2002	10.95	Bryan Dawson (Cypress)		1991
10.40	* Claude Melvin (Brea)		1999	10.95	Tyler Rios (La Alamitos)		2014
10.42	** Bryan Harrison (Dana Hills)		1995	10.96	* Andrew Connell (Mission Viejo)		2008
10.46	Tim Martin (San Clemente)		1991	10.96	Kevin Schaefer (Sage Hill)		2010
10.48	Justin Woods (Los Alamitos)		2005	10.97	Matthew Nichols (Mater Dei)		2010
10.48	* Kyle Middlebrooks (Fountain Valley)		2009	10.97	*Corbin Anderson (Mater Dei)		2010
10.51	Quinton Bell (Costa Mesa)		2014	10.97	Ricardo Molina (Los Alamitos)		2013
10.52	Gary Young (Woodbridge)		1994	10.98	Sam Apraku (Savanna)		2006
10.55	Mike McNair (Mater Dei)		1998	10.98	Cory Thomson (Santa Margarita)		2011
10.55	Brian Woods (Los Alamitos)		2003	10.98	* Vince Hernandez (Santa Margarita)		2013
10.58	Charles Crook (Katella)		1997	10.98	Dante Pettis (JSerra)		2014
10.59	Garland West (Cypress)		2005	10.99	* Ed Presbury (Loara)		1991
10.60	Demarion Horton (Western)		2008	10.99	* Jeff Williams (Century)		1993
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	200 meters			
10.64	Teddy Baker (Saddleback)		1985	20.82	Matt Bruno (Trabuco Hills)		2002
10.64c	Chip Rich (Marina)	10.4w	1985	20.85	Curtis Godin (Mater Dei)		2014
10.65	Anton Jamir (Cypress)		2003	21.01	Chip Rish (Marina)		1985
10.66	* Chucky Linman (Edison)		2001	21.04	*Jalen Craver (Woodbridge)		2010
10.66	* Chris Nichols (Servite)		2009	21.10	** Bryan Harrison (Dana Hills)		1995
10.66	Amir Webb (Tustin)		2009	21.19	Zach Chandy (Sage Hill)		2006
10.66	* Spencer Danner (San Juan Hills)		2013	21.21	Kevin Griswold (Garden Grove)		1996
10.67	*Trent Langham (Pacifica)		2011	21.25	Ameer Webb (Tustin)		2009
10.68	* Joey Branker (Mission Viejo)		2009	21.26	Mario Bassani (Irvine)		2001
10.72	Darryl Poston (Edison)		2001	21.28	Mike McNair (Mater Dei)		1997
10.72	Shane Henry (Esperanza)		2006	21.28	Wes Williams (Esperanza)		2005
10.72	Mikail Lowery (Bolsa Grande)		2010	21.28	Justin Woods (Los Alamitos)		2005
10.72	Scott Patton (Woodbridge)		2014	21.29	Charles Crook (Katella)		1997
10.73	Dane Endly (Laguna Hills)		2003	21.32+	Clancy Edwards (Santa Ana)	21.2y	1973
10.73	Chris Nicholls (Servite)		2010	21.33	Elliot Dunning (SA Valley)		1984
10.74c	Ricky Ellis (Mater Dei)	10.5w	1991	21.34	Erik Mitchell (Los Alamitos)		1990
10.74c	Jason Boyce (Corona del Mar)	10.5w	1994	21.34	Quinton Bell (Costa Mesa)		2014
10.74c	Kai Lewis (San Clemente)	10.5	1999	21.34	*Gaber Warner (Woodbridge)		2014
10.75	DeShaun Foster (Tustin)		1998	21.39	Rex Brown (Ocean View)		1982
10.75	** lb Al-arnous (Canyon)		2008	21.39	Gary Young (Woodbridge)		1994
10.76	* Denny Casupanan (Tustin)		2001	21.39	Matt Slater (Servite)		2003
10.76	Kamron Shahbahrami (Irvine)		2011	21.39	Brian Woods (Los Alamitos)		2003
10.77	Austin Simkins (Huntington Beach)		2012	21.40	* Claude Melvin (Brea)		1999
10.77	**Isaiah Diego Williams (JSerra)		2014	21.40	Darryl Poston (Edison)		2001
10.78	Jonathan Hill (Cypress)		2014	21.41	Dante Pettis (JSerra)		2014
10.78	Logan Obbards (Mission Viejo)		2014	21.42+	Ron Pharris (Anaheim)	21.3y	1967
10.79	* Jonathan Woods (El Toro)		2002	21.42	Kevin Alexander (Valencia)		1992
10.79	Dan Gomez (Troy)		2006	21.44	* Spencer Danner (San Juan Hills)		2013
10.79	Michael Hamill (Beckman)		2014	21.46	Teddy Baker (Saddleback)		1985
10.80	Matt Brooks (Santa Margarita)		1998	21.46	Dane Endly (Laguna Hills)		2003
10.80	Scott Langford (Santa Margarita)		2001	21.48	Paul Peters (SA Valley)		1987
10.80	*** Alexander Young (Woodbridge)		2013	21.50	Tim Martin (San Clemente)		1991
10.81	Bernard Hardeman (Santa Ana)		1993	21.52+	Jackie White (Santa Ana)	21.4y	1970
10.81	* Adolph Keyes (Loa Alamitos)		1998	21.54	* Kyle Middlebrooks (Fountain Valley)		2009
10.81	*Zach Chandy (Sage Hill)		2005	21.54	Devin Harrison (Dana Hills)		2011
10.82	Drew Endly (Laguna Hills)		2008	21.56	* Joey Branker (Mission Viejo)		2009
10.82	Kendall Holmes (Los Alamitos)		2012	21.57	Malik Felton (Servite)		2011
10.83	Darrell Fuey (JSerra)		2012	21.60	William Stovall (Woodbridge)		1997
10.84c	Tony Thompson (Huntington B)	10.6w	1984	21.60	Herbert Gamboa (San Clemente)		2012
10.84c	Shaun Massey (Marina)	10.6w	1985	21.61	Marcus North (Mission Viejo)		2006
10.84	* Anton Jamir (Cypress)		2002	21.61	Matt Hurst (Corona del Mar)		2014
10.84	Luke McCarthy (Sonora)		2011	21.62+	Devon Trahan (Saddleback)	21.5y	1971
10.85	Dahrin Footman (Esperanza)		1995	21.62+	Jim Rohrig (SA Valley)	21.5y	1974
10.85	**Alex Young (Woodbridge)		2014	21.62+	Mike Kruthers (San Clemente)	21.75y	1977
10.87	Alexander Donigian (Trabuco Hills)		2011	21.62	Austin Hazel (Mater Dei)		2012
10.87	*Brandon Douglas (Los Alamitos)		2014	21.64c	Jeff Glead (Dana Hills)	21.4	1981
10.87	Toby Closure (Fullerton)		2011	21.64	Damani Wilson (Orange Lutheran)		2010
10.88	* Joseph Velazquez (El Modena)		2013	21.67	* Terry Johnson (Katella)		1985
10.89	* Chad Dunn (Los Alamitos)		2003	21.72	* Mike Fritz (Anaheim)		1986
10.89	Austin Tinsley (Santa Margarita)		2014	21.72+	Dave Johnson (Estancia)	21.6y	1970
10.90	Drake Alvarez-Cates (Edison)		2012	21.72+	Greg Jones (Mission Viejo)	21.6y	1977
10.90	*Weston Ellis (Pacifica)		2014	21.72	Roshawn Sims (Esperanza)		1991
10.91	Carlo Valdes (Mater Dei)		2008	21.73	Anthony Davis (SA Valley)		1992
10.92	J,J Cisneros (Los Alamitos)		1988	21.73	Anton Jamir (Cypress)		2003
10.92	Turill Engleman (Marina)		2002	21.76	Taylor Torres (Mater Dei)		2013

21.78	*Jeff Jacobs (Santa Margarita)		2002	22.12	Hector Flores (Villa Park)		1993
21.79	* Garland West (Cypress)		2004	22.12	Mike Chavis (Mission Viejo)		1998
21.82+	Bruce Rollinson (Mater Dei)	21.7y	1967	22.12	Dajuan Pannell (Western)		2000
21.82+	* Steve Elkins (Loara)	21.7y	1970	22.12	Will Taylor (Mission Viejo)		2006
21.82+	Jack Struble (Kennedy)	21.7y	1972	22.13	Ray Bardone (Edison)		1997
21.82+	* Kirk Ayers (Western)	21.7y	1986	22.13	Cade Lindahl (Dana Hills)		2006
21.82	*Trent Langham (Pacifica)		2011	22.13	** Victor Blackwell (Mater Dei)		2009
21.83	John Sanders (Fountain Valley)		1998	22.14c	Mike Duncan (Loara)	21.9	1981
21.83	Tubotein Taylor (Canyon)		2009	22.14	Henning Peterson (Esperanza)		1981
21.84c	Donovan Stephens (Mission Viejo)		1986	22.14c	John Garcia (Esperanza)	21.9	1984
21.84	Jeff Williams (Orange)		1994	22.14	Ray Willis (Pacifica)		1988
21.84c	Kai Lewis (San Clemente)	21.6	1999	22.14	Dave Reedus (Westminster)		1988
21.84c	Jeff Smith (Troy)	21.6	2001	22.14	Will York (El Toro)		1991
21.84	Nick Provencio (San Clemente)		2008	22.14c	**Jason Boyce (Corona del Mar)	21.9	1992
21.84	Jonathan Hill (Cypress)		2014	22.14c	* Jesus Alvarado (Anaheim)	21.9	1996
21.87	** Marshall Johnson (SA Valley)		1997	22.14c	Guillermo Esparza (Brea)	21.9	1997
21.89	Bradley Gordon (Los Alamitos)		2011	22.14c	Garrett Thompson (Santa Margarita)	21.9	1999
21.90	Mason Champieux (Laguna Hills)		2011	22.14c	* Nick McIver (Sonora)	21.9	2000
21.91	Brandon Clark (Santa Margarita)		2002	22.14	Sean Young (Irvine)		2011
21.92+	* Phil Maas (Fountain Valley)	21.8y	1970	22.11	**Isaiah Diego Williams (JSerra)		2014
21.92+	* Joe Ventimiglia (Marina)	21.8y	1970	22.15	Danny Thompson (Huntington Beach)		1984
21.92+	Tony Krzyzosiak (Garden Grove)	21.8y	1971	22.15	** Jonathan Woods (El Toro)		2001
21.92+	Mike Gibson (Lowell)	21.8y	1973	22.15	Vince Nguyen (Fountain Valley)		2001
21.92+	Kerwin Bell (Edison)	21.8y	1980	22.15	*Marcus Collins (Mission Viejo)		2012
21.92+	Mo Printup (Buena Park)	21.8y	1982	22.16+	Steve Ashworth (Orange Lutheran)	22.28y	1979
21.92	Korey Alexander (Valencia)		1992	22.16	Blaise Bryant (Cypress)		1987
21.92	* Chris Nicholls (Servite)		2009	22.16	* Nate Gilkes (Troy)		2002
21.94c	* William Dancy (SA Valley)	21.7	1988	22.18	Kevin Thomas (Valencia)		1989
21.94	Greg Stewart (Costa Mesa)		2000	22.18	Nicholas Sanford (El Modena)		2005
21.94c	Darryl Parker (Canyon)	21.7	2001	22.19	Jay Magruder (Katella)		1988
21.95	Sean White (Servite)		2008	22.19	Kendall Wesley (Katella)		1990
21.95	Justin Hunter (Dana Hills)		2014	22.19	* Kelvin Beatty (Kennedy)		2000
21.96c	Clay Kussler (Los Alamitos)	22.08y	1984	22.19	Dominique Williams (Savanna)		2008
21.96	Ahmad Wright (Kennedy)		1999	22.20	* Julius Williams (Tustin)		1997
21.97	Matt Brooks (Santa Margarita)		1998	22.20	Kellen Foley (Dana Hills)		2008
21.97	Drew Endly (Laguna Hills)		2008	22.20	* Chad Rozean (Trabuco Hills)		2009
21.97	*** Alexander Young (Woodbridge)		2013	22.21+	Clyde Emery (SA Valley)	22.1y	1969
21.98	Jerard Bryant (Canyon)		1989	22.21+	Joe Ventimiglia (Marina)	22.1y	1969
21.99	Dan Gomez (Troy)		2006	22.21+	Mike Black (Anaheim)	22.1y	1970
21.99	Derek Barnes (Tesoro)		2012	22.21+	Lewis Castle (Sunny Hills)	22.1y	1971
21.99	Nick Van Vliet (Dana Hills)		2014	22.21+	M Ferguson (Savanna)	22.1y	1971
22.00	Gary Stenlund (Saddleback)		1980	22.21+	John Miles (Corona del Mar)	22.1y	1972
22.00	**Josh Herrera (La Habra)		1998	22.21+	David Wade (Anaheim)	22.1y	1972
22.00	* Chucky Linman (Edison)		2001	22.21+	Gilbert Brito (Western)	22.1y	1973
22.02+	Jim Morgan (Mater Dei)	21.9y	1967	22.21+	M Callander (Buena Park)	22.1y	1975
22.02+	Jim Beyers (Loara)	21.9y	1971	22.21+	Perry Johnson (Kennedy)	22.1y	1977
22.02+	Tom Teeple (Brea)	21.9y	1971	22.21+	William Steen (SA Valley)	22.1y	1978
22.02+	Jack Struble (Kennedy)	21.9y	1971	22.21+	Chris Corum (Newport)	22.1y	1978
22.02+	Brian Theriot (Newport)	21.9y	1975	22.21+	Rod Harmon (Santa Ana)	22.1y	1982
22.02+	Marshal Johnson (SA Valley)	21.9y	1978	22.21+	Lance Martin (Corona del Mar)	22.1y	1983
22.02+	Aaron Lybarger (El Toro)	21.9y	1982	22.21+	Wayne Barrett (Santa Ana)	22.1y	1984
22.02+	Aaron Thigpen (Saddleback)	21.9y	1982	22.21+	John Hollis (SA Valley)	22.1y	1986
22.02	*Jonathan Berry-Smith (Oxford Acad)		2010	22.21+	Seals McCarthy (Brea)	22.34y	1987
22.03	Drake Alvarez-Cates (Edison)		2012	22.21	* Tommy Adams (Capo Valley)		1987
22.04	* Jarrett Murrell (Saddleback)		1991	22.21+	* Ed Presbury (Loara)	22.1y	1991
22.04c	* Mike Flores (Savanna)	21.8	1994	22.21	* DeShawn Foster (Tustin)		1997
22.05	* Vince Rivera (Savanna)		1982	22.22	*Brent Geray (Corona del Mar)		2010
22.05	Kyle Dravis (Orange Lutheran)		2009	22.22	Josh Taylor (Mission Viejo)		2014
22.05	** Brandon Douglas (Los Alamitos)		2013	22.24c	Lance Martin (Corona del Mar)	22.0	1983
22.06	Rasuli Webster (Brea)		1998	22.24c	Eric Shermerhorn (Woodbridge)	22.0	1984
22.06	David Traylor (Servite)		1999	22.24	* Greg Portis (Katella)		1985
22.07	Shad Vickers (Tustin)		1991	22.24c	* Grant Pearsall (Villa Park)	22.0	1993
22.07	Austin Tinsley (Santa Margarita)		2014	22.24c	**Michael Graham (Mater Dei)	22.0	1993
22.09	* Rich Brooks (Woodbridge)		1985	22.24c	Gary Charles (Magnolia)	22.0	1995
22.10	Bob Rust (Kennedy)		1980	22.24c	Tim Fitzgerald (Santa Margarita)	22.0	1996
22.10	Logan Obbards (Mission Viejo)		2014	22.24c	Young (Calvary Chapel)	22.0	1996
22.11+	Richard Yukihiko (Western)	22.0y	1967	22.24c	Jesus Acevedo (Anaheim)	22.0	1997
22.11+	Andrews (Tustin)	22.0y	1969	22.24c	Scott Thompson (Trabuco Hills)	22.0	1991
22.11+	John Winstead (Santa Ana)	22.0y	1970	22.24c	* Chris Ringstrom (Corona del Mar)	22.0	2003
22.11+	Hein (Tustin)	22.0y	1970	22.24	Aaron Harris (Western)		2009
22.11+	Robert Harrell (Santa Ana)	22.0y	1972	22.24	Joseph Velasquez (El Modena)		2014
22.11+	Rick Desmet (Costa Mesa)	22.0y	1972	22.25	Ben Cesar (Ocean View)		1990
22.11+	Mike Johnson (Magnolia)	22.0y	1978	22.25	* Steve Douglas (Loara)		2000
22.11+	Paul Harvey (Dana Hills)	22.0y	1984	22.25	Chukwuekezie Nwachie (Loara)		2012
22.11+	Ellis Bradford (SA Valley)	22.0y	1986	22.26	Kamico Bandy (SA Valley)		1992
22.11+	Devon Edwards (Valencia)	22.0y	1991	22.26	* Sam Morton (Garden Grove)		2004
22.11	Julius Williams (Tustin)		1998	22.26	* Jonathon Brady (Capo Valley)		2009

22.26	Kamron Shahbahrami (Irvine)		2011	22.41+	Greg Kempton (El Dorado)	22.3y	1972
22.26	**Hunter Simmons (Tesoro)		2011	22.41+	Len Swavely (El Modena)	22.3y	1972
22.27	John Van Dam (Pacifica)		1982	22.41+	Mark Rafter (Western)	22.3y	1972
22.27	* Duke Ly (Magnolia)		1986	22.41+	Dwayne Bunker (Santa Ana)	22.3y	1973
22.27	Richard Cradit (Cypress)		2000	22.41+	Jim Straw (Garden Grove)	22.3y	1974
22.27	Grant Schwartz (Dana Hills)		2006	22.41+	Mike Rhue (SA Valley)	22.3y	1976
22.27	Ibrahim Al-arnous (Mission Viejo)		2010	22.41+	Wayne Kasperek (Newport)	22.3y	1978
22.28	*John Moos (Edison)		1997	22.41+	Chris Saunders (Sonora)	22.3y	1978
22.29	Ricardo Molina (Los Alamitos)		2013	22.41+	Steve Southward (Fountain Valley)	22.3y	1981
22.30	Andy Sims (Dana Hills)		1984	22.41+	Walter Steen (SA Valley)	22.3y	1982
22.30	Joe White (Capo Valley)		1989	22.41+	* Keith Golden (Foothill)	22.3y	1985
22.30	Robert Peinado (Savanna)		1997	22.41+	Ron Rojas (Troy)	22.3y	1986
22.30	* Denny Casupanan (Tustin)		2001	22.41+	Eric Adkins (El Modena)	22.3y	1987
22.30	Kyle Crisp (Irvine)		2002	22.41+	Mark Shores (SA Valley)	22.3y	1988
22.30	Justin Christjaener (Edison)		2006	22.41	Aaron Ford (Los Alamitos)		1995
22.30	Richard Perez (Laguna Hills)		2012	22.41	** Dan Bowling (Mission Viejo)		1997
22.31	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
22.31+	Steve Hines (Edison)	22.2y	1975	22.44c	Scott White (Sonora)	22.2	1999
22.31+	Rob Martin (Villa Park)	22.2y	1977	22.44	Vanden Staly (Canyon)		2002
22.31+	Mike Dotterer (Mater Dei)	22.2y	1978	22.44	Bryan Payee (Trabuco Hills)		2004
22.31+	Mark Shores (SA Valley)	22.2y	1987	22.44	Tomas Olech (Trabuco Hills)		2011
22.31	* Shawn Tucker (Laguna Hills)		2008	22.44	*Vince Hernandez (Santa Margarita)		2013
21.31	** Tramaine Brown (Savanna)		2003				
22.32	Bill Thurmond (Saddleback)		1987	Wind aided:			
22.33	Ryan Crane (Dana Hills)		1992	20.82	** Bryan Harrison (Dana Hills)		1995
22.33	Phil Sardis (Santa Margarita)		2000	20.92 +	Clancy Edwards (Santa Ana)	20.8y	1973
22.33	Shane Henry (Esperanza)		2006	21.01	Justin Woods (Los Alamitos)		2005
22.33	George Petsas (Esperanza)		2013	21.09	Elliot Dunning (SA Valley)		1984
22.34c	Chuck Steen (SA Valley)	22.1	1989	21.13	Wes Williams (Esperanza)		2005
22.34	*** Jimmy Hutsell (Cypress)		1992	21.17	Mike McNair (Mater Dei)		1998
22.34c	Ethan Taub (Foothill)	22.1	1994	21.23	* Claude Melvin (Brea)		1999
22.34c	Zach Berridge (Western)	22.1	1994	21.23	*Gabe Warner (Woodbridge)		2014
22.34c	josh Christensen (Western)	22.1	1994	21.25	Tim Martin (San Clemente)		1991
22.34c	Mike Flores (Savanna)	22.1	1995	21.26	* Terry Johnson (Katella)		1985
22.34c	Kojo Ahrin (Irvine)	22.1	1996	21.24	Ameer Webb (Tustin)		2009
22.34c	Terrence Williams (Orange)	22.1	1996	21.42	Tubotein Taylor (Canyon)		2009
22.34c	Kenny Greer (El Dorado)	22.1	2001	21.51+	Jim Rohrig (SA Valley)	21.4y	1973
22.34	Scott Patton (Woodbridge)		2014	21.53	* Anton Hector (Esperanza)		1994
22.35	William Kim (Villa Park)		1983	21.54	* Joey Branker (Mission Viejo)		2009
22.35	Ulysses Trammel (Rancho Alamitos)		1991	21.62+	Jim Beyers (Loara)	21.5y	1971
22.35	Stephen Ferguson (Dana Hills)		2008	21.63	** Victor Blackwell (Mater Dei)		2009
22.35	Eddie Wallace (San Clemente)		2010	21.66	Roshawn Sims (Esperanza)		1991
22.36	Bob Nita (Katella)		1999	21.67	Matt Brooks (Santa Margarita)		1998
22.36	Andrew Tucker (Mission Viejo)		2004	21.71	Taylor Torres (Mater Dei)		2013
22.36	*Kyle Dravis (Orange Lutheran)		2008	21.72	Nick Van Vliet (Dana Hills)		2014
22.36	* Jeremy Maxwell (Edison)		2013	21.74c	* Geoff Smith (Troy)	21.5	2000
22.36	Alex Young (Woodbridge)		2014	21.76	*** Alexander Young (Woodbridge)		2013
22.37	Micah Dennison (Dana Hills)		1994	21.77	Cade Lindahl (Dana Hills)		2006
22.37	* Mike Chavis (Mission Viejo)		1997	21.81	Grant Schwartz (Dana Hills)		2006
22.37	Justin Aguayo (Mission Viejo)		2009	21.81	Ameer Webb (Tustin)		2008
22.37	Miles Robertson (La Habra)		2014	21.82	Eddie Wallace (San Clemente)		2010
22.39	Mike Sullivan (Sunny Hills)		1991	21.83	Dan Gomez (Troy)		2006
22.39	Jarryd Gonzalez (Pacifica)		1992	21.83	*Brandon Douglas (Los Alamitos)		2014
22.39	Jimmy Thorson (Edison)		2000	21.87	Jalen Carter (Woodbridge)		2011
22.39	Duane Nix (Tustin)		2001	21.89	*Chris Nicholls (Servite)		2009
22.40	Jeff Dooley (Trabuco Hills)		1987	21.89	*Jonathan Berry-Smith (Oxford Acad)		2010
22.40	Bill Whalen (El Dorado)		1987	21.91	Drake Alvarez-Cates (Edison)		2012
22.40	Wray Watkins (Fountain Valley)		1997	21.92	Kyle Dravis (Orange Lutheran)		2009
22.40	*Alex Alvarez (San Clemente)		2010	21.93	Austin Simpkins (Huntington Beach)		2012
22.41	Eric Padgett (Katella)		1983	21.94	*Austin Hazel (Mater Dei)		2011
22.41+	Rick Geddes (San Clemente)	22.3y	1969	21.96	Logan Obbards (Mission Viejo)		2014
22.41+	Tom Teeple (Brea)	22.3y	1970	21.97	Trevor Jones (Newport)		2000
22.41+	David Wade (Anaheim)	22.3y	1971	21.98	Chas Harmon (JSerra)		2012

22.00	Myron Bownes (Woodbridge)	1998	48.12	* Ethan Traub (Foothill)	1993
22.04	Chuckie Linman (Edison)	2002	48.16+	Gary Walker (Tustin)	48.2y 1960
22.04	Thomas Testini (Corona del Mar)	2012	48.19+	Marshall Johnson (SA Valley)	48.48y 1978
22.08	* Alex Suschek (Mission Viejo)	2013	48.26+	Neil Caterson (Bolsa Grande)	48.4y 1966
22.10	Alex Hardlund (Cypress)	2012	48.26+	Paul Williams (Huntington Beach)	48.4y 1968
22.13	Arron Harris (Western)	2008	48.26	Mike Fritz (Anaheim)	1986
22.13	*Marcus Collins (Mission Viejo)	2012	48.30	* Jimmy Hutsell (Cypress)	1993
22.14	* Henning Peterson (Esperanza)	1981	48.31	John Hollis (SA Valley)	1986
22.14 c	Kamico Bandy (S A Valley)	21.9 1992	48.33	Anthony Davis (SA Valley)	1992

220 yards (straight)

20.7	Eddie Morris (Huntington Beach)	1940	48.36	Dave Samarin (La Habra)	48.5y 1965
20.7	* Steve Elkins (Loara)	1970	48.36+	Mike Owens (Valencia)	48.5y 1966
20.8	Bill Swisshelm (Santa Ana)	1954	48.36	Brandon Clark (Santa Margarita)	2002
20.8	Devon Trahan (Saddleback)	1971	48.40	Chris Sperle (Fountain Valley)	1984
20.8	* Eddie Preston (Santa Ana)	1963	48.41	Vince Rivers (Savanna)	1983
20.9	Derald Logue (La Habra)	1962	48.41	Bill Thurmond (Saddleback)	1987
20.9	Randy Julian (Bolsa Grande)	1966	48.42	Ryan Crane (Dana Hills)	1992
20.9	Dick Coulter (SA Valley)	1967	48.45	David Boyd (Esperanza)	1983
21.0	Pat Moore (La Habra)	1959	48.45	Sean Young (Irvine)	2011
21.0	Bob Maimbourg (Garden Grove)	1960	48.53	Micah Dennison (Dana Hills)	1994
21.0	Stan Edmonds (Kennedy)	1966	48.56+	Paul Hackett (La Habra)	48.7y 1967
21.1	Dave Samarin (La Habra)	1965	48.56+	Tom Grasha (Savanna)	48.7y 1971
21.2	Ron Pharris (Anaheim)	1967	48.57	Aaron Taub (Foothill)	1992
21.3	Ron Van de Putte (Valencia)	1959	48.57	Don Oliver (Foothill)	1994
21.3	Stan Pash (Western)	1963	48.58	Geno Howard (Los Amigos)	1986
21.3	Fred Kullar (Santiago)	1964	48.59	* Jess Strutzel (Huntington Beach)	1995
21.3	Dave Cooke (Brea)	1966	48.59	Garrett Baxter (Canyon)	2009
21.3	Clyde Emery (SA Valley)	1968	48.60	Nick John Haiduc (Servite)	1987
21.3	Jackie White (Santa Ana)	1969	48.63	Nick Van Vliet (Dana Hills)	2014
21.4	Lanny Carter (Orange)	1953	48.63	Curtis Godin (Mater Dei)	2014
21.4	Earl Woodson (Western)	1960	48.64	Greg Muniz (Woodbridge)	1992
21.4	Randy Scott (Western)	1960	48.65	Kendall Wesley (Katella)	1990
21.4	Aldrich Vanderlinden (Garden Grove)	1963	48.66+	Lanny Carter (Orange)	48.8y 1952
21.4	Jim Lawrence (Buena Park)	1964	48.66+	Gil Rangel (Santa Ana)	48.8y 1963
21.4	Paul Hackett (La Habra)	1967	48.66+	*John Galbraith (Magnolia)	48.8y 1970
21.4	Claude LaBarre (Santiago)	1963	48.66+	Jan Skaarud (Buena Park)	48.8y 1972
21.5	Dave Allen (Buena Park)	1963	48.66+	Matt Hogsett (Newport)	48.8y 1972
21.5	John Winstead (Santa Ana)	1970	48.66	Justin Woods (Los Alamitos)	2005

Wind-aided:

20.6w	Eddie Morris (Huntington Beach)	1940	48.74c	Bryan Payne (Trabuco Hills)	48.6 2004
20.6w	Randy Julian (Bolsa Grande)	1966	48.74c	** Devin Harrison (Dana Hills)	48.6 2009
20.6w	Jackie White (Santa Ana)	1970	48.75	Joey Branker (Mission Viejo)	2010
20.7w	* Steve Elkins (Loara)	1970	48.75	*Dylan Atencio (Yorba Linda)	2014
20.8w	* Eddie Preston (Santa Ana)	1963	48.76+	Mark Joiner (Laguna Hills)	49.04y 1980
20.8w	Rich Coulter (SA Valley)	1967	48.76+	Curtis Mack (Western)	48.9y 1961

400 meters

45.84c	Chip Rish (Marina)	45.7 1985	48.76+	Jim Morgan (Mater Dei)	48.9y 1967
46.57+	Tony Krzyzosiak (Garden Grove)	46.7y 1971	48.76+	**Eric Olson (Estancia)	48.9y 1970
46.92	*Jalen Craver (Woodbridge)	2010	48.76+	Vince Mulroy (Newport)	48.9y 1975
47.01	Mario Bassani (Irvine)	2001	48.77	Nick Provencio (San Clemente)	2008
47.04c	Brian Theriot (Newport)	46.9 1975	48.79	John Dingus (Tesoro)	2008
47.07+	* Robert Harrrell (Santa Ana)	47.2y 1971	48.83	Vince McGuinness (Corona del Mar)	1983
47.09	Eric Schermerhorn (Woodbridge)	1984	48.86+	* Dave Cooke (Brea)	49.0y 1965
47.27+	* Randy Julian (Bolsa Grande)	47.4y 1965	48.86+	Steve Christiano (Fountain Valley)	49.0y 1970
47.29	* Zach Chandy (Sage Hill)	2005	48.86+	Bob Bradford (University)	49.0y 1973
47.34	Paul Peters (SA Valley)	1987	48.86+	Corner Sill (Troy)	49.0y 1979
47.59	Jeff Roach (Laguna Hills)	1984	48.86	Chris Little (Cypress)	1988
47.73	Roshawn Sims (Esperanza)	1991	48.86	Terrance Brown (Orange Lutheran)	2009
47.73	Tubotein Taylor (Canyon)	2009	48.88	Devon Edwards (Valencia)	1991
47.77	Trevor Jones (Newport)	2000	48.88	Trent Perez (Servite)	2008
47.79	Matt Hurst (Corona del Mar)	2014	48.89	Joe White (Capo Valley)	1989
47.80	Cade Lindahl (Dana Hills)	2006	48.92	Jonathon Brady (Capo Valley)	2010
47.86	Gabe Warner (Woodbridge)	2014	48.94c	* Eric Chesley (Mission Viejo)	48.8 1985
47.87+	Dave Buck (Brea)	48.0y 1963	48.94c	Shelton Davis (Villa Park)	48.8 1998
47.87	* Chad Rozean (Trabuco Hills)	2009	48.96+	Grif Rimes (Newport)	49.1y 1972
47.89	* Wes Willaims (Esperanza)	2004	48.96+	Jim Harris (Westminster)	49.1y 1980
47.92	Jonathan Berry-Smith (Oxford Academy)	2011	48.96	* Brian Goodell (Mission Viejo)	2004
47.94	Devin Harrison (Dana Hills)	2011	49.02	* Henning Peterson (Esperanza)	1981
47.97	*Jeff Jacobs (Santa Margarita)	2002	49.04	Alex Hardlund (Cypress)	2012
48.05+	Greg Jones (Mission Viejo)	48.34y 1977	49.05	Garrett Thompson (Santa Margarita)	1999
48.06+	Tony Sanford (La Habra)	48.1y 1965	49.06+	Bart Walker (Tustin)	49.2y 1964
48.06+	Tom Lloy (Edison)	48.1 y 1975	449.06+	Bill Van Note (Corona del Mar)	49.2y 1966
48.09	Kevin Griswold (Garden Grove)	1996	49.06+	Chuck Denmark (Santa Ana)	49.2y 1973
			49.06+	Tom Ahlstrom (Los Alamitos)	49.2y 1975
			49.06+	Chris Corum (Newport)	49.2y 1978
			49.06+	Jon Michael (El Dorado)	49.2y 1980

49.06+	Greg Heet (Lowell)	49.2y	1964	49.50	Michael Andraszczyk (Aliso Niguel)	2008
49.06+	Mike Terry (El Modena)	49.2y	1991	49.52	Jerard Byant (Canyon)	1989
49.09	Chris Sperle (Fountain Valley)		1984	49.52	Baltierra (Mission Viejo)	2005
49.13	Jeff Dooley (Trabuco Hills)		1987	49.53	Rob Smith (El Modena)	1982
49.13	* Gus Berga (Santa Margarita)		2008	49.53	Brad Slinkard (Santa Margarita)	2001
49.15	Tom Rodriguez (Mission Viejo)		2002	49.54c	Todd Homer (University)	49.4 1982
49.15	David Christensen (El Dorado)		2014	49.54c	Phil Porter (Rancho Alamitos)	49.4 1985
49.16+	Bob Bonebrake (Orange)	49.3y	1934	49.54	John Boos (Edison)	1998
49.16+	George Bragg (Anaheim)	49.3y	1958	49.55	Danny Dwelley (El Toro)	1998
49.16+	Randy Smyth (Costa Mesa)	49.3y	1964	49.56+	Dan Hoefler (Fullerton)	49.7 1949
49.16+	Phil Morton (Lowell)	49.3y	1970	49.56+	Mike Bradshaw (Loara)	49.7y 1968
49.16	*Victor Blackwell (Mater Dei)		2010	49.56+	Lewis Castle (Sunny Hills)	49.7y 1971
49.18	Mark Guest (Ocean View)		1982	49.56+	Harry Doland (Buena Park)	49.7y 1972
49.20	** Brian Woods (Los Alamitos)		2002	49.56+	Frank Venclik (Newport)	49.7y 1978
49.20	Derek Holtz (El Modena)		2012	49.56	** Kirk Ayers (Western)	1985
49.21	Matt Willis (Servite)		2002	49.56	Scott Tiveron (Woodbridge)	1989
49.21	Kyle Crisp (Irvine)		2002	49.56	Sam Morton (Garden Grove)	2005
49.22	Ray Walters (Trabuco Hills)		1987	49.56	Wes Feighner (Los Alamitos)	2008
49.22+	Eddie Morris (Huntington Beach)	49.4y	1940	49.56	Nick Lee (Mission Viejo)	2012
49.22+	Kevin Ahlstrom (Los Alamitos)		2004	49.57	Chris Sweeney (Capo Valley)	2008
49.23	Chase Frazier Mission Viejo)		2004	49.58	*John West (Sonora)	1997
49.25	Jonnie McIntyre (Western)		2005	49.59	Shane Vickers (Tustin)	1997
49.26+	Greg Tagliaferri (Santiago)	49.4y	1964	49.59	Chris Braham (Marina)	2004
49.26+	Jim Keathley (Westminster)	49.4y	1972	49.59	Colin MacRae (Aliso Niguel)	1998
49.26+	Steve Dyer (Westminster)	49.4y	1972	49.60	Chuck Reid (Villa Park)	1996
49.26+	Clancy Edwards (Santa Ana)	49.4y	1972	49.61	Pat McGrath (Corona del Mar)	1985
49.26+	Jim Dykes (University)	49.4y	1973	49.61	Mark Shores (SA Valley)	1988
49.26+	*Jim Walters (Estancia)	49.4y	1976	49.61	Corey Hammond (Mater Dei)	2012
49.26+	George Carlross (Saddleback)	49.4y	1976	49.62	Keith Pontiflet (Esperanza)	1985
49.27	Max Redfield (Mission Viejo)		2013	49.62	Alex Alvarez (San Clemente)	2011
49.28	Walter Williams (Foothill)		1984	49.63	Kyle Dravis (Orange Lutheran)	2009
49.28	Thierry Brusselle (Newport)		1987	49.64c	*Nick John Haiduc (Servite)	49.5 1986
49.28	Zack Neenah (Orange Lutheran)		2013	49.64	Tad Heath (Foothill)	1993
49.30	Bobby Haghani (Laguna Hills)		2005	49.64c	Matt Blasdel (Santa Margarita)	49.5 1996
49.30	Eric Vetter (Esperanza)		2010	49.64	* Chris Ringstrom (Corona del Mar)	2003
49.31	Josh Christensen (Western)		1994			
49.31	Robert Peinado (Savanna)		1997			
49.31	Alexander Whiston (University)		2008			
49.32	Julian Lujan (Servite)		2012			
49.33	Justin Christjaener (Edison)		2006			
49.33	Joshua Smith (Huntington Beach)		2008			
49.34c	Rod Emery (Fountain Valley)	49.2	1982			
49.34c	Noel Trout (Irvine)	49.2	1985			
49.34c	Paul Harvey (Dana Hills)	49.2	1985			
49.34	Mitchell Ramirez (Buena Park)		2009			
49.34	Trevor Oblouk (El Toro)		2014			
49.35	Scott Thompson (Trabuco Hills)		1999			
49.35	*Alex Moreno (?)		2005			
49.36+	Larry Kirchman (Anaheim)	49.5y	1952			
49.36+	Bruce Bess (La Habra)	49.5y	1962			
49.36+	Tom Julian (Bolsa Grande)	49.5y	1966			
49.36+	* Kevin Cochran (Orange)	49.5y	1964			
49.36+	Tom Kovacich (Buena Park)	49.5y	1972			
49.36+	Barry Hyde (Villa Park)	49.5y	1974			
49.36+	Jack Hagan (Corona del Mar)	49.5y	1975			
49.36+	Marty Johnson (Dana Valley)	49.5y	1976			
49.36+	* Scott Turner (Buena Park)	49.5y	1976			
49.36+	* Don Stodola (Esperanza)	49.5y	1976			
49.36	** Anton Hector (Esperanza)		1993			
49.38	Pete Morello (Laguna Hills)		1997			
49.38	*Justin Parga (Cypress)		2005			
49.38	Chas Harmon (JSerra)		2012			
49.40	* Steve Hilferty Mater Dei)		1998			
49.40	Jared Hayman (Trabuco Hills)		1999			
49.42	Jimmy Martin (Santa Margarita)		2009			
49.42	John Swigert (Corona del Mar)		2012			
49.43	David Terry (Tustin)		2012			
49.44	Eric Van Aken (Ocean View)		2001			
49.45	Troy Stanley (Tustin)		2006			
49.45	** Sean Krink (Valencia)		2008			
49.46+	John Robinson (Santa Ana)	49.6y	1969			
49.46+	Jim Keathley (Westminster)	49.6y	1972			
49.46+	Bryant Humann (Newport)	49.6y	1976			
49.46+	Dave Russell (Canyon)	49.6y	1978			
49.46+	John Hall (Tustin)	49.6y	1979			
49.46	Nathan Lancaster (Laguna Beach)		2014			
49.47	Curtis Lehman (Sonora)		2000			

800 meters

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
1:50.6 +	Paul Williams (Huntington Beach)	1:51.2y 1968
1:50.8 +	Robert Harrell (Santa Ana)	1:51.4y 1972
1:50.8 +	Tom Kovacich (Buena Park)	1:51.4y 1972
1:51.02	**Michael Haddan (Woodbridge)	2002
1:51.29	Brandon Pacheco (Brethren Christian)	1995
1:51.29	Jantzen Oshier (Trabuco Hills)	2011
1:51.34	Eric Behring (La Habra)	1981
1:51.4 +	Jan Underwood (Buena Park)	1:52.0y 1960
1:51.42	Andy Sims (Dana Hills)	1984
1:51.6 +	* Tom Lloy (Edison)	1:52.2y 1974
1:51.7+	* Mike Owens (Valencia)	1:52.3y 1965
1:51.75	* Jess Strutzel (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	1:55.0 James Cameron (Mission Viejo)	2009
1:52.98 Garrett Corcoran (Villa Park)		2014	1:55.1 + Terry Fink (El Modena)	1:55.7y 1974
1:52.87 * Alonso Smith (Tustin)		2000	1:55.1 + Ralph Serna (Loara)	1:55.7y 1975
1:52.92 John Carrow (Esperanza)		1988	1:55.1 + Matt Bell (Foothill)	1:55.7y 1975
1:52.95 Mike Terry (El Modena)		1991	1:55.1 + * Anthony Wells (SA Valley)	1:55.7y 1980
1:52.99 Dave Anderson (Corona del Mar)		1984	1:55.05 * Antonio Lozano (Katella)	1999
1:53.02 Jeff Williams (Foothill)		1982	1:55.08 Joe Alexander (Huntington Beach)	1984
1:53.0 ** Kevin Green (Villa Park)		1982	1:55.10 Kevin Knapp (Esperanza)	1985
1:53.1 + Craig Lewis (Tustin)	1:53.7y	1966	1:55.10 John Peschelt (Newport)	2001
1:53.12 Brian O'Bannon (Ocean View)		1995	1:55.18 Riley Sullivan (Trabuco Hills)	2008
1:53.13 John Cronin (Mission Viejo)		1985	1:55.2 + Bob Ironroad (Sonora)	1:55.8y 1972
1:53.19 Michael Andraszcyk (Aliso Niguel)		2008	1:55.2 + Matt Hogsett (Newport)	1:55.8y 1972
1:53.2+ ***Bruce Bess (La Habra)	1:53.5y	1960	1:55.2 + Mike Serna (Loara)	1:55.8y 1980
1:53.20 Tony Guadagnini (Marina)		2005	1:55.22 Mike Lynch (Foothill)	1993
1:53.20 Jesus Molina (Dana Hills)		2010	1:55.22 * Billy Vetter (El Modena)	2008
1:53.26 * Kris Monte (Capo Valley)		2000	1:55.25 Rusty Parker (Dana Hills)	2008
1:53.27 Arien Anderson' (Mission Viejo)		1985	1:55.26 Zach Chandy (Sage Hill)	2006
1:53.34 Toby Villalva (El Toro)		2009	1:55.27 Jason Graney (Fountain Valley)	2001
1:53.4 + John Griffin (Lowell)	1:54.0y	1967	1:55.28 Kyle Morton (Westminster)	1983
1:53.42 *Joe Gatel (Edison)		2004	1:55.3 + Jim Greenman (Westminster)	1:55.9y 1965
1:53.46 Cole Guerin (Dana Hills)		2010	1:55.30 Jim Bowles (Costa Mesa)	1985
1:53.48 Dan Niednagel (Dana Hills)		1991	1:55.30 Kyle Iverson (Corona de Mar)	2012
1:53.52 Louie Gallardo (Mater Dei)		2008	1:55.32 Brenden Stone (Northwood)	2014
1:53.54 Tad Heath (Foothill)		1993	1:55.33 Scott Snyder (El Modena)	1985
1:53.57 Brendon Confer (Servite)		2009	1:55.33 Wade Hauptmeier (Esperanza)	1986
1:53.6 + Mike Brugeman (Corona del Mar)	1:54.2y	1979	1:55.36 Wes Luke (Trabuco Hills)	2000
1:53.6 + Phil Vasquez (University)	1:54.2y	1970	1:55.36 Humberto Rojas (Estancia)	2003
1:53.7 + Dave Hustwick (Laguna Beach)	1:54.3y	1970	1:55.4 + Brian Hunsaker (Corona del Mar)	1:56.0y 1975
1:53.7 + Steve Dyer (Westminster)	1:54.3y	1972	1:55.4 + Tom Fogerty (Capo Valley)	1:56.0y 1979
1:53.8 + Bill Reimer (Edison)	1:54.4y	1980	1:55.4 + F Rossi (Canyon)	1:56.0y 1982
1:53.89 Ryan Martin (Santa Margarita)		2007	1:55.40 Andy Coleman (Corona del Mar)	1985
1:53.9 + Ken Hower (Mission Viejo)	1:54.5y	1973	1:55.4 Chris Clark (El Modena)	1994
1:53.9 + Mike Delaney (Orange)	1:54.5y	1973	1:55.45 Pedro Mendez (Katella)	2012
1:53.9 + Larry Sparks (Sonora)	1:54.5y	1979	1:55.46 Daniel Kor (Pacifica)	2003
1:54.03 *Cooper Kossick (Edison)		2014	1:55.46 *Spencer Allen (El Toro)	2011
1:54.1 + Dexter Stanley (Foothill)	1:54.7y	1979	1:55.48 Mike Villasin (Servite)	2008
1:54.10 Cody Nguyen (Brea)		2012	1:55.5 + Bill Armstrong (El Dorado)	1:56.1y 1974
1:54.12 **Thomas Heib (Los Alamitos)		2014	1:55.5 + Carlos Carrillo (Santa Ana)	1:56.1y 1976
1:54.18 David Boyd (Esperanza)		1983	1:55.5 + Vic Herrera (Costa Mesa)	1:56.10y 1980
1:54.2 + Mark Schilling (Garden Grove)	1:54.8y	1972	1:55.53 * Ken Simms (Irvine)	1983
1:54.2 + Tim Sall (Villa Park)	1:54.8y	1974	1:55.53 Jim Smith (Garden Grove)	1983
1:54.30 Craig Olson (El Dorado)		1987	1:55.54 Mike Neckerman (Capo Valley)	1983
1:54.33 Tyler Valdes (Dana Hills)		2009	1:55.54 Luke Decker (JSerra)	2011
1:54.34 Juan Gonzalez (El Toro)		2013	1:55.54 Dalton Hall (Mater Dei)	2013
1:54.4 + Preston Campbell (Marina)	1:55.0y	1973	1:55.56 Ricardo Campuzano (Dana Hills)	2011
1:54.4 + Jon Albrecht (La Habra)	1:55.0y	1975	1:55.6 + * Dave Stoner (Magnolia)	1:55.2y 1963
1:54.4 *Dan Niednagel (Dana Hills)		1990	1:55.60 Bob Grego (Costa Mesa)	1982
1:54.40 Connor Kaddatz (Dana Hills)		2011	1:55.64 * Ross Gierczak (Los Alamitos)	2004
1:54.42 * Ryan Valdes (Dana Hills)		2008	1:55.65 Mike Chavez (Esperanza)	2003
1:54.44 Ryan Germann (El Toro)		2011	1:55.66 Talal Khan (Valencia)	2008
1:54.47 Mike Hancock (Newport Harbor)		1991	1:55.66 Robert Blackwell (Costa Mesa)	2012
1:54.49 Peter Robie (Servite)		2006	1:55.67 * John West (Sonora)	1997
1:54.5 Jim Robbins (Corona del Mar)		1988	1:55.7 + Gil Rangel (Santa Ana)	1:56.3y 1963
1:54.51 Eric Solis (Costa Mesa)		1997	1:55.7 + Mike Eck (Savanna)	1:56.3y 1963
1:54.52 Andrew Brown (Mission Viejo)		2013	1:55.7 + Ron Taylor (Garden Grove)	1:56.3y 1965
1:54.6 + Phil Wingard (Troy)	1:55.2y	1974	1:55.7 + Kevin Eaton (Mission Viejo)	1:56.3y 1974
1:54.6 + * Steve Telaneus (Dana Hills)	1:55.2y	1976	1:55.7 + Bob Sutherland (Fullerton)	1:56.3y 1974
1:54.6 Noel Trout (Irvine)		1986	1:55.70 Darren Wood (Corona del Mar)	1985
1:54.60 Dave Sanford (Los Alamitos)		1988	1:55.70 Ryan Jensen (Newport)	1999
1:54.61 Matt Stoner (Laguna Hills)		2009	1:55.71 Tad Kaput (El Toro)	1996
1:54.66 Lucas Divok (University)		2011	1:55.71 Darron Grimes (Dana Hills)	2005
1:54.7 + Chuck Denmark (Santa Ana)	1:55.3y	1973	1:55.71 *Max McBride (Brea)	2011
1:54.70 **Devin Lindahl (Dana Hills)		1997	1:55.72 Demetrious Lloyd (Servite)	2013
1:54.71 Brent Jones (Brea)		1988	1:55.74 * Peter Gustafsson (Mission Viejo)	2003
1:54.8 + Steve Morago (Santa Ana)	1:55.4y	1975	1:55.75 *Frank Guadagnini (Servite)	2010
1:54.80 Noel Trout (Irvine)		1985	1:55.77 * Dave Baker (Edison)	1989
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		
1:54.93 **Austin Tamagno (Brea)		2014		
1:54.97 *Karl Wenberg (Marina)		2010		
1:55.0 + Steve Christiano (Fountain Valley)	1:55.6y	1970		

1500 meters

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	4:11.82	Sean Krinik (Valencia)	2010
3:52.6	Andy Clifford (Sunny Hills)	1974	4:11.94	Eddie Lavelle (Corona del Mar)	1989
3:54.27	Eddie Lavelle (Corona del Mar)	1989	4:12.0+	Bruce Bess (La Habra)	4:13.4y 1962
3:54.4'	Jim Geerlings (Newport)	1988	4:12.04	Austin Goins (Canyon)	2013
3:54.6'	Dale Story (Orange)	1959	4:12.08	Jeff Thies (Edison)	2013
3:54.8	Kyle Morton (Westminster)	1983	4:12.21+	Dragan Simic (Woodbridge)	4:13.68y 2012
3:55.1'	Victor Valen (El Modena)	1984	4:12.25	Scott Smith (Dana Hills)	2005
3:55.4	John Gerhart (Costa Mesa)	1978	4:12.38	Ryan Valdes (Dana Hills)	2009
3:55.4'	Dave Anderson (Corona del Mar)	1984	4:12.46	Mike Chavez (Esperanza)	2003
3:55.6	Dave Daley (Foothill)	1978	4:12.53	John Sullivan (Trabuco Hills)	2007
3:55.66	James Cameron (Mission Viejo)	2009	4:12.72	Riley Sullivan (Trabuco Hills)	2008
3:56.1	Jim Robbins (Corona del Mar)	1988	4:12.73	Humberto Rojas (Estancia)	2003
3:56.11	Haissam Sabra (Ocean View)	1987	4:12.76	Andrew Daedler (Brea)	2011
3:56.17	Shawn Gallagher (Corona del Mar)	1981	4:12.8+	Ed Radermacher (Mission Viejo)	4:14.2y 1972
3:56.62	Ricardo Campuzano (Dana Hills)	2011	4:12.8+	John Gerhart (Costa Mesa)	4:14.2y 1978
3:56.8	Mike Serna (Loara)	1980	4:12.87	Mike Bernstein (Garden Grove)	1991
3:56.89	Jaime Martinez (Orange)	1994	4:12.97	* Kevin Green (Villa Park)	1982
3:56.98	*Juan Gonzalez (El Toro)	2012	4:13.24	* Jaime Martinez (Orange)	1993
3:56.99	Greg Whiteley (University)	1985	4:13.3	Greg Whiteley (University)	1985
3:57.1'	Mike Nielsen (Mater Dei)	1989	4:13.33	Talal Khan (Valencia)	2008
3:57.4'	Bruce Bess (La Habra)	1962	4:13.54	* Chris Kemp (Mission Viejo)	1998
3:57.4	Ruben Esparza (El Modena)	1983	4:13.56	Mark Gleason (Mission Viejo)	1998
3:54.4'	Neil Stevenson (Capo Valley)	1989	4:13.56	* Scott Blair (Trabuco Hills)	2007
3:57.8'	*Jim Olson (Irvine)	1985	4:13.65	Karl Baranov (Marina)	2011
3:57.8	Kurt Depfyffer (Laguna Beach)	1987	4:13.70	* Joe Gatel (Edison)	2004
3:57.8'	Garrett Jensen (Sunny Hills)	1995	4:13.78	*Jim Olson (Irvine)	1985
			4:13.87	Kurt Depfyffer (Laguna Beach)	1987
			4:13.89	Abdow Haji (El Toro)	2007
			4:14.0+	Sal Mendoza (Santa Ana)	4:15.4y 1964
			4:14.09	Josh Yelsey (Corona del Mar)	2001
			4:14.1+	Dave Daley (Foothill)	4:15.5y 1978
			4:14.11	Gilbert Solorza (Buena Park)	2013
			4:14.15	Kyle Morton (Westminster)	1983
			4:14.2+	Colin McConnell (Edison)	4:15.6y 1976
			4:14.21	Garrett Jensen (Sunny Hills)	1995
			4:14.21c	Dalton Hall (Mater Dei)	2013
			4:14.22	* William Feliciano (Cypress)	1984
			4:14.24	Conor Stanton (Servite)	2010
			4:14.32	Ricardo Campuzano (Dana Hills)	2011
			4:14.35	* Jesse Ramirez (Santa Ana)	2004
			4:14.37+	Raul Lara (Orange)	4:15.85y 2004
			4:14.4+	Mark Hower (Mission Viejo)	4:15.8y 1974
			4:14.4+	Shawn Gallagher (Corona del Mar)	4:15.8y 1981
			4:14.48	Martin Brix (University)	1998
			4:14.5+	Dave White (El Modena)	4:15.9y 1970
			4:14.72	* Mike Love (Katella)	1992
			4:14.72	Scott Blair (Trabuco Hills)	2008
			4:14.79	Andrew Brown (Mission Viejo)	2013
			4:14.93+	Brandon Ferguson (Woodbridge)	4:16.41y 2012
			4:14.93	Jason Engel (Santa Margarita)	2013
			4:14.96	* Jon Shawel (Troy)	2007
			4:15.10	Mark Junkermann (Los Alamitos)	1983
			4:15.0+	Marc Genet (Santa Ana)	4:16.4y 1972
			4:15.0+	Ken Martyn (Marina)	4:16.4y 1973
			4:15.17	Juan Robles (Valencia)	2003
			4:15.2+	Rick Bergstrom (Magnolia)	4:16.6y 1964
			4:15.32	*Michael Haddan (Woodbridge)	2002
			4:15.36	Greg Shryock (Corona del Mar)	1989
			4:15.42	Chris McMillen (Newport)	2001
			4:15.44	Alonzo Smith (Tustin)	2001
			4:15.46	Curt Herberts (Newport)	1999
			4:15.53	Alfonso Leon (Santa Ana)	1999
			4:15.6+	Keith Strodl (Orange)	4:17.0y 1967
			4:15.60	* Matt McElroy (Edison)	2009
			4:15.67	Garrett Milner (San Clemente)	2000
			4:15.7+	Bill Delaney (Orange)	4:17.1y 1963
			4:15.7+	Armando Cendejas (Buena Park)	4:17.1y 1974
			4:15.77	Neil Stevenson (Capo Valley)	1989
			4:15.78	Brandon Price (St Margarets)	2013
			4:15.79	Daniel Mejia (Katella)	2000
			4:15.8+	Bill Graves (Pacifica)	4:17.2y 1974
			4:15.90	Bill Meyer (Villa Park)	1986
			4:16.01	Steve Frisone (Laguna Hills)	1989
			4:16.01	Craig Huff (Marina)	2014
			4:16.02	David Napper (Cypress)	2003
			4:16.04	*Dragan Simic (Woodbridge)	2011
			4:16.06	Timothy Scott (Corona del Mar)	2007
			4:16.1+	Mike Parker (Tustin)	4:17.5y 1982
			4:16.3+	Scott Fessenden (Lowell)	4:17.7y 1975
			4:16.3+	Brian Hunsaker (Corona del Mar)	4:17.7y 1975

1600 meters

4:00.83	Jantzen Oshier (Trabuco Hills)	2011			
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)	4:06.97 2000			
4:05.6 +	Ralph Serna (Loara)	4:07.0y 1975			
4:06.75	Jon Butler (Edison)	1981			
4:06.93	**Austin Tamagno (Brea)	2014			
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.Sy 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			
4:07.8+	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			
4:09.15+	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			
4:11.15	**Jake Ogden (Dana Hills)	2014			
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			
4:11.58	*George Gleason (Huntington Beach)	2014			
4:11.74+	Nick Plumb (Trabuco Hills)	4:13.20y 2012			

4:16.3	D.J. Neuman (San Clemente)		2009
4:16.34	Juan Paredes (Santa Ana)		2008
4:16.4+	Mickey Wooley (El Modena)	4:17.8y	1970
4:16.4+	Bill Ryan (Sunny Hills)	4:17.8y	1976
4:16.40	Kevin Durham (El Toro)		2012
4:16.49	* Hunter Gulino (Fountain Valley)		2013
4:16.5+	Adamaitis (San Clemente)	4:17.9y	1976
4:16.55+	Scott Lacrosse (Costa Mesa)	4:18.04y	1980
4:16.61+	Matt Groff (El Dorado)	4:18.10y	1980
4:16.65	Luis Morales (Fountain Valley)		2011
4:16.63	Jay Bonthius (Fountain Valley)		2012
4:16.75	Jordan Senko (El Toro)		2010
4:16.8 +	Ron Fister (Western)	4:18.2y	1966
4:16.80	Jared Hazlett (Trabuco Hills)		2012
4:16.86	Brian McCaffery (Marina)		1990
4:16.73+	Jim Hartford (Corona del Mar)	4:18.22y	1980
4:17.0+	Neil Sybert (Westminster)	4:18.3y	1967
4:17.00+	Scott Curran (Tesoro)	4:18.3y	2014
4:17.0+	John Holcomb (Newport)	4:18.4y	1972
4:17.0+	Mike Lansdon (Edison)	4:18.4y	1978
4:17.0+	Rick Cisneros (Valencia)	4:18.4y	1978
4:17.0+	Jon Lee (El Dorado)	4:18.4y	1980
4:17.01	Rex Nelson (Newport)		2008
4:17.03	Brad Clary (Katella)		1982
4:17.04	*Wes Walsh (Canyon)		2014
4:17.1+	Mike Waltherhouse (Mission Viejo)	4:18.5y	1977
4:17.1	*Jayson Hayes (Edison)		2005
4:17.2+	Jose Saavedra (Loara)	4:18.6y	1974
4:17.20	Josh Linen (Valencia)		2007
4:17.26	Fredd Hesslevik (University)		1982
4:17.38	* Augie Escobar (Villa Park)		1999
4:17.4+	George Aguilar (SA Valley)	4:18.8y	1974
4:17.4+	* Bob Erickson (Fountain Valley)	4:18.8y	1981
4:17.46	Spencer Keith (Corona del Mar)		2014
4:17.36	Greg Lamb (Mission Viejo)		1988
4:17.42	Javier Barrera (Dana Hills)		1988
4:17.5+	Gary Blume (Marina)	4:18.9y	1974
4:17.5+	Matt Blaty (Marina)	4:18.9y	1979
4:17.5+	Sam Francis (Tustin)	4:18.9y	1965
4:17.5+	Mark Wynne (Fullerton)	4:18.9y	1963
4:17.5+	Mike Messenger (Corona del Mar)	4:18.9y	1974
4:17.6+	Allan Sanford (Tustin)	4:19.0y	1965
4:17.6+	Bob Gallagher (Loara)	4:19.0y	1975
4:17.63	Cody Nguyen (Brea)		2012
4:17.72	*Brandon Price (St. Margaret's)		2012
4:17.75	* Bruce Hancock (Costa Mesa)		1998
4:17.80	Jesus Molina (Dana Hills)		2010
4:17.90	Daniel Kor (Pacifica)		2003
4:17.92	Cameron Ashbaugh (Mission Viejo)		2014
4:17.99	Angelo Cervantes (Savanna)		2011
4:18.0+	Bill Cram (Anaheim)	4:19.4y	1961
4:18.0+	Tom Lipski (Saddleback)	4:19.4y	1969
4:18.01	Chris Partner (Edison)		1988
4:18.08	Matt McKeehan (Foothill)		2002
4:18.1+	Tim Gollnick (Costa Mesa)	4:19.5y	1973
4:18.1+	Brad Meyer (University)	4:19.5y	1980
4:18.1	*Jon Cook (Mission Viejo)		1975
4:18.1+	Brian Appell (Fountain Valley)	4:19.6y	1978
4:18.1+	Jim Hartford (Corona del Mar)	4:19.6y	1980
4:18.14	Gavin Diem (Dana Hills)		2014
4:18.19	Billy Thibault (Newport)		1990
4:18.2+	Ken Ernst (El Dorado)	4:19.7y	1979
4:18.21	Jon Kelly (Dana Hills)		1985
4:18.23	Shane Daugherty (El Toro)		2002
4:18.25	Cesar Galvez (Santa Ana)		2011
4:18.3+	Steve Webb (Kennedy)	4:19.8y	1978
4:18.36	Ned Mosher (Fountain Valley)		1982
4:18.4+	Chris Mecher (La Habra)	4:19.9y	1970
4:18.40	Jackson Marshall (Woodbridge)		2014
4:18.5+	Tod White (Newport)	4:20.0y	1955
4:18.5+	Rocky Chisolm (El Dorado)	4:20.0y	1968
4:18.5+	Ruben Mejia (La Habra)	4:20.0y	1969
4:18.5+	Ted Bechtel (Rancho Alamitos)	4:20.0y	1969
4:18.5+	Mike Annis (Sunny Hills)	4:20.0y	1974
4:18.5+	Mark Hallenbeck (Tustin)	4:20.0y	1975
4:18.5+	John Kolar (Costa Mesa)	4:20.0y	1975
4:18.53	*Elliot Myers (Esperanza)		2010

4:18.55	Dan Kash (Westminster)		1987
4:18.55	Jacob Gustaffson (Mission Viejo)		2002
4:18.55	**Richie Soto (Marina)		2011
4:18.56	Jose Madera (Anaheim)		2010
4:18.6+	Bob Godfrey (Fullerton)	4:20.1y	1973
4:18.6	* David Moore (Orange)		1985
4:18.63	David Abraham (Fountain Valley)		2014
4:18.67	Nick Arciniaga (Fountain View)		2001
4:18.67	*Austin Shellito (Brea)		2014
4:18.7+	Dan McGaha (Orange)	4:20.3y	1981
4:18.7	* David Longyear (Villa Park)		1986
4:18.72	John Janneck (Brea)		2013
4:18.75	Julian DeRubira (Santa Margarita)		2006
4:18.77	Mike Gavino (Fountain Valley)		2002
4:18.8+	Mike Hall (Tustin)	4:20.3y	1967
4:18.8+	Rick Carr (Lowell)	4:20.3y	1967

2000 meters

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

3000 meters

8:17.5'	Jon Butler (Edison)		1981
8:21.6	Matt Blaty (Marina)		1979
8:21.6	* Jeff Vandereems (Mission Viejo)		1979
8:22.26	Jim Rodriguez (SA Valley)		1989
8:22.4	Mark Junkermann (Los Alamitos)		1982
8:25.8	Gus Quinonez (Huntington Beach)		1983
8:26.1	Steve Webb (Kennedy)		1978
8:26.8	* Augie Escobar (Villa Park)		1999
8:26.9'	Shawn Gallagher (Corona del Mar)		1981
8:26.15	* Steve Valen (El Modena)		1980
8:29.4'	Bob Erickson (Fountain Valley)		1982
8:29.7'	Greg Whiteley (University)		1985
8:31.7'	Fredd Hesslevik' (University)		1982
8:32.3'	*Eddie Lavelle (Corona del Mar)		1988
8:32.5'	Shannon Winkleman (Marina)		1988
8:33.4'	Jaime Martinez (Orange)		1994
8:34.1	* Dave Cangelosi Villa Park)		1978
8:34.5	Jose Herrera (Loara)		1999
8:35.2'	Shawn Frack (Esperanza)		1993
8:35.4'	Adalberto Sanchez (Capo Valley)		1995
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 Herbets (Newport)		1999
8:40.2'	*Steve Niednagel (Dana Hills)		1988
8:41.26	Dan Gaston (Huntington Beach)		1997
8:42.2	Brad Meyer (University)		1981
8:42.8	Robert Planta (Mater Des)		1982
8:43.1	Robby Price (Saddleback)		1990
8:43.6	* William Feliciano (Cypress)		1984
8:44.4	Mark Clary (Katella)		1980
8:45.7	Mark Lindrud (Mission Viejo)		1986
8:45.9	Allen McGaha (El Modena)		1983

3200 meters

8:41.6+	Eric Hulst (Laguna Beach)	8:44.6y	1976
8:42.9+	Ralph Serna (Loara)	8:45.9y	1975
8:46.78	Jon Butler (Edison)		1981
8:50.4+	Marc Genet (Santa Ana)	8:53.4y	1972
8:50.6+	Mark Spilsbury (Foothill)	8:53.6y	1976
8:51.2+	Jim Salcido (Sunny Hills)	8:54.2y	1972
8:51.7+	Bill St. John (Mater Dei)	8:54.8y	1976
8:51.9+	Colin McConnell (Edison)	8:55.0y	1976
8:52.18	Garrett Corcoran (Villa Park)		2014
8:54.01	Juan Gonzalez (El Toro)		2013
8:53.7+	Brian Hunsaker (Corona del Mar)	8:56.8y	1975
8:55.73	Steve Valen (El Modena)		1981
8:56.09	Riley Sullivan (Trabuco Hills)		2008
8:56.23	Augie Escobar (Villa Park)		1999

8:56.44	* Matt McElroy (Edison)		2009	9:12.3+	Mike Davis (Garden Grove)	9:15.5y	1968
8:56.7+	*Dave White (El Modena)	8:59.8y	1969	9:12.3+	Greg Dean (Fullerton)	9:15.8y	1976
8:56.86	Austin Tamagno (Brea)		2014	9:12.6+	Mike Fisher (Villa Park)	9:15.8y	1980
8:57.5+	Armando Cendejas (Buena Park)	9:00.6y	1974	9:12.6+	Randy Spotts (Orange)	9:15.8y	1971
8:57.5+	Greg Whiteley (University)	9:00.6y	1985	9:12.0+	Chris Money (El Modena)	9:16.2y	1976
8:57.7+	Gary Blume (Marina)	9:00.8y	1974	9:12.4+	George Aguilar (SA Valley)	9:16.6y	1974
8:58.18+	John Sullivan (Trabuco Hills)	9:01.32y	2007	9:13.19	*Jose Herrera (Loara)		1998
8:58.96+	Ken Ernst (El Dorado)	9:02.14y	1979	9:13.6+	Bill Inglehart (Westminster)	9:16.8y	1966
8:59.04	Blake Ahrold (Dana Hills)		2010	9:13.62	Jared Hazlett (Trabuco Hills)		2012
8:59.12	**Jake Ogden (Dana Hills)		2014	9:13.66	Daniel Mejia (Katella)		2000
8:59.4+	* Jeff Vandereems (Mission Viejo)	9:02.5y	1979	9:13.76	Jesse Morrill (Marina)		2006
8:59.5	Toby Villalva (El Toro)		2009	9:13.80	Tim Aukshunas (El Modena)		2003
9:00.1+	* Mike Durham (Troy)	9:03.2y	1973	9:13.85	* Joe Gatel (Edison)		2004
9:00.1+	Steve Webb (Kennedy)	9:03.2y	1978	9:13.88	Curt Herberts (Newport)		1999
9:00.23	Shawn Gallagher (Corona del Mar)		1981	9:13.99	*Brandon Price (St. Margaret's)		2012
9:00.24	Billy Gaudreau (St. Margaret's)		2012	9:14.07	* Steve Niednagel (Dana Hills)		1988
9:00.7+	Breggar Moore (Rancho Alamitos)	9:03.8y	1975	9:14.2+	Kent Norton (Orange)	9:17.4y	1973
9:00.9+	John Olswang (Costa Mesa)	9:04.0y	1972	9:14.29	Mark Gleason (Mission Viejo)		1998
9:01.15	Mark Junkermann (Los Alamitos)		1983	9:14.43	Karl Baranov (Marina)		2011
9:01.5+	Tom Olswang (Costa Mesa)	9:04.6y	1972	9:14.47	Ricardo Campuzano (Dana Hills)		2011
9:01.7+	Ruben Mejia (La Habra)	9:04.8y	1969	9:14.49	* Blake Hofmeister (Laguna Beach)		2009
9:02.15	* Brandon Bethke (El Toro)		2004	9:14.9+	Rick Cisneros (Valencia)	9:18.2y	1978
9:02.42	Rex Nelson (Newport)		2008	9:14.95	Kyler Fisk (Tesoro)		2012
9:02.57	Bob Erickson (Fountain Valley)		1982	9:14.98	Tyler Valdes (Dana Hills)		2009
9:02.88	Spencer Keith (Corona del Mar)		2014	9:15.0+	Mark Cunnart (Los Amigos)	9:18.3y	1980
9:02.90	* Eddie Lavelle (Corona del Mar)		1988	9:15.2+	* Robert Tillman (Valencia)	9:18.5y	1973
9:03.06	* Jim Rodriguez (SA Valley)		1988	9:15.30	Nathaniel Cushing-Murray (Foothill)		2011
9:03.57	Shannon Winkleman (Marina)		1988	9:15.33	Jantzen Oshier (Trabuco Hills)		2011
9:04.1+	Pat Dutzi (El Dorado)	9:07.2y	1973	9:15.54	David Abraham (Fountain Valley)		2014
9:04.34	Jeff Thies (Edison)		2013	9:15.62	Mike Nielsen (Mater Dei)		1989
9:04.94	Kevin Durham (El Toro)		2012	9:15.66	Brent Ritschel (Trabuco Hills)		2011
9:05.0+	Matt Blaty (Marina)	9:08.1y	1979	9:15.68	*Collin Price (St Margarets)		2014
9:05.20	Sydney Gidabuday (El Modena)		2014	9:15.71	* Mark Gleason (Mission Viejo)		1997
9:05.5+	Doug MacLean (Costa Mesa)	9:08.6y	1972	9:15.72	Luke Dorman (Trabuco Hills)		2013
9:05.86	Gus Quinonez (Huntington Beach)		1983	9:15.86	Julian DeRubira (Santa Margarita)		2006
9:06.08	Jaime Martinez (Orange)		1994	9:16.0+	Allan Sanford (Tustin)	9:19.2y	1965
9:06.13	* Scott Blair (Trabuco Hills)		2007	9:16.35	Mark Lindrud (Mission Viejo)		1986
9:06.4+	Joe Young (Costa Mesa)	9:09.5y	1977	9:16.39	Gilbert Solorza (Buena Park)		2013
9:06.43	Scott Smith (Dana Hills)		2005	9:16.42	Scott Hakeman (El Dorado)		1983
9:06.49	Fredd Hesslevik (University)		1982	9:16.59	Dan Gaston (Huntington Beach)		1997
9:06.5+	* Mike Walterhouse (Mission Viejo)	9:09.6y	1976	9:16.16	Ryan Bousquet (Esperanza)		2000
9:06.66	Robby Price (Saddleback)		1990	9:16.81	Jose Penaloza (Godinez)		2013
9:06.70	Shawn Frack (Esperanza)		1993	9:17.04	Jay Bonthius (Fountion Valley)		2012
9:06.74	Javier Barrera (Dana Hills)		1988	9:17.07	Cameron Everhart (Orange Lutheran)		2008
9:06.8+	Dave Cangelosi (Villa Park)	9:09.9y	1979	9:17.1+	Jeff Day (Corona del Mar)	9:20.3y	1976
9:06.85	Josh Linen (Valencia)		2007	9:17.39	*Jeff Thies (Edison)		2012
9:06.9+	* Larry Gerich (Foothill)	9:10.0y	1972	9:17.5+	Terry Carroll (Fullerton)	9:20.7y	1973
9:06.81	Mitch Eddy (Mater Dei)		1983	9:17.8+	Joey Gomez (Valencia)	9:21.0y	1978
9:06.82	*Kevin Durham (El Toro)		2011	9:17.86	*Lance Capel (Dana Hills)		2011
9:07.1+	Tom Keefer (Anaheim)	9:10.2y	1969	9:17.86	Brennon Koryta (Brea)		2014
9:07.03	Mike Love (Katella)		1993	9:17.87	Jose Alcaez (SA Valley)		1986
9:07.51	* Mark Gonzales (La Habra)		1990	9:17.95	*Brandon Pugh (San Juan Hills)		2011
9:08.3+	Darrell Hatfield (Rancho Alamitos)	9:11.4y	1973	9:18.1+	Gordon Duff (Huntington Beach)	9:21.3y	1978
9:08.5 +	Mike Annis (Sunny Hills)	9:11.6y	1974	9:18.35	*Nicholas Plumb (Trabuco Hills)		2011
9:08.6+	John Gerhart (Costa Mesa)	9:11.7y	1978	9:18.4+	Frank Dauncey (Orange)	9:21.6y	1976
9:08.65	Chris Lugo (Valencia)		1987	9:18.47	Brandon Babiracki (Dana Hills)		2003
9:08.68	Adalberto Sanchez (Capo Valley)		1995	9:18.48	Lalo Terriguez (Buena Park)		1980
9:08.7+	Jose Saavedra (Loara)	9:11.8y	1974	9:18.73	Amar Dholakia (Esperanza)		2012
9:08.2+	Andy Gerkin (Corona del Mar)	9:12.4	1978	9:18.83	Charara Mohammad (Buena Park)		2010
9:09.4+	Neil Sybert (Westminster)	9:12.6y	1967	9:18.90	Shane Dougherty (El Toro)		2002
9:09.48	David Napper (Cypress)		2003	9:19.01	*Wes Walsh (Canyon)		2014
9:09.52	* Mike Chavez (Esperanza)		2002	9:19.12	Erin Vali (University)		1989
9:09.58	Brad Meyer (University)		1981	9:19.3+	Bill Villa (Saddleback)	9:22.5y	1975
9:09.6+	Ron Fister (Western)	9:12.8y	1966	9:19.45	*Dragan Simic (Woodbridge)		2011
9:09.62	James Cameron (Mission Viejo)		2009	9:19.56	**Mason Coppi (Dana Hills)		2014
9:10.11	Mike Tansley (Dana Hills)		1989	9:19.8+	Mike Solomon (Westminster)	9:23.0y	1967
9:10.19	Mike Farrell (San Clemente)		1990	9:19.80	* Juan Robles (Valencia)		2002
9:10.41	* Terrence Mahon (La Habra)		1987	9:19.83	Jordan Senko (El Toro)		2010
9:10.47	Jose Herrera (Loara)		1999	9:20.06	Dave Anderson (Corona del Mar)		1984
9:10.78	Blake Hofmeister (Laguna Beach)		2010	9:20.14	Brian Kopczynski (Tesoro)		2007
9:10.89	* Raul Lara (Orange)		2003	9:20.18	Paul Brennenman (St Margaret's)		2012
9:10.99	Ben Flamm (Huntington Beach)		1993	9:20.20	**Tony Trueba (Huntington Beach)		1995
9:11.0+	Beldon Burch (San Clemente)	9:14.2y	1967	9:20.4+	Kent Norton (Orange)	9:23.6y	1973
9:11.3+	Tom Westfall (Villa Park)	9:14.5y	1977	9:20.48	Matt Cipolla (El Toro)		2003
9:11.42	Ryan Herson (Trabuco Hills)		2011	9:20.60	*Connor Kaddatz (Dana hills)		2010
9:11.6+	Robert Angel (Huntington Beach)	9:14.8y	1973	9:20.7+	Jack Martinez (Rancho Alamitos)	9:23.9y	1974
9:12.22	*Karl Baranov (Marina)		2010	9:20.74	Conor Stanton (Servite)		2010

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

Steeplechase

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

3 mile

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

5000 meters

14:16.2	* Ralph Serna (Loara)		1974
14:26.86	Sydney Gidabuday (El Modena)		2014
14:29.35	Matt McElroy (Edison)		2010

14:32.8	** Eric Hulst (Laguna Beach)		1974
14:59.00	Jeff Thies (Edison)		2013

6 mile

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

10,000 meters

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

One Hour Run (track)

11m 1043	Joey Gomez (Valencia)		1977
11m 906y	Dave White (El Modena)		1970
11m 835y	Robert Tillman (Valencia)		1974
11m 786y	*Jeff Spangler (Villa Park)		1974
11m 381y	Robert Slick (Orange)		1974
11m 372y	Bill Ingelhart (Westminster)		1966
11m 326y	*Paul O'Neil (El Dorado)		1974
11m 211y	Tom Lipski (Saddleback)		1969
1 1m 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
2:34:31	Sam Simakis (Newport)		1974
2:35:23	Dave Daley (Foothill)		1978
2:35:28	Chris Buecher (Westminster)		1979
2:36:34	Gordon Duff (Huntington Beach)		1978
2:36:34	Michael Calvano (Huntington Beach)		1978
2:37:17	Doug Schmenk (Westminster)		1970
2:37:50	Craig Sterling (San Clemente)		1969
2:37:51	Wayne Akiyama (Westminster)		1970
2:38:27	* Paul O'Neil (El Dorado)		1974
2:40:49	Tim Ernst (El Dorado)		1977
2:41:06	* Jeff Spangler (Villa Park)		1974
2:41:48	* Steve Boaz (Valencia)		1974
2:42:05	***Jon Lee (Fullerton)		1977
2:42:43	Steve Kovatch (Canyon)		1977

Decathlon (Olympic Implements & Hurdles)

6525	Tohru Asami (Sunny Hills)		1978
6286	Roy Hedlund (Villa Park)		1977
6030	Chris Doble (Troy)		1978
6022	Ron Mooers (Valencia)		1971
6022	David Fair (El Toro)		1990
6012	David Kuhn (Calvary Chapel)		1996
5799	Dan Hedlund (Villa Park)		1971
5794	*Jeff Lawson (El Dorado)		1976
5753	Mario Herbst (El Dorado)		1976
5667	Ken Evans (Rancho Alamitos)		1978
5664	Jeff Bedell (Villa Park)		1985
5552	Bruce BenBen (Villa Park)		1975
5512	David Fair (El Toro)		1989

5493	Terry Ludin (Villa Park)		1983
5403	* Darrin Tobolski (Katella)		1982
5354	Mark Von Iderstein (Valencia)		1971
5341	William Kim (Villa Park)		1983
5298	Craig Sharon (Villa Park)		1969
5276	Ron Carver (Sunny Hills)		1977
5196	Glen Williams (Villa Park)		1979
5181	Brian White (Mission Viejo)		2002
5162	Mark Horist (Villa Park)		2007
5120	Steve Melender (Villa Park)		1978
5017	Dave Petty (Villa Park)		1977
5003	Tim Birkmann (Villa Park)		1979

110 meter High Hurdles

13.41	Steve Kerho (Mission Viejo)		1982
13.48	Dominique DeGrammont (Tustin)		1997
13.58+	John Peterson (Saddleback)	13.3y	1975
13.82+	Ken Margerum (Fountain Valley)	13.78y	1977
13.88+	Wilbur Gregory (Mission Viejo)	13.6y	1975
13.88	Terry Johnson (Katella)		1986
13.99	Trevor Jones (Newport)		2000
14.07	* Devalle Pedrego (Mission Viejo)		2009
14.13	Adrian Brown (Huntington Beach)		1991
14.16	Kenny Vinh (Katella)		2000
14.16	Bryan Payne (Trabuco Hills)		2004
14.18+	Ron Hamley (Lowell)	13.9y	1968
14.20	Sam Barkley (Mater Dei)		2011
14.23	Al Williams (Irvine)		1998
14.24	Todd Hart (Servite)		1981
14.24	Mark Hale (Katella)		1981
14.24c	Steve Southward (Fountain Valley)	14.0	1981
14.27	Joe Fleskoski (Mission Viejo)		2002
14.28+	Wayne Claxton (La Habra)	14.0y	1968
14.28+	* Isaac Curtis (Santa Ana)	14.0y	1968
14.28+	Tom Turner (Cypress)	14.0y	1975
14.28	Mike Smith (El Toro)		1997
14.29	Charlie Davidson (Saddleback)		1992
14.30	Mike Germain (Dana Hills)		1983
14.34	Ryan Crane (Dana Hills)		1992
14.34	James Brown (Dana Hills)		1998
14.36	Ahmad Wright (Kennedy)		1999
14.38	Jeff Damron (Servite)		1983
14.38	Pat Swanson (Esperanza)		1996
14.40	* Denny Flanagan (Edison)		2001
14.45	* John Sorenson (Mater Dei)		1984
14.45	Shane Vickers (Tustin)		1997
14.46	Jay Thorson (Laguna Beach)		1981
14.47	Marc Kallick (Marina)		1988
14.48+	Jeff Nelson (Bolsa Grande)	14.2y	1965
14.48+	Jim Davis (Santa Ana)	14.2y	1970
14.49	Kieman Briggs (Valencia)		2001
14.50	Dave Plett (Western)		1981
14.51	*Jalen Craver (Woodbridge)		2010
14.55	Austin Tinsley (Santa Margarita)		2014
14.57	Vince Fusco (Dana Hills)		2010
14.58+	Howard Parker (Santa Ana)	14.3y	1962
14.58+	Leonard Sims (Santiago)	14.3y	1964
14.58+	Don Tilley (SA Valley)	14.3y	1967
14.58+	Keith Denson (SA Valley)	14.3y	1970
14.58+	Ward Kisman (Sunny Hills)	14.3y	1970
14.58+	* Bryan Poland (Brea)	14.3y	1970
14.58+	Dave Powell (Edison)	14.3y	1972
14.58	Maikolo Liti (Foothill)		2003
14.61	John Kennedy (Servite)		1986
14.61	George Lynch (Mater Dei)		1988
14.57	Vince Fusco (Dana Hills)		2010
14.62	*Ramon Vargas (Huntington Beach)		2011
14.62	Tyler Rios (Los Alamitos)		2014
14.64	* Al Williams (Irvine)		1997
14.64c	Mitch Allen (El Toro)	14.4	2006
14.65	Anton Hector (Esperanza)		1995
14.66+	Simon Faivailo (SA Valley)	14.63y	1978
14.68+	Louie Muniz (Santa Ana)	14.4y	1963
14.68+	Dan Hedlund Villa Park)	14.4y	1971
14.68+	Bob McQueen (Anaheim)	14.4y	1971
14.68+	Matt Hogsett (Newport)	14.4y	1972

14.68+	Dave Cooper (Magnolia)	14.4y	1972
14.68+	Steve Adams (Estancia)	14.4y	1974
14.68+	B. Richardson (El Modena)	14.4y	1974
14.68+	Jim Hunt (El Dorado)	14.4y	1976
14.68+	Zim Walker (Savanna)	14.4y	1977
14.68+	Alan Duncan (Fountain Valley)	14.4y	1981
14.68+	Steve Davis (Edison)	14.4y	1981
14.68	Dan Foote (Foothill)		1995
14.68	Jim Bittner (Katella)		1998
14.68	*Ryan Whites (Estancia)		2006
14.69	Nick Falcione (La Habra)		2004
14.70	Dwayne Gregory (Mission Viejo)		1984
14.70	Espinosa (Capo Valley)		1984
14.70	Scott Crowson (Mission Viejo)		1999
14.70	** Mike Liti (Foothill)		2001
14.71	* Brian Flowers (SA Valley)		1984
14.72	Ben Forbes (Marina)		1998
14.72	Doyin Sule (Fullerton)		2011
14.73	Doug Miller (Estancia)		1986
14.73	* Preston Spence (Edison)		2008
14.74c	Eric Nuanes (Loara)		1997
14.74	Myles Gregory (Fountain Valley)		2003
14.75	Brent Elliot (Canyon)		2011
14.76	Eric Dorn (Estancia)		1986
14.76	Aaron Hill (Esperanza)		1999
14.77	** Mike Smith (Mission Viejo)		1995
14.77	Ramon Vargas (Huntington Beach)		2012
14.78+	Forrest Younger (Fullerton)	14.5y	1952
14.78+	Don Jones (Huntington Beach)	14.5y	1956
14.78+	Bob Ballew (Garden Grove)	14.5y	1957
14.78+	John Eastman (La Habra)	14.5y	1958
14.78+	Dave Jensen (Valencia)	14.5y	1966
14.78+	Carl Field (SA Valley)	14.5y	1969
14.78+	Harry Bracy (Los Alamitos)	14.5y	1970
14.78+	Garth Wise (Huntington Beach)	14.5y	1971
14.78+	Darrel Walker (Tustin)	14.5y	1972
14.78+	Steve Pickford (Huntington Beach)	14.5y	1972
14.78+	Steve Ward (La Quinta)	14.5y	1972
14.78+	Walter Mead (Santa Ana)	14.5y	1972
14.78+	Henry Harrell (Santa Ana)	14.5y	1973
14.78+	Lars Soderlind (Anaheim)	14.5y	1973
14.78+	Garry Templeton (SA Valley)	14.5y	1974
14.78+	Bristol (La Quints)	14.5y	1975
14.78+	Dave Berger (Canyon)	14.5y	1977
14.78+	Vic Beradino (Cypress)	14.5y	1977
14.78+	Chris Roberson (Kennedy)	14.5y	1977
14.78+	Aaron Williamson (Westminster)	14.5y	1980
14.78+	Brian Chapman (Troy)	14.5y	1986
14.78	Brent Busch (Newport)		1991
14.78	*Robert Garrett (Katella)		2010
14.79	Andy Stuffer (Villa Park)		1982
14.79	Michael Miela (Trabuco Hills)		2009
14.80	*Rich Nichols (Fountain Valley)		1982
14.80	Shaheed Quassin (Laguna Hills)		1992
14.80	Juan Lomeli (Saddleback)		1997
14.80	Corey Hammond (Mater Dei)		2012
14.81	John Hall (Servite)		1996
14.81	Shaquille Richardson (Los Alamitos)		2010
14.82	Todd Prukop (Servite)		1985
14.82	Jimmy Martin (Santa Margarita)		2009
14.82	* Dennis Austria (Kennedy)		2009
14.82	Greg Starkey (San Clemente)		2009
14.84c	Chris Fenn (Laguna Hills)	14.6	1981
14.84c	Adam Shapiro (Capo Valley)	14.6	1984
14.84	Greg Muniz (Woodbridge)		1992
14.84c	Dampen Roberts (SA Valley)	14.6	1998
14.84c	Jordan Czaykowski (El Modena)	14.6	2000
14.85+	Larry Neehan (Orange Lutheran)	14.82y	1979
14.85	Jon Peck (Irvine)		1992
14.86+	Jesse Johnson (SA Valley)	14.83y	1980
14.86	Carlos Valles (Katella)		2005
14.86	Joshua Lindley (Aliso Niguel)		2009
14.87+	Alan Duncan (Fountain Valley)	14.84y	1978
14.88+	Steve Davis (Edison)	14.85y	1978
14.88+	Sonny Owens (Fullerton)	14.6y	1955
14.88+	**Doug Hankins (Fullerton)	14.6y	1957
14.88+	Stan Kincade (Santa Ana)	14.6y	1963

14.88+	* Jeff Nelson (Bolsa Grande)	14.6y	1964
14.88+	Brent Romney (Loara)	14.6y	1965
14.88+	Bob Wilkins (SA Valley)	14.6y	1965
14.88+	Craig Bothwell (Loara)	14.6y	1965
14.88+	Jack Handy (Loara)	14.6y	1971
14.88+	Frank Mazon (Savanna)	14.6y	1971
14.88+	Dick Chemiesleski (Villa Park)	14.6y	1974
14.88+	Plent (La Habra)	14.6y	1974
14.88+	Jeff Butler (Los Alamitos)	14.6y	1975
14.88+	Owehand (Rancho Al)	14.6y	1975
14.88+	Randy James (Lowell)	14.6y	1975
14.88+	Scott Bruckner (Lowell)	14.6y	1976
14.88+	* Mark Hale (Katella)	14.6y	1980
14.88+	Tom Rish (Ocean View)	14.6y	1980
14.88	Pat Swanson (Esperanza)		1995
14.88	Matt Blasdel (Santa Margarita)		1996
14.89	Adolph Renaud (La Habra)		1986
14.90	David Frazier (Mission Viejo)		2002
14.90	Nick McGuinness (Corona del Mar)		2013
14.91	Louie Muniz (Woodbridge)		1989
14.91	Muzae Sesay (Canyon)		2008
14.91	Andy Bardine (El Toro)		2012
14.92	Sean Zeitler (Santa Margarita)		2001
14.92	* Joe Emerson (Huntington Beach)		2002
14.93	Jim Flanagan (Edison)		2006
14.94c	Jesse Johnson (SA Valley)	14.7	1981
14.94c	Al Abdallah (SA Valley)	14.7	1981
14.94c	Tom Fishbeck (Foothill)	14.7	1981
14.94c	Tyrone Tucker (Villa Park)	14.7	1983
14.94c	Javon Guiens (Cypress)	14.7	2004
14.94	Reggie Dunn (Los Alamitos)		1988
14.94	Sean Coye (Irvine)		1993
14.94	Scott Dicus (El Modena)		1997
14.96	* Michael Colby (Tustin)		2000
14.96	* Long Duong (Katella)		2000
14.97	** Steve Forte (Woodbridge)		1993
14.97	Oliver Pham (Canyon)		2012
14.97	Ryan Evans (Aliso Niguel)		2013
14.98+	Keith Keckler (SA Valley)	14.7y	1969
14.98+	David Porter (Orange)	14.7v	1970
14.98+	Blacker (San Clemente)	14.7y	1970
14.98+	Don Mickelson (Los Alamitos)	14.7y	1970
14.98+	Jeff Schrechengost (Loara)	14.7y	1971
14.98+	Randy Lazenby (Garden Grove)	14.1y	1972
14.98+	Lori Perez (Santa Ana)	14.7y	1972
14.98+	Gary Stewart (Loara)	14.7y	1973
14.98+	Craig Feola (El Dorado)	14.7y	1974
14.98+	Jay Craig (SA Valley)	14.7y	1974
14.98+	Roy Hedlund (Villa Park)	14.7y	1977
14.98+	Charles Lucky (Los Alamitos)	14.7y	1977
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 Rovin (Laguna Beach)		2006
14.99	Tony Garcia (Foothill)		1994
14.99	Javier Nava (El 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
14.24	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
14.36	*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
14.47	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
14.58+	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
14.80	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
14.89	*Connor Meech (San Juan Hills)		2014
14.91	Elmer Guzman (Mission Viejo)		2005
14.92	Cheatham (Rancho Alamitos)		1987
14.95	Malcolm Sun (Troy)		2014
14.96	**Daniel Sun (Woodbridge)		2014

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 Romine (Fountain Valley)	38.2y	1978
38.22+	Larry Neeman (Orange Lutheran)	38.44y	1979
38.22	Tyrone Tucker (Villa Park)		1983
38.24c	Matt Bennyworth (Saddleback)	38.0	1982
38.26	Jeff Greer (Katella)		1983
38.32+	Roy Hedlund (Villa Park)	38.3y	1977
38.42+	Bruce Barrette (Fullerton)	38.4y	1975
38.42+	Chris Roberson (Kennedy)	38.4y	1977
38.42+	Zim Walker (Savanna)	38.4y	1977
38.42+	Tom Rish (Ocean View)	38.4y	1980
38.42+	Tim Tremper (Edison)	38.4y	1980
38.52+	Wilbur Gregory (Mission Viejo)	38.5y	1975
38.52+	Steve McRoberts (Huntington B)	38.5y	1980
38.52	Robert Lester (Servite)		1982

300 meter Intermediate Hurdles (36") (1984-present)

36.45	Trevor Jones (Newport)		2000
36.74	Keith Pontiflet (Esperanza)		1985
36.91	Dominique DeGrammont (Tustin)		1997
37.13	Matt Blasdel (Santa Margarita)		1996
37.14	Al Williams (Irvine)		1998
37.25	Austin Tinsley (Santa Margarita)		2014
37.26	Terry Johnson (Katella)		1986
37.27	Bryan Payne (Trabuco Hills)		2004
37.27	Diego Courbis (Mission Viejo)		2014
37.35	Corey Hammond (Mater Dei)		2012
37.37	Anthony Hale (Garden Grove)		1988
37.37	Brandon Phillips (Irvine)		2010
37.38	Kevin Ahlstrom (Los Alamitos)		2004
37.41	Shaquille Richardson (Los Alamitos)		2010
37.47	Brian Law (Villa Park)		2007
37.51	Sam Barkley (Mater Dei)		2011
37.54	Danny Thompson (Huntington Beach)		1984
37.56	Jeff Roach (Laguna Hills)		1984
37.75	Cullan Riser (Orange Lutheran)		2013
37.79	Jalen Craver (Woodbridge)		2011
37.60	Mikey Fischetti (Dana Hills)		2009
37.62	Mel Lete (Saddleback)		1994
37.62	Ahmad Wright (Kennedy)		1999
37.66	Charles Michinock (Mater Dei)		2011
37.69	Greg Muniz (Woodbridge)		1992
37.69	Tyler Rios (Los Alamitos)		2014
37.71	Vince Fusco (Dana Hills)		2010
37.74	Kirk Ayers (Western)		1987
37.77	Sheldon Evans (Pacifica)		2004
37.79	Matt Willis (Servite)		2002
37.80	** Anton Hector (Esperanza)		1993
37.81	John Hall (Servite)		1996
37.88	Vince Fusco (Dana Hills)		2010
37.89	Jimmy Martin (Santa Margarita)		2009

38.05	Shane Vickers (Tustin)		1997
38.23	John Hollis (SA Valley)		1986
38.23	*Jalen Craver (Woodbridge)		2010
38.24	** Nolan Grimm (El Toro)		2008
38.25	Denny Flanagan (Edison)		2002
38.26	Ramon Vargas (Huntington Beach)		2011
38.28	Troy Hardy (Corona del Mar)		2013
38.30	Sean Zeitler (Santa Margarita)		2001
38.31	Charlie Davidson (Woodbridge)		1992
38.33	Hassan Ilyas (Fountain Valley)		2011
38.34	*AJ Beynon (Edison)		2014
38.35	Kevin Jones (Fountain Valley)		2008
38.37	Andrew Kokinakes (Aliso Niguel)		2009
38.43	Elmer Guzman (Mission Viejo)		2005
38.45	Pat Swanson (Esperanza)		1996
38.46	David Fair (El Toro)		1990
38.52	Phil Oh (Irvine)		1996
38.57	Geno Howard (Los Amigos)		1986
38.60	Kyle Clark (Whittier Christian)		2008
38.61	Jon Peck (Irvine)		1992
38.64	* Eric Johnson (Sonora)		1987
38.66	Shad Vickers (Tustin)		1991
38.67	Trevor Wightman (Trabuco Hills)		2008
38.69	Chris Lamm (Irvine)		2001
38.71	Mike Smith (El Toro)		1997
38.73	Mitch Allen (El Toro)		2006
38.75	Myles Gregory (Fountain Valley)		2003
38.76	Louie Muniz (Woodbridge)		1989
38.77	George Lynch (Mater Dei)		1988
38.77	** Jeremy Buck (Dana Hills)		1990
38.77	Kenny Vinh (Katella)		2000
38.78	Jim Bittner (Katella)		1998
38.83	Myron Felix (Estancia)		1984
38.87	Justin Rovin (Laguna Beach)		2006
38.88	Davis Taff (Edison)		2004
38.91	**Cameron Hurd (Trabuco Hills)		2014
38.92+	Mike Patton (Saddleback)	38.9y	1985
38.94c	Steve Lawrence (Capo Valley)	38.7	1987
38.96	Justin Davis (San Clemente)		2002
38.97	Travis Harr (El Toro)		1994
38.99	** Steve Forte (Woodbridge)		1993
39.01	Kevin Carr (Esperanza)		1997
39.02	Chris Milosch (Dana Hills)		2005
39.03	Mike McGee (Dana Hills)		1986
39.04	Hyrum Taylor (Northwood)		2004
39.04	Aaron Birk (Edison)		2009
39.07	Brent Busch (Newport)		1991
39.08	Ben Forties (Marina)		1998
39.08	*Connor Meech (San Juan Hills)		2014
39.09	Justin Smith (Aliso Niguel)		2007
39.11	Daniel Moyer (Newport)		2001
39.12	Ryan Crane (Dana Hills)		1992
39.13	Chris Frazeur (Mission Viejo)		2003
39.13	Randy Rense (St Margaret's)		2005
39.14c	* Wes Williams (Esperanza)	38.9	2004
39.15	Chad Hick-Beach (Marina)		1996
39.15	Nick Ahrold (Dana Hills)		2011
39.16	Scott Crowson (Mission Viejo)		1999
39.19	* Phil Oh (Irvine)		1995
39.20	Sean Coye (Irvine)		1993
39.22	Christian Bohuslavizki (Santa Margarita)		2014
39.23	Michael Miela (Trabuco Hills)		2009
39.23	Cameron Baldwin (Los Alamitos)		2012
39.23	Jacob Anderson (Tustin)		2013
39.24	Adrian Brown (Huntington Beach)		1991
39.26	Doug Kalagian (Capo Valley)		2009
39.27	Scott Dicus (El Modena)		1997
39.27	Greg Starkey (San Clemente)		2009
39.28	John Gallup (Huntington Beach)		1986
39.28	Tom Rodriguez (Mission Viejo)		2002
39.22+	Mark Holman (Orange)	39.2y	1986
39.24c	Dwayne Gregory (Mission Viejo)	39.0	1984
39.25	Chad McHenry (Foothill)		1989
39.25	Dante Maxey (Tustin)		1998
39.30	Tim Williams (Woodbridge)		1988
39.30	*Jack Grose (Trabuco Hills)		2010
39.31	Brian Chapman (Troy)		1985

39.31	Eddie Dwelley (Edison)		2000	42.20	Tustin		1998
39.31	* Mike Mudge (Aliso Niguel)		2000	42.20	Mater Dei		2009
39.32+	Rodney Wright (Canyon)	39.3y	1986	42.21	Mission Viejo		2009
39.32+	Brandon Beadle (Villa Park)	39.3y	1986	42.21	J Serra		2014
3932	Ike Hicks (Cypress)		1996	42.23	Mission Viejo		2014
39.33	Vince Flores (Savanna)		1991	42.24	Cypress		2004
39.33	Jarrett Deschenes (Esperanza)		2001	42.28	Mater Dei		2013
39.34c	Robbie Pietsch (El Modena)	39.1	1989	42.29	Capo Valley		1987
39.34c	Don Oliver (Foothill)	39.1	1994	42.29+	Marina	42.4y	1969
39.35	Steve Ernest (Canyon)		1989	42.29+	SA Valley	42.4y	1969
39.35	Dan Foote (Foothill)		1995	42.29+	Savanna	42.4y	1971
39.35	Robert Morell (Esperanza)		2000	42.29	Santa Margarita		1998
39.35	* Dan Moyer (Newport)		2000	42.29	Dana Hills		2014
39.35	Ramon Vargas (Huntington Beach)		2012	42.30	Servite		2008
39.36	Chayne Chaldu (Laguna Beach)		1997	42.30	San Clemente		2011
39.36	Nick McGuiness (Corona del Mar)		2012	42.31	Santa Margarita		1996
39.37	Jason Arellano (Edison)		1998	42.31	Servite		2011
39.38	Chuck Loo (Newport)		1998	42.31	Corona Del Mar		2012
39.39	Tony Wilson (Anaheim)		1984	42.32	Esperanza		1994
39.42+	Nick Matrisciano (Villa Park)	39.4y	1985	42.32	Trabuco Hills		2011
39.42	* Kevin Carr (Esperanza)		1996	42.33	Santa Margarita		2001
39.42	Sean Schuster (Mission Viejo)		2008	42.35	Mater Dei		2012
39.43	Gabalton (Rancho Alamitos)		2001	42.38	SA Valley		1985
39.44c	Wynn Fredenburg (Esperanza)	39.2	1984	42.39	Fountain Valley		1998
39.44c	Craig Becker (Irvine)	39.2	1985	42.43	Marina		1984
39.44c	Greg Sheperd (Corona del Mar)	39.2	1990	42.37	Mission Viejo		2004
39.45	Steve Jennings (Marina)		1986	42.37	Corona del Mar		2014
39.48	*Ryan Whites (Estancia)		2006	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
				42.54c	Capo Valley	42.4	1989
				42.54	Woodbridge		1994
				42.54	Santa Margarita		2014
				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
				42.65	Fountain Valley		2008
				42.67	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

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
41.57	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

42.71	Mission Viejo		2003	43.02	Dana Hills		2009
42.72	Santa Margarita		1999	43.03+	Irvine	43.28y	1980
42.74	Katella		1986	43.03	Anaheim		1996
42.74	Dana Hills		1994	43.03	Fountain Valley		2009
42.75	Mater Dei		1997	43.04	SA Valley		1988
42.76	Laguna Hills		2003	43.04c	Saddleback	42.9	1990
42.76	Edison		2012	43.04c	Irvine	4.29	1996
42.77	Canyon		2008	43.05	Orange Lutheran		2013
42.77	Orange Lutheran		2011	43.07	El Toro		1987
42.78	San Clemente		2010	43.07	Dana Hills		2005
42.79+	Saddleback	42.9y	1975	43.07	Mater Dei		2010
42.82	Laguna Hills		2008	43.09+	El Modena	43.2y	1970
42.83	Mission Viejo		1997	43.09+	Santiago	43.2y	1970
42.84c	Corona del Mar	42.7	1983	43.09+	Fountain Valley	43.2y	1971
42.84c	Saddleback	42.7	1983	43.09+	Katella	43.2y	1971
42.84	Woodbridge		1993	43.09+	Edison	43.2y	1975
42.84	Servite		1999	43.09+	Loara	43.2y	1975
42.85	Brea		1995	43.09+	La Habra	43.2y	1975
42.85	Mater Dei		1996	43.09+	Savanna	43.2y	1975
42.85	Corona del Mar		2013	43.09+	Loara	43.2y	1981
42.86	Huntington Beach		2012	43.09+	El Modena	43.2y	1982
42.87	Katella		1985	43.09	Esperanza		1985
42.87	Trabuco Hills		2001	43.09	Irvine		1986
42.87	Trabuco Hills		2004	43.09	Trabuco Hills		1987
42.87	Beckman		2014	43.09+	Buena Park	43.2y	1990
42.86	Tesoro		2011	43.10	Esperanza		2004
42.88	Mater Dei		2011	43.10	Tustin		2012
42.89+	SA Valley	43.0y	1966	43.11	SA Valley		1982
42.89+	Loara	43.0y	1969	43.11	Foothill		1991
42.89+	Brea	43.0y	1970	43.11	El Modena		2007
42.89+	SA Valley	43.0y	1972	43.11	Fountain Valley		2010
42.89+	Corona del Mar	43.0y	1972	43.12	Buena Park		1993
42.89+	Los Alamitos	43.0y	1975	43.12	Kennedy		1999
42.89+	Villa Park	43.0y	1977	43.13	Edison		1997
42.89+	Ocean View	43.0y	1981	43.13	Los Alamitos		2006
42.89+	Katella	43.0y	1981	43.14c	Anaheim	43.0	1985
42.89	Esperanza		1990	43.14c	El Modena	43.0	1992
42.89	Irvine		2001	43.14c	El Toro	43.0	2002
42.90	Mater Dei		1991	43.14c	Aliso Niguel	43.0	2008
42.90	Fountain Valley		1997	43.14	Huntington Beach		2010
42.91	Troy		2000	43.14	Laguna Hills		2011
42.91	Edison		2002	43.15	Sunny Hills		1995
42.92	Foothill		1992	43.16	Woodbridge		1998
42.92	El Modena		2008	43.16	Mission Viejo		2001
42.92	Trabuco Hills		2009	43.16	Irvine		2010
42.93	Dana Hills		2013	43.17	Katella		1984
42.94	Villa Park		1983	43.17	Woodbridge		1999
42.94c	Saddleback	42.8	1985	43.17	Trabuco Hills		2013
42.94	Irvine		2000	43.17	El Modena		2014
42.95	Brea		1998	43.18	San Clemente		2006
42.95	El Toro		2012	43.18	Tesoro		2012
42.96	Saddleback		1984	43.19+	Newport	43.3y	1975
42.96	Santa Margarita		1997	43.19+	SA Valley	43.3y	1987
42.96	Los Alamitos		2001	43.19	Servite		1996
42.96	Cypress		2002	43.19	El Toro		1999
42.96	San Clemente		2009	43.19	San Juan Hills		2013
42.96	Servite		2013	43.20	Rancho Alamitos		1990
42.97	Sonora		2011	43.20	Trabuco Hills		1999
42.97	Aliso Niguel		2012	43.20	Santa Margarita		2005
42.99+	Lowell	43.1y	1968	43.21	Marina		1986
42.99+	Marina	43.1y	1971	43.21	Kennedy		2001
42.99+	Kennedy	43.1y	1972	43.21	Los Alamitos		2005
42.99+	Santa Ana	43.1y	1973	43.21	Esperanza		2009
42.99	Santa Margarita		1995	43.21	Aliso Niguel		2009
42.99	Huntington Beach		2011	43.22	Santa Margarita		2008
43.00	El Toro		1997	43.22	Sonora		2012
43.00	Savanna		2004	43.24c	Corona del Mar	43.1	1980
43.00	Western		2011	43.24c	Capo Valley		2008
43.00	Laguna Hills		2012	43.24c	Calvary Chapel	43.1	1996
43.00	Los Alamitos		2013	43.24c	San Clemente		2007
43.00	Servite		2014	43.24	Anaheim		1984
43.01	Corona del Mar		1994	43.24	Saddleback		1994
43.01	Irvine		1995	43.24	Trabuco Hills		2000
43.01	Dana Hills		1995	43.24	Villa Park		2011
43.01	Mission Viejo		2002	43.25	Esperanza		1991
43.01	Orange Lutheran		2012	43.25	Katella		1999
43.01	Santa Margarita		2013	43.25	Edison		2005

43.25	Orange Lutheran		2006	1:29.9	Santa Ana		1953
43.26	Edison		1998	1:29.9	Tustin		1960
43.27	Capo Valley		1990	1:29.9	Anaheim		1965
43.27	Tustin		1996	1:29.9	SA Valley		1992
43.28	Edison		2013	1:29.98	Edison		1999
43.29+	Los Alamitos	43.4y	1989	1:30.0	Villa Park		1977
43.29+	Katella	43.4y	1975	1:30.0c	Cypress	1:29.4m	2006
43.29+	SA Valley	43.4y	1975	1:30.1	Newport		1967
43.29+	El Modena	43.4y	1986	1:30.1	Saddleback		1991
43.30	Mission Viejo		1999	1:30.11c	Dana Hills	1:29.58m	2008
43.31	Esperanza		1997	1:30.16c	Fountain Valley	1:29.63m	2008
43.32	Newport		2001	1:30.2	Corona del Mar		1972
43.33	San Juan Hills		2014	1:30.28	Mission Viejo		2011
43.34c	Ocean View	43.2	1982	1:30.42	Dan Hills		2013
43.34c	Saddleback	43.2	1982	1:30.45	Valencia		1991
43.34c	Mission Viejo	43.2	1988	1:30.62c	Mater Dei	1:30.09m	2008
43.34c	Marina	43.2	1983				
43.34c	Tustin	43.2	1990				
43.34c	Katella	43.2	1997				
43.34c	Canyon	43.2	2001				
43.34c	Los Alamitos	43.2	2008				
43.35	Corona del Mar		2010				
43.35	San Juan Hills		2012				
43.35	El Modena		2013				
43.37	Cypress		1992				
43.38	Dana Hills		1984				
43.38	Valencia		1986				
43.38	Los Alamitos		1994				
43.38	Esperanza		1996				
43.38	Tustin		2008				
43.39	Fountain Valley		1988				
43.39	San Clemente		1990				
43.39	Savanna		2008				
43.40	Foothill		1990				
43.40	El Toro		1998				
43.40	Dana Hills		1999				
43.40	Tustin		2009				
43.41	San Clemente		1989				
43.41	Mission Viejo		1994				
43.41	Huntington Beach		2008				
43.41	Woodbridge		2010				
43.42	Esperanza		2011				
43.42	Servite		2012				
43.43	Pacifica		2010				
43.44c	Irvine	43.3	1981				
43.44c	Estancia	43.3	1986				
43.44	Marina		1990				
43.44c	Rancho Alamitos	43.3	1991				
43.44	Mater Dei		2001				
43.44c	Esperanza	43.3	2008				
43.44	Fullerton		2010				
43.45	Anaheim		1986				

4 x 400 meter Relay

43.34c	Santa Ana		2001	3:13.8 +	Santa Ana	3:15.0y	1972
43.34c	Orange Lutheran		2008	3:13.98	Orange Lutheran		2008
43.35	Orange Lutheran		2010	3:14.53	Orange Lutheran		2009
43.35	Foothill		2012	3:14.99	Foothill		1993
43.35	Foothill		2013	3:15.10	Foothill		1992
43.37	Santa Margarita		1992	3:15.19	Santa Margarita		2002
43.38	Newport		1984	3:15.5 +	Newport	3:16.7y	1975
43.38	Santa Margarita		1986	3:15.70	Santa Margarita		2001
43.38	Foothill		1994	3:15.79	Foothill		1994
43.38	Trabuco Hills		1996	3:15.81	Trabuco Hills		2004
43.38	Santa Margarita		2008	3:15.94	Santa Margarita		2003
43.39	Woodbridge		1988	3:15.96	Woodbridge		2010
43.39	Newport		1990	3:16.0 +	Newport	3:17.2y	1978
43.39	Cypress		2008	3:16.02	Cypress		2005
43.40	Mission Viejo		1990	3:16.34	Mission Viejo		2004
43.40	Los Alamitos		1998	3:16.40	Los Alamitos		2004
43.40	Fountain Valley		1999	3:16.41	Fountain Valley		1981
43.40	Fountain Valley		2009	3:16.5 +	Fountain Valley	3:17.7y	1970
43.41	Mater Dei		1989	3:16.80	Mater Dei		2010
43.41	SA Valley		1994	3:16.92	SA Valley		1986
43.41	Servite		2008	3:17.28	Servite		2008
43.41	Trabuco Hills		2010	3:17.30	Trabuco Hills		2009
43.42	Mater Dei		2011	3:17.34	Mater Dei		2011
43.42	Santa Margarita		2012	3:17.46	Santa Margarita		2000
43.43	Woodbridge		2010	3:17.57	Woodbridge		2014
43.44c	Buena Park	43.3	1981	3:17.72	Buena Park	3:19.0y	1972
43.44c	Corona del Mar	43.3	1986	3:17.80	Corona del Mar		2012
43.44	Valencia		1990	3:17.84	Valencia		1991
43.44c	Valencia	43.3	1991	3:17.85	Valencia		1992
43.44	Garden Grove		2001	3:17.9 +	Garden Grove	3:19.2y	1970
43.44c	Edison	43.3	2008	3:17.9 +	Edison	3:19.2y	1975
43.44	Newport		2010	3:17.92	Newport	3:19.2y	1977
43.45	Villa Park		1986	3:18.12	Villa Park		1996
	Newport			3:18.3 +	Newport	3:19.6y	1972
	Los Alamitos			3:18.3 +	Los Alamitos	3:19.6y	1975
	Cypress			3:18.34	Cypress		2006
	Bolsa Grande			3:18.4 +	Bolsa Grande	3:19.7y	1966
	Foothill			3:18.53	Foothill		1991
	Dana Hills			3:18.65	Dana Hills		2005
	Servite			3:18.68	Servite		2011
	Western			3:18.7 +	Western	3:20.0y	1972
	Orange Lutheran			3:18.82	Orange Lutheran		2007
	Tustin			3:18.98	Tustin		1997
	Santa Ana			3:19.1 +	Santa Ana	3:20.4y	1971
	Newport			3:19.2 +	Newport	3:20.5y	1974
	Santa Margarita			3:19.23	Santa Margarita		1998
	Edison			3:19.32	Edison		2005
	Edison			3:19.34	Edison		1989
	Fountain Valley			3:19.46	Fountain Valley		1982
	El Modena			3:19.47	El Modena		1982
	Mater Dei			3:19.54	Mater Dei		2013
	Mission Viejo			3:19.60	Mission Viejo		2013
	Dana Hills			3:19.64	Dana Hills		2013
	Woodbridge			3:19.68	Woodbridge		1989
	Servite			3:19.82	Servite		1999
	Dana Hills			3:19.83	Dana Hills		1984
	Savanna			3:19.9 +	Savanna	3:21.2y	1970
	Santa Ana			3:19.9 +	Santa Ana	3:21.2y	1970

4 x 220 yard Relay

1:26.8	Bolsa Grande		1966				
1:27.2	Santa Ana		1972				
1:27.9	Mater Dei		1967				
1:28.4	SA Valley		1967				
1:28.5	Santa Ana		1956				
1:28.5	La Habra		1965				
1:28.5	SA Valley		1977				
1:28.7	Valencia		1966				
1:29.0	SA Valley		1964				
1:29.0	Bolsa Grande		1965				
1:29.00c	Orange Lutheran	1:28.48m	2009				
1:29.1	Santa Ana		1954				
1:29.10c	Orange Lutheran	1:28.58m	2008				
1:29.18	Servite		2011				
1:29.28	Orange Lutheran		2013				
1:29.5	Santa Ana		1969				
1:29.52c	Garden Grove	1:29.0m	1996				
1:29.6	Santa Ana		1966				
1:29.7	La Habra		1966				
1:29.7	Esperanza		1995				
1:29.89	Valencia		1992				
1:29.9	Laguna Beach		1948				

3:20.0 +	Tustin	3:21.3y	1969	3:22.59	Corona del Mar	2011
3:20.0 +	Santa Ana	3:21.3y	1973	3:22.68	Esperanza	1989
3:20.00	Esperanza		1984	3:22.71	Mater Dei	1981
3:20.06	Santa Margarita		2008	3:22.71	Canyon	1989
3:20.1 +	Lowell	3:21.4y	1969	3:22.73	Los Alamitos	1983
3:20.16	Dana Hills		2010	3:22.76	University	1981
3:20.21	SA Valley		1992	3:22.80	Irvine	1987
3:20.23	Irvine		2010	3:22.80	Cypress	1993
3:20.26	Newport		2000	3:22.80	Orange Lutheran	2006
3:20.26	Mater Dei		2012	3:22.81	Costa Mesa	1982
3:20.27	Esperanza		1983	3:22.81	Woodbridge	2009
3:20.32	Edison		1998	3:22.82	Esperanza	2000
3:20.4 +	Santa Ana	3:21.7y	1974	3:22.82	Trabuco Hills	2013
3:20.52	Woodbridge		2013	3:22.88	Edison	2001
3:20.57	Canyon		2008	3:22.93	Trabuco Hills	2010
3:20.59	Dana Hills		2014	3:23.0	El Modena	1981
3:20.62	Trabuco Hills		1998	3:23.00	Edison	1997
3:20.73	Orange Lutheran		2013	3:23.09	Mission Viejo	2006
3:20.74	Santa Margarita		1997	3:23.09	Los Alamitos	2008
3:20.76	Los Alamitos		2003	3:23.09	Trabuco Hills	2011
3:20.80	Santa Margarita		2005	3:23.10	Estancia	1986
3:20.84	Mission Viejo		2002	3:23.13	Esperanza	1982
3:20.89	Mission Viejo		2010	3:23.13	Mission Viejo	2014
3:20.98	Mission Viejo		2005	3:23.16	Rancho Alamitos	1984
3:21.0 +	SA Valley	3:22.2y	1969	3:23.18	Villa Park	1985
3:21.11	Woodbridge		1992	3:23.18	Santa Margarita	1996
3:21.12	Mater Dei		2009	3:23.23	Irvine	1986
3:21.15	Mater Dei		2014	3:23.24	Mission Viejo	2003
3:21.16	Santa Margarita		1999	3:23.31	Servite	1986
3:21.17	Villa Park		1983	3:23.32	Katella	1983
3:21.18	Dana Hills		2008	3:23.33	University	1982
3:21.22	Tesoro		2010	3:23.39	Savanna	1997
3:21.4 +	Westminster	3:22.7y	1973	3:23.42	Los Alamitos	2014
3:21.4 +	Marina	3:22.7y	1976	3:23.45	Esperanza	1991
3:21.4 +	Villa Park	3:22.7y	1977	3:23.45	Saddleback	1994
3:21.49	Dana Hills		2009	3:23.45	Mission Viejo	2009
3:21.5 +	Lowell	3:22.8y	1970	3:23.46	Corona del Mar	1984
3:21.5 +	University	3:22.8y	1980	3:23.47	Huntington Beach	1990
3:21.51	Anaheim		1984	3:23.48	Dana Hills	2001
3:21.56	Tustin		2012	3:23.49	Newport	1987
3:21.58	Mater Dei		1983	3:23.5	Costa Mesa	1981
3:21.60	Saddleback		1992	3:23.50	Katella	1989
3:21.6 +	Buena Park	3:22.9y	1971	3:23.50	Huntington Beach	2008
3:21.62	Trabuco Hills		2003	3:23.50	Servite	2013
3:21.67	Mission Viejo		1985			
3:21.68	Corona del Mar		2013			
3:21.7 +	Newport	3:23.0y	1973			
3:21.75	Trabuco Hills		1999	3:26.1 +	La Habra	3:27.4y 1961
3:21.81	Dana Hills		1983	3:26.7 +	Orange	3:27.9y 1961
3:21.85	Canyon		2009	3:26.8 +	La Habra	3:28.5y 1962
3:21.87	Aliso Niguel		2008	3:27.33	El Modena	3:27.4y 1982
3:21.88	SA Valley		1997	3:30.5 +	Sunny Hills	3:31.8y 1974
3:21.9 +	Estancia	3:23.2y	1976	3:30.5 +	El Modena	3:31.8y 1977
3:21.91	Edison		2014	3:30.57	Dana Hills	2010
3:21.96	Dana Hills		2012	3:30.61	Mater Dei	2013
3:22.04	Fountain Valley		1993	3:30.67	Dana Hills	2009
3:22.06	Marina		1984	3:31.76	Dana Hills	2014
3:22.09	Dana Hills		2011	3:31.87	El Toro	2009
3:22.1 +	Mission Viejo	3:23.4y	1975	3:32.6	Katella	1980
3:22.1	Corona del Mar		1983	3:32.7 +	Orange	3:34.0y 1963
3:22.2 +	Villa Park	3:23.5y	1976	3:30.30	Trabuco Hills	1987
3:22.2 +	El Dorado	3:23.5y	1978	3:33.36	San Juan Hills	2013
3:22.23+	Edison	3:23.41y	1980	3:33.89	Dana Hills	2008
3:22.25	Katella		1988	3:33.96	Mission Viejo	2014
3:22.27	Mater Dei		2008	3:34.27	Los Alamitos	2013
3:22.28	Esperanza		1993	3:34.57	El Modena	1994
3:22.3 +	Newport	3:23.5y	1969	3:34.59	San Juan Hills	2014
3:22.30	Santa Margarita		2014	3:35.63	El Toro	2003
3:22.34	Edison		2013	3:35.80	Trabuco Hills	2010
3:22.40	Los Alamitos		2005			
3:22.41	Orange		1983			
3:22.41	Mission Viejo		2012	7:40.30	Dana Hills	2009
3:22.42	Aliso Niguel		2009	7:45.10	Dana Hills	2013
3:22.5 +	El Dorado	3:23.8y	1980	7:45.2 +	Tustin	7:48.0y 1965
3:22.50	El Dorado		1987	7:46.4 +	Mission Viejo	7:49.2y 1973
3:22.56	Los Alamitos		2001	7:47.48	Corona del Mar	2012
3:22.56	Woodbridge		2011	7:48.4	El Modena	1981

Sprint Medley

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

4 x 800 meter Relay

7:40.30	Dana Hills		2009
7:45.10	Dana Hills		2013
7:45.2 +	Tustin	7:48.0y	1965
7:46.4 +	Mission Viejo	7:49.2y	1973
7:47.48	Corona del Mar		2012
7:48.4	El Modena		1981

7:49.49	Dana Hills	2008	10:19.4	El Modena	1984
7:51.27	Mission Viejo	2013	10:19.5 +	La Habra	10:23.2y 1967
7:51.4 +	Orange	7:54.2y 1962	10:20.4 +	Westminster	10:24.0y 1965
7:51.51	Santa Margarita	2007	10:20.75	Esperanza	2010
7:52.10	Dana Hills	2005	10:20.85	Santa Ana	2007
7:52.11	Servite	2008	10:21.2	Edison	1980
7:52.25	Mision Viejo	1985	10:21.24	El Toro	2013
7:52.3 +	Magnolia	7:55.1y 1963	10:21.4 +	Santiago	10:25.0y 1965
7:52.4 +	Loara	7:59.1y 1975	10:24.54	Edison	2013
7:52.83	El Toro	2006	10:21.71	Villa Park	1985
7:53.04	Valencia	2009	10:21.79	Newport	2008
7:53.2	Lowell	1965	10:21.87	Mater Dei	1983
7:53.7	Edison	1989	10:21.92	Santa Margarita	2007
7:54.12	Dana Hills	2012	10:22.14	Woodbridge	2011
7:54.4	Edison	1980	10:22.30	Brea	2014
7:54.04	Edison	2004	10:22.5 +	Buena Park	10:26.1y 1977
7:54.7	Corona del Mar	1989	10:22.68	Corona del Mar	1984
7:55.1	Mater Dei	1982	10:22.68	Orange	2003
7:55.1	Katella	1982	10:22.8 +	Mission Viejo	10:26.4y 1977
7:55.12	Marina	2010	10:23.1 +	Corona del Mar	10:26.8y 1975
7:55.43	Servite	2010	10:23.5 +	Sunny Hills	10:27.2y 1974
7:55.77	Villa Park	1983	10:23.70	Esperanza	2003
7:55.80	Irvine	1985	10:23.8 +	Foothill	10:27.5y 1978
7:56.07	Dana Hills	2010	10:24.51	El Toro	2003
7:56.10	Marina	2011	10:24.54	Edison	2013
7:56.2	Magnolia	1964	10:24.6 +	Corona Del Mar	10:28.3y 1985
7:56.3 +	Villa Park	7:59.1y 1972	10:24.7	Costa Mesa	10:28.4y 1977
7:56.34	Dana Hills	2014	10:24.8 +	Valencia	10:28.5y 1977
7:56.35	Capo Valley	1989	10:24.82	Mater Dei	1989
7:56.59	Brea	2011	10:25.03	El Toro	2007
7:56.6 +	Estancia	7:59.4y 1977	10:25.09	Dana Hills	2003
7:57.67	Esperanza	2002	10:25.4 +	Edison	1981
7:57.87	Esperanza	2011	10:25.40	Corona del Mar	1986
7:58.21	El Toro	2007	10:25.64	El Modena	2014
7:58.37	Brea Olinda	1994	10:25.8 +	Lowell	10:29.4y 1963
7:58.84	Santa Margarita	2003	10:26.11	Mission Viejo	2014
7:58.94	Esperanza	2003	10:26.41	Dana Hills	2002
7:59.0	University	1980	10:26.49	La Habra	1986
7:59.08	Dana Hills	2011	10:26.60	Trabuco Hills	2010
7:59.2	El Dorado	1982	10:27.2 +	Villa Park	10:30.8y 1983
7:59.21	Fountain Valley	2001	10:27.2	University	1980
7:59.33	Dana Hills	2002	10:27.77	Santa Margarita	2006
7:59.82	Marina	2005	10:27.81	Servite	2010
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
10:08.02	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

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
17:21.55+	Dana Hills	17:27.63y 2010
17:21.67+	Dana Hills	17:27.75y 2009
17:25.60	Dana Hills	2011
17:28.79	Trabuco Hills	2011
17:31.6 +	Foothill	17:37.8y 1975
17:32.25	Dana Hills	2014
17:34.7 +	Villa Park	17:40.9y 1979
17:34.8 +	Marina	17:41.0y 1973
17:36.62	Valencia	2009
17:37.73+	Marina	17:43.90y 2006
17:38.9	Corona del Mar	1987
17:39.51+	El Toro	17:45.70y 2009
17:39.8 +	Edison	17:46.0y 1976
17:40.3 +	Fountain Valley	17:46.5y 1978
17:40.8 +	Loara	17:47.0y 1975
17:41.0 +	Mission Viejo	17:47.2y 1973
17:41.4 +	Lowell	17:47.6y 1975

17:41.6 +	Corona del Mar	17:47.8y	1975
17:42.8 +	Westminster	17:49.0y	1965
17:43.2 +	Tustin	17:49.4y	1965
17:43.2 +	Costa Mesa	17:49.4y	1977
17:44.77	Dana Hills		1989
17:45.25	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
17:54.37	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	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
6-10.25	*CJ McCord (Sage Hill)	2014
6-8.75	Tohru Asami (Sunny Hills)	1978
6-8.5	Ed Caruthers (SA Valley)	1963
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 Lunnan (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	*Quinten Pounds (Cypress)	2014
6-8	Mitchell Bland (Tesoro)	2014
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)	2014
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 Kimbwalla (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 (Mlison Viejo)	2002
6-6	Zach Novae (Estancia)	2003
6-6	Blake Remeyer (Trabuco Hills)	2003
6-6	Williams (Savanna)	2003
6-6	Butts (Buena Park)	2004
6-6	Mike Lawrence (Servite)	2004
6-6	Rick Fisher (El Toro)	2005
6-6	**Warren Reuland (Mission Viejo)	2006
6-6	Chase Redfield (Dana Hills)	2007
6-6	* Colton Grandbouche (Canyon)	2008
6-6	* Andy Multari (Sage Hill)	2009
6-6	Neimah Jones (Irvine)	2009
6-6	Jordan Sachs (La Habra)	2009
6-6	Winston Lawson (Seegerstrom)	2011
6-6	Alex Wilde (Corona del Mar)	2014

Pole Vault

17-6	Michael Woepse (Mater Dei)	2010
17-0	Carl Johansson (Orange Lutheran)	2014
16-8	Johnny Quinn (St Margaret's)	2006
16-7	Logan Odden (Marina)	2000
16-7	Greg Woepse (Mater Dei)	2006
16-6	Greg Ernst (El Dorado)	1978
16-5.25	Steve Michels (Brethren Christian)	1996
16-4	Dave Noel (Edison)	1988
16-3.25	Keith Schimmel (Villa Park)	1975
16-3.25	Jim Sidler (Villa Park)	1977
16-3	Scott Cook (Mater Dei)	2010
16-3	Mark Sakioka (Newport)	2011
16-3	Adam Bragg (El Toro)	2011
16-2	Dustin Deleo (Los Alamitos)	2004
16-1	Tim Vahlstrom (Villa Park)	1975
16-1	Greg Stull (Troy)	1980
16-1	Nate Fox (Edison)	1996
16-0.75	Michael Rovzar (Mater Dei)	2013
16-0	Tim McIntyre (Los Alamitos)	1979
16-0	Steve Williams (Servite)	1986
16-0	Steve Slocum (Foothill)	1987
16-0	Parker Curry (Santa Margarita)	2014
15-9	Pete Kovacs (El Modena)	1995
15-9	Nick Masterson (Servite)	2008
15-9	David Bean (Orange Lutheran)	2014
15-8.5	Steve Rakhshani (Edison)	1977
15-8	Jeff Ryan (Huntington Beach)	1999
15-8	Pat Luke (Santa Margarita)	2000
15-8	Aaron Corbett (Edison)	2002
15-8	Blake Mason (Fountain Valley)	2008
15-7	David Kim (Los Alamitos)	2010
15-7	Jeremy Kennedy (Marina)	2010
15-7	*R.W. Henson (Newport)	1987
15-6	Doug Miller (Estancia)	1986
15-6	Ra Darling (Ocean View)	1988
15-6	Lu e Stokes (Edison)	1997
15-6	* Hong Nguyen (Katella)	2002
15-6	Jeff Tran (Fountain Valley)	2009
15-6	Jesse Phillips (Katella)	2010
15-6	Paul Thenard (Marina)	2013
15-6	Riley Turner (Mater Dei)	2014
15-6	Tommy Nord (Mater Dei)	2014

15-4	Eric Whitcomb (Valencia)	1989	14-7.75	John Reed (Los Amigos)	1981
15-4	Gary VanSluis (El Modena)	1993	14-7.5	Les Hague (Santa Ana)	1965
15-4	Travis Vandrovec (Fountain Valley)	1997	14-7.5	Jim Burton (SA Valley)	1966
15-4	Curbs Hendrick (Marina)	2003	14-7.25	Mike Simmons (Newport)	1966
15-4	Leon Roach (Marina)	2008	14-7	Ed Elliot (SA Valley)	1967
15-4	Ryan Simioni (Edison)	2008	14-7	* Sven Northcott (Marina)	1994
15-4	Matt Cooper (Mater Dei)	2009	14-7	* Brian Lindley (University)	1995
15-4	Eric Sims (Servite)	2009	14-7	Matt Summer (Marina)	1997
15-4	Kevin Stull (Orange Lutheran)	2013	14-7	* Aaron Roy (Edison)	2005
15-4	Chandler Thorpe (Edison)	2013	14-7	Matt McCormick (Dana Hills)	2008
15-3	Paul Peters (Villa Park)	1981	14-7	Cameron Van Dieren (Servite)	2010
15-3	Ted Whalen (Mater Dei)	1997	14-6.5	Tony Hoffman (San Clemente)	1971
15-3	B. J. Vandrovec (Fountain Valley)	2001	14-6.5	Kevin Magula (Marina)	1988
15-3	Sean Jones (Mission Viejo)	2002	14-6	John Anderson (Santa Ana)	1969
15-3	* Michael Simms (Servite)	2006	14-6	Dan Ripley (Loara)	1971
15-3	Sean McNanny (Mission Viejo)	2009	14-6	Bruce Fandel (Santiago)	1971
15-3	* Luke Newman (Trabuco Hills)	2014	14-6	Dan Polk (La Habra)	1972
15-3	** Christopher Doerr (Trabuco Hills)	2014	14-6	Amaro Lopez (Santa Ana)	1972
15-3	Jesse Shank (Servite)	2014	14-6	Terry Lowry (Savanna)	1973
15-3	Jacob Adler (Mission Viejo)	2014	14-6	Larry Castanguay (Esperanza)	1975
15-2	Ron Mooers (Valencia)	1971	14-6	Plett (Troy)	1977
15-2	Willy Thorns (Newport)	1980	14-6	Randy Parker (Brea)	1977
15-2	Fritz Howser (Newport)	1985	14-6	Scott Kissick (Lowell)	1977
15-2	* Bobby Sparks (Esperanza)	1998	14-6	Al Geduld (Valencia)	1979
15-2	* Brandon Mora (Katella)	2002	14-6	Scout McKay (Newport)	1979
15-2	Chris Ostoich (St Margaret's)	2002	14-6	Dennis Shannon (Irvine)	1979
15-1.5	* David Giang (Katella)	2001	14-6	Terry Lomheim (Valencia)	1982
15-1	Jim Collins (Valencia)	1972	14-6	Rich Forsythe (Edison)	1982
15-1	Jim Bogart (Edison)	1976	14-6	Wayde Walker (Troy)	1983
15-1	Keith Miller (Corona del Mar)	1991	14-6	Chuck Griffin (Sonora)	1983
15-1	Brendan Pena (Edison)	2003	14-6	Chris Madsen (Los Alamitos)	1985
15-1	Stephen Horrell (Dana Hills)	2005	14-6	Josh Herndon (University)	1989
15-1	* Matt Cooper (Mater Dei)	2008	14-6	Rob Lindley (Dana Hills)	1990
15-1	* Garrett McRoberts (Mater Dei)	2008	14-6	John Bain (Foothill)	1994
15-1	Michael Loschiavo (Huntington Beach)	2010	14-6	David Allen (Woodbride)	1997
15-1	* Jack Gallivan (Mater Dei)	2011	14-6	Cameron St Clair (Brea)	1997
15-1	Fritz Howser (Newport)	2012	14-6	Kris Scotten (Edison)	1998
15-1	Clint Gallivan (Mater Dei)	2013	14-6	* Dwayne McCabe (El Modena)	2000
15-0	* Sam Caruthers (SA Valley)	1965	14-6	Tom Sparks (Esperanza)	2000
15-0	Tom DiStanslao (Newport)	1973	14-6	* Brian Rother (San Clemente)	2003
15-0	Mike Baker (Katella)	1973	14-6	Garrett Gaska (Fountain Valley)	2005
15-0	Brian Cornett (Katella)	1979	14-6	Blake Coscino (Dana Hills)	2008
15-0	Jeff Conkle (Cypress)	1977	14-6	Kevin Miller (Fountain Valley)	2010
15-0	Lance Betson (Newport)	1983	14-6	* Max Van Bergh (Newport)	2010
15-0	Trevor Lycett (Esperanza)	1991	14-6	Tyger Morgan (Marina)	2010
15-0	* Gary VanSluis (El Modena)	1992	14-6	Bradley Wernick (Capo Valley)	2012
15-0	Josh Petlowany (El Toro)	1998	14-6	Ty Mason (Fountain Valley)	2013
15-0	Brad Slinkard (Santa Margarita)	2001	14-6	Jordan Antol (Mission Viejo)	2014
15-0	Clay Starnes (Trabuco Hills)	2002	14-5.5	Pat Lustig (Marina)	1981
15-0	Brian Whalen (Mater Dei)	2004	14-5.25	Eric Berg (Costa Mesa)	1962
15-0	Andrew Prodoehl (Santa Margarita)	2005	14-5	* Julien Okey (Tesoro)	2010
15-0	Nick Jennings (San Clemente)	2008	14-4.5	Mike Lindsay (Santa Ana)	1962
15-0	* Tanner Greeley (Edison)	2010	14-4.5	Boyd (Western)	1964
15-0	Jeremy Kennedy (Marina)	2010	14-4	Gordy Mooers (Valencia)	1969
15-0	Connor McNicholas (Mission Viejo)	2012	14-4	Wood (Laguna Beach)	1969
15-0	** Gordan Jett (Marina)	2014	14-4	Bruce Hooten (Edison)	1986
15-0	Halden Comoglio (Dana Hills)	2014	14-4	** Song Yang (Katella)	2000
14-10.75	Kevin Cuervo (Western)	1976	14-4	* Eric Simms (Servite)	2008
14-10.25	Dennis Walp (Loara)	1966	14-3.25	* Ty Mason (Fountain Valley)	2012
14-10	Steve DeBerg (Savanna)	1972	14-3	* Kevin Manix (Costa Mesa)	1968
14-10	Bob Goto (Lowell)	1973	14-3	John Boyd (Kennedy)	1968
14-10	Andy Spindler (Woodbrige)	2002	14-3	Will Blockleman (Lowell)	1974
14-10	* Jose Magana (Katella)	2002	14-3	Geof Gerstner (Sunny Hills)	1975
14-10	Trent Perez (Servite)	2008	14-3	Tom Turner (Cypress)	1975
14-10	Cooper Montano (Servite)	2012	14-3	Dale Anderson (Saddleback)	1978
14-9	Kevin Anthony (Tustin)	1976	14-3	John Carroll (Villa Park)	1983
14-9	* Travis Pett (Huntington Beach)	1999	14-3	* Vince Vu (Marina)	1990
14-9	Matt Kirsten (Mission Viejo)	2004	14-3	Arthur Odden (Marina)	1997
14-9	** Carl Johansson (Orange Lutheran)	2012	14-3	Alexander Hale (Los Alamitos)	2003
14-9	Keith Messinger (Dana Hills)	2012	14-3	Phong Duong (Katella)	2004
14-9	Paul Bowker (Mission Viejo)	2012	14-3	Mike O'Sullivan (El Toro)	2007
14-8.5	Tom Lueras (Santa Ana)	1972	14-3	Travis Stock (Dana Hills)	2009
14-8.5	Aaron Corbett (Edison)	2001	14-3	Scott Anderson (Santa Margarita)	2010
14-8	Mike Sampson (La Habra)	1969	14-3	* Peter Klepp (El Toro)	2010
14-8	Mark Hill (Sunny Hills)	1983	14-3	Kyle Garcia (Edison)	2010
14-8	Manuel Ballard (Cypress)	1985	14-3	** Jack Gallivan (Mater Dei)	2010
14-8	Shawn Rogen (Irvine)	1989	14-3	Nick Van Hoogmoed (Servite)	2011

14-3 **Riley Turner (Mater Dei) 2012
 14-3 **David Bean (Orange Lutheran) 2012
 14-3 John Macwillie (Fountain Valley) 2012
 14-2.5 Schenk (Fountain Valley) 1972
 14-2 Jeff Oldham (Santa Ana) 1967
 14-2 Alvin Alaman (SA Valley) 1972
 14-2 *Dave Tucker (Magnolia) 1971
 14-2 Steve Pulvers (Garden Grove) 1973
 14-2 Foster (Lacuna Beach) 1975
 14-2 Tom Keim (Marina) 1995
 14-2 Mackel Vaughan (Dana Hills) 2004
 14-2 Andrew Wong (Corona del Mar) 2004
 14-1.5 Joe Vermilyer (Santa Ana) 1971
 14-1.5 Terry Parkinson (Fountain Valley) 1971
 14-1.5 Mike Cirillo (Corona del Mar) 1976
 14-1 John Trosko (Valencia) 1964
 14-1 Andy Solis (Santa Ana) 1968
 14-1 Doug Boswell (Westminster) 1977
 14-1 Brummel (Mission Viejo) 1991
 14-1 Roger Van Sluis (El Modena) 1995
 14-1 Richard Gridley (Katella) 1998
 14-1 David Morris (Katella) 2000
 14-1 Mardsen (Katella) 2001
 14-1 Pha Ngo (Marina) 2003
 14-1 *Blake Coscino (Dana Hills) 2007
 14-1 Brandon Janca (Edison) 2009
 14-1 Mark Sakioka (Newport) 2009
 14-1 Jeremy Kennedy (Marina) 2009
 14-0.5 Jeff Gilbert (El Dorado) 1975
 14-0.25 Staines (Trabuco Hills) 2001
 14-0 Laskey (SA Valley) 1965
 14-0 Jim Feeney (Katella) 1968
 14-0 Alan Simons (Loara) 1969
 14-0 Richard Carlson (Pacifica) 1969
 14-0 Wayne Gorman (Anaheim) 1971
 14-0 John Kwan (Santa Ana) 1972
 14-0 Jack Hanion (Anaheim) 1972
 14-0 M. Kinnison (El Modena) 1972
 14-0 Steve Johnson (Troy) 1972
 14-0 Steve Pulvers (Garden Grove) 1972
 14-0 Many Gresham (Marina) 1973
 14-0 Wayne Parris (Savanna) 1973
 14-0 Allobello (La Habra) 1974
 14-0 Eric Engberg (Brea) 1975
 14-0 Dean Barnett (Lowell) 1975
 14-0 Rob Conrad (Katella) 1975
 14-0 Mark Harris (Lowell) 1975
 14-0 Grochow (Estancia) 1976
 14-0 *Rob Little (Saddleback) 1977
 14-0 Chris Hart (Western) 1977
 14-0 Dan Duddridge (Costa Mesa) 1977
 14-0 Tony Brassfield (Mission Viejo) 1977
 14-0 Dan Worthington (Troy) 1977
 14-0 Mike Houseal (Saddleback) 1978
 14-0 *Jeff Koegel (Valencia) 1979
 14-0 Pat Gleason (Edison) 1979
 14-0 Pickney (Estancia) 1979
 14-0 John Knox (Edison) 1979
 14-0 Steve Verdone (Villa Park) 1980
 14-0 Jim Kinnane (Troy) 1980
 14-0 Ken Bodenhoefer (Newport) 1980
 14-0 Dennis Crawford (Katella) 1981
 14-0 Curt Hildt (Irvine) 1982
 14-0 Sean Robertson (Troy) 1983
 14-0 Darren Stout (Valencia) 1984
 14-0 Karl Schnug (Corona del Mar) 1984
 14-0 *Jeff Jones (Estancia) 1985
 14-0 Bruce Clemons (Dan Hills) 1986
 14-0 Gary Covington (Los Alamitos) 1986
 14-0 Josh McHugh (Marina) 1988
 14-0 Sean Woolsey (Corona del Mar) 1988
 14-0 Curt Shipcott (Foothill) 1988
 14-0 *Brad Williams (Servite) 1988
 14-0 Derrick Fritz (Foothill) 1988
 14-0 *Tyson Jacobson (Capo Valley) 1989
 14-0 Keith Miller (Corona del Mar) 1989
 14-0 Brian Zeller (Trabuco Hills) 1989

14-0 Joel Cardenas (Saddleback) 1989
 14-0 Jason Brizic (El Toro) 1990
 14-0 Derek Nguyen (Katella) 1991
 14-0 Tom Bottiaux (Canyon) 1991
 14-0 Mark Crowley (Marina) 1992
 14-0 Peter Barney (University) 1992
 14-0 Adam Dyer (Esperanza) 1993
 14-0 *Robert Heckman (Huntington Beach) 1994
 14-0 Robert Villegas (Century) 1995
 14-0 Kevin Voorhis (Irvine) 1995
 14-0 Kevin Bradley (Fountain Valley) 1996
 14-0 *Greg Walker (El Toro) 1996
 14-0 Dave Bienek (El Toro) 1998
 14-0 *Brandon Guffey (Esperanza) 1998
 14-0 Chits Heiner (Marina) 1998
 14-0 Jason Knowles (Fountain Valley) 1998
 14-0 Jim Whitesides (El Toro) 1998
 14-0 Tom St Clair (Brea) 1999
 14-0 Ray Kroona (Foothill) 2000
 14-0 **David Grant (Katella) 2000
 14-0 Ryan Borland (Dana Hills) 2000
 14-0 Mark Martello (San Clemente) 2000
 14-0 Scott Robinson (Esperanza) 2000
 14-0 John Rossell (Brea) 2001
 14-0 *Byron Collins (Esperanza) 2002
 14-0 Tyler Panian (Los Alamitos) 2002
 14-0 Cart (Mission Viejo) 2002
 14-0 Robert Fulton (Servite) 2005
 14-0 Brett DeAvila (Mission Viejo) 2006
 14-0 Michael Trieu (Woodbridge) 2006
 14-0 James Wu (Dana Hills) 2006
 14-0 Greg Bowlin (Aliso Niguel) 2007
 14-0 Mathew McCormick (Dana Hills) 2008
 14-0 Austin McGroaty (Marina) 2009
 14-0 Daniel Taylor (Aliso Niguel) 2009
 14-0 *Connor Hawks (Mater Dei) 2010
 14-0 Trevor Rothaus (Servite) 2010
 14-0 Tyler Frank (Santa Margarita) 2011
 14-0 Jack Gallivan (Mater Dei) 2012
 14-0 David Munoz (Newport) 2013
 14-0 Christian Abbey (Newport) 2013
 14-0 Jason McKinnon (Fountain Valley) 2013
 14-0 Ryan Riviere (Servite) 2014
 145-0 **Landon Shank (Servite) 2014

Long Jump

24-7 Dante Pettis (JSerra) 2014
 24-5 Tony Pitts (SA Valley) 1978
 24-1 Tony Krzyzosiak (Garden Grove) 1971
 24-1 *Devin Harrison (Dana Hills) 2010
 24-0 Jeremy Wooldridge (Trabuco Hills) 2003
 24-0.5 * Dan Carpenter (Brea) 1972
 23-11 Stan Edmonds (Kennedy) 1966
 23-11 Chris Macke (Edison) 2006
 23-10.75 Steve Baxter (Loara) 1971
 23-10.75 Hayden Pierce (Esperanza) 2010
 23-10.5 Bob Rust (Kennedy) 1980
 23-10 Justin Schneider (El Toro) 2012
 23-9.75 Danny Casupanan (Tustin) 2002
 23-9 Chambers (Fullerton) 1937
 23-8.75 Walter Steen (SA Valley) 1982
 23-7.5 Kevin McGannon (Buena Park) 1965
 23-7.5 Dave Berger (Canyon) 1978
 23-7 Ernie Fisher (Los Amigos) 1978
 23-6.75 Charlie Tyler (Edison) 1988
 23-6 Elliot Dunning (SA Valley) 1984
 23-6 * William Dancy (SA Valley) 1988
 23-6 Arik Nesbit (San Clemente) 2014
 23-5.5 * Larry Williams (SA Valley) 1982
 23-5.5 Antonio Thomas (Century) 2000
 23-5.25 * Myles Hawkins (Orange Lutheran) 2013
 23-5 * Sean Sawyer (El Modena) 1984
 23-4.5 Willie Gardner (Garden Grove) 1971
 23-4.5 Troy McAllister (Saddleback) 1983
 23-4.25 Earl Jones (Saddleback) 1984
 23-3.75 * Todd Fenton (Cypress) 1984

23-3.5	Sheldon Blockburger (Newport)	1983	22-7.5	Larry Horton (El Modena)	1968
23-3.5	Lee Mitchell (Tesoro)	2014	22-7.5	Dennis Lackey (Savanna)	1969
23-3.25	Isaac Curtis (Santa Ana)	1968	22-7.5	* Tony Parrish (Marina)	1992
23-3.25	Matt Malone (Marina)	1987	22-7.5	Jason Boyce (Corona del Mar)	1994
23-3	Darrell Roberts (Fullerton)	1955	22-7.25	Marc Roosen (Ocean View)	1989
23-3	*Kirk Ayers (Western)	1986	22-7.25	Donovan Toban (Cypress)	2008
23-3	J.J. Cisneros (Los Alamitos)	1988	22-7	Ray Crawford (Santa Ana)	1972
23-2.75	Eric Dorn (Estancia)	1986	22-7	David Fisher (Villa Park)	1974
23-2.75	*Jeremiah Harris (Orange Lutheran)	2014	22-7	*William Kim (Villa Park)	1983
23-2	Ric Hibbs (Pacifica)	1966	22-7	*** Richard Fanti (Santa Ana)	1985
23-2	Mike Morgan (Mater Dei)	1966	22-7	Frank Smith (Woodbridge)	1988
23-1.75	Tohru Asami (Sunny Hills)	1978	22-7	* Keith Hughes (Capo Valley)	1989
23-1.25	Tony Mosley (Santa Ana)	1987	22-7	Ace Riggins (Valencia)	1993
23-1	Garth Wise (Huntington Beach)	1971	22-7	Tovin Beeler (Ocean View)	2001
23-1	Troy Blevins (Fountain Valley)	1978	22-7	Austin Hazel (Mater Dei)	2012
23-1	Richard Brim (Huntington Beach)	1982	22-6.75	*Kevin Cochran (Orange)	1964
23-1	* Mario Valencia (Mater Dei)	2003	22-6.75	John Mackorie (Fullerton)	1972
23-0.75	Bob McNamera (Fullerton)	1958	22-6.75	D.K. Kelly (Santa Ana)	1982
23-0.75	Jason Neben (Orange Lutheran)	1989	22-6.5	Ken Williams (Troy)	1982
23-0.5	Jim Mitchell (Villa Park)	1974	22-6.5	Adrian Brown (Huntington Beach)	1991
23-0	Ray Harris (Fountain Valley)	1971	22-6.5	* Ruben Droughns (Anaheim)	1995
23-0	Don Moreno (Valencia)	1977	22-6.5	*Emilio Sartori (Villa Park)	2005
23-0	*Phouphet Singbandith (Magnolia)	1989	22-6.5	Brandon Phillips (Irvine)	2008
23-0	Frank Smith (Woodbridge)	1990	22-6.25	Lyn Jerkins (Los Alamitos)	1978
23-0	Elliott Parks (El Toro)	1997	22-6.25	Keith Thomas (Valencia)	1989
22-11.5	Ron Crawford (Santa Ana)	1973	22-6.25	DeAngelo Bonner (Troy)	2010
22-11.5	Rich Julien (Estancia)	1976	22-6	Ron Copings (Edison)	1972
22-11.5	Robert Gaither (SA Valley)	1980	22-6	Brian Wood (San Clemente)	1976
22-11.5	Scott McKenize (El Toro)	1980	22-6	* Dariel Whipple (Western)	1989
22-11.5	Eric Andrade (Servite)	1982	22-6	* Mike Sullivan (Sunny Hills)	1990
22-11.5	James Chun (Kennedy)	1990	22-6	Ernie Wilson (El Modena)	1993
22-11.5	Steagall (Villa Park)	2001	22-6	Ryan Collier (Northwood)	2011
22-11.25	Drew Huusfeldt (Esperanza)	2010			
22-11	Steve Alff (Lowell)	1969	Wind-aided:		
22-11	* Roger Lemons (Katella)	1979	24-8.75	Danny Casupanan (Tustin)	2002
22-11	Bernie Chapman (Capo Valley)	1991	24-2	* Roger Lemons (Katella)	1979
22-11	Kenny McGee (Magnolia)	2008	23-8	Ryan Collier (Northwood)	2011
22-10.75	Jim Morgan (Mater Dei)	1967	23-7	J.J. Cisneros (Los Alamitos)	1988
22-10.75	Joe Birdo (SA Valley)	1982	23-5.25	Kenny McGee (Magnolia)	2008
22-10.75	Vince Church (Kennedy)	1990	23-4.50	* Myles Hawkins (Orange Lutheran)	2013
22-10.5	Dan Hedlund (Villa Park)	1971	23-4.25	*Kirk Ayers (Western)	1986
22-10.5	Russ Samuels (Bolsa Grande)	1972	23-4	* Eric Dorn (Estancia)	1986
22-10.25	Doug Switzer (La Habra)	1966	23-0.5	** *Richard Fanti (Santa Ana)	1985
22-10	Bob Smith (SA Valley)	1963	23-0.25	Brent Watson (Orange)	1971
22-10	* Eddie Preston (Santa Ana)	1963			
22-10	Carl Fields (SA Valley)	1969			
22-10	Robin Brown (Katella)	1970	Triple Jump		
22-10	Keith Denson (SA Valley)	1970	51-7.75	Phouphet Singbandith (Magnolia)	1990
22-9.75	Ricky Franklin (Santa Ana)	1982	50-11.75	Tony Parrish (Marina)	1993
22-9.5	Henry Harrell (Santa Ana)	1973	50-3.5	Ken Williams (Troy)	1982
22-9.5	Sean Savala (Villa Park)	1984	49-4	Mitchell Bland (Tesoro)	2014
22-9.5	Fridoan Abawi (Marina)	1990	48-9.5	Clarence Moore (Cypress)	2000
22-9.5	Mitchell Bland (Tesoro)	2014	48-7.75	* Reggie Curry (Tustin)	1994
22-9	* Lyn Jerkins (Los Alamitos)	1977	48-6.5	Sheldon Blockburger (Newport)	1983
22-9	*Larry Williams (SA Valley)	1982	48-6.25	Clayton Tharrington (Esperanza)	1990
22-9	Orlando Robbins (Buena Park)	1986	48-4.5	* Myles Hawkins (Orange Lutheran)	2013
22-9	Tony Robinson (San Clemente)	1990	48-1.5	Ken Margerum (Fountain Valley)	1977
22-9	Mike Smith (El Toro)	1997	48-1.5	Tony Robinson (San Clemente)	1990
22-9	Darryl Poston (Edison)	2001	48-0.5	Charlie Cummings (Kennedy)	1989
22-8.75	Tom Teeple (Brea)	1971	47-10	*Jesse Johnson (SA Valley)	1980
22-8.75	Robert Marshall (Santa Ana)	1973	47-7.75	Donald Hawthorne (Aliso Niguel)	2002
22-8.5	Garry Templeton (SA Valley)	1974	47-7	Rick Brown (Saddleback)	1976
22-8.5	Tom Leonard (Western)	1975	47-7.5	Vince Church (Kennedy)	1991
22-8.5	Joe Thomas (Buena Park)	1999	47-5.75	Mike Phillips (Foothill)	1985
22-8.5	* Chuck Steer (SA Valley)	1988	47-5.5	Chris Conrad (Mater Dei)	1987
22-8.5	** Robert Steppers (La Habra)	2003	47-5	Dennis Cowan (Fountain Valley)	1979
22-8.25	Geo Bamett (Estancia)	1969	47-4.5	Arik Nesbit (San Clemente)	2014
22-8	Carlos Herrera (Westminster)	1966	47-4	Drew Huusfeldt (Esperanza)	2010
22-8	Mac Rorie (Fullerton)	1972	47-3	Bernie Chapman (Capo Valley)	1991
22-8	Heaney (El Toro)	1974	46-11.25	Kenny McGee (Magnolia)	2008
22-8	Amok (La Quinta)	1992	46-10.5	Jeremy Wooldridge (Trabuco Hills)	2003
22-8	Ignacio Perez (Santa Ana)	2003	46-9.75	*Ken Gates (Foothill)	1980
22-8	Anton Jamir (Cypress)	2003	46-9.5	LeRon Ellis (Mater Dei)	1987
22-8	Diego Courbis (Mission Viejo)	2014	46-9.25	Robert Gaither (SA Valley)	1980
22-7.75	*Josiah Williams (Valencia)	1990	46-9.25	* Tony Robinson (San Clemente)	1989
22-7.75	Ray Bardone (Edison)	1997	46-9	Tony Pitts (SA Valley)	1978
22-7.5	Charles Dodson (Huntington Beach)	1951	46-9	David Gates (Foothill)	1984

46-9	Blaise Bryant (Cypress)	1987	45-3.25	Philavong (Buena Park)	1989
46-8.75	Mark McGovney (El Modena)	1983	45-3.25	Justin Haney (Villa Park)	1999
46-8.75	Joe Thomas (Buena Park)	1999	45-3	Al Ruiz (El Modena)	1981
46-8	Chris Mandeville (Irvine)	1983	45-3	Silaphet Singbandith (Magnolia)	1992
46-8	*Joe Birdo (SA Valley)	1981	45-2.75	Adam Shapiro (Capo Valley)	1982
46-5.75	Matt Dispenza (Marina)	2014	45-2.75	Will Foster (Edison)	1987
46-5.5	Owen Morse (Tustin)	1985	45-2.5	Jeff Robins (Saddleback)	1977
46-5.5	Ian Jennings (Edison)	1998	45-2.5	Gatlin (?)	1985
46-5.25	Alain Nicasio (Aliso Niguel)	1998	45-2	Robbie Glover (Orange)	1987
46-4.75	Blaine Bolus (Corona del Mar)	2009	45-2	J.J. Cisneros (Los Alamitos)	1988
46-3	Art Gourdine (El Toro)	1978	45-2	Scott Capulong (Woodbridge)	1989
46-1.75	Tony Mosley (Santa Ana)	1987	45-2	Tony Muniz (Woodbridge)	1994
46-1.5	Mike DeVore (Orange)	1985	45-2	Javon Givens (Cypress)	2004
46-1.25	*David Hall (Mission Viejo)	1986	45-1.75	Doug Nordquist (Sonora)	1977
46-1	Mark Miller (Magnolia)	1973	45-1.75	Dave McDonald (Dana Hills)	1982
46-1	Ben Forbes (Marina)	1998	45-1.75	Carl Satterfield (Huntington Beach)	1983
46-1	* Alex Miller (Savanna)	2003	45-1.5	Tim Hickey (El Dorado)	1979
46-1	Raphael McFarlane (Mission Viejo)	2003	45-1.5	Chris Boras (Dana Hills)	1986
46-0	* Jusitin Haney (Villa Park)	1998	45-1.5	Jason Nunez (Villa Park)	1987
45-11.5	Eric Fisher (Capo Valley)	1992	45-1.25	Joe Cheng (Woodbridge)	1983
45-11.5	David Shaw (Ocean View)	1994	45-1	Larry Williams (SA Valley)	1983
45-11	Mike Vogel (Orange)	1982	45-1	Toney Jerkins (Capo Valley)	1989
45-11	* Jeremy Becker (Cypress)	1993	45-0.75	Mark Palmer (Corona del Mar)	1984
45-10.5	Greg Portis (Katella)	1986	45-0.5	Ron Hodgkinson (Loara)	1982
45-10.5	* Mitchell Bland (Tesoro)	2013	45-0.5	Emilio Sartori (Villa Park)	2005
45-10.25	*Joshua Caiquo (Los Alamitos)	2011	45-0.5	* Sean Larson (Edison)	2009
45-10	Chris Moxley (Mision Viejo)	1990	45-0.25	Kevin Reiter (El Dorado)	1977
45-10	Ryan Finnie (Mater Dei)	2013	45-0.25	Stephen Jen (University)	1984
45-9.75	Chris Jackson (Canyon)	1999	45-0.25	Mike Alvidrez (El Modena)	1996
45-9.5	*Dave Berger (Canyon)	1977	45-0.25	Matt Brumen (Marina)	2004
45-9.5	** Robert Stevens (La Habra)	2003	45-0	Joe Lawrence (Fountain Valley)	2000
45-9.50	* Matt Dispenza (Marina)	2013	Wind-aided:		
45-9.25	Ryan Gillette (Villa Park)	1985	51-10	Ken Williams (Troy)	1982
45-9	*Steven Jen (University)	1983	49-10	* Myles Hawkins (Orange Lutheran)	2013
45-9	Kienan Brigs (Valencia)	2001	49-8.5	* Reggie Curry (Tustin)	1994
45-8.75	Tohru Asami (Sunny Hills)	1977	48-9.5	Clarence Moore (Cypress)	2000
45-8.75	John Amneus Foothill)	1987	48-2.75	Vince Church (Kennedy)	1991
45-8.75	* Cody Jones (Edison)	1997	47-10	Donald Hawthorne (Also Niguel)	2002
45-8.5	Harvey Horse (Western)	1978	47-9	Bernie Chapman (Capo Valley)	1991
45-8.5	Todd Fenton (Cypress)	1984	47-3	Stephen Jen (University)	1984
45-8.5	* Ruben Hernandez (La Habra)	1993	47-2.25	Drew Huusfeldt (Esperanza)	2010
45-8.25	Bob Rust (Kennedy)	1980	47-0	Raphael McFarlane (Mission Viejo)	2003
45-8	Greg Ruzicka (Corona del Mar)	1973	46-9	Todd Fenton (Cypress)	1985
45-8	Don Stanford (Edison)	1976	46-8.5	**Myles Hawkins (Orange Lutheran)	2012
45-8	Estrada (Villa Park)	1985	46-8.5	Ryan Finnie (Mater Dei)	2013
45-8	Justin Baker (Irvine)	2004	46-7.25	* Blaine Bolus (Corona del Mar)	2008
45-8	Hayden Pierce (Esperanza)	2010	46-6	Estrata (Villa Park)	1985
45-7.75	Bill Crutchfield (Orange)	1980	46-5	Justin Hovey (Capo Valley)	1994
45-7.75	Rob Boldt (El Toro)	1988	46-3.5	Steve Feeney (Santa Margarita)	1991
45-7.5	Chris Mandeville (Irvine)	1983	46-2.5	* Matt Dispenza (Marina)	2013
45-7.5	* Pamale Skipps (Los Amigos)	1987	46-1.25	* Scott Capulong (Woodbridge)	1988
45-7.5	* Brian Valdez (El Modena)	1991	45-11.25	Aziz Spellman (Mision Viejo)	2007
45-7.5	Jordan Singleton (Dana Hills)	2008	45-10.75	Ryan Collier (Northwood)	2011
45-7.25	Jeff Hutton (Katella)	1972	45-10	Tommy Plusayarang (Saddleback)	1984
45-6.5	Emile Harry (Fountain Valley)	1984	45-10	* Mitchell Bland (Tesoro)	2013
45-6.5	Tom Desiano (Mission Viejo)	1985	45-7.75	Wayne Gregory (Mission Viejo)	1984
45-6.5	* Chris Jackson (Mater Dei)	1992	45-7.5	Donavan Toban (Cypress)	2008
45-6.5	Thomas Hopson (Trabuco Hills)	2004	45-6	Danny Samarin (Edison)	2008
45-6.25	Ike Nioku (Kennedy)	2002	45-5	Jamie Nelson (Villa Park)	1986
45-6	Jake Burch (Orange)	1974	45-4	*Chris Gonzalez (Garden Grove)	2014
45-6	Zach Hickman (Dana Hills)	1989			
45-6	Daniel Siapin (Sonora)	2001	Shot Put		
45-5.75	Mark Kammerlohr (Orange)	1990	69-6.5	Brian Blutreich (Capo Valley)	1985
45-5.5	Richard Werner (El Modena)	1976	69-3.75	Jim Neidhart (Newport)	1973
45-5.5	*Dave Hancock (San Clemente)	1978	68-5	Dave Kurrasch (Newport)	1975
45-5.25	Kevin Chang (El Modena)	2005	67-9	Terry Albritton (Newport)	1972
45-5	Jamie Nelson (Villa Park)	1986	67-2.25	Mark Stevens (Newport)	1971
45-4.75	Michael Nguyen (Westminster)	1999	67-2	Dave Murphy (Sunny Hills)	1966
45-4.5	Derek Jackson (Saddleback)	1978	66-8	Mark Parlin (Esperanza)	1991
45-4.5	* Robert Gaither (SA Valley)	1979	65-1	Nick Robinson (El Toro)	2006
45-4.5	Steve Feeney (Santa Margarita)	1991	64-11.75	Jim Doehring (San Clemente)	1980
45-4.25	Jeremy Coe (San Clemente)	2008	64-7.5	Greg Aitkenhead (Mission Viejo)	1984
45-4	*John Moore (Loara)	1980	64-6.5	Ethan Cochran (Newport)	2012
45-3.75	Ben Nikalovic (Fullerton)	1983	64-5.5	John Brenner (Fullerton)	1979
45-3.75	Sean Sawyer (El Modena)	1985	64-0.5	Kaleaph Carter (Edison)	1988
45-3.5	*Earl Jones (Saddleback)	1983	63-11.25	Bo Taylor (Newport)	2006
45-3.5	M. Walker (Los Amigos)	1997			

63-6.5	Craig Polley (Sunny Hills)	1977	57-9.5	Edgar Oregel (SA Valle)	2003
63-5	Jake Fraser (El Toro)	2011	57-8.25	Grant Heffernan (University)	2007
62-6.75	* Kelsey Benoit (San Clemente)	2013	57-7.5	Travis Jones (Esperanza)	2001
62-6.25	Chad Smith (University)	2004	57-7	Jim Ulam (Kennedy)	1968
62-5	Marty Taylor (Newport)	2013	57-6.75	Pat Murray (Lowell)	1969
62-4.5	William Truong (Esperanza)	2014	57-6	Terry Guy (Fullerton)	1957
61-11.5	Kent Pagel (Fullerton)	1970	57-4.75	Joe Tosti (Corona del Mar)	1973
61-10.5	Scott Moser (Huntington Beach)	1997	57-4.5	Keith Van Horne (Fullerton)	1976
61-8.25	Rich Torbert (Lowell)	1974	57-4.5	Jerry French (SA Valley)	1967
61-7	Tony Mancuso (Newport)	1992	57-4.5	Will Fortier (Newport)	2014
61-6	Wade Tift (Newport)	1994	57-3.25	Mike Seibl (Magnolia)	1971
61-3.75	Vince Brown (Mater Dei)	1978	57-3.25	Skip Franklin (Newport)	1974
61-1	Gabe Long (Esperanza)	2003	57-3	*Gabe Perez (Valencia)	2012
61-0	Brian Ruziecki (Huntington Beach)	2002	57-2	Mike Mathews (Mission Viejo)	2014
61-0	Blake Poole (Esperanza)	2008	57-1.5	Rich Brown (Mission Viejo)	1987
60-11.75	Aaron Dan (Esperanza)	2005	57-1.25	Don Brandes (Canyon)	1977
60-11	Ken Mills (University)	1979	57-1.25	Beau Ralphs (Newport)	1993
60-11	Pat Kyle (Buena Park)	1982	57-0.25	Jeff Klein (Rancho Alamitos)	1973
60-11	Chad Peare (Trabuco Hills)	1993	57-0	Brent Reiderich (Edison)	1985
60-11	Connor Einck (Servite)	2012	57-0	Paul Castenada (SA Valley)	2004
60-10.75	Dave Johnson (Brea)	1976	56-11	Jerry Langenfeld (Rancho Alamitos)	1972
60-9.5	*Malik McMorris (Mater Dei)	2014	56-11	Chuck Underwood (Esperanza)	1989
60-8.5	Sam Lightbody (Huntington Beach)	1999	56-10	Dick Mann (Savanna)	1971
60-6.5	Mason Miller (Esperanza)	2011	56-10	Rick Tarvin (Marina)	1975
60-6.25	Roy Thurman (Western)	1963	56-10	Vic Rakhshani (Edison)	1976
60-6.25	Caleb McCurry (Northwood)	2009	56-9.5	Rick Obema (Buena Park)	1974
60-4.75	Bob Jensen (Magnolia)	1966	56-9	Dan Noll (El Toro)	1996
60-4.5	Steve DeForrest (Katella)	1977	56-8.75	Donnie Alaman (SA Valley)	1974
60-3.5	***Bronson Osborn (Esperanza)	2014	56-8.5	Kevin Einck (Servite)	1980
60-3	Tambi Wenj (Fountain Valley)	1984	56-8.25	Chris Conrad (Brea)	1993
60-3	Justin Birell (Esperanza)	1997	56-8	Dick Lindsay (Tustin)	1962
60-1.25	Ryan Andrews (Newport)	2011	56-8	Kurt Clemens (Huntington Beach)	1969
59-9.75	Larry Saugstead (SA Valley)	1969	56-8	Jeff Bodholdt (Irvine)	1994
59-9.25	Jim Heath (Anaheim)	1969	56-7.75	J Tesimale (SA Valley)	1975
59-9	Steve Lehmer (Loara)	1966	56-7	Jake Taylor (Newport)	2010
59-8.75	*Brad Bolton (El Toro)	2011	56-6.25	Mike Johnson (Bolsa Grande)	1965
59-6.5	Brian Dyke (Bolsa Grande)	1973	56-5.5	Watson (SA Valley)	1975
59-6.25	Maltipo Fuentes (Servite)	1977	56-5.5	Brian Stack (El Dorado)	1976
59-5.5	Ziad Khozam (El Modena)	1985	56-5	Dennis Shields (Tustin)	1965
59-5.5	Jeff Baca (Mission Viejo)	2008	56-5	Gus Coppens (Sunny Hills)	1973
59-4	Dale Gordon (El Modena)	1969	56-5	*Matt Gray (Esperanza)	2003
59-4	Alex Butler (El Modena)	2005	56-4.75	John Covington (Sunny Hills)	1972
59-1.75	Rory Mount (Dana Hills)	2009	56-4.5	Curt Eilenberg (Costa Mesa)	1975
59-1	Tony Ciarelli (Huntington Beach)	1972	56-4.25	JB Salem (Newport)	2011
58-11.75	Sullivan Parker (El Toro)	2011	56-3.75	Doug Torbert (Lowell)	1969
58-11.5	Kevin Jefferies (Newport)	1981	56-3.75	Ed Thompson (Villa Park)	1970
58-10	Mike Johnson (Bolsa Grande)	1966	56-3.75	Kevin McLain (Loara)	1971
58-10	Rich Blanchard (Edison)	1987	56-3.25	* Brodie Reiderich (Edison)	1996
58-9.5	Ed Labate (Villa Park)	1973	56-3	Matt Jordan (Dana Hills)	1990
58-9.5	Dave Torbert (Lowell)	1969	56-3	Travis McCullough (Esperanza)	1993
58-8.5	Ken DeShano (Canyon)	1979	56-2.75	Greg Blixt (SA Valley)	1982
58-8	Mike Watson (SA Valley)	1976	56-2.5	Clarence Jackson (Saddleback)	1975
58-7.5	Kevin Keeders (Anaheim)	1969	56-1.75	Robert Hulliger (Costa Mesa)	2000
58-6.75	Kirk Wassell (Western)	1964	56-0.75	John Jaragoski (Buena Park)	1965
58-6	Jon O'Neil (Santa Margarita)	1997	56-0.75	P Cavanaugh (La Habra)	1969
58-5.75	David Sampson (Cypress)	2003	56-0.75	Jerry Gillespie (Westminster)	1989
58-5.5	Joe Walshe (Foothill)	1984	56-0	Jeff Brown (Corona del Mar)	1984
58-5	Jamil Douglas (Cypress)	2010	55-11.75	Dave Lawson (Corona del Mar)	1983
58-4.5	John Harper (San Clemente)	1977	55-11.75	Kevin Fairman (Edison)	1987
58-4	Rocky Fenton (San Clemente)	2014	55-11.5	T.J. Brown (Mission Viejo)	1993
58-3.5	Chris Dressel (El Dorado)	1979	55-11	Don Jones (Westminster)	1966
58-3.25	Mark Kinney (Esperanza)	1990	55-11	Matt Rudesill (Costa Mesa)	1998
58-3.25	Michael Sota (Valencia)	2014	55-10.5	John Ruitt (Fullerton)	1935
58-3	Steve Michaelsen (Newport)	2012	55-10.5	Don Kolstad (Santiago)	1970
58-1.5	Geof Harrowby (Laguna Beach)	1968	55-10.5	Mark Davenport (El Dorado)	1972
58-1.25	Bill Flores (Kennedy)	1983	55-10.5	Greg Thurston (Edison)	1989
58-1	Stephen Gonzales (Newport)	1994	55-10	Richard Keyser (Foothill)	1971
58-0	Steve Ledbetter (Brea)	1962	55-10	Patrick Geers (Capo Valley)	2012
57-11.5	Jerry Streny (Lowell)	1975	55-9.75	Pat McRae (Pacifica)	1977
57-11	John Logsdon (Rancho Alamitos)	1975	55-9.5	* Mike Burns (Esperanza)	1990
57-11	Mitch Johnson (Pacifica)	1984	55-9.5	* Keneti Faagata (Trabuco Hills)	2004
57-11	Cecil Whiteside (Newport)	2009	55-9.5	Stephan Gabbard (Huntington Beach)	2007
57-10.5	Mike Stone (Lowell)	1966	55-9	Mike Evans (Orange)	1970
57-10.25	Jerry Shipkey (Anaheim)	1943	55-9	Trevor Theriot (Newport)	2005
57-9.5	Sean Fenton (Corona del Mar)	2000	55-8.5	Dwayne Peck (Marina)	2004

55-7.5	Steve Timmermann (Edison)	1972	180-7	Jason Bader (Edison)	1995
55-7.5	Dave Lawson (Corona del Mar)	1983	180-5	Mason Miller (Esperanza)	2011
55-7.5	Scott Bolton (Rancho Alamitos)	1981	179-8	Dylan Storey (El Modena)	2003
55-7	Chris Sweeney (Capo Valley)	1980	179-6	Zfad Khozam (El Modena)	1985
55-7	*Javier Venegas (Newport)	2012	179-6	*Sullivan Parker (El Toro)	2010
55-6.5	Joe Moretti (Magnolia)	1972	179-4	Caleb McCurry (Northwood)	2009
55-6	Rocky Liapis (Fullerton)	1975	179-3	Dave Winters (Valencia)	1984
55-6	Joshua Scherer (Trabuco Hills)	2010	178-11	Chad Seymour (Aliso Niguel)	2009
55-5.5	Brad McPherson (Orange)	1973	178-9	Scott Hudson (Mission Viejo)	1979
55-5.5	Garrett Sweetser (Esperanza)	2014	178-7	Jim Norum (Brea)	1997
55-5	Randy Vandivier (Anaheim)	1977	178-6	Rich Stewart (La Quinta)	1975
55-5	Ken Felix (Capo Valley)	1985	178-4	Zach Tombol (Servite)	2013
55-5	Trevor Lawrence (Newport)	2011	178-3	Jeff Hall (Katella)	1982
55-4.75	Steve Meier (Santa Ana)	1965	177-11	David Sampson (Cypress)	2003
55-4.5	*Joe Walsche (Foothill)	1983	177-9	Steve Gonzales (Newport)	1994
55-4	Sam Rossi (El Dorado)	1970	177-6	Richard Bolton (Rancho Alamitos)	1977
55-4	Paul Everson (Troy)	2001	177-6	Troy Nikalus (Servite)	2011
55-4	Earnie Sagiao (Edison)	2008	177-5	Mike Richie (Troy)	1998
55-3.5	Asi Faoa (Magnolia)	1999	177-0	Mark Baughman (Katella)	1975
55-3.5	Ryan Powdrell (Mission Viejo)	2002	176-11	Steve Bruce (Valencia)	1978
55-3.25	Lawson Mollica (Edison)	1990	176-8	Andrew Cruikshank (Foothill)	2010

Shot Put (16 lb.)

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

Discus

213-11	Scott Moser (Huntington Beach)	1997	174-3	Morad Moussabeck (Fountain Valley)	2005
213-7	Bo Taylor (Newport)	2006	174-2	*Nick Coghill (Valencia)	2014
210-8	Brian Blutreich (Capo Valley)	1985	174-2	*Kelsey Benoit (San Clemente)	2013
209-8	Ethan Cochran (Newport)	2012	174-1	Mike Morales (Garden Grove)	1986
203-5	Travis Pendleton (Esperanza)	2000	174-0	John Ortman (University)	1978
200-9	Matt Gray (Esperanza)	2004	174-0	* Dillon Hayes (Tustin)	2000
197-0	Nick Robinson (El Toro)	2006	174-0	Joshua Scherer (Trabuco Hills)	2010
195-11	Sam Lightbody (Huntington Beach)	1999	173-5	Af Haghi E (University)	1990
194-2	Mark Parlin (Esperanza)	1991	173-5	Al Avila (Loara)	1990
193-9	Aaron Dan (Esperanza)	2005	173-4	Alex Covarrubias (Valencia)	1972
193-6	Blake Ayles (Orange Lutheran)	2008	173-4	Sullivan Parker (El Toro)	2011
192-11	* Malik McMorris (Mater Dei)	2014	173-2	Clark (Laguna Beach)	1979
192-1	Andy Marrone (Dana Hills)	1990	173-1	Curt Eilenberg (Costa Mesa)	1975
191-6	Brian Ruziccki (Huntington Beach)	2002	173-1	**Luke Wattenberg (J Serra)	2014
191-11	Chad Peare (Trabuco Hills)	1993	173-0	Scott Strayer (Huntington Beach)	2005
190-8	Tambi Wenj (Fountain Valley)	1984	173-0	*Gabe Perez (Valencia)	2012
190-4	Marty Taylor (Newport)	2013	173-0	***Bronson Osborn (Esperanza)	2014
190-0	Will Parsons (La Habra)	2011	172-11	Howard Royster (Corona del Mar)	1972
189-10	Mike Bain (Corona del Mar)	1987	172-11	John Brenner (Fullerton)	1979
188-7	Quaid Vuncannon (San Clemente)	2012	172-10	Mike Zupancic (Trabuco Hills)	2008
187-9	Cecil Whiteside (Newport)	2009	172-10	*Javier Venegas (Newport)	2012
187-2	Scott Hudson (Mission Viejo)	1980	172-9	Nathan Talbott (Newport)	2008
186-8	Dan Westerfield (Capo Valley)	1981	172-7	* Barrett Woods (Esperanza)	1998
186-2	Kaleaph Carter (Edison)	1988	172-6	Kurt Vollers (Servite)	1997
185-10	Sepehr Sharifi (University)	1995	172-6	Asi Faoa (Magnolia)	1999
185-11	Kevin Jefferies (Newport)	1981	172-2	Mike Johnson (Bolsa Grande)	1966
185-2	Greg Aitkenhead (Mission Viejo)	1984	172-0	Sean Ullom (Orange)	1987
185-9	Jake Fraser (El Toro)	2011	171-6	Dale Gordon (El Modena)	1969
185-1	Steve Michaelson (Newport)	2012	171-6	Schuyler Francine (Villa Park)	1983
185-1	Kelsey Benoit (San Clemente)	2014	171-5	Mike Evans (Orange)	1970
184-10	Rocky Fenton (San Clemente)	2014	171-4	Sean Fenton (Corona del Mar)	2000
184-2	Kevin Corbett (El Dorado)	1976	171-1	Joe Walshe (Foothill)	1984
183-0	Eki Faagai (Huntington Beach)	2004	171-1	*Brad Bolton (El Toro)	2010
182-2	Ken Mills (University)	1979	170-11	Jeff Bodholdt (Irvine)	1994
182-1	Steve Lehmer (Loara)	1966	170-10	Mike Jablonsky (Esperanza)	2005
181-8	Miguel Lopez (Esperanza)	2010	170-5	McMullen (Calvary Chapel)	1996
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
			170-4	*Jim Stewart (Esperanza)	1993
			170-3	Chris Conrad (Brea)	1993

170-2	Sager (Huntington Beach)	2004	164-11	Nathan Neemia (Katella)	1999
170-0	Mark Stevens (Newport)	1971	164-9	Talaesa (Santiago)	1973
170-0	Jess Rogers (Rancho Alamitos)	1980	164-9	Eric Van Skike (Foothill)	1978
170-0	Chris Chester (Tustin)	2001	164-8	** Kyle Grosky (Esperanza)	2006
169-10	Leonard Ostrum (Orange)	1970	164-6	Bob Raya (El Modena)	1978
169-9	Ed Labate (Villa Park)	1973	164-6	Chuck Underwood (Esperanza)	1989
169-8	Matt Rudesill (Costa Mesa)	1998	164-5	*Ryan Belanger (Esperanza)	2010
169-7	Bill Flores (Kennedy)	1983	164-5	Trevor Lawrence (Newport)	2011
169-4	Jud Binley (Laguna Beach)	1973	164-4	Pat McRae (Pacifica)	1977
169-4	Jeff Greenbough (Laguna Beach)	1977	164-4	David Keller (Ocean View)	1989
169-4	Jon O'Neil (Santa Margarita)	1997	164-4	Kostas Hatzidakis (Esperanza)	1996
169-3	Randy Kendrick (Huntington Beach)	1982	164-4	Jefferson Santos (Woodbridge)	2006
169-2	*Jim Harper (San Clemente)	1976	164-4	Mark Russell (Sonora)	2011
169-1	Jim Ulam (Kennedy)	1968	164-3	Ed Clarke (Newport)	1998
169-1	Blair Parrott (San Clemente)	1991	164-3	C. O'Brian (Dana Hills)	1998
169-1	Nick Sharp (Huntington Beach)	2002	164-2	Jefferson Santos (Woodbridge)	1978
169-1	Matt Murphy (El Toro)	2007	164-2	Lucas Dunbar (Marina)	1998
169-0	* Ed Clarke (Newport)	1997	164-0	Ed LeVasseur (Saddleback)	1978
169-0	Carlo Valdes (Mater Dei)	2008	1263-11	Brad Bolton (El Toro)	2011
168-10	Jeff Safarik (Fullerton)	1979	163-9	Jeff Brown (El Dorado)	1974
168-9	Todd Kausen (Corona del Mar)	1978	163-8	Kirk Wassell (Western)	1964
168-9	** Troy Nikalas (Servite)	2009	163-7	** Favio Lochananonda (Woodbridge)	2000
168-8	Jim Osborn (Rancho Alamitos)	1985	163-5	Tony Mancuso (Newport)	1992
168-8	Jesse McDonald (Laguna Hills)	1994	163-4	Tony Buonacorsi (Trabuco Hills)	1998
168-8	* Alex Butler (El Modena)	2004	163-3	Carlo Bell (Valencia)	1982
168-8	Alec Cranford (Dana Hills)	2013	163-3	McDuffie (El Modena)	1985
168-7	*John Moses (Loara)	1980	163-3	Raphael Molle (Irvine)	1989
168-7	Roger Masangkay (Huntington Beach)	1984	163-3	Scott Bolton (Tesoro)	2009
168-7	Chad Smith (University)	2004	163-3	Scott DeCou (Woodbridge)	2011
168-6	Joel Brodowski (Pacifica)	1980	163-2	Hadley James (Santiago)	1966
168-5	John Karahallos (Western)	1979	163-0	Bob Wilson (Edison)	1977
168-4	B Vamell (Sunny Hills)	1982	163-0	Greg Thurston (Edison)	1989
168-4	Paul Castenada (SA Valley)	2004	163-0	* Chad Seymour (Tesoro)	2008
168-2	*Bob McGuire (Foothill)	1973	162-10	Bill Ashmore (Katella)	1986
168-1	Jim Eddleman (Valencia)	2000	162-10	Joey Hawley (Esperanza)	2006
168-0	JR Sauni (Orange)	1991	162-9	Joshua Schnitzer (Los Alamitos)	2009
167-11	Scott Wingerson (Orange)	1981	162-8	Ed Cook (Katella)	1979
167-10	Craig Rebeck (Capo Valley))	1987	162-8	* Tony Buogiacolsi (Trabuco Hills)	1997
167-10	* Nick Woloshun (Valencia)	2001	162-8	Luis Guzman (Katella)	2006
167-10	Nate Talbot (Newport)	2008	162-7	Eric Shank (Irvine)	1986
167-10	William Truong (Esperanza)	2014	162-6	Gavin Fallen (Foothill)	2010
167-9	Shane Reese (Newport)	1997	162-4	Dave Fouche (Magnolia)	1974
167-9	*Marty Taylor (Newport)	2012	162-4	Abe Mendoza (Mission Viejo)	1996
167-6	Tom Allison (Los Alamitos)	1985	162-4	Matt Plowman (Esperanza)	2000
167-6	Jeremiah Fagilli (Magnolia)	1998	162-2	Jim Sanders (Westminster)	1976
167-3	* Dustin Slinkard (Santa Margarita)	2002	162-2	Qualic Vargas (Costa Mesa)	2004
167-0	Jake Brower (Orange)	1987	162-2	Brandon Kula (Newport)	2009
167-0	Brad Grace (Huntington Beach)	1988	162-1	Brad Griffiths (Saddleback)	1977
167-0	Raphael Alvarez (Esperanza)	2002	162-1	A. Perez (Valencia)	2000
166-11	Chris Sweeney (Capo Valley)	1981	162-0	Mike Pedro (Irvine)	1991
166-8	Tom Pellicer (Esperanza)	1993	161-11	*Troy McWhinney (Huntington Beach)	1991
166-7	Hoth (El Toro)	1982	161-11	Travis McCullough (Esperanza)	1993
166-7	Dylan Storey (El Modena)	2003	161-10	Chris Johnson (E Modena)	1989
166-5	Sinali Manu (Magnolia)	2000	161-9	Steve Horvath (Villa Park)	1980
166-5	Austin Niklas (Servite)	2008	161-9	*Zach Tombol (Servite)	2012
166-5	Mitch Dixon (Trabuco Hills)	2013	161-8	Don Brandes (Canyon)	1977
166-4	Kevin Watson (Century)	1999	161-8	Tim Osborne (Rancho Alamitos)	1984
166-4	Rick Fry (Esperanza)	2001	161-8	Tim Tillman (Savanna)	1989
166-3	Bruce Mondello (Cypress)	1977	161-8	Griffin Wayne (Esperanza)	1996
166-1	John Ortman (University)	1979	161-6	Ryan Caine (Villa Park)	2000
166-1	Tom Cowell (Western)	1990	161-6	Dwayne Peck (Marina)	2004
166-1	Justin Birrell (Esperanza)	1998	161-4	Richard Echard (Los Alamitos)	1971
166-0	Shane Tucker (El Toro)	2008	161-4	Brian Dyke (Bolsa Grande)	1973
165-10	*Travis Kirschke (Esperanza)	1992	161-4	Roger Masangkay (Huntington Beach)	1983
165-9	Eddie Cook (Katella)	1979	161-4	Cameron Calvin (Woodbridge)	2004
165-7	Steve Brown (Valencia)	1973	161-3	Don Winters (Valencia)	1987
165-7	Bill Ashmore (Katella)	1987	161-3	Cracchiolo (Fountain Valley)	1995
165-6	* Shane Reese (Newport)	1996	161-2	Earnie Sagiao (Edison)	2008
165-4	Derek Davis (Woodbridge)	2003	161-1	Skip Rimer (Corona del Mar)	1970
165-3	Erik Bansberg (El Toro)	2000	161-1	* Brendon Birdsell (Beckman)	2008
165-2	Kevin McLain (Loara)	1971	161-0	John Covington (Sunny Hills)	1972
164-11	Cody Maresh (Orange)	1971	161-0	***Scott Paulsen (Valencia)	1986

ALL-TIME INDOOR MARKS LIST

Boys

50 meters

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

60 yards/55 meters#

6.33	Kerwin Bell (Edison)	1980
6.34	Tony Pitts (SA Valley)	1978
6.43	#Kyle Middlebrooks (Fountain Valley)	2010
6.43	Alex Donigian (Trabuco Hills)	2011
6.46	* Rex Brown (Ocean View)	1982
6.53	Chip Rish (Marina)	1984
6.54c	*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
6.57	#Tyler Rios (Los Alamitos)	2014
6.57	#Alex Young (Woodbridge)	2014
6.60	#Brandon Douglas (Los Alamitos)	2014
6.68	#Scott Patton (Woodbridge)	2014
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
6.92	#* Phillip Huynh (Fountain Valley)	2013
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

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
1:17.95	Josh Cerda (Fountain Valley)	2013
1:18.02	*Gabriel Warner (Woodbridge)	2014
1:18.20	Cullen Riser (Orange Lutheran)	2013
1:19.10	Elliot Loudon (Woodbridge)	2014
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
1:21.39	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 Shyrock (Corona del Mar)	1988
4:25.0	Larry Hayden (Sunny Hills)	1975
4:25.0	Fredd Hesslevik (University)	1982

1500m

3:45.5'	Jon Butler (Edison)	1981
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Two Mile

8:55.2	Jon Butler (Edison)	1981
8:55.8	Eric Hulst (Laguna Beach)	1976
9:00.0	Mark Spilsbury (Foothill)	1976
9:01.4	* Ralph Serna (Loara)	1974
9:07.9	Mark Junkermann (Los Alamitos)	1983
9:09.5	Ken Ernst (El Dorado)	1979
9:10.3	Matt Blaty (Marina)	1979
9:11.1	Greg Whiteley (University)	1985
9:11.4	Pat Dutzi (El Dorado)	1973
9:12.6	Robert Tillman (Valencia)	1974
9:14.8	Robert Angel (Huntington Beach)	1973
9:15.0	*Dave White (El Modena)	1969
9:18.4	Gus Quinonez (Huntington Beach)	1983
9:18.8	Marc Genet (Santa Ana)	1972
9:19.2	Breggar Moore (Rancho Alamitos)	1975
9:20.5	Mike Walterhouse (Mission Viejo)	1977
9:21.1	Mark Cunnart (Los Amigos)	1980
9:21.2	Larry Gerich (Foothill)	1973

9:21.3	Don Scott (Foothill)	1980
9:22.6	Jose Saavedra (Loara)	1974
9:23.0	Jeff Day (Corona del Mar)	1976
9:23.7	Brett Clifford (Dana Hills)	1983
9:23.8	Shannon Winkleman (Marina)	1988
9:24.8	Don Scott (Foothill)	1980
9:25.1	Tim Aukshunas (El Modena)	2003
9:25.2	Brad Meyer (University)	1981
9:26.2	Dave Cangelosi (Villa Park)	1978
9:26.9	Chris Lugo (Valencia)	1987
9:28.1	Bob Erickson (Fountain Valley)	1982
9:28.4	Steve Valen (El Modena)	1980
9:28.85	Bill Meyer (Villa Park)	1986
9:29.4	Scott Hakeman (El Dorado)	1983

3,000 meters

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

50 meter High Hurdles

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

60 Yard High Hurdles

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

55 meter High Hurdles

7.96	George Lynch (Mater Dei)	1988
7.86	Tyler Rios (Los Alamitos)	2014
7.89	Dustin Huynh (Fountain Valley)	2014
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
69.3	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	Harrison Steed (JSerra)		2010
6-7	Dave White (Marina)		1977
6-6	Kevin Connell (Newport)		1975
6-6	Kevin Cuervo (Western)		1976
6-6	Brad Harris (Los Alamitos)		1978
6-6	Todd Hart (Servite)		1981
6-6	Francel Jones (SA Valley)		1982
6-6	Eric Wheelwright (Edison)		1985
6-6	Jeff Waldren (Cypress)		1992
6-6	Jay Lin (Sonora)		1993
6-6	Brian Carlson (Katella)		1993
6-6	Alex Marbley (Tustin)		2001
6-5	Roger Leary (El Toro)		1983
6-5	Mitchell Bland (Tesoro)		2014
6-4	Ken Corner (Estancia)		1975
6-4	Gary Armstrong (Katella)		1975
6-4	Todd Kirschner (EL Dorado)		1975
6-4	Mitch Herold (Los Alamitos)		1975
6-4	Jeff Lawson (El Dorado)		1976
6-4	Eric Dorn (Estancia)		1986
6-4	John Amneus (Foothill)		1987
6-4	Greg Ramsey (Loara)		1990
6-4	Matt Gwaltney (Fountain Valley)		1993
6-4	Troy Langley (Canyon)		1994
6-4	Danny Vasquez (Century)		1995
6-4	* F. Elliott Parks (El Toro)		1996
6-4	Beatty (Troy)		2003

Pole Vault

16-7	Michael Woepse (Mater Dei)		2010
16-0.75	Steve Michels (Brethren Christian)		1996
16-0	Logan Odden (Marina)		2000
16-0	Mark Sakioka (Newport)		2011
16-0	Carl Johansson (Orange Lutheran)		2014
15-10	Adam Bragg (El Toro)		2011
15-9	Greg Woepse (Mater Dei)		2006
15-6	Greg Ernst (El Dorado)		1978
15-6	Greg Stull (Troy)		1980
15-3	Jeff Tran (Fountain Valley)		2009
15-1	Jim Sidler (Villa Park)		1977
15-1	Adam Bragg (El Toro)		2011
15-0	Keith Schimmel (Villa Park)		1975
15-0	Tim Vahlstrom (Villa Park)		1975
15-0	Tim McIntyre (Loa Alamitos)		1979
15-0	Steve Williams (Servite)		1986
15-0	Steve Slocum (Foothill)		1987
15-0	Aaron Corbett (Edison)		2002
15-0	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

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
22-5	Eric Dorn (Estancia)	1986
22-3.5	Denny Casupanan (Tustin)	2002
22-2.75	Earl Jones (Saddleback)	1985
22-2	Richard Fanti (SA Valley)	1986
21-10.5	Mike Sullivan (Sunny Hills)	1991
21-9.5	Hayden Pierce (Esperanza)	2010
21-9	Tom Leonard (Western)	1975
21-9	Ricky Franklin (SA Valley)	1983
21-9	Sean Sawyer (El Modena)	1985
21-9	Lee Mitchell (Tesoro)	2014
21-8.75	Steve Baxter (Loara)	1971

Triple Jump

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

Shot Put

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

Weight Throw 25#

73-4	Brad Bolton (El Toro)	2011
58-2.75	Rocky Fenton (San Clemente)	2014

ALL-TIME OUTDOOR BEST MARKS LIST—GIRLS

100 Yards

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

Wind-aided:

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

100 Meters

11.66	*Carol Rodriguez (Western)	2003
11.87	**Gianna Lowery (Capo Valley)	2010
11.95	Janice Nsor (Kennedy)	2005
11.97	Danielle Darden (Aliso Niguel)	2013
11.99	Jackie Dix (Woodbridge)	1997
12.00	*Sara Limp (Los Alamitos)	2014
12.01	Estelle White (Saddleback)	1982
12.04c	Crystal Davis (SA Valley)	11.8 2001
12.04	Perris William-Mensah (Estancia)	2014
12.05	** Hilary Ojinnaka (Cypress)	2013
12.07	* Marquita Taylor (San Clemente)	2001
12.07	Percylla Nared (Trabuco Hills)	2010
12.08	** Cavetra Mitchell (Los Alamitos)	1991
12.09	* Trisha Aubuchon (Esperanza)	1984
12.10	* Snita Ashford (Buena Park)	2006
12.10	***Kylie Klein (Villa Park)	2010
12.12	*** Annette Rogers (University)	1981
12.12	Gia Trevisan (Mater Dei)	2011
12.13	Amber Moore (Aliso Niguel)	2005
12.14c	* Juanita Lawson (El Modena)	11.9 2001
12.15	* Meryl Stone (Woodbridge)	1998
12.15	Julia Cabrales (Mission Viejo)	2012
12.18	* 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
12.22	**Alexis Turley-Young (Canyon)	2014
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
12.26	Alexia Williams (Irvine)	2013
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
12.30	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
12.32	**Kelley Peterson (El Toro)	2011
12.33	* Kylie McCuen (Brea)	2001
12.33	***Lillian Ebanks (Valencia)	2012
12.34	* Michelle Banks (El Dorado)	1984
12.34c	**Trindl Fearnley (Edison)	12.1 1984
12.34c	Breck Nester (El Toro)	12.1 1993
12.34c	** Meisha Wilson-Duval (Woodbridge)	12.1 1994
12.34c	** Adriana Gallardo (Saddleback)	12.1 1994
12.34c	Ebony Dozier (Western)	12.1 1997
12.34	Carla Battle (Anaheim)	1997
12.34	Kristyne Hamberg (Mission Viejo)	2005
12.34	** Kaitlyn Merritt (Santa Margarita)	2013
12.35	Stacy Noton (Sunny Hills)	1983
12.35	Kim Steele (Esperanza)	1997
12.35	* Danielle Eichelberger (Western)	2003
12.36	Sher DuFur (Canyon)	1981
12.36	** Andrea Dean (Mission Viejo)	1990
12.36	Shalanie Ross (Esperanza)	2000
12.36	** Amy Burlingham (Newport)	2001
12.36	** Mia Hummel (Canyon)	2013

12.36	**Sarah Perez (Mater Dei)		2014	12.55	** Jazmin Moss (Mater Dei)		2013
12.36	***Haley Hopkins (Mater Dei)		2014	12.56	Cathy Conner (Esperanza)		1983
12.37	* Tara Oettinger (Foothill)		1994	12.56	Vanessa Blanco (Los Alamitos)		1985
12.38	* Eileen Dunaway (Huntington Beach)		1995	12.56	* Jennifer Peterson (Edison)		1998
12.37	Nicole Johnson (Laguna Beach)		1999	12.56	* Leticia Pulido (Katella)		2001
12.37	***Heather Walleigh (Santa Margarita)		2011	12.56	** Megan Starkey (Kennedy)		2003
12.38	***Sydney Carr (El Modena)		2014	12.56	Jennifer Janneck (Brea)		2013
12.39	*Hollis Donovan (Dana Hills)		2014	12.57	** Colaine Grieb (Katella)		2003
12.40	* Catherine Soto (Mater Dei)		1989	12.57	***Kaelynn Greene (Orange Lutheran)		2008
12.40	Patrice Donaldson (Orange)		2001	12.57	Gabrielle Scott (Woodbridge)		2011
12.40	Tia McFarlane (Trabuco Hills)		2009	12.58	Judy Jackson (Tustin)		1989
12.41	Roxanne Packard (Westminster)		1997	12.58	Erin Kelly (Brea)		1998
12.41	Julie Steele (Troy)		1997	12.58	* Michaela King (Dana Hills)		2013
12.41	* Christina Ciampa (San Clemente)		1998	12.58	Kelley Peterson (El Toro)		2013
12.42	** S. Salcido (Marina)		2009	12.59	*Chelsea Lelito (Dana Hills)		2008
12.43	** Caitlin Atkinson (Santa Margarita)		2004	12.59	Mickinze Ellis (Dana Hills)		2014
12.43	* Krytine Hanberg (Mission Viejo)		2004	12.60	Pam Asbury (Valencia)		1982
12.43	Kaelyn Kaichi (Tesoro)		2010	12.60	* Pearl Mercer (Loara)		1994
12.44c	Tina Johnson (Kennedy)	12.2	1981	12.60	** Erin Reed (Huntington Beach)		1995
12.44c	Kathy Grant (Estancia)	12.2	1986	12.60	* Julia Crum (Troy)		2009
12.44c	Jamie Karrer (Edison)	12.2	1989	12.61	Tiffany Pransky (Orange Lutheran)		2005
12.44c	** Lucinda Watson (Century)	12.2	1993	12.61	Marina Berrios (Pacifica)		2013
12.44c	* Megan Reppe (Villa Park)	12.2	1994	12.62	* Leah Zaby (Newport)		1998
12.44c	Kelly Phillips (Mission Viejo)	12.2	1995	12.62	Emily Kalmbach (Santa Margarita)		2000
12.44c	Angela Allen (El Modena)	12.2	1997	12.62	**Lauren Deats (Edison)		2010
12.44c	** Dana Bethel (Mission Viejo)	12.2	1999	12.63	* Courtney Stafford (Katella)		2000
12.44	** Whitney Harrison (Aliso Niguel)		2001	12.63	* Brittany Fastuca (Mission Viejo)		2006
12.44	* Tiffany Pransky (Orange Lutheran)		2004	12.63	* Aniela Guyot (Santa Margarita)		2008
12.45	** Lori Smith (Canyon)		1987	12.63	*Kyleigh Brown (San Clemente)		2012
12.45	Madison Carney (Sonora)		2014	12.63	**Emma Radan (Mater Dei)		2012
12.46	** Tifney Reeve (Cypress)		2006	12.64c	Lynnda Kelley (Irvine)	12.4	1981
12.46	*Adriane Jaminski (Rosary)		2010	12.64c	Celine Regalia (University)	12.4	1982
12.46	**Monica Ukah (Trabuco Hills)		2010	12.64c	**Lori Shaw (Edison)	12.4	1983
12.46	*** Kaiya McCullough (El Toro)		2013	12.64c	Tiffany Felix (Mater Dei)	12.4	1986
12.46	**Kennedy Gillian (Mission Viejo)		2014	12.64c	Yrsa Tsuneyoshi (Marina)	12.4	1988
12.47	Brenda Owens (SA Valley)		1982	12.64	*Jenny Infusino (Edison)		1991
12.47	** Heidi Sandra (Los Alamitos)		1985	12.64c	Darci Bishop (Sunny Hills)	12.4	1991
12.47	Kathy Hargis (Magnolia)		1986	12.64c	* Rosie Manning (Trabuco Hills)	12.4	1993
12.47	Heidi Sendro (Los Alamitos)		1985	12.64	Nicole Albano (Corona de l Mar)		1996
12.47	*** Noel Dula (Marina)		1997	12.64c	Adrianna Gallardo (Saddleback)	12.4	1996
12.47	* Aileen Sablo (Rosary)		1999	12.64	*** Lindsey Greco (Capo Valley)		1997
12.47	* Bridgett Brown (Cypress)		2000	12.64c	Mariner (Foothill)	12.4	1997
12.47	*Lily Ebanks (Valencia)		2014	12.64	*** Tiffany Hogan (Capo Valley)	12.4	1997
12.48	Tami Letterman (Edison)		1995	12.64	* Quinna Starr (Savanna)		1998
12.48	Megan Blanchard (Northwood)		2008	12.64c	Kristin Keenan (Trabuco Hills)	12.4	1998
12.48	*Shebanette Terry (Irvine)		2012	12.64c	Grace Rozar (Mater Dei)	12.4	1998
12.49	Rakita Roberson (Loara)		1987	12.64c	** Sabrina Spruill (Kennedy)	12.4	2004
12.49	Eurie Jennings (Edison)		2000	12.64c	* Amber Moore (Aliso Niguel)	12.4	2004
12.49	Frenchy Silva (Dana Hills)		2008	12.64c	** Adriana Bracamonto (Orange Lut)	12.4	2004
12.50	* Arika Griffith (El Toro)		1988	12.64c	Gage (El Modena)	12.4	2007
12.50	** Maika Nelson (Brea)		1996	12.64c	Natalie Roy (Mission Viejo)	12.4	2007
12.50	*** Caitlin Atkinson (Santa Margarita)		2003	12.64	Kristen Woepse (Woodbridge)		2005
12.51	* Michelle Muniz (Woodbridge)		1989	12.64	** Kaelynn Greene (Orange Lutheran)		2009
12.51	* Erin Tuber (El Toro)		2005	12.64	**Amy Heins (Troy)		2010
12.51	Ellexi Snover (Mater Dei)		2011	12.64	Sydney Elliott (Mission Viejo)		2011
12.52	* Erika Ebel (Orange Lutheran)		1991	12.65	Adrianna Gallardo (Saddleback)		1997
12.52	** Brooke Thulin (Edison)		2000	12.65	Davis (Santa Margarita)		2000
12.52	*Crystal Eckman (Fountain Valley)		2014	12.65	*Kristina Bugg (Canyon)		2011
12.53	* Amanda Wheeland (Corona del Mar)		1989	12.66	*Julie Thiel (Katella)		1991
12.53	Rai Ahmed-Green (Irvine)		2014	12.66	Suzanne Moshini (Edison)		1995
12.54c	Ann Kissinger (Marina)	12.3	1988	12.66	***Jennifer Peteren (Edison)		1997
12.54c	Rose Chavez (Kennedy)	12.3	1991	12.66	** Ann Brigs (Esperanza)		2000
12.54	*** Julianne Santos (Capo Valley)	12.3	1991	12.66	*** Katy Hinman (Capo Valley)		2009
12.54c	Casey Lozano (Sonora)	12.3	1992	12.66	**Amanda Graceffa (J Serra)		2010
12.54c	* Elinor Tolson (Fountain Valley)	12.3	1992	12.66	**Breezy Frias (Westminster)		2012
12.54c	** Jaime Terry (Trabuco Hills)	12.3	1994	12.66	***Brianna Washa (Oxford Academy)		2012
12.54c	** Denay Dominic (Canyon)	12.3	1997	12.67	Julie Petrilla (El Dorado)		1993
12.54c	* Brooke Fitzgerald (Santa Marg)	12.3	1997	12.67	***Madison Lankford (Calvary Ch (SA)		2010
12.54c	Allison Woody (Sonora)	12.3	2007	12.67	***Mikaela Truckey (Orange Lutheran)		2010
12.54	**Tanaz Nourian (San Clemente)		2012	12.68	Caryn Christiano (El Dorado)		1983
12.54	*** Paige LaBare (Costa Mesa)		2013	12.68	Melanie Williams (Western)		1986
12.54	Claire McKernan (Dana Hills)		2013	12.68	Sherrie Buente (Esperanza)		1990
12.54	Amy Wilbourn (LA Habra)		2013	12.68	Barbara Scheil (Santa Margarita)		1995
12.55	Melissa Swigart (Corona del Mar)		2005	12.68	** Pam Thomas (Cypress)		2001
12.55	Christina Twicken (San Clemente)		2010	12.68	**Lauren McLeese (Tesoro)		2014

12.69	Britt Williams (Mission Viejo)	1984	11.89	Estelle White (Saddleback)	1982
12.69	Shelly Tochluk (Westminster)	1989	11.91	Cavetra Mitchell (Los Alamitos)	1993
12.69	** Melissa Mewes (El Toro)	2009	11.91	Gia Trevisan (Mater Dei)	2011
12.69	Aniela Guyot (Santa Margarita)	2009	11.92	Persis William-Mensah (Estancia)	2014
12.69	Julia Crum (Troy)	2010	11.92	*Sarah Limp (Los Alamitos)	2014
12.69	**Kelsey Waldmann (Mission Viejo)	2011	11.93	Sherri Bertell (Mission Viejo)	1988
12.69	Katelyn Andress (Capo Valley)	2012	11.93	* Marquita Taylor (San Clemente)	2001
12.69	***Danielle Solaru (Northwood)	2013	11.98	*** Elia Reid (Kennedy)	2005
12.69	**Dana Padget (Esperanza)	2014	11.99	Amber Moore (Aliso Niguel)	2005
12.70	* Melanie Midani (Loara)	1988	11.99	Percylla Nared (Trabuco Hills)	2010
12.70	Kristi Kierulff (Esperanza)	1995	12.00	Dionne Garner (Valencia)	1985
12.70	* Tierricka Haynes (Brea)	2004	12.03	Trish Aubuchon (Esperanza)	1984
12.70	* Victoria Ton (Northwood)	2004	12.04c	***Juanita Lawson (El Modena)	11.8 1999
12.70	* Samantha Hanberg (Mission Viejo)	2009	12.05	** Erin Stovall (Woodbridge)	1996
12.70	*Damillia Foster (Savanna)	2010	12.07	**Ashley Willingham (Los Alamitos)	2014
12.70	*Amy Heins (Troy)	2011	12.08	* Meryl Stone (Woodbridge)	1998
12.70	*Lauren Deats (Edison)	2011	12.09	*Hilary Ojinnaka (Cypress)	2014
12.71	Alida Dixon (SA Valley)	1989	12.10	Melissa Swigart (Corona del Mar)	2005
12.71	Ashley Fletcher (Loara)	2005	12.10	Alyssa Tao (Fountain Valley)	2013
12.71	***Kassidy Gorman (Santa Margarita)	2011	12.12	Yasmin Webb (Buena Park)	2005
12.71	* Mallory Winston (Laguna Hills)	2013	12.12	**Julia Cabrales (Mission Viejo)	2010
12.72	* Mildred Owens (SA Valley)	1983	12.14c	* Tara Oettinger (Foothill)	11.9 1994
12.72	* Heaven Yoshino (Woodbridge)	1995	12.15	*** Ariana Wright (Westminster)	2008
12.72	Lucinda Watson (Century)	1995	12.17	* Brooke Fitzgerald (Santa Margarita)	1997
12.72	*Christina Ta (Rancho Alamitos)	2005	12.17	Malia Tilton (El Modena)	2013
12.72	Katie Madler (Santa Margarita)	2011	12.20	Ashley Bush (Sonora)	2010
12.72	Allison Sprong (Dana Hills)	2012	12.22	** Danielle Eichelberger (Cypress)	2002
12.72	***Keelin Gilbert (Cypress)	2012	12.23	** Michelle Sanford (Woodbridge)	2001
12.72	* Aliyah Jones (Troy)	2013	12.23	Krystyne Hanberg (Mission Viejo)	2005
12.72	***Lauren Drysch (Santa Margarita)	2014	12.24	**Kennedy Gillian (Mission Viejo)	2014
12.73	* * Melissa Rivera (Marina)	2004	12.25	Kelley Peterson (El Toro)	2013
12.73	* Rosie Manning (Trabuco Hills)	1993	12.25	*Crystal Eckman (Fountain Valley)	2014
12.73	Eylsse Vanleer (Edison)	2004	12.27	* Kylie McCuen (Brea)	2001
12.73	** Christina Ta (Rancho Alamitos)	2004	12.27	Tierra Tyler (Western)	2008
12.73	* Amanda Chevalier (Brea)	2008	12.28	**Heather Walleigh (Santa Margarita)	2012
12.73	* Tia McFarlane (Trabuco Hills)	2008	12.28	Madison Carney (Sonora)	2014
12.73	Kimie Conner (Dana Hills)	2010	12.30	**Parisia Barker (Orange Lutheran)	2012
12.73	***Frances James (Troy)	2013	12.30	***Alexis Turley-Young (Canyon)	2013
12.74c	Annette Brown (Saddleback)	12.5 1982	12.30	** Mia Hummel (Canyon)	2013
12.74c	*Suzanne Kerho (Mission Viejo)	12.5 1988	12.31	* S Salcido (Marina)	2009
12.74c	Melissa Taylor (Edison)	12.5 1987	12.31	*Lily Ebanks (Valencia)	2014
12.74c	Carolyn Griffin (University)	12.5 1990	12.32	** Meghan Reppe (Villa Park)	1993
12.74c	*Kala Ross (Newport)	12.5 1992	12.32	Megan Blanchard (Northwood)	2008
12.74c	Michol Murray (Garden Grove)	12.5 1992	12.33	Wendy Hale (Brea)	1980
12.74c	Jaime Terry (Trabuco Hills)	12.5 1996	12.33	*** Ashley Lampley (Marina)	2005
12.74c	Tori Young (Mater Dei)	12.5 1996	12.34c	Lori Shaw (Edison)	12.1 1985
12.74c	Kelly Marshall (Edison)	12.5 1996	12.34c	Rosie Manning (Trabuco Hills)	12.1 1994
12.74c	Nicole Bronner (Edison)	12.5 1996	12.34c	Ann Briggs (Esperanza)	12.1 2002
12.74c	Kerry O'Bric (Edison)	12.5 1996	12.34	*Amy Heins (Troy)	2011
12.74c	** Erin Sauchelli (Sunny Hills)	12.5 1996	12.35	Tami Letterman (Edison)	1995
12.74c	* Baylea Norman (Capo Valley)	12.5 1997	12.36	* Arika Griffith (El Toro)	1988
12.74c	** Shannon Lee (Kennedy)	12.5 1997	12.36	* Julieann Crum (Troy)	2009
12.74c	***Tachaidra Ra (SA Valley)	12.5 1997	12.36	* Kaelyn Kaichi (Tesoro)	2009
12.74c	** Amanda Shanklin (Santa Marg)	12.5 1997	12.36	*Shebanette Terry (Irvine)	2012
12.74	Alex McCarten (San Clemente)	1997	12.37	** Eileen Danaway (Huntington Beach)	1993
12.74	*** Megan Clark (Esperanza)	1998	12.37	* Pearl Mercer (Loara)	1994
12.74c	* Ngozi Ossai (Foothill)	12.5 1998	12.37	Janey Morris (Fountain Valley)	2007
12.74c	* Julie Handy (Esperanza)	12.5 2001	12.38	*Gabrielle Scott (Woodbridge)	2010
12.74c	Henderson (Foothill)	12.5 2004	12.40	Cron (Ocean View)	1985
12.74c	Fernandez (Loara)	12.5 2004	12.40	* Tenaya Johnson (Laguna Hills)	1991
12.74c	Salze (La Habra)	12.5 2004	12.40	*** Amy Heins (Troy)	2009
12.74c	Amado (Aliso Niguel)	12.5 2004	12.40	**Amanda Graceffa (J Serra)	2010
12.74c	* Tierricka Haynes (Brea)	12.5 2004	12.41	*** Kristina Bugg (Canyon)	2009
12.74c	Whitney Wiedner (Corona del Mar)	12.5 2004	12.41	Amy Heins (Troy)	2012
12.74	*** Felicia Keely (Anaheim)	2006	12.42	Matty Morton (Garden Grove)	2001
12.74	* Janev Morris (Fountain Valley)	2006	12.42	**Ally Lynn (San Clemente)	2012
12.74	Amanda Chevalier (Brea)	2009	12.44c	Michelle Muniz (Woodbridge)	12.2 1990
12.74	**Nylia Hudspeth (Kennedy)	2012	12.44	Leticia Pulido (Katella)	2002
12.74	Kellie Perry (Mission Viejo)	2013	12.44	** Kaelynn Greene (Orange Lutheran)	2009
			12.44	Juliana Crum (Troy)	2010
			12.44	Katie Ostler (Beckman)	2011
			12.44	***Persis Williams (Estancia)	2011
			12.45	* Alida Dixon (SA Valley)	1988
			12.45	** Kelly Phillips (Mission Viejo)	1993
			12.45	***Mikaela Truckey (Orange Lutheran)	2010
Wind-aided:					
11.56	Danielle Darden (Aliso Niguel)	2013			
11.73	Janice Nsor (Kennedy)	2005			
11.79	*Danielle Darden (Aliso Niguel)	2012			
11.85	Jackie Dix (Woodbridge)	1997			

12.45	*Kaitlyn Merritt (Santa Margarita)	2014	25.30	Amanda Rosencrantz (Kennedy)	2005
12.46	Suzanne Moshini (Edison)	1995	25.30	** Mia Hummel (Canyon)	2013
12.47	* Lindsey Amado (Aliso Niguel)	2005	25.32	Michele Hull (Santa Margarita)	2004
12.47	Lauren Delgadillo (Fountain Valley)	2014	25.32	** Ashley Bush (Sonora)	2008
12.48	Jennifer Infusido (Edison)	1992	25.32	** Ally Lynn (San Clemente)	2012
12.48	Julie Petrilla (El Dorado)	1993	25.33	**Kandyce Sillette (Tesoro)	2005
12.48	** Allison Sarrell (Brethren Christian)	2001	25.34c	Brenda Owens (SA Valley)	25.1 1982
12.48	Ashley Moore (Rosary)	2012	25.34	Kelly Phillips (Mission Viejo)	1995
12.49	** Sherrie Buente (Esperanza)	1988	25.34	Angella Allen (El Modena)	1997
12.49	Jenifer Janneck (Brea)	2013	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
			25.41	Shelly Tochluk (Westminster)	1989
			25.41	Amanda Rozenantz (Kennedy)	2002
			25.42	Anne Briggs (Esperanza)	2001
			25.43	Celine Regalia (University)	1982
			25.43	Tiffany Hogan (Capo Valley)	1997
			25.44c	Barbara Rainey (Edison)	25.2 1982
			25.44c	Danetta Chaney (Saddleback)	25.2 1989
			25.45	Bridgett Brown (Cypress)	2000
			25.45	Julia Cabrales (Mission Viejo)	2012
			25.46	Courtney Stafford (Katella)	2000
			25.46	*** Amy Heins (Troy)	2009
			25.46	* Alexis Deol (Aliso Niguel)	2007
			25.47	Taylor Hypolite (El Toro)	2011
			25.48	Schell (Fountain Valley)	1983
			25.49	Shemanette Terry (Irvine)	2012
			25.49	*Kimiko Tanaka (Dana Hills)	2014
			25.50+	Cheryl Glazier (El Toro)	25.4y 1977
			25.51	*** Michelle Sanford (Woodbridge)	2000
			25.52	* Pam Asbury (Valencia)	1981
			25.52	Rosie Manning (Trabuco Hills)	1994
			25.52	***Mikaela Truckey (Orange Lutheran)	2010
			25.53	** Lucinda Watson (Century)	1993
			25.54c	Estelle White (Saddleback)	25.3 1982
			25.54	Jamie Karrer (Edison)	1989
			25.54c	***Andrea Dean (Mission Viejo)	25.3 1989
			25.54c	Heather Sterlin (Mission Viejo)	25.3 1992
			25.54c	** Raven Herbert (SA Valley)	25.3 1997
			25.54c	Erin Kelly (Brea)	25.3 1998
			25.54c	* Janice Nsor (Kennedy)	25.3 2004
			25.56+	Chris Davenport (Troy)	25.71y 1979
			25.57	** Christina Ciampa (San Clemente)	1997
			25.57	* Nathalie Michiels (Santa Margarita)	2005
			25.57	Lauren Deats (Edison)	2012
			25.59	** Meghan Reppe (Villa Park)	1993
			25.59	Janey Morris (Fountain Valley)	2007
			25.59	Holly Rieck (Capo Valley)	2012
			25.60+	Tina Johnson (Kennedy)	25.77y 1981
			25.60+	* Tsenre Jackson (Edison)	25.5y 1981
			25.61	*Lily Ebanks (Valencia)	2014
			25.62	*Alex Gilbert (Santa Margarita)	2012
			25.62	***Kylee Wehrly (Trabuco Hills)	2014
			25.63	Trudy Zandbergen (Pacifica)	1982
			25.63	*** Kristina Bugg (Canyon)	2009
			25.64c	Kelly Marshall (Edison)	25.4 1996
			25.64c	Kerry O'Bric (Edison)	25.4 1996
			25.64c	** Shannon Lee (Kennedy)	25.4 1997
			25.64c	Patrice Donaldson (Orange)	25.4 2001
			25.64c	** Darin Milovich (Tesoro)	25.4 2008
			25.65	Emily Fischer (Troy)	2011
			25.66	Dana Kriesel (Pacifica)	1981
			25.67	Ebony Dozier (Western)	1997
			25.68+	Kim Law (SA Valley)	25.83y 1978
			25.70+	Kristen Rios (Sonora)	25.6y 1984
			25.70	Julie Petrilla (El Dorado)	1993
			25.70	** Chloe Fan (Aliso Niguel)	2013
			25.71	Jonna Evans (Sunny Hills)	1997
			25.71	* Alisyn Clark (SA Valley)	2003
			25.71	Alex Gilbert (Santa Margarita)	2013
			25.72	Jennifer Janneck (Brea)	2013

200 meters

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

25.72	*** Kaiya McCullough (Irvine)		2013	25.98	Sara McMillan (Cypress)		1998
25.73	*Katy Hinman (Capo Valley)		2011	25.98	*Adriane Jaminski (Rosary)		2010
25.74c	Kris Lambent (Foothill)	25.5	1985	25.98	* Aliyah Jones (Troy)		2013
25.74c	Casey Lozano (Sonora)	25.5	1992	25.99	Tricia Klemke (Marina)		1985
25.74c	* Ngozi Ossai (Foothill)	25.5	1998				
25.74	** Danielle Coffman (Marina)		2005	Wind-aided:			
25.74	**Maia Craver (Woodbridge)		2012	23.72	* Carol Rodriguez (Western)		2003
25.75	Kathy Grant (Estancia)		1986	24.15	Percylla Nared (Trabuco Hills)		2010
25.75	Eileen Dunaway (Huntington Beach)		1995	24.27	Jackie Dix Woodbridge)		1997
25.75	* Jennifer Peterson (Edison)		1998	24.29	Cavetra Mitchell (Los Alamitos)		1993
25.75	Summer Crawley (Irvine)		2013	24.33	*Sara Limp (Los Alamitos)		2014
25.76	Sherrie Buente (Esperanza)		1990	24.43	**Kennedy Gillian (Mission Viejo)		2014
25.76	Denise Gallion (Woodbridge)		2005	24.47	** Meryl Stone (Woodbridge)		1997
25.76	*** Katy Hinman (Capo Valley)		2009	24.49	** Elia Reid (Kennedy)		2005
25.76	Samantha Hanberg (Mission Viejo)		2010	24.56	* Tara Radan (Mater Dei)		2013
25.77	Lyn Murray (Esperanza)		1991	24.59	** Hilary Ojinnaka (Cypress)		2013
25.77	* Chistina Ciampa (San Clemente)		1998	24.64	Dionne Garner (Valencia)		1985
25.77	***Kaelynn Greene (Orange Lutheran)		2008	24.66	Trish Aubuchon (Esperanza)		1985
25.78	*** Noel Dula (Marina)		1997	24.74	Danielle Darden (Aliso Niguel)		2013
25.78	Allison Sprong (Dana Hills)		2012	24.75	**Ashley Willingham (Los Alamitos)		2014
25.78	** Ceili Tuttle (Fullerton)		2014	24.80	Ashley Bethel (Mission Viejo)		1998
25.79	Pam Kurtela (Los Alamitos)		1990	24.87	* Danielle Eichelberger (Western)		2003
25.79	Carla Battle (Anaheim)		1997	24.91	* Alexis Deol (Aliso Niguel)		2007
25.79	Shalanie Ross (Esperanza)		2000	24.93	Ellexi Snover (Mater Dei)		2011
25.80	Claire McKernan (Dana Hills)		2013	24.98	** Ashley Bush (Sonora)		2008
25.81	Lori Shaw (Edison)		1985	25.01	Amanda Rosencrantz (Kennedy)		2005
25.81	Megan Blanchard (Northwood)		2008	25.02	* Tifney Reeve (Capo Valley)		2006
25.81	**Dana Padget (Esperanza)		2014	25.06	Kandyce Doxey (Cypress)		2008
25.81	Madison Carney (Sonora)		2014	25.11	* Grace Esslinger (Dana Hills)		2008
25.82	Danielle Reaves (Esperanza)		1988	25.13	*** Sheri Bertell (Mission Viejo)		1985
25.82	Sharon Day (Costa Mesa)		2003	25.14	Jennifer Janneck (Brea)		2013
25.82	* Darin Milovich (Tesoro)		2009	25.16	Janice Nsor (Kennedy)		2005
25.82	Amy Wilbourn (LA Habra)		2013	25.19	Persis William-Mensah (Estancia)		2014
25.82	***Sydney Carr (El Modena)		2014	25.25	*Shemanette Terry (Irvine)		2012
25.82	**Michelle Holt (Laguna Hills)		2014	25.29	* Erin Albee (El Toro)		2005
25.83	Danielle Coffman (Marina)		2008	25.35	* Danielle Fessenden (Los Alamitos)		2009
25.84c	Slier Dufur (Canyon)	25.6	1981	25.37	Sharon Day (Costa Mesa)		2003
25.84c	Kristen Fleeting (Tustin)	25.6	1981	25.38	** Andrea Dean (Mission Viejo)		1990
25.84c	Chris Salerno (Canyon)	25.6	1982	25.40	** Adrianna Bracamonte (Orange Lutheran)		2005
25.84c	Jocelyn Lee (Irvine)	25.6	1983	25.41	*Alex Gilbert (Santa Margarita)		2012
25.84	Erica Lee (Irvine)		1989	25.41	*Cassidy Hodson (Villa Park)		2012
25.84c	***Nikki Adams (Newport)	25.6	1992	25.44c	Lori Shaw (Edison)	25.2	1986
25.84c	Angela Allen (El Modena)	25.6	1998	25.45	** Marquita Taylor (San Clemente)		2000
25.84c	* Chelsea Lelito (Dana Hills)	25.6	2008	25.45	***Mikaela Truckey (Orange Lutheran)		2010
25.84c	* Kassie Ham (Dana Hills)	25.6	2008	25.47	Alyssa Schlom (Orange Lutheran)		2012
25.84	Ashley Jsames (Savanna)		2008	25.51	**Dana Padget (Esperanza)		2014
25.84	**Amy Heins (Troy)		2010	25.52	Pam Asbury (Valencia)		1981
25.87	**Allie Freed (University)		2010	25.52	Danielle Reaves (Esperanza)		1988
25.87	*Kelley Peterson (El Toro)		2012	25.54	Megan Blanchard (Northwood)		2008
25.86	* Amanda Wheeland (Dana Hills)		1989	25.57	** S Salcido (Marina)		2009
25.88	Heather Simpson (Marina)		2011	25.59	***Madison Lankford (Calvary Ch-SA)		2010
25.89+	Cathy Jones (Edison)	25.8y	1976	25.60	Summer Crawley (Irvine)		2013
25.89+	* Marina Laymon (La Habra)	25.8y	1982	25.60	*Lily Ebanks (Valencia)		2014
25.89	* Tierricka Haynes (Brea)		2004	25.62	* Amanda Chevalier (Brea)		2008
25.90	Karyn Haight (Orange Lutheran)		1978	25.62	*Cassidy Hodson (Villa Park)		2012
25.90	Lori Svoboda (El Dorado)		1989	25.63	Tia McFarlane (Trabuco Hills)		2009
25.90	Brooke Thulin (Edison)		2002	25.64	**Maia Craver (Woodbridge)		2012
25.91	** Lindsay Amado (Aliso Niguel)		2004	25.65	*Amy Heins (Troy)		2011
25.91	Chelsea Green (Laguna Hills)		2008	25.66	*Marina Berrios (Pacifica)		2012
25.91	*Alyssa Schlom (Orange Lutheran)		2011	25.66	**Birute Mikuleviciute (El Dorado)		2012
25.91	*Kyleigh Brown (San Clemente)		2012	25.68	** Nicole Callander (Canyon)		1991
25.92	** Erin Stovall (Woodbridge)		1995	25.68	Alex Gilbert (Santa Margarita)		2013
25.94c	Cherie Andre (Edison)	25.7	1987	25.68	** Chloe Fan (Aliso Niguel)		2013
25.94c	* Corolar White (Esperanza)	25.7	1996	25.69	**Ceili Tuttle (Fullerton)		2014
25.94c	***Emily Dunn (Esperanza)	25.7	2004	25.70	*** Kristina Bugg (Canyon)		2009
25.94	Alexia Williams (Irvine)		2013	25.71	Eileen Dunaway (Huntington Beach)		1995
25.95	* Erin Kelly (Brea)		1997	25.72	*Lupe Medina (Mater Dei)		2012
25.96	Kira Helmer (Mission Viejo)		2008	25.74	Michelle Muniz (Woodbridge)		1990
25.96	* Danielle Fessenden (Los Alamitos)		2009	25.74c	Lauren Little (San Clemente)	25.5	2007
25.96	Brina Jablonski (Woodbridge)		2014	25.76	Amber Moore (Aliso Niguel)		2005
25.96	*Kaitlyn Merritt (Santa Margarita)		2014	25.76	Amy Heins (Troy)		2012
25.97	Palmer (University)		2004	25.76	Brina Jablonski (Woodbridge)		2014
25.97	* Philine Qian (Northwood)		2013	25.77	Claire McKernan (Dana Hills)		2013
25.98	** Melissa McDonald (Mater Dei)		1989	25.78	Heather Simpson (Marina)		2011
25.98	Sheila McMorris (Los Alamitos)		1990	25.78	**Parisia Barker (Orange Lutheran)		2012

25.79	Kira Helmer (Mission Viejo)		2008
25.80	*Ashley James (Savanna)		2007
25.81	*Lori Smith (Canyon)		1988
25.81	*Annelise Doerr (Fountain Valley)		2014
25.82	Harrison (Aliso Niguel)		2002
25.82	*Kelley Peterson (El Toro)		2012
25.84	*Kelly Phillips (Mission Viejo)		1993
25.84c	Sara Tafazoli (Corona del Mar)	25.6	1993
25.84c	Donna Garcia (Ocean View)	25.6	1993
25.84c	*Jessica Zavazla (St Margaret's)	25.6	2007
25.84c	Hamer (Capo Valley)	25.6	2007
25.84	Kassie Ham (Dana Hills)		2009
25.84	Danielle Fessenden (Los Alamitos)		2010
25.86	Colleen O'Higgins (El Dorado)		1983
25.86	Brianna Ramsey (Fountain Valley)		2009
25.87	*Tanya Taylor (Sunny Hills)		2006
25.88	**Emma Radan (Mater Dei)		2012
25.89	*Adriane Jarminski (Rosary)		2010
25.89	** Hollis Donovan (Dana Hills)		2013
25.90	Krista Kenyon (Esperanza)		1993
25.90	Katelyn Andress (Capo Valley)		2013
25.90	**Danielle Solaru (Northwood)		2014
25.92	Carolyn Griffin (University)		1990
25.92	Emily Nolen (Brea)		2013
25.93	Emily Thiebaud (Esperanza)		1988
25.93	Brenda Robinson (SA Valley)		1990
25.93	Marlene Laing (Fountain Valley)		1994
25.93	Chelsea Hairanian (Cypress)		2011
25.95	Katie Ostler (Beckman)		2011
25.97	Julie McMillen (Sonora)		2008

400 meters

53.42	*Arlise Emerson (Westminster)		1978
53.98	Gabrielle Scott (Woodbridge)		2011
55.05	Emily Dunn (Esperanza)		2007
55.24c	*Carol Rodriguez (Western)	55.1	2003
55.24	*Tiffany Reeve (Capo Valley)		2005
55.35	*Tara Radan (Mater Dei)		2013
55.40	Meisha Wilson-Duval (Woodbridge)		1995
55.42	Barbara Rainey (Edison)		1983
55.43+	Kim Law (SA Valley)	55.76y	1978
55.44	*Michelle Banks (El Dorado)		1984
55.53	**Kennedy Gillian (Mission Viejo)		2014
55.55	Christina Twicken (San Clemente)		2010
55.63	Emily Kressin (Troy)		2009
55.71	*Shebanette Terry (Irvine)		2012
55.77	Shelly Tochluk (Westminster)		1989
55.80	Trish Aubuchon (Esperanza)		1985
55.88	**Tanya Ranson (El Toro)		1982
55.89	Liz Morse (Corona del Mar)		2000
55.90	Alexandrea Kruthers (Capo Valley)		2010
55.95	Melissa Swigart (Corona del Mar)		2005
56.00	Brierra Winfrey (Trabuco Hills)		2011
56.01	Kyle Wolff (Woodbridge)		2008
56.15	Rai Ahmed-Green (Irvine)		2014
56.27	*Alisyn Clark (SA Valley)		2003
56.28	*Suzy Hensel (Valencia)		1982
56.33	d'Layne Kerr (Corona del Mar)		1988
56.34	*Mary Coleman (Irvine)		1986
56.38	*Cassie Stanislaw (Woodbridge)		2006
56.47	**Raven Hebert (SA Valley)		1997
56.47	*Emily Kalmbach (Santa Margarita)		2002
56.52+	Michelle Kelly (Irvine)	56.7y	1979
56.54	Kaci Keffer (Woodbridge)		1990
56.54	*Brittany Flores (Cypress)		2006
56.57	*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
56.69	**Ashley Willingham (Los Alamitos)		2014
56.74	***Alexis Deol (Aliso Niguel)		2005
56.79	Chloe Deol (Dana Hills)		2014

56.81+	Chris Davenport (Troy)	57.0y	1979
56.84	*Kimiko Tanaka (Dan Hills)		2014
56.87	***Alisyn Clark (SA Valley)		2001
56.89	***Tiffany Hogan (Capo Valley)		1997
56.91+	Tsenre Jackson (Edison)	57.1y	1982
56.91	***Don 'Yell Norris (Mission Viejo)		1989
56.91	**Erin Albee (El Toro)		2004
56.94	*Alex Gilbert (Santa Margarita)		2012
56.97	*Shemanette Terry (Irvine)		2012
57.01+	Janet Steen (SA Valley)	57.2y	1978
57.03	*Corolar White (Esperanza)		1996
57.03	Jessica Erickson (San Clemente)		2014
57.06	*Debbie Arthur (Esperanza)		1981
57.08	*Ashley Furst (Laguna Hills)		1998
57.16	***Kathy Grayson (Mission Viejo)		1986
57.17	**Kelly Morgan (Corona del Mar)		2004
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
57.41+	*Liz Melton (Fountain Valley)	57.6y	1978
57.45	Maia Craver (Woodbridge)		2014
57.52	***Meghan Atkinson (Santa Margarita)		1998
57.54c	Sherrri Smith (Woodbridge)	57.4	1986
57.54c	Molly Pierson (El Toro)	57.4	2005
57.55	***Katy Hinman (Capo Valley)		2009
57.51+	*Laura Ichikawa (Katella)	57.7y	1981
57.59	*Tanya Taylor (Sunny Hills)		2006
57.61+	**Renee Durrand (Laguna Beach)	57.8y	1980
57.61+	**Jodie Wood (Canyon)	57.8y	1980
57.63	*Julie Baker (Capo Valley)		1980
57.63	Trudy Zandbergen (Pacifica)		1982
57.64c	Dawn Price (Costa Mesa)	57.5	1981
57.64	Carissa Bricker (Dana Hills)		2011
57.64	Brina Jablonski (Woodbridge)		2014
57.65	*Karen Anderson (Edison)		1995
57.68	Michelle Hull (Santa Margarita)		2004
57.68	**Summer Shaw (Huntington Beach)		1995
57.69	Brenna McNulty (Dana Hills)		2014
57.70	*Angela Allen (El Modena)		1997
57.71+	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
57.81	*Julie Koubeka (Edison)		1992
57.81	Samantha Solaru (Northwood)		2011
57.82	*Kyle Wolff (Woodbridge)		2007
57.82	*Annelise Doerr (Fountain Valley)		2014
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
57.90	Becky Marshburn (Dana Hills)		2005
57.90	Zahira Montanez (Kennedy)		2006
57.92	Monica Todd (Trabuco Hills)		2010
57.93	*Unique Conner (Western)		2008
57.94	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	2:14.88	* Kathryn Gullikson (Dana Hills)	2009
2:08.75	Ashlyn Rambo (Mater Dei)	2014	2:14.93	Sarah Porter (Santa Margarita)	2012
2:09.17	Maggie Henson (Newport)	1986	2:15.0 +	Nancy Jessen (Dana Hills)	2:15.7y 1979
2:09.29	Chelsea Kruthers (San Juan Hills)	2012	2:15.01	** Hilary May (Corona del Mar)	2005
2:09.4	** Staci Kneeshaw (Foothill)	1978	2:15.08	* Sydney Teske (J Serra)	2009
2:09.54	* Anja Disiena (Fountain Valley)	2007	2:15.09	Olivia Goins (Canyon)	2013
2:09.55	Hanna Edwards (El Toro)	2011	2:15.10	* Buffy Rabbitt (Newport)	1985
2:09.66	* Shelby Buckley (Corona del Mar)	2007	2:15.1 +	Lori Blanco (Westminster)	2:15.8y 1976
2:09.82	Suzy Hensel (Valencia)	1983	2:15.11	***Jacquie Adams (Orange Lutheran)	2010
2:09.83	Julie Seleine (University)	1983	2:15.17	Emily Taylor (Marina)	2012
2:09.9	* Polly Plumer (University)	1982	2:15.2 +	Dale Keough (Corona del Mar)	2:15.9y 1976
2:10.06	Annie St Geme (Corona del Mar)	2006	2:15.30	* Tracy Wright (Irvine)	1985
2:10.15	Christine Babcock (Woodbridge)	2008	2:15.35	Jenny Thune (Brea)	2001
2:10.38	**Taylor Arco (Mission Viejo)	2014	2:15.4+	* Kerry Cerda (Melodyland)	2:16. ly 1979
2:10.47	**Meghan Foley (Edison)	2007	2:15.41	***Katie Nuanes (Santa Margarita)	1994
2:10.57	* Haley Lawrence (Aliso Niguel)	2006	2:15.44	**Cassandra Smith (Trabuco Hills)	2010
2:10.60	Gabrielle Scott (Woodbridge)	2011	2:15.44	Rianna Goins (Canyon)	2013
2:10.76	Katherine Delaney (J Serra)	2011	2:15.45	Shannon Karpel (Ocean View)	1987
2:10.82	* Alex Dunne (San Clemente)	2008	2:15.46	Jerry Baker (Capo Valley)	1981
2:10.92	**Laura Chapel (Irvine)	1984	2:15.48	Kyle Wolff (Woodbridge)	2008
2:10.97	***Kathy Grayson (Mission Viejo)	1986	2:15.5	Monica Rothenburger (Dana Hills)	2004
2:11.09	Nicole Ritcho (Edison)	1986	2:15.53	* Kristin Harkins (La Quinta)	1986
2:11.22	Sherrri Smith (Woodbridge)	1986	2:15.55	**Christa Fitzgerald (Dana Hills)	1996
2:11.23	* Christie Engesser (Ocean View)	1992	2:15.56	* Janice Lane (Woodbridge)	2013
2:11.32	Sara Van Dyke (Marina)	2011	2:15.56	*Natalie Grohmann (Fountain Valley)	2014
2:11.54	**Cassie Durgy (Huntington Beach)	2014	2:15.59	Maribel Delgado (SA Valley)	1996
2:11.59	Shelley Taylor (Edison)	1992	2:15.65	Shira Duzman (University)	1993
2:11.72	*Allison Damon (Corona del Mar)	2007	2:15.66	**Ashley Larson (Northwood)	2014
2:11.73	**Amy Cox (Foothill)	1982	2:15.69	**Jessica Dahlberg (El Modena)	1996
2:11.92	* Natalie Herberg (Capo Valley)	2013	2:15.69	* Natalie Fyke (Esperanza)	2009
2:12.03	Summer Shaw (Huntington Beach)	1997	2:15.7	Judy McLaughlin (University)	1983
2:12.61	* Vicki Kelly (Costa Mesa)	1981	2:15.75	Janette Reed (Foothill)	1989
2:12.63	Maribeth Buche (Esperanza)	2001	2:15.75	**Peggie Hall (Trabuco Hills)	1994
2:12.79	Amber Steen (Newport)	2001	2:15.76	Jenny Cummins (Corona del Mar)	2001
2:12.86	Erika Lovett (Savanna)	1987	2:15.80	Kristen Rivera (Corona del Mar)	2012
2:12.86	*** Whitney Hampton (El Toro)	2002	2:15.86	Kylee Vandenberg (San Juan Hills)	2013
2:12.90	* Tiffany Boykin (Laguna Hills)	1994	2:15.92	Sara Bass (Los Alamitos)	2014
2:12.99	Julie Kaudelka (Edison)	1994	2:15.98	Jacquie Adams (Foothill)	2013
2:13.24	**Nicole Biggers (El Toro)	1983	2:16.03	**Alexandria Adams (Northwood)	2010
2:13.36	Courtney Pugmire (Esperanza)	1995	2:16.09	*Brianna Bartello (Laguna Hills)	2014
2:13.4+	Liz Melton (Fountain Valley)	2:14.1y 1979	2:16.10	Katherine Gullikson (Dana Hills)	2010
2:13.49	Heather Balber (Dana Hills)	2009	2:16.12	***Mackensie Peace (Mission Viejo)	2011
2:13.50	Samantha Costantini (Mater Dei)	2005	2:16.14	*** Melissa Mello (Mission Viejo)	2006
2:13.61	Laurinda Mulhaupt (Capo Valley)	1989	2:16.21	Lauren Greco (Edison)	2012
2:13.67	Leslie Pratt (Edison)	1983	2:16.3 +	Kim Vollmer (Canyon)	2:17.1y 1978
2:13.73	* Nancy Long (Mission Viejo)	1984	2:16.3 +	Shannon Stryker (Tustin)	2:17.1y 1982
2:13.73	* Molly Pierson (El Toro)	2004	2:16.33	Rachel Roesgen (Santa Margarita)	2012
2:13.74	Cynthia Mendez (Savanna)	2004	2:16.36	Ali Hummelberg (Corona del Mar)	2010
2:13.80	Bethan Knights (Northwood)	2014	2:16.39	Christina Theriot (Corona del Mar)	2009
2:13.84	Sabrina Caplis (Foothill)	1995	2:16.41	Kimberly Condino (Corona del Mar)	2009
2:13.86	Natalie Herberg (Capo Valley)	2014	2:16.45	Vanessa Hancock (Brea)	2008
2:13.9	***Sharon Hatfield (Fountain Valley)	1979	2:16.48	Jessica Kanin (Woodbridge)	2001
2:13.91	Kamilah Foley (Trabuco Hills)	2010	2:16.5 +	* Jessie Fiorda (Costa Mesa)	2:17.3y 1980
2:13.97	Kristin Kovacich (Mater Dei)	2004	2:16.54	* Emma Kao (Dana Hills)	2013
2:13.97	Cristen Lane (Foothill)	2013	2:16.59	*Kathy Kelley (Canyon)	1985
2:14.08	* Cindy Stoughton (Corona del Mar)	1980	2:16.59	*Sara Fleming (Mission Viejo)	2012
2:14.14	* Shalice Pugmire (Esperanza)	2001	2:16.65	** Hannah Kent -Johnson (Sunny Hills)	2004
2:14.15	* Maika Nelson (Brea)	1997	2:16.66	Alyssa Brown (Mission Viejo)	2006
2:14.3 +	Rhonda Patcha (Valencia)	2:15.0y 1979	2:16.66	Nicci Corbin (Tesoro)	2011
2:14.33	**Lauren Jirges (Cypress)	2003	2:16.70	Christine Adams (Esperanza)	2008
2:14.36	***Amanda Honn (Huntington Beach)	2011	2:16.70	*Kylie Nishisaka (Marina)	2012
2:14.4	***Barbara Boisvert (Orange Lutheran)	1992	2:16.75	Amanda Gehrich (Tesoro)	2014
2:14.44	Carrie Caulkins (Esperanza)	1995	2:16.78	*Alana Jones (Laguna Hills)	2012
2:14.45	**Jennifer Gillis (Irvine)	1991	2:16.81	Mackensie Peace (Mission Viejo)	2014
2:14.55	***Sommer Owens (Santa Margarita)	1999	2:16.84	*** Lauren Medina (Mission Viejo)	2005
2:14.57	Holiday Molway (University)	1992	2:16.84	Chanel Fischetti (Dana Hills)	2006
2:14.57	Sarah Kedddington (Corona del Mar)	2010	2:16.84	*Janie Crawford (Laguna Beach)	2014
2:14.66	*Sara Kebede (San Clemente)	2012	2:16.85	Brielle Budroe (Laguna Beach)	2014
2:14.67	Ariana Selix (Esperanza)	2008	2:16.86	Mollie Flint (Corona del Mar)	1993
2:14.7	Mary Anne Bullard (Esperanza)	1984	2:16.89	**Jordan Ansara (Aliso Niguel)	2010
2:14.75	** Sarah Toberty (Woodbridge)	2006	2:16.90	Tammy Hogge (Canyon)	1978
2:14.76+	**Barbara Vasquez (Irvine)	2:15.5 1980	2:16.90	*** Katherine Delaney (Santa Margarita)	2008
2:14.83	Kathy Karpel (Ocean View)	1987	2:16.91	Tepee Hawkins (Dana Hills)	1987
2:14.83	* Kyle Oefelein (Woodbridge)	2013	2:16.92	Hannah Winokur (San Clemente)	2010
2:14.84	Devon Hoppe (Corona del Mar)	2011	2:16.95	***Rachel Ngu (Northwood)	2008

2:16.97	* Christa Fitzgerald (Dana Hills)		1997
2:17.0	Mary Kenney (Valencia)		1984
2:17.1	Camila Turati (El Toro)		2014
2:17.10	Jennifer Wells (Fountain Valley)		2006
2:17.13	Shannon Lane (Trabuco Hills)		2007
2:17.18	Kell Lewis (Dana Hills)		1987
2:17.18	* Sarah Keddington (Corona del Mar)		2009
2:17.19	*Julia Sienski (Edison)		2014
2:17.2	** Raji Espinoza (Dana Hills)		1991
2:17.23	Joy Biefield (Edison)		1984
2:17.29	**Heather Cuthbertson (Marina)		1996
2:17.34	* Kristina Dahlberg (El Modena)		1992
2:17.4	Tish Olswang (Newport)		1983
2:17.43	* Sandy McClain (Orange)		1983
2:17.47	Kendal Billingsley (Mission Viejo)		2001
2:17.48	Staci Foster (Orange Lutheran)		2009
2:17.53	Sydney Teske (J Serra)		2010
2:17.55	* Jessica Dahlberg (El Modena)		1997
2:17.6 +	Amy Thompson (Costa Mesa)	2:18.4y	1974
2:17.61	Melissa Mello (Mission Viejo)		2009
2:17.64	***Amy Robles (Woodbridge)		1988
2:17.64	**Charisma Byrd (Rosary)		2014
2:17.65	* Vanessa Kelly (Marina)		2000
2:17.7 +	Laura Johnson (Esperanza)	2:18.5y	1975
2:17.70	*** Jillian Bennett (Foothill)		2005
2:17.72	* Julie Allen (Corona del Mar)		2001
2:17.72	Karly Goral (El Modena)		2002
2:17.73	Taylor Williams (Orange Lutheran)		2011
2:17.80	Diane Munoz (El Modena)		1987
2:17.80	Nicole Alai (Edison)		2006
2:17.8	Marcia Escobosa (El Dorado)		1984
2:17.84	**Sarah Porter (Santa Margarita)		2010
2:17.85	Karen Nance (Capo Valley)		1986
2:17.9	Brittany Swanek (Foothill)		2000
2:17.90	*Nicci Corbin (Tesoro)		2010
2:17.93	Karen Anderson (Edison)		1995
2:17.93	** Kim Condino (Corona del Mar)		2008
2:17.94	** Jenny Pilecki (Huntington Beach)		2008
2:17.98	*Joy Wilk (Esperanza)		2003

1500 Meters

4:16.42	Christine Babcock (Woodbridge)		2008
4:16.8'	Polly Plumer (University)		1982
4:22.31'	Annie St Geme (Corona del Mar)		2006
4:23.4'	** Christine Babcock (Woodbridge)		2006
4:26.8'	Julie Seleine (University)		1983
4:29.3'	Jennifer Abraham (Foothill)		1983
4:31.2'	Shelley Taylor (Edison)		1992
4:31.6'	Courtney Pugmire (Esperanza)		1995
4:33.0	** Sharon Hulse (Edison)		1978
4:33.4	* Staci Kneeshaw (Foothill)		1979
4:34.1'	**Nicole Ritchot (Edison)		1984
4:34.3'	Tammy Snyders (Edison)		1984
4:34.3'	Kathy Karpel (Ocean View)		1987
4:35.6'	Leslie Pratt (Edison)		1983
4:35.7	*Barbara Boisvert (Orange Lutheran)		1992
4:36.0'	Sherri Smith (Woodbridge)		1986
4:36.02'	Molly Babcock (Woodbridge)		2012
4:36.8'	Maggie Henson (Newport)		1986
4:36.90	Amy Cox (Foothill)		1984
4:37.3'	Marcia Escobosa (El Dorado)		1984
4:37.6'	Judy McLaughlin (University)		1983
4:38.3'	*Allyson Marquand (University)		1998
4:39.03	Laura McCracken (Westminster)		1983
4:39.2'	Shannen Karpel (Ocean View)		1987
4:39.2'	** Hilary May (Corona del Mar)		2005
4:39.9'	Kelly Lewis (Dana Hills)		1987
4:39.97	**Amber Parkinson (Orange Lutheran)		1991
4:39.97	**Christie Engesser (Ocean View)		1991
4:41.30'	*Kylie Nishisaka (Marina)		2012
4:42.1	**Anabelle Villanueva (Fountain Vally)		1979
4:42.2'	Carrie Caulkins (Esperanza)		1995
4:42.3'	** Shelby Buckley (Corona del Mar)		2006
4:42.5'	***Kellié Campbell (Corona del Mar)		1993

4:42.7	Heidi Sickler (Laguna Hills)		1993
4:42.97	**Krishna Dahlberg (El Modena)		1991
4:43.1'	Buffy Rabbitt (Newport)		1986
4:43.10	Kristin Harkins (La Quinta)		1987
4:43.1'	**Jennifer Spahr (Huntington Beach)		1995
4:44.4'	*Janna Evans (Edison)		1992
4:45.47	* Nancy Dollar (San Clemente)		1994
4:45.7'	Susanna Thrasher (Villa Park)		1990
4:44.8	* Kim Nelson (Canyon)		1993
4:45.9	Shannon Stryker (Tustin)		1982
4:45.9	** Amber Steen (Newport)		1999
4:46.1'	Denisha Bendz (Costa Mesa)		1992
4:46.5	* Heather Garritson (Buena Park)		1997
4:46.9'	**Carne Garritson (Sunny Hills)		1992
4:46.9'	*Meghan Mayes (Capo Valley)		1993
4:47.3'	Heather Killeen (Valencia)		1991
4:47.7	* Theresa Barrios (University)		1982
4:47.7	Melisa Partin (University)		1983
4:47.7	Elizabeth Alexander (Tustin)		1993
4:47.8	* Heather Cuthbertson (Marina)		1995
4:47.9	***Kathy Kiernan (Los Amigos)		1979
4:48.3	Sita Jones (La Habra)		1988
4:48.3	*** Meghan Mainwaring (Santa Margarita)		1999
4:48.7	Taryn Lawson (Ocean View)		1995
4:48.78	* Amy Robles (Woodbridge)		1990
4:48.9'	Kelly Flathers (Mater Dei)		1990
4:48.99	**Rajai Espinoza (Dana Hills)		1991
4:49.0	Tammy Snyder (Edison)		1984
4:49.11	*Tracy Fatone (Los Alamitos)		1991
4:49.4'	* Katie Durham (Woodbridge)		1992
4:49.8'	Ann Helm (Laguna Hills)		1985

1600 Meters

4:33.65+	Polly Plummer (University)	4:35.24y	1982
4:33.82	Christine Babcock (Woodbridge)		2008
4:39.94+	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
4:46.53	**Amanda Gehrich (Tesoro)		2014
4:47.42	**Bonnie McGlinchey (Fountain Valley)		1980
4:48.52	Shelley Taylor (Edison)		1992
4:48.86	Laura Hollander (Marina)		2012
4:49.1+	**Sharon Hulse (Edison)	4:50.7y	1978
4:49.43	*Ximena Cruz (Trabuco Hills)		2008
4:49.57	Stacy Kneeshaw (Foothill)		1980
4:49.66	Jennifer Abraham (Foothill)		1983
4:49.95	Staci Foster (Orange Lutheran)		2009
4:50.47	Courtney Pugmire (Esperanza)		1995
4:50.9+	Kathy Mintie (Rosary)	4:52.5y	1978
4:51.49	* Allison Damon (Corona del Mar)		2007
4:51.67	Leslie Pratt (Edison)		1983
4:51.67	Alana Jones (Laguna Hills)		2013
4:52.14	* Hillary Hayes (Edison)		2008
4:52.50	Alex Dunne (San Clemente)		2009
4:52.66	*** Katherine Delaney (Santa Margarita)		2008
4:52.9	** Nicole Ritchot (Edison)		1984
4:52.99	Molly Babcock (Woodbridge)		2012
4:53.02	Maggie Henson (Newport)		1986
4:53.02	* Christine Adams (Esperanza)		2009
4:53.45	Sarah Paddon (St Margaret's)		2011
4:53.66	Paige Canterbury (Dana Hills)		2013
4:53.68	Vanessa Hancock (Brea)		2008
4:53.74	Allison Costello (Esperanza)		2003
4:53.83+	Emily Taylor (Marina)	4:55.54y	2012
4:54.0	Tammy Snyders (Edison)		1984
4:54.15	Heather Balbier (Dana Hills)		2009
4:54.16	Kathy Karpel (Ocean View)		1987
4:54.43	Nicci Corbin (Tesoro)		2011
4:54.67	Rianna Goins (Canyon)		2013
4:54.93	Shalice Pugmire (Esperanza)		2002

4:54.95	Hilary May (Corona del Mar)	2007	5:01.90	Carrie Garritson (Buena Park)	1994
4:55.37	Sherrie Smith (Woodbridge)	1986	5:01.92	Heidi Sickler (Laguna Hills)	1993
4:55.39	Ashlyn Rambo (Mater Dei)	2014	5:01.94	Melanie Powers (Corona del Mar)	2010
4:55.43	* Allyson Marquand (University)	1998	5:02.06	Lori Mann (Santa Margarita)	2001
4:55.66	*Julia Sienski (Edison)	2014	5:02.10	Susanna Thrasher (Villa Park)	1990
4:55.89	Ashley Elliott (Tesoro)	2013	5:02.25	Natasha Strickland (Laguna)	2012
4:55.9	Marcia Escobosa (El Dorado)	1984	5:02.40	Kimberly Condino (Corona del Mar)	2009
4:55.96	Katie Nuanes (Santa Margarita)	1997	5:02.49	* Gabrielle Yatauro (Edison)	2013
4:56.07	Ava Kent (Orange Lutheran)	2011	5:02.56	*Jessie Babcock (Woodbridge)	2005
4:56.17	Judy McLaughlin (University)	1983	5:02.74	Laura Sauerwein (University)	1982
4:56.23	Melissa Eisele (San Clemente)	2014	5:02.80	* Jessica Howard (University)	1999
4:56.38	Monica Rothenburger (Dana Hills)	2004	5:02.84	*** Taylor Williams (Orange Lutheran)	2008
4:56.54	Catherine Martinez (Fountain Valley)	2011	5:02.85	**Kellian Hunt (Whittier Chr)	2010
4:56.67	***Lauren Maurer (Crean)	2012	5:02.93	**Kelsey Carroll (San Clemente)	2014
4:56.79	Sarah Cummings (Corona del Mar)	2007	5:03.0	Laura McCracken (Westminster)	1983
4:56.83	**Cassie Durgy (Huntington Beach)	2014	5:03.0	** Becky Miske (El Toro)	1997
4:56.89	Hanna Edwards (El Toro)	2011	5:03.03	* Heather Garritson (Buena Park)	1997
4:57.37	**Bethan Knights(Northwood)	2012	5:03.11	* Melanie Powers (Corona del Mar)	2009
4:57.40	Crystal Reed (Fountain Valley)	2006	5:03.12	Hannah Bell (Esperanza)	2012
4:57.56	** Alaina Alvarez (Dana Hills)	2009	5:03.18	*Rebecca Sarmiento (El Modena)	2012
4:57.57	Julie Allen (Corona del Mar)	2002	5:03.22	Olivia Goins (Canyon)	2013
4:57.64	**Stephanie Ortega (Seegerstrom)	2014	5:03.27	***Jacquie Adams (Orange Lutheran)	2010
4:57.70	Shannon Stryker (Tustin)	1982	5:03.27	Ashlee Powers (Corona del Mar)	2011
4:58.01	* Bethany Nickless (Fountain Valley)	2002	5:03.37	*** Brittany Bertuzzi (Aliso Niguel)	2004
4:58.05	* Megan Meyer (Tesoro)	2008	5:03.38	CJ Smith (Trabuco Hills)	2011
4:58.21	Amy Cox (Foothill)	1984	5:03.65	Sarah Darby (San Clemente)	2010
4:58.25	Alyssa Brown (Mission Viejo)	2006	5:03.67	Taylor Bryson (Newport)	2007
4:58.26	Diana Hossfeld (Corona del Mar)	2001	5:03.74	**Molly Babcock (Woodbridge)	2010
4:58.34	* Marisa Cummings (Corona del Mar)	2009	5:03.81	Sita Jones (La Habra)	1988
4:58.41	*Sheridan Gomez (Dana Hills)	2011	5:03.90	Laura Bilder (Corona del Mar)	2009
4:58.45	Kelly Lewis (Dana Hills)	1987	5:03.91	Katherine Nielsen (Irvine)	2007
4:58.45	*Kylie Nishisaka (Marina)	2012	5:03.93	Jessica Cushing-Murray (Foothill)	2014
4:58.52	Jenny Sears (Woodbridge)	2002	5:03.94	Ariana Selix (Esperanza)	2008
4:58.62	Makenna Smith (Trabuco Hills)	2010	5:04.08	Denisha Bendz (Costa Mesa)	1992
4:58.81	Cassandra Smith (Trabuco Hills)	2012	5:04.10	Cassidy Towner (El Dorado)	2014
4:58.93	Shannen Karpel (Ocean View)	1987	5:04.19	Kellian Hunt (Whittier Christian)	2012
4:59.08	* Meghan Foley (Edison)	2008	5:04.2	** Grace Schafer (Capo Valley)	2013
4:59.15	Angie Winkler (Fountain Valley)	1996	5:04.21	***Ashley Elliott (Tesoro)	2010
4:59.31	Kristin Harkins(La Quinta)	1984	5:04.29	**Alicia McFall (Newport)	1997
4:59.33	Chelsea Kruthers (San Juan Hills)	2012	5:04.32	Kelly Flathers (Mater Dei)	1990
4:59.35	**Carrie Caulkins (Esperanza)	1993	5:04.43	*Jillian Deavila (Los Alamitos)	2010
4:59.38	Taylor Williams (Orange Lutheran)	2011	5:04.69	**Kristina Dahlberg (El Modena)	1991
4:49.43	* Ximena Cruz (Trabuco Hills)	2008	5:04.93	**Dominique Regalado (Trabuco Hills)	2012
4:59.52	* Whitney Blue (Newport)	2005	5:05.0	** Melissa Livermore (Irvine)	1997
4:59.59	* Taylor Bryson (Newport)	2006	5:05.04	* Erica Pearson (Newport)	2008
4:59.75	***Kellie Campbell (Corona del Mar)	1993	5:05.04	Sarah Porter (Santa Margarita)	2012
4:59.81	***Amanda Honn (Huntington Beach)	2011	5:05.17	* Kim Nelson (Canyon)	1993
4:59.90	Kristen Berglas (Woodbridge)	2003	5:05.21	Amber Bragdon (Fountain Valley)	2014
5:00.2	* Theresa Barrios (University)	1982	5:05.3 +	**Anabelle Villanueva (F Valley)	5:07.0y 1979
5:00.2	***Barbara Boisvert (Orange Lutheran)	1992	5:05.31	* Janna Evans (Edison)	1992
5:00.19	Sara VanDyke (Marina)	2011	5:05.31	***Jeanette Zambrano (Bolsa Grande)	2012
5:00.21	Sierra Vega (Foothill)	2010	5:05.37	*Erin Barth (Newport)	2014
5:00.24	Elizabeth Coe (Fountain Valley)	2008	5:05.40	Ali Hummelberg (Corona del Mar)	2010
5:00.30	Sarah Keddington (Corona del Mar)	2010	5:05.42	Heather Killeen (Valencia)	1991
5:00.42	Lauren Grego (Edison)	2012	5:05.47	**Ashley Licata (Capo Valley)	2014
5:00.64	**Olivia Goins (Canyon)	2011	5:05.53	Christi Americh (Rosary)	2001
5:00.75	**Clair Kim (Sunny Hills)	2002	5:05.57	Meghan Mainwaring (Santa Margarita)	2002
5:00.82	**Amber Parkinson (Orange Lutheran)	1991	5:05.66	Anne Gustafson (Brea)	2005
5:00.84	Danica Wyson (Aliso Niguel)	2012	5:05.71	*Gracie Georgi (San Clemente)	2014
5:00.87	**Leslie White (Lowell)	1980	5:05.74	*** Melissa Mello (Mission Viejo)	2006
5:00.93	* Gianna Velasquez (El Toro)	2009	5:05.88	Eileen Stressling (Marina)	2014
5:01.02	Jessica Kanin (Woodbridge)	2001	5:05.95	Ashlee Powers (Corona del Mar)	2012
5:01.03	*Brianna Bartello (Laguna Hills)	2014	5:05.97	**Jenny Sears (Mater Dei)	2000
5:01.17	Buffy Rabbitt (Newport)	1986	5:06.01	**Liz Morse (Corona del Mar)	1998
5:01.17	Nisha Richardson (Canyon)	2006	5:06.2+	Cynthia Harryman (Laguna Beach)	5:07.9y 1976
5:01.2 +	Jill Caldwell (Westminster)	5:02.9y 1974	5:06.28	**Jordan Stiewig (Villa Park)	2014
5:01.32	Christina Fitzgerald (Dana Hills)	1998	5:06.3	**Sara Kebede (San Clemente)	2011
5:01.34	*** Rachel Ngu (Northwood)	2008	5:06.41	Heather Cuthbertson (Marina)	1996
5:01.35	Cathryn Saylor (Trabuco Hills)	2009	5:06.43	*Rebecca Deitch (Capo Valley)	2014
5:01.37	Emily Haigh (Foothill)	2002	5:06.44	**Jacquie Adams (Foothill)	2011
5:01.41	Samantha Costantini (Mater Dei)	2005	5:06.67	* Mary Moore (Woodbridge)	1997
5:01.46	Camila Turati (El Toro)	2014	5:06.7 +	*Nancy Jessen (Dana Hills)	5:08.4y 1979
5:01.63	Vanessa Kelly (Marina)	2001	5:06.71	* Kelly Rendon (Orange Lutheran)	2004
5:01.7 +	Mari Gibbs (Marina)	5:03.4y 1977	5:06.72	* Candace Alai (Edison)	2005
5:01.84	Kristin Arkin (Trabuco Hills)	2008	5:06.78	Madeline Bradford (Woodbridge)	2014

5:06.80	Bridget O'Keefe (Santa Margarita)	2008	5:09.71	* Janice Lane (Woodbridge)	2013
5:06.83	Susan Meyers (Foothill)	1983	5:09.75	* Katie Durham (Woodbridge)	1992
5:06.84	Jessica Chang (Esperanza)	2010	5:09.85	Chelsea Vancott (Calvary Chapel)	2008
5:06.89	Kenna Kohl (Esperanza)	2008	5:09.90	**Anna Attard (Marina)	2002
5:07.08	* Stacy Kim (Sunny Hills)	2003	5:09.9 +	Kim Vollmer (Canyon)	5:11.7y 1977
5:07.08	Chanel Fischetti (Dana Hills)	2006	5:09.95	* Johanna Walin (Corona del Mar)	1989
5:07.11	Sami Murphy (Northwood)	2014	5:10.0	*Vicki Kelly (Costa Mesa)	1981
5:07.20	** Emily Goldstein (El Toro)	2008	5:10.02	*Colby Lindholm (J Serra)	2012
5:07.43	Alison Palmer (San Clemente)	2011	5:10.19	Nicole Blalock (Villa Park)	2003
5:07.47	* Amy Robles (Woodbridge)	1990	5:10.2	Elizabeth Alexander (Tustin)	1993
5:07.6	* Ruth Chassen (Costa Mesa)	1983	5:10.27	*Paige Canterbury (Dana Hills)	2012
5:07.60	Kim DeVetis (Edison)	1982	5:10.3	**Madison Huffman (San Clemente)	2011
5:07.73	Ashley Larson (Northwood)	2014	5:10.37	*Aaren Cadieux (Trabuco Hills)	2010
5:07.76	***Anne Charles (Canyon)	2011	5:10.4	** Shelby Buckley (Rosary)	2005
5:07.77	Erica Sahli (Villa Park)	2004	5:10.40	***Laura Strachan (Foothill)	1999
5:07.78	*Marissa Bartello (Laguna Hills)	2014	5:10.44	*Joy Wilk (Esperanza)	2004
5:07.81	* Nancy Dollar (San Clemente)	1994	5:10.48	**Tracy Fatone (Los Alamitos)	1989
5:07.86	*Molly Mann (San Clemente)	2011	5:10.5 +	Joelin Fisher (Costa Mesa)	5:12.3y 1980
5:07.87	* Emily Harper (Dana Hills)	2013	5:10.5	* Ava Jones (La Habra)	2001
5:07.9	***Tanja Brix (University)	1989	5:10.51	Lindsay Buwalda (Laguna Beach)	1997
5:07.90	Jess Lesser (Woodbridge)	2014	5:10.56	Emily Scharmann (Tesoro)	2013
5:07.92	**Brooke Thomas (Laguna Hills)	1997	5:10.63	*** Anja DiSiena (Fountain Valley)	2005
5:07.96	Rocio Pelayo (Bolsa Grande)	2007	5:10.65	* Sarah Toberty (Woodbridge)	2007
5:07.96	Megan Petkovic (Pacifica)	2008	5:10.65	Rachael Rutkowski (Aliso Niguel)	2009
5:07.98	Janna Evans (Edison)	1993	5:10.70	* Tracy Wright (Irvine)	1985
5:08.0	Christie Engesser (Ocean View)	1993	5:10.75	**Emily Bacon (Newport)	2014
5:08.0	** Tanisha White (El Toro)	1997	5:10.76	* Martha Pinto (Katella)	1990
5:08.01	Becky Sarmiento (El Modena)	2013	5:10.78	*Kaitlyn Smith (San Clemente)	2010
5:08.01	**Christina Wright (Dana Hills)	2014	5:10.8	Leslie Cashion (Corona del Mar)	1988
5:08.08	Jennifer Spahr (Marina)	1997	5:10.88	*Cait Williamson (Sage Hill)	2008
5:08.16	* Jessica Meyer (Laguna Hills)	2008	5:10.88	***Erica Liem (Tesoro)	2011
5:08.17	Jamie DeNoewer (Corsta Mesa)	1999	5:10.98	Mikaela Garduno (Foothill)	2014
5:08.25	Ann Helm (Laguna Hills)	1985	5:10.99	Lauren Jirges (Cypress)	2005
5:08.28	Cathy Casserly (Tustin)	1981	5:11.06	Kelly Oelschlager (Woodbridge)	2004
5:08.28	* Patience Unger (Foothill)	1981	5:11.14	Madison Hoffman (San Clemente)	2012
5:08.3 +	Rhonda Craig (Cypress)	5:10.1 y 1979	5:11.15	**Tern Smythers (San Clemente)	1989
5:08.3	K Strachan (Foothill)	2001	5:11.27	**Mary Steinberger (Mission Viejo)	1991
5:08.35	Maggie Cummings (Esperanza)	2010	5:11.30	Heather Hisgen (El Modena)	2008
5:08.36	Melissa Mead (Newport)	2007	5:11.34	Sydney Szabo (San Clemente)	2014
5:08.36	Arianna Fuentes (Katella)	2013	5:11.39	*** Taylor Arco (Mission Viejo)	2013
5:08.42	Sara Keenan (Dana Hills)	1980	5:11.42	* Courtney Kostrikin (Edison)	2006
5:08.45+	Kilo Lantry (Edison)	1980	5:11.53	Sara Bass (Los Alamitos)	2014
5:08.45	*Sara Digiovanni (Mater Dei)	2012	5:11.54	Ligaya Lange (St Margaret's)	2001
5:08.46	**Sienna Serrao (Dana Hills)	2014	5:11.6	*Katherine Ott (San Juan Hills)	2011
5:08.53	*Bronte Golick (Capo Valley)	2010	5:11.62	Rain Bailey (Edison)	1994
5:08.54	** Nichole Slykhou (Corona Del Mar)	2005	5:11.72	Raeanna Cortez (Bolsa Grande)	2011
5:08.57	Arane Gushue (Foothill)	2011	5:11.75	Courtney Carder (Esperanza)	2007
5:08.57	** Erin Barth (Newport)	2013	5:11.76	Ximena Cruz (Trabuco Hills)	2009
5:08.6	Melisa Partin (University)	1983	5:11.77	* Pam Smith (Esperanza)	1998
5:08.60	* Becky Miske (El Toro)	1998	5:11.83	**Gabrielle Yatauro (Edison)	2012
5:08.61	***Whitney Hampton (El Toro)	2002	5:11.87	* *Christine Bjelland (Costa Mesa)	2002
5:08.76	Hannah Kent Johnston (Sunny Hills)	2005	5:11.92	** Lauren Mauer (Crean Lutheran)	2013
5:08.93	* Melissa Eisele (San Clemente)	2013	5:12.0	Sue Sharr (Mission Viejo)	1981
5:09.01	Michelle Thune (Brea)	1998	5:12.0	* Mary Crane (Newport)	1991
5:09.02	*** Rachel Lida (Yorba Linda)	2013	5:12.0	* Breelan Matranga (Dana Hills)	2008
5:09.06	Jenny Thune (Brea)	2001	5:12.02	* Jessica Dahlberg (El Modena)	1997
5:09.1	** Jennifer Cooke (Esperanza)	1985	5:12.04	Kate Hirschboeck (Santa Margarita)	2004
5:09.10	* Natalie Herberg (Capo Valley)	2013	5:12.05	**Nicole Evans (Woodbridge)	2011
5:09.15	* Rajai Espinoza (Dana Hills)	1992	5:12.07	*Laura Beresford (Dana Hills)	2010
5:09.19	Jessica McIntyre (Los Alamitos)	2013	5:12.11	Kathryn Bishop (Trabuco Hills)	2011
5:09.2	** Nicole Biggers (El Toro)	1983	5:12.13	** K Durant (Marina)	2009
5:09.2	Sabrina Caplis (Foothill)	1995	5:12.14	**Sarah Rettman (Mission Viejo)	1999
5:09.26	Claire Kim (Sunny Hills)	2004	5:12.20	* Roseanne Peters (Fountain Valley)	2000
5:09.33	Claire Feit (Mater Dei)	1982	5:12.22	**Emily Park (Kennedy)	2014
5:09.34	Jessica Marquardt (Orange Lutheran)	2011	5:12.23	Madeline Bradford (Woodbridge)	2012
5:09.36	** Jeanette Zambrano (Bolsa Grande)	2013	5:12.28	**Mikayla Marshall (Mission Viejo)	2010
5:09.37	Lilly Schmidt (Corona del Mar)	2014	5:12.3+	Marilyn Nichols (El Dorado)	5:14.2y 1981
5:09.40	***Candice Alai (Edison)	2003	5:12.31	Cathy Peck (Woodbridge)	1989
5:09.42	Ashley Bergstrom (Canyon)	2011	5:12.31	***Jennifer Daly (Dana Hills)	2014
5:09.46	** Janie Crawford (Laguna Beach)	2013	5:12.32	Jamie Vaicaro (Katella)	1995
5:09.47	* Brooke Pigneri (Santa Margarita)	2013	5:12.34	Carrie Quinn (Edison)	1994
5:09.48	Breelan Matranga (Dana Hills)	2009	5:12.39	Kortnee Burton (Brea)	2008
5:09.50	Gabrielle Yatauro (Edison)	2014	5:12.4 +	* Ann Scott (Corona del Mar)	5:14.3y 1980
5:09.6	Lynne Hagan (Mater Dei)	1988	5:12.4	Tara Whitfield (El Modena)	1995
5:09.61	*Paige Tennison (Newport)	2012	5:12.40	* Sereena Warino (Aliso Niguel)	2001

5:12.41	*Megan Miller (Mission Viejo)	2014	9:30.3	Polly Plumer (University)	1982
5:12.44	Tess St Geme (Corona del Mar)	2014	9:40.8'	Courtney Pugmire (Esperanza)	1995
5:12.48	*Haley Seward (Edison)	2012	9:42.2'	Annie St Geme (Corona del Mar)	2006
5:12.51	*Melissa Ledesma (Esperanza)	2014	9:49.4	Kathy Mintie (Rosary)	1978
5:12.53	*Katie Eklof (Costa Mesa)	1991	9:49.5	** Carrie Garritson (Sunny Hills)	1992
5:12.53	Kelsey Carroll (San Clemente)	2012	9:49.8'	Shannon Stryker (Tustin)	1982
5:12.67	Erin Griffith (Capo Valley)	2007	9:53.8'	** Teresa Barrios (University)	1982
5:12.69	Kelly Dickerson (Tustin)	1999	9:56.2'	* Whitney Blue (Newport)	2005
5:12.69	*** Kayla White (Dana Hills)	2009	9:58.9'	** Shelby Buckley (Corona del Mar)	2006
5:12.7 +	Sherri Roach (Kennedy)	5:14.6y 1978	9:59.3'	** Allyson Marquand (University)	1997
5:12.71	**Maribeth Buche (Esperanza)	1999	10:00.9'	Buffy Rabbitt (Newport)	1986
5:12.79	Alyssa Cerminara-Gutcher (Woodbridge)	2012	10:01.5'	** Amber Parkinson (Orange Lutheran)	1991
5:12.8	Jaime Canterbury (Dana Hills)	2005	10:02.4'	* Sara Cummings (Corona del Mar)	2006
5:12.96	Cori Stemper (Foothill)	2013	10:04.7'	** Christine Babcock (Woodbridge)	2006
5:13.0	Jordan Steirwig (Villa Park)	2014	10:05.2	* Sharon Hulse (Edison)	1979
5:13.04	** Jessica Marquardt (Orange Lutheran)	2009	10:07.0'	** Elizabeth Coe (Fountain Valley)	2006
5:13.06	Madison Huffman (San Clemente)	2013	10:07.2'	Jenni Scott (Tustin)	1984
5:13.08	*Ashley Geisler (J Serra)	2014	10:07.9	***Kathy Kiernan (Los Amigos)	1979
5:13.09c	Aubrey Carr (Dana Hills)	2013	10:08.0	Laura McCracken (Westminster)	1983
5:13.10	***Hannah Hunsaker (JSerra)	2011	10:09.5'	*Martha Pinto (Katella)	1990
5:13.10	* Amanda Stark (Fountain Valley)	2013	10:11.0	Rhonda Craig (Cypress)	1979
5:13.14	Cynthia Mendez (Savanna)	2004	10:11.8'	** Julie Allen Fountain Valley)	1999
5:13.17	* Claire Rainey (Los Alamitos)	2013	10:12.4'	* Rocio Pelayo (Bolsa Grande)	2006
5:13.19	Hannah Stemper (Foothill)	2014	10:12.5	Nicole Ritchot (Edison)	1984
5:13.25	**Julie Cooper (El Dorado)	1984	10:12.7'	* Tanya Brix (University)	1990
5:13.30	**Camille Perkins (Dana Hills)	2014	10:12.8	*** Hillary Hayes (Edison)	2006
5:13.32	Jacque Adams (Foothill)	2013	10:13.22	Jennifer Abraham (Foothill)	1983
5:13.38	* Kristin Chadez (Esperanza)	1999	10:13.6'	***Kelly Campbell (Corona del Mar)	1993
5:13.38	**Britney Webster (Capo Valley)	2001	10:13.9'	*Tracy Wright (Irvine)	1985
5:13.4	** Julie Morris (Costa Mesa)	1983	10:14.5'	* Kim Nelson (Canyon)	1993
5:13.4	**Aubrey Carr (Dana Hills)	2011	10:15.1'	** Elyse Homberger (Edison)	1993
5:13.43	* Kelly Caulfield (Pacifica)	2009	10:16.3'	Elizabeth Alexander (Tustin)	1993
5:13.43	Lorraine Fernandez (Valencia)	2014	10:19.1	Sita Jones (La Habra)	1988
5:13.46	*** Madde Fox (Marina)	2013	10:19.3'	* Nancy Dollar (San Clemente)	1994
5:13.48	**Laura Dzida (Rosary)	2003	10:19.64	** Carrie Caulkins (Esperanza)	1993
5:13.52	* Tish Williams (Laguna Hills)	1989	10:19.88	***Kay Nekota (Woodbridge)	1991
5:13.57	Nancy Jessen (Dana Hills)	1980	10:21.1'	Heather Killeen (Valencia)	1991
5:13.57	Madeline McDonald (Rosary)	2014	10:21.2'	Tracy Clark (Corona del Mar)	1995
5:13.6	Jami Nourse University)	1982	10:21.8	Sherri Roach (Kennedy)	1978
5:13.6	Bronte Colick (Capo Valley)	2011	10:22.8'	* Angie Winkler (Fountain Valley)	1995
5:13.72	Heather Hutchison (Mission Viejo)	1986	10:23.6	** Trudy Gardner (Magnolia)	1980
5:13.82	*Bailee Margolis (Trabuco Hills)	2014	10:23.7	Maricelle Benavides (SA Valley)	1988
5:13.83	* Kyle Oefelein (Woodbridge)	2013	10:24.0'	** Amber Steen (Newport)	1999
5:13.84	**Mariana Chavez (Fountain Valley)	2014	10:24.8	Leslie Cashion (Corona del Mar)	1988
5:13.9+	Sandra Katzer (Huntington Beach)	5:15.8y 1977	10:24.8'	Elly Estrada (Santa Ana Valley)	1995
5:13.9	Kylie Hunsaker (San Clemente)	2008	10:24.98	Meghan Mayes (Capo Valley)	1994
5:14.00	**Kendall Billingsley (Misson Viejo)	1999	10:25.0	** Jessie Babcock (Woodbridge)	2005
5:14.01	Marissa Nickles (Fountain Valley)	2012	10:25.10	Sophia Ditty (Newport)	2008
5:14.03	* Kristen Green (Huntington Beach)	1998	10:25.3'	*** Heather Garritson (Buena Park)	1995
5:14.1	Bowles (?)	2005	10:25.4	Alicia Kirkhorn (Edison)	1978
5:14.2	*Debbie Lloyd (Foothill)	1983	10:26.04	** Donna Fleagle (Tustin)	1983
5:14.2	* Jenni Scott (Tustin)	1983	10:26.7	Cathy Peck (Woodbridge)	1990
5:14.26	*** Charisma Byrd (Rosary)	2013	10:27.6	* Magi Henson (Newport)	1985
5:14.27	Laura Peck (Woodbridge)	1989	10:28.9	Tasmin Valdez (Esperanza)	1983
5:14.28	Megan Geyer (Dana Hills)	2012	10:29.55	Rocio Pelayo (Bolsa Grande)	2007
5:14.3	Wolfe (Costa Mesa)	1982	10:29.6	Debbie Lies (Loara)	1984
5:14.30	*Sabrina Hermann (Trabuco Hills)	2014	10:30.0	*** Kirstin Harkins (La Quinta)	1981
5:14.31	Wendy Petersen (Laguna Beach)	1987	10:30.6	Susan Armentrout (University)	1983
5:14.42	Kristin Carney (Foothill)	1985	10:30.90	* Katie Eklof (Costa Mesa)	1991
5:14.46	** Carmille Garcia (Fountain Valley)	2009	10:32.3	Kirsten Quigely (Dana Hills)	1988
5:14.46	*Natalie Wilson (Mater Dei)	2011	10:32.3'	Crystal Reed (Fountain Valley)	2006
5:14.5	Liz Holland (Corona del Mar)	1987	10:35.12	Jessica Marquardt (Orange Lutheran)	2011
5:14.54	Jessica Chadwick (El Toro)	2009	10:35.62	** Terri Smythers (San Clemente)	1989
5:14.6	Cindy Stoughton (Corona del Mar)	1981	10:36.0	Maria Mendoza (Santa Ana)	1988
5:14.6	***Bree Frigo (El Toro)	1992	10:36.20	* Natalie Adam (Huntington Beach)	1989
5:14.65	**Nicole Scheid (Mission Viejo)	2002	10:36.5	Lynne Hagan (Mater Dei)	1988
5:14.66	Pazton Cota (Dana Hills)	2011	10:36.8	Tami Harberth (Esperanza)	1985
5:14.66	** Kalie Demerjian (El Toro)	2013	10:36.83	* Desiree Alexander (Newport)	2008
5:14.70	*** Lauren Jacob (Los Alamitos)	2013			
5:14.87	**Laura Chapel (Irvine)	1984			
5:14.88	Laura Doering (Villa Park)	1989			
5:14.99	Christine Eckstaedt (El Modena)	2000			

3000 meters

3200 Meters

9:54.89 Bethan Knights (Northwood) 2014

10:04.03	Christina Babcock (Woodbridge)	2008	10:51.76	Ashlee Powers (Corona del Mar)	2012
10:10.51	Laura Hollander (Marina)	2012	10:51.84	* Amber Bragdon (Fountain Valley)	2013
10:14.48	Courtney Pugmire (Esperanza)	1995	10:53.02	*Julia Sienski (Edison)	2014
10:15.89	Annie St Geme (Corona del Mar)	2006	10:53.25	* Rocio Pelayo (Bolsa Grande)	2006
10:16.83	Alex Dunne (San Clemente)	2009	10:53.74	*** Sheridan Gomez (Dana Hills)	2009
10:23.59	Sierra Vega (Foothill)	2010	10:54.20	Rhonda Craig (Cypress)	10:58.0y 1979
10:25.17+	Sarah Cummings (Corona del Mar)	10:28.82y 2007	10:54.20	Kristin Arkin (Trabuco Hills)	2008
10:25.67	Marisa Cummings (Corona del Mar)	2010	10:54.55	Angie Winkler (Fountain Valley)	1996
10:26.45	Amber Steen (Newport)	2001	10:54.58	** Elyse Homberger (Edison)	1993
10:28.20	** Carrie Garritson (Sunny Hills)	1992	10:55.6+	Mari Gibbs (Marina)	10:59.4y 1977
10:28.79	Hillary Hayes (Edison)	2009	10:55.61	Melissa Mead (Newport)	2007
10:29.03	** Teresa Barrios (University)	1982	10:56.17	***Lauren Mauer (Crean)	2012
10:29.42	Shannon Stryker (Tustin)	1982	10:56.18	** Maryann Pynchon (Edison)	2001
10:31.15	*Paige Tennisson (Newport)	2012	10:56.20	Laura McCracken (Westminster)	1983
10:33.08	Melissa Eisele (San Clemente)	2014	10:56.5+	Deborah Chaddock (Los Alamitos)	11:00.3y 1979
10:33.55	***Danica Wyson (Alison Niguel)	2009	10:56.50	**Olivia Goins (Canyon)	2011
10:33.95	Julie Allen (Corona del Mar)	2002	10:56.58	Molly Babcock (Woodbridge)	2012
10:34.82	** Shelby Buckley (Corona del Mar)	2006	10:56.63	Allie Rigby (Foothill)	2010
10:35.16	* Annabella Villanueva (Fountain Valley)	1980	10:56.94	Cassandra Smith (Trabuco Hills)	2012
10:35.64+	* Whitney Blue (Newport)	10:38.35y 2005	10:56.96	**Ashley Licata (Capo Valley)	2014
10:36.16	Alaina Alvarez (Dana Hills)	2011	10:57.0	* Leslie White (Lowell)	1980
10:36.61	Melanie Powers (Corona del Mar)	2010	10:57.1	Becky Miske (El Toro)	1998
10:37.29	Staci Foster (Orange Lutheran)	2009	10:57.3	* Maggie Henson (Newport)	1985
10:37.59	**Amanda Gehrich (Tesoro)	2014	10:57.33	Elizabeth Alexander (Tustin)	1993
10:38.10	Monica Rothenburger (Dana Hills)	2004	10:57.37	Ava Jones (La Habra)	2002
10:38.80	** Amber Parkinson (Orange Lutheran)	1991	10:57.78	*Jeanette Zambrano (Bolsa Grande)	2014
10:39.17	** Allyson Marquand (University)	1997	10:57.99	**Kellian Hunt (Whittier Chr)	2010
10:39.39	***Amanda Honn (Huntington Beach)	2011	10:58.55	Sarah Paddon (St Margaret's)	2011
10:39.90	Kylie Nishisaka (Marina)	2013	10:58.79	** Donna Fleagle (Tustin)	1983
10:41.71	* Jessie Babcock (Woodbridge)	2005	10:58.8	** Kelly Roda (Irvine)	1991
10:41.98	*Alana Jones (Laguna Hills)	2012	10:58.92	**Jacquie Adams (Foothill)	2011
10:42.16	Buffy Rabbitt (Newport)	1986	10:59.01	*Emily Scharmann (Tesoro)	2012
10:42.29	Lori Hoffman (Trabuco Hills)	2009	10:59.07	Marilyn Nichols (El Dorado)	1981
10:42.50	*Sabrina Hermann (Trabuco Hills)	2014	10:59.21	** Jenny Sears (Mater Del)	2000
10:42.51	* Martha Pinto (Katella)	1990	10:59.47	Laura Bilder (Corona del Mar)	2009
10:43.05	** Elizabeth Coe (Fountain Valley)	2006	10:59.52	Sydney Szabo (San Clemente)	2014
10:43.96	Cassidy Towner (El Dorado)	2014	10:59.67	***Kathryn Bishop (Trabuco Hills)	2011
10:44.00	** Heather Garritson (Buena Park)	1996	11:00.25	**Natasha Strickland (Laguna Beach)	2011
10:44.09	* Megan Meyer (Tesoro)	2008	11:00.36	Katherine Nielsen (Irvine)	2007
10:44.50	* Bethany Nickless (Fountain Valley)	2002	11:00.49	Kristen Berglas (Woodbridge)	2003
10:44.95	* Patience Unger (Foothill)	1981	11:00.81	** Brooke Thomas (Laguna Hills)	1997
10:45.10	Lori Mann (Santa Margarita)	2001	11:00.6	***Kathy Kiernan (Los Amigos)	11:04.5y 1980
10:45.49	*** Nancy Dollar (San Clemente)	1992	11:00.87	Paige Canterbury (Dana Hills)	2013
10:46.30	** Julie Allen (Fountain Valley)	2000	11:00.99	Jessica Marquardt (Orange Lutheran)	2011
10:46.31	Heather Balbier (Dana Hills)	2009	11:01.11	Erica Pearson (Newport)	2009
10:46.99	*** Shelby Buckley (Rosary)	2005	11:01.20	Rosalva Bonilla (Los Amigos)	1981
10:47.42	** Grace Schafer (Capo Valley)	2013	11:01.35	* Claire Kim (Sunny Hills)	2003
10:47.82	Jenni Scott (Tustin)	1984	11:01.40	Erin Griffith (Capo Valley)	2007
10:47.98	Allison Costello (Esperanza)	2003	11:01.8	Tracy Clark (Corona del Mar)	1995
10:48.13	* Kim Nelson (Canyon)	1993	11:01.87	Heather Killeen (Valencia)	1991
10:48.29	** Claire Feit (Mater Dei)	1982	11:01.96	Ariane Gushue (Foothill)	2011
10:48.33	* Crystal Reed (Fountain Valley)	2006	11:02.52	** Emily Goldstein (El Toro)	2008
10:48.80	Kim DeVitis (Edison)	1982	11:02.65	* Sue Armentrout (University)	1981
10:48.98	* Tracy Wright (Irvine)	1985	11:02.86	*** Jordan Stewig (Villa Park)	2013
10:49.16	Nicci Corbin (Tesoro)	2011	11:03.07	** Alicia McFall (Newport)	1997
10:49.16	Eileen Stressling (Marina)	2014	11:03.14	Jenny Sears (Woodbridge)	2002
10:49.17	** Tanya Brix (University)	1990	11:03.27	Keena Kohl (Esperanza)	2008
10:49.4+	Jennifer Abraham (Foothill)	10:53.1y 1983	11:03.4	Sita Jones (La Habra)	1988
10:49.47	Vanessa Hancock (Brea)	2008	11:03.60	**Stephanie Ortega (Segerstrom)	2014
10:49.90	*Nicole Evans (Woodbridge)	2011	11:03.89	**Emily Bacon (Newport)	2014
10:49.98	*Marissa Bartello (Laguna Hills)	2014	11:03.90	*Sabrina Hermann (Trabuco Hills)	2014
10:50.03	* Erica Pearson (Newport)	2008	11:04.15	Arianna Seliz (Esperanza)	2008
10:50.13	*Bailee Margolis (Trabuco Hills)	2014	11:04.19	Emily Scharmann (Tesoro)	2013
10:50.28	Jessica Cushing-Murray (Foothill)	2014	11:04.49	** Carrie Caulkins (Esperanza)	1993
10:50.29	***Sami Murphy (Northwood)	2014	11:04.54	Kristy Koenes (Canyon)	2009
10:50.5	* Sharon Hulse (Edison)	1979	11:05.00	* Stephanie Torres (Cypres)	2003
10:50.50	Ann Helm (Laguna Hills)	1984	11:05.09	Leslie Cashion (Corona del Mar)	1988
10:50.75	Bronte Golick (Capo Valley)	2011	11:05.27	*** Laura Strachan (Foothill)	1999
10:50.8+	Sherri Roach (Kennedy)	10:54.6y 1978	11:05.57	*Taylor Romine (El Toro)	2012
10:51.1+	Stacy Kneeshaw (Foothill)	10:54.8y 1980	11:06.01	Tasmin Valdez (Esperanza)	1983
10:51.17	Camila Turati (El Toro)	2014	11:06.04	Justine Rea (Trabuco Hills)	2010
10:51.19	Sophia Ditty (Newport)	2008	11:06.14	** Kellee Miller (Tustin)	1982
10:51.28	*** Kelly Campbell (Corona del Mar)	1993	11:06.21	*Laura Beresford (Dana Hills)	2010
10:51.4	+ ** Polly Plumer (University)	10:55.2y 1980	11:06.41	**Natasha Strickland (Laguna Beach)	2010
10:51.65	** Anne Gustafsson (Brea)	2003	11:06.5	+Barb Ludovise (Corona del Mar)	11:10.3y 1980

11:06.60 ***Kay Nekota (Woodbridge) 1991
 11:06.62 * Desiree Alexander (Newport) 2008
 11:06.7+ * Joelin Fisher (Costa Mesa) 11:10.5y 1979
 11:07.17+ Janice Kelley (Canyon) 11:11.07y 1978
 11:07.22 ***Maggie Goodson (Newport) 2010
 11:07.29 *Stacy Kim (Sunny Hills) 2003
 11:07.61 * Sue Sharr (Mission Viejo) 1981
 11:07.67 Jen Blair (Corona del Mar) 1998
 11:07.7 *** Bree Frigo (El Toro) 1992
 11:07.72 ** Terri Smythers (San Clemente) 1989
 11:07.79 * Mary Moore (Woodbridge) 1997
 11:07.97 ** Lauren Maurer (Crean Lutheran) 2013
 11:08.17 Madison Tanner (Canyon) 2011
 11:08.38 * Dominique Regalado (Trabuco Hills) 2013
 11:08.47 Elly Estrada (Santa Ana Valley) 1995
 11:08.5+ Amy Cox (Foothill) 11:12.0y 1984
 11:08.67 * Shalice Pugmire (Esperanza) 2001
 11:09.08 * Brianna Bartello (Laguna Hills) 2014
 11:09.15 *Haley Seward (Edison) 2012
 11:09.27 ** Tracy Clark (Corona del Mar) 1993
 11:09.3 Haley Niles (Trabuco Hills) 2009
 11:09.32 Julia Rigby (Foothill) 2008
 11:09.33 ***Kathryn Kaloroumakis (Dana Hills) 2014
 11:09.4 Gergley (Woodbridge) 2004
 11:09.48 ***Julia Van Marter (Canyon) 2012
 11:09.54 *Rebecca Deitch (Capo Valley) 2014
 11:09.58 ** Courtney Kostrikin (Edison) 2005
 11:09.58 *Kaitlyn Smith (San Clemente) 2010
 11:09.67 * Hayley Niles (Trabuco Hills) 2008
 11:10.83 *Sara Digiovanni (Mater Dei) 2012
 11:10.10 ***Paxton Cota (Dana Hills) 2008
 11:10.22 Colby Lindholm (JSerra) 2012
 11:10.32 Katie Nuanes (Santa Margarita) 1997
 11:10.4 * Ashley Sutor (Dana Hills) 2004
 11:10.57 ** Misha Wilson (University) 1995
 11:10.04 Kim Robinson (Newport) 1990
 11:10.0 Sherri Smith (Woodbridge) 1986
 11:10.05 *Katie Eklof (Costa Mesa) 1991
 11:10.8 Barbara Kozlowski (Irvine) 1988
 11:10.94 Lynne Hagan (Mater Dei) 1988
 11:11.06 * Mikaela Garduno (Foothill) 2013
 11:11.23 Emily Haigh (Foothill) 2002
 11:11.71 Nicole Giove (Fountain Valley) 2008
 11:11.91 **Natatha Gunther (Dana Hills) 2010
 11:11.94 *Hannah Bell (Esperanza) 2011
 11:12.32 Erica Sahl (Villa Park) 2004
 11:12.41 Makenna Smith (Trabuco Hills) 2010
 11:12.49 Megan Petkovic (Pacifica) 2008
 11:12.55 **Nicole Evans (Woodbridge) 2010
 11:12.64 Kellian Hunt (Whittier Chr.) 2012
 11:12.72 ***Julia Van Marter (Canyon) 2012
 11:13.02 Vanessa Kelly (Marina) 2001
 11:13.04 Nicole Evans (Woodbridge) 2011
 11:13.11 Gabrielle Yatauro (Edison) 2014
 11:13.2 * Camila Turati (El Toro) 2013
 11:13.33 Andrea Aguilar (Mater Dei) 2006
 11:13.38 **Molly Mann (San Clemente) 2010
 11:13.4 Wendy Petersen (Laguna Beach) 1987
 11:13.51 * Maureen Quinn (Dana Hills) 1983
 11:13.63 *** Allison Damon (Corona del Mar) 2005
 11:13.64 Katie Durant (Marina) 2008
 11:13.66 Nicole Slyhous (Corona del Mar) 2007
 11:13.69 ** Gianna Velasquez (El Toro) 2008
 11:13.78 Shelby Stegall (Foothill) 2010
 11:13.8 ** Tiffany Anderson (Newport) 1985
 11:13.85 Roselynda Garcia (Kennedy) 1987
 11:13.88 Christine Eckstaedt (El Modena) 2000
 11:13.97 ** Liz Huipe (Estancia) 1999
 11:14.04 **Emily Scharmann (Tesoro) 2011
 11:14.04 **Marisa Purcell (Northwood) 2011
 11:14.08 ** Christine Bjelland (Costa Mesa) 2002
 11:14.1 Ali Palmer (San Clemente) 2011
 11:14.15 **Elyser Estrada (SA Valley) 1993
 11:14.3 Meghan Mayes (Capo Valley) 1994
 11:14.52 *Melisa Olgun (Edison) 2008

11:14.57 ** Beth Rosipajla (El Dorado) 1985
 11:14.72 Jessica Mumaugh (Santa Margarita) 2009
 11:14.78 Kora Johnson (Trabuco Hills) 2011
 11:14.8 Justine Rea (Trabuco Hills) 2009
 11:14.80 *Ashley Geisler (J Serra) 2014
 11:14.93 *Ava Kent (Orange Lutheran) 2010
 11:15.0+ Tami Darr (Mission Valley) 11:20.0y 1977
 11:15.4 Kristen Quigley (Dana Hills) 1988
 11:15.6 *** Laura Doering (Mater Dei) 1986
 11:15.62 Camille Garcia (Fountain Valley) 2011
 11:15.66 *Tittany Costello (Tesoro) 2014
 11:15.75 *** Melissa Haddy (Dana Hills) 1998
 11:15.77 Meghan Mainwaring (Santa Margarita) 2002
 11:15.8+ Dale Sprink (University) 11:19.7y 1979
 11:15.89 *** Nicole Scheid (Mission Viejo) 2001
 11:15.91 Elle Pace (El Modena) 2010
 11:16.01 **Christina Wright (Dana Hills) 2014
 11:16.11 Nisha Richardson (Canyon) 2006
 11:16.22 ** Kelsey Carroll (San Clemente) 2013
 11:16.28 ** Karine Parry (Aliso Niguel) 2002
 11:16.3+ ** Erika Lacrosse (Costa Mesa) 11:21.3y 1980
 11:16.3 Taryn Lawson (Ocean View) 1995
 11:16.39 Danielle Oden (Esperanza) 2014
 11:16.6+ ***Heather Hutchinson (Mission V) 11:20.5y 1983
 11:16.69 * Katie Strachan (Foothill) 2002
 11:16.8+ ** Paula Jones (Corona del Mar) 11:20.7y 1979
 11:16.83 **Anna Attard (Marina) 2002
 11:16.9 Maura Daley (Mission Viejo) 1985
 11:16.9 Jamie Canterbury (Dana Hills) 2005
 11:16.95 **Lisa Massoth (Esperanza) 1997
 11:16.95 Danielle Guerin (Dana Hills) 2007
 11:16.98 Bekah Bahra (Orange Lutheran) 2011
 11:16.99 *Katherine Gallaher (Esperanza) 2014
 11:17.04 Jess Lesser (Woodbridge) 2014
 11:17.20 **Elizabeth Kubis (Mission Viejo) 1985
 11:17.21 * Amanda Stark (Fountain Valley) 2013
 11:17.28 Katherine Woie (Valencia) 1987
 11:17.51 *Lana Atchley (Ocean View) 1991
 11:17.6 Kelly Roda (Irvine) 1993
 11:17.70 Ann Helm (Laguna Hills) 1985
 11:17.79 *Kelsey Carroll (San Clemente) 2014
 11:17.88 * Rachel Wilson (Trabuco Hills) 2013
 11:18.09 Katie Ott (San Juan Hills) 2011
 11:18.19 *Stacy Carrington (Cypress) 1988
 11:18.21 **Julia Lipson (El Modena) 2010
 11:18.28 Bridget O'keefe (Santa Margarita) 2008
 11:18.5 *** Rachel Ngu (Northwood) 2008
 11:18.54 *Janna Evans (Edison) 1992
 11:18.7+ **Linda Booth (Laguna Beach) 11:12.7y 1981
 11:18.70 ***Jennifer Formosa (Edison) 1992
 11:18.89 *Alyssa Brown (Mission Viejo) 2005
 11:19.0+ *Stacey Skeie (Corona del Mar) 11:22.6y 1984
 11:19.04 Mary Kenney (Valencia) 1984
 11:09.08 ***Leslie Burton (El Modena) 1995
 11:19.2 **Trudy Gardner (Magnolia) 1980
 11:19.26 **Katie Caya (Rosary) 2014
 11:19.3 Maricelle Benavides (SA Valley) 1988
 11:19.31 Desiree Alexander (Newport) 2007
 11:19.35 Mayra Medina (Laguna Hills) 1993
 11:19.41 Chelsea Vancott (Calvary Chapel) 2008
 11:19.54 Lauren Paul (Newport) 2004
 11:19.57 Kortnee Burton (Brea) 2008
 11:19.58 **Shey Manifian (University) 2001
 11:19.6 Ximena Cruz (Trabuco Hills) 2009
 11:19.61 *Kelly Rendon (Orange Lutheran) 2004
 11:19.81 Ali Hummelberg (Corona del Mar) 2010
 11:19.99 ** Melanie Powers (Corona del Mar) 2008

5,000 Meters

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

100m Low Hurdles (30" 1977-1992)

14.00+	Lisa Gourdine (El Toro)	14.09y	1977
14.10	*Suzie Ray (Villa Park)	14.19y	1979
14.13	*Laura Mills (University)		1981
14.16	*Suzanne Kerho (Mission Viejo)		1988
14.20	Stacy Noton (Sunny Hills)		1983
14.21	Bonnie Mercer (SA Valley)		1980
14.22	*Thelma Harmon (SA Valley)		1979
14.23	*Elinor Tolson (Fountain Valley)		1992
14.25	Tracy Hanlon (Edison)		1980
14.25+	*Cheryl Glazier (El Toro)	14.1y	1977
14.26	Sharon Hatfield (Fountain Valley)		1982
14.27	Jocelyn Lee (Irvine)		1983
14.34	Danielle Reeves (Esperanza)		1988
14.41	Chris Davenport (Troy)		1979
14.44	Nancy Niewlandt (Valencia)		1984
14.48	*Yleana Carrasco (Anaheim)		1985
14.51	***Elinor Tolson (La Quinta)		1990
14.57	***Katie Mook (Foothill)		1992
14.65+	Kim 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
14.82	*Dina Caffey (Esperanza)		1980
14.85+	Liz Carroll (Fountain Valley)	14.7y	1978
14.85+	Vicki Almeida (Troy)	14.7y	1979
14.87	Medra Lyons (Laguna Hills)		1984
14.87	Nikki Jackson (Esperanza)		1990
14.89	Tina Ortega (Irvine)		1986
14.91	Allison Franke (Canyon)		1989
14.94c	Caroline Chambers (SA Valley)	14.7	1982
14.94c	Shannon Bryant (Sonora)	14.7	1989
14.94	**Kelly Graton (Loara)		1988
14.95	*Julie Baker (Capo Valley)		1980
14.95	Lisa Knott (Sonora)		1992
14.96	Valerie Gritton (Woodbridge)		1987
14.98	Andrea Dean (Mission Viejo)		1992
15.00	*Kim Collins (Tustin)		1984
15.00	Kathy Kelly (Canyon)		1984
15.04	*Shannon Dean (Mission Viejo)		1991
15.06	Wendy Hale (Brea)		1980
15.08	Melody Ryan (Western)		1983
15.11	*Kell Thomson (El Toro)		1992
15.13	Lima Smith (Villa Park)		1984
15.14c	Sarah Moleski (Katella)	14.9	1980
15.14c	Sharon Attlesey (Katella)	14.9	1986
15.14c	Le Anne Margerum (Fountain Valley)	14.9	1980
15.16	*Rene Wright (Orange Lutheran)		1990
15.17	*Shundra Holland (Saddleback)		1986
15.19	*Gaylen Ames (El Modena)		1984
15.20	Laura Knight (Katella)		1982
15.21	Heather Novak (Santa Margarita)		1992
15.22	Tammy Siefert (Cypress)		1982
15.23	Kristina Lockwood (Woodbridge)		1990
15.24c	Heidi Smith (Valencia)	15.0	1991
15.24c	*Tracy Broughton (Irvine)	15.0	1991
15.25+	Beth Rockliffle (Santa Ana)	15.1y	1978
15.25	Nancy Chabot (Brea)		1990
15.28	Erin Stansbury (Ocean View)		1989
15.29	Emily Thiebaud (Esperanza)		1988
15.33	Jennifer Owens (San Clemente)		1988
15.34c	Leanna Delgado (Estancia)	15.1	1980
15.34c	Sharon Bruster (El Modena)	15.1	1980
15.34c	*Susie Jacobsen (Newport)	15.1	1989
15.34	Shelby MacKay (Dana Hills)		1990
15.35	Summer Everly (El Toro)		1989
15.38	** Millie Potts (Loara)		1982
15.39	Tiffany Feliz (Mater Dei)		1986
15.42	Ann Kissinger (Marina)		1988

15.43	***Lynde Gibson (Woodbridge)		1991
15.44	Ursula Lovely (Kennedy)		1987
15.44c	Katie Whitfield (Dana Hills)	15.2	1983
15.44c	*Kelly Grand (Los Amigos)	15.2	1985
15.44+	Ashley Selman (Foothill)	15.3y	1988
15.47	Tamara Noggle (El Dorado)		1989
15.49	*Brenda Robinson (SA Valley)		1989
15.50	**Jill Lindhart (Capo Valley)		1986

Wind-aided:

14.04+	Chris Davenport (Troy)	14.13y	1979
14.08	Laura Mills (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
14.19	Emma Radan (Mater Dei)		2014
14.20	Kimmie Conner (Dana Hills)		2010
14.21	Natalie Roy (Mission Viejo)		2007
14.30	*Lauren Collins (Santa Margarita)		2004
14.35	*Monica Todd (Trabuco Hills)		2010
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
14.64	**Alexis Turley-Young (Canyon)		2014
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
14.84	Kyndol Craver (Woodbridge)		2013
14.85	**Erin Stovall (Woodbridge)		1995
14.87	Tori Usgaard (Dana Hills)		2012
14.89	* Grace Esslinger (Dana Hills)		2008
14.89	Michelle Wicker (Trabuco Hills)		2010
14.94	Jessica Bragg (El Toro)		2009
14.96	Michelle Urabe (Mater Dei)		2010
14.98	Jordan Agnew (Los Alamitos)		2013
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	15.87	*Malia Billups (Brea)	2006
15.10	Lauren Correa (El Toro)	2005	15.87	**Chelsea Josten (Brea)	2006
15.11	Cira Wright (Kennedy)	2000	15.87	*Tiffany Liu (Corona del Mar)	2006
15.13	*Sunny Nichols (Sunny Hills)	1997	15.87	*Jessica Robson (Newport)	2006
15.14	Kiana Henry (Canyon)	2011	15.87	Nadia Sine (Woodbridge)	2014
15.14	Brittney Thornton (Dan Clemente)	2013	15.89	**Megan Jones (Dana Hills)	2009
15.15	Krissy Knowles (Fountain Valley)	2009	15.90	Megan Jones (Dana Hills)	2011
15.18	Heather Novak (Santa Margarita)	1994	15.90	Brittany Hanrahan (Mater Dei)	2012
15.20	*Cristina Ohaeri (Esperanza)	1995	15.90	Gabi Sagorin (Woodbridge)	2014
15.20	Hailey Bond (Edison)	2014	15.91	**Alison Parsons (Los Alamitos)	2014
15.24c	*Susan Pettus (Marina)	15.0 1995	15.93	Tiffany Pransky (Orange Lutheran)	2005
15.24	Jenna Wendell (Santa Margarita)	2008	15.94c	Christina Gustlin (Foothill)	15.7 1994
15.26	*Shay Alexander (Capo Valley)	2001	15.94c	Kendra Lakins(Brea)	15.7 1996
15.26	*Trista Marquez (Dana Hills)	2004	15.94c	Katie Wildermuth (Santa Margarita)	15.7 1998
15.28	*Jasmine Webb (Buena Park)	2004	15.94c	*Nicole Yergler (Santa Margarita)	15.7 2004
15.33	Mandy Girling (Orange Lutheran)	1999	15.95	***Shay Alexander (Capo Valley)	1999
15.33	Amber Carpenter (Santa Margarita)	2003	15.95	Keena Bensworth (Trabuco Hills)	2013
15.33	*Jordan Davis (Troy)	2013	15.95	Hailey James (Foothill)	2013
15.34c	Megan Scanlon (Troy)	15.1 1999	15.96	Carrie Hoagland (Canyon)	1994
15.35	Dilcia Loomis (Sunny Hills)	2006	15.96	*Rene Delellis Rosary)	2000
15.38	Michaela Schaeffer (Edison)	2013	15.96	Taylor Sims (Tesoro)	2012
15.39	Ashley Jsames (Savanna)	2008	15.96	*Isabella Branstrom (San Clemente)	2014
15.39	Kamala Parker (La Habra)	2003	15.97	Smith (SA Valley)	2000
15.39	Elizabeth Bastos (El Toro)	2006	15.97	Ashley Vogt (Mission Viejo)	2001
15.42	Alex McCarten (San Clemente)	1997	15.97	Kathryn Karkut (Calvary Chapel)	2008
15.44	Gigi Surmon (Costa Mesa)	1993	15.97	*Annie Bubinski (Dana Hills)	2010
15.44	*Breanna Barker (Dana Hills)	2012	15.97	*Claire Curie (El Toro)	2012
15.45	Tailor Dunigan (Mission Viejo)	2010	15.97	Kaylin Petersen (Brea)	2013
15.48	**Elizabeth Loud (Irvine)	2000	15.97	Tori Occhipinti (Crean Lutheran)	2013
15.48	*** Chelsea Larson (Orange Lutheran)	2008			
15.49	Emma Kratzberg (Corona del Mar)	2014	Wind-aided:		
15.50	*Laurel Simpson (Capo Valley)	1994	13.62	*Ashley Bethel (Mission Viejo)	1997
15.50	Whitney MacDonald (Edison)	2004	13.82	Dana Bethel (Mission Viejo)	2001
15.50	Lauren Bercha (Tesoro)	2010	14.11	Natalie Roy (Mission Viejo)	2007
15.51	*Lisa Stegman (Dana Hills)	1996	14.14	Emma Radan (Mater Dei)	2014
15.54c	Elinor Tolson (Fountain Valley)	15.3 1993	14.15	Kimmie Conner (Dana Hills)	2010
15.54c	Marlene Lang (Fountain Valley)	15.3 1994	14.20	Monica Todd (Trabuco Hills)	2010
15.54c	*Sarah Bohannon (Los Amigos)	15.3 1995	14.41	Kerry O'Bric (Edison)	1995
15.54c	M.E. Clayton (Newport)	15.3 1997	14.44	Katie Mook (Foothill)	1995
15.54	Brittany Hanrahan (Mater Dei)	2013	14.53	**Alexis Turley-Young (Canyon)	2014
15.55	**Jill Holmes (El Toro)	1994	14.64	Chelsea Taylor (Mission Viejo)	2008
15.56	Sarah Bonilla (Brea)	1998	14.65	Julie Handy (Esperanza)	2004
15.56	Jocelyn Parkinson (St Margaret's)	2002	14.70	Kristen Woepse ((Woodbridge)	2005
15.60	*Chelsea Larson (Orange Lutheran)	2010	14.71	Kyndol Craver (Woodbridge)	2013
15.60	**Ashlan Revollar (Los Alamitos)	2014	14.73	**Michaela King (Dan Hills)	2012
15.61	**Taylor Sims (Tesoro)	2012	14.76	Krissy Knowles (Fountain Valley)	2009
15.62	**Cira Wright (Kennedy)	1998	14.86	Michaela King (Dana Hills)	2014
15.63	Cathy Mullee (Edison)	1998	14.87	Kiana Henry (Canyon)	2011
15.63	*Emily Peterson (El Toro)	2010	14.90	Jordan Agnew (Los Alamitos)	2013
15.64c	Courtney Morris (Marina)	15.4 1995	14.96	Lindsay Wells (Mater Dei)	2000
15.64	*Victoria Ton (Northwood)	2004	14.50	Inshirah Jones (Esperanza)	1995
15.65	*Madison Klovsstad (El Modena)	2002	14.52	*Erin Stovall (Woodbridge)	1996
15.71	Rosita Smith (Mater Dei)	1994	14.56	* Amanda Shanklin (Santa Margarita)	1998
15.72	*Lauren Porter (Northwood)	2010	14.64	Chelsea Taylor (Mission Viejo)	2008
15.72	Yasmeen Chennault (Laguna Hills)	2011	14.81	Michelle Wicker (Trabuco Hills)	2010
15.73	** Elizabeth Loper (Trabuco Hills)	2009	14.82	Lauren Wilson (Esperanza)	2006
15.74	Katy Zimmon (Edison)	1998	14.87	Lauren Correa (El Toro)	2005
15.74	Emma Farrell (Mission Viejo)	2013	14.87	Ashley Jsames (Savanna)	2008
15.77	**Stevie Nicholas (Sunny Hills)	1998	14.92	Michelle Urabe (Mater Dei)	2010
15.78	Lisa Stigman (Dana Hills)	1997	15.01	Cristina Ohaeri (Esperanza)	1995
15.78	Nicole Lomeli (Esperanza)	1999	15.01	*Heather Gibson (Orange Lutheran)	2005
15.78	Annie Bubinski (Dana Hills)	2011	15.07	Hailey Bond (Edison)	2014
15.79	Kelly O'Connor (Esperanza)	1996	15.12	Michaela Schaeffer (Edison)	2013
15.79	Marie Ingram (Aliso Niguel)	2006	15.21	Shay Alexander (Capo Valley)	2002
15.79	Lauren Wilson (Esperanza)	2006	15.25	Madison Klovsstad (El Modena)	2003
15.79	Rebecca Hamilton (Mater Dei)	2008	15.32	Marlene Lang (Fountain Valley)	1994
15.79	** Paige Grigus (Fountain Valley)	2009	15.33	Brittany Hanrahan (Mater Dei)	2013
15.82	Paige Donaldson (San Juan Hills)	2014	15.33	**Ashlan Revollar (Los Alamitos)	2014
15.83	*Cathy Mullee (Edison)	1997	15.35	Katie O'Dell (University)	2002
15.83	*Adrienne Baker (Santa Margarita)	2006	15.35	Juliana Crum (Troy)	2010
15.83	Lily Trinh (Fountain Valley)	2010	15.36	*** Taylor Ramirez (Katella)	2008
15.84c	**Amber Price (SA Valley)	15.6 1997	15.39	*Mariah Durian (Esperanza)	2011
15.84	** Brit Vasac (Dana Hills)	2007	15.46	Misha Vincent (Orange)	2010
15.84	***Ami Ballo (Dana Hills)	2010	15.47	**Emma Kratzberg (Corona del Mar)	2014
15.85	** Taylor Ramirez (Katella)	2009	15.48	*Chelsea Larson (Orange Lutheran)	2010

15.51	Tiffany Pransky (Orange Lutheran)	2005	45.03	Brittany Hanrahan (Mater Dei)	2013
15.52	**Davina Pham (Fountain Valley)	2014	45.06	Lindsay Wells (Mater Dei)	2000
15.53	Laurel Simpson (Capo Valley)	1995	45.10	Emilie Winckel (Santa Margarita)	2006
15.54	*Sara Jane McIntyre (El Modena)	2000	45.11	Laurie Hagan (Dana Hills)	1983
15.54	Malia Billups (Brea)	2007	45.15	*Jocelyn Parkinson (St Margaret's)	2001
15.55	*Lexi Shaw (San Juan Hills)	2012	45.16	Jordan Agnew (Los Alamitos)	2013
15.56	Marie Ingram (Aliso Niguel)	2006	45.19	*Suzanne Kerho (Mission Viejo)	1988
15.57	Susie Schmidt (Westminster)	1993	45.19	* Clara Atkins (Esperanza)	2008
15.58	***Kendra Larkins (Brea)	1993	45.21	Lauren Wilson (Esperanza)	2005
15.58	Paige Donaldson (San Juan Hills)	2014	45.22	*Sue Delacy (Newport)	1982
15.61	Amber Price (Saddleback)	1999	45.26	Michelle Wicker (Trabuco Hills)	2010
15.61	**Alison Parsons (Los Alamitos)	2014	45.26	Tori Usgaard (Dana Hills)	2012
15.62	Tori Occhipinti (Crean Lutheran)	2013	45.27	Ann Kissinger (Marina)	1988
15.63	Lisa Stigman (Dana Hills)	1997	45.27	Delphia Moore (Orange)	1994
15.64c	*Roberta Burns (Dana Hills)	15.4 1994	45.33	Julie Kroenig (Costa Mesa)	2000
15.64c	Tia Barbee (El Toro)	1995	45.34c	Jocelyn Lee (Irvine)	45.1 1983

300 meter Hurdles

42.55	Sharon Hatfield (Fountain Valley)	1982	45.34c	**Trish Aubuchon (Esperanza)	45.1 1983
42.75	Kristen Kiefer (Capo Valley)	2007	45.34c	Natalie Roy (Misison Viejo)	45.1 2007
42.84	Kaci Keffer (Woodbridge)	1990	45.34	* Jessica Bragg (El Toro)	2008
42.97	Kimmie Conner (Dana Hills)	2010	45.35	Tiffany Pransky (Orange Lutheran)	2005
43.00	Emma Radan (Mater Dei)	2014	45.36	*Lisa Knott (Sonora)	1991
43.20	**Genelle Ives (Dana Hills)	2003	45.36	*Nicole Lomeli (Esperanza)	1998
43.24	*Shebanette Terry (Irvine)	2012	45.36	* Breana Nielson (Mission Viejo)	2006
43.26	Chelsea Taylor (Mission Viejo)	2008	45.36	*Natalie Ward (Newport)	2014
43.36	*Becky Marshburn (Dana Hills)	2004	45.38	*Taylor Stokes (University)	1996
43.40	Michaela King (Dana Hills)	2014	45.39	*Mariah Durian (Esperanza)	2011
43.41	Amanda Shanklin (Santa Margarita)	1999	45.47	Alexandra Sciarra (Crean Lutheran)	2010
43.42	* Monica Todd (Trabuco Hills)	2009	45.48+	Kim Collins (Tustin)	45.5y 1985
43.45	Nikki Jackson (Esperanza)	1990	45.48	Hailey Bond (Edison)	2014
43.45	*Julie Handy (Esperanza)	2001	45.54c	Sharon Attlesey (Newport)	45.3 1986
43.54	Stacy Hoton (Sunny Hills)	1983	45.57	* Cassidy Gayner (Newport)	2007
43.56	Yasmin Webb (Buena Park)	2005	45.61	Nicole Yergler (Santa Margarita)	2005
43.71	*Elinor Tolson (Fountain Valley)	1992	45.62	Alex McCarten (San Clemente)	1997
43.78	*Mary Ann Bullard (Esperanza)	1983	45.62	*Janel Laudat (Woodbridge)	1999
43.81	Kelly Collins (Santa Margarita)	2008	45.64	Tasha Walker (El Dorado)	1994
43.81	* Caroline Hilley (Santa Margarita)	2013	45.68	Kathy Lavering (Fullerton)	1982
43.93	Lexi Shaw (San Juan Hills)	2013	45.70	** Natalie Ward (Newport)	2013
43.96	* Emma Radan (Mater Dei)	2013	45.72	**Jill Linhart (Capo Valley)	1986
44.03	**Janel Loudat (Woodbridge)	1998	45.72	**Cristina Ohaeri (Esperanza)	1995
44.19	***Dana Bethel (Mission Viejo)	1998	45.73	* Beartriz Delgadillo (Esperanza)	2009
44.21	Monica Fisher (El Toro)	1989	45.74+	**Kathy Kelly (Canyon)	45.8y 1983
44.25	*Sunny Nichols (Sunny Hills)	1997	45.75	*Mila Schulenburg (Irvine)	1997
44.27	Ashley Jsmes (Savanna)	2008	45.75	* Elizabeth Ramsey (Huntington Beach)	2009
44.30	Danielle Reeves (Esperanza)	1988	45.78	*Galen Ames (El Modena)	1984
44.32	Jerri Baker (Capo Valley)	1981	45.78	*Michelle Foglia (Esperanza)	2003
44.34	Katie Mook (Foothill)	1995	45.79	**Emma Kratzberg (Corona del Mar)	2014
44.39	*Brittney Thornton (San Clemente)	2012	45.81	Misha Vincent (Orange)	2010
44.45	Hannah Heising (Woodbridge)	2014	45.83	*Hilary Mann (Mission Viejo)	1990
44.52	Yleana Carrasco (Anaheim)	1985	45.84c	Laura Knight (Loara)	45.6 1982
44.58	Frenchy Silva (Dana Hills)	2008	45.84c	Roy (Esperanza)	45.6 2005
44.60	Inshirah Jones (Esperanza)	1995	45.85	*Beth Merkle (Mission Viejo)	1994
44.64	Sarah Bonilla (Brea)	1998	45.85	Ashleigh Gunderman (Mater Dei)	2005
44.66	*Michelle Basanda (Aliso Niguel)	1998	45.90	***Liana Fuentes (Cypress)	2005
44.69	**Caroline Hilley (Santa Margarita)	2012	45.92	Kathy Kelly (Dana Hills)	1989
44.73	Emily Thiebaud (Esperanza)	1988	45.93	Amanda Fleskoski (Mission Viejo)	2000
44.74c	Debbie Arthur (Esperanza)	44.5 1982	45.94c	Sherrie Ray (Loara)	45.7 1982
44.74c	Jill Young (Corona del Mar)	44.5 1990	45.94c	Kristen Schertzer (Woodbridge)	45.7 1988
44.76	Kerry O'Bric (Edison)	1996	45.97	**Jennifer Konowal (Huntington Beach)	1998
44.80	Grace Esslinger (Dana Hills)	2009	45.97	Beatriz Delgadillo (Esperanza)	2010
44.80	**Coco Putnam (Laguna Beach)	2014	46.00	* Michelle Urabe (Mater Dei)	2009
44.82	Nancy Niewlandt (Valencia)	1984	46.02	Cara Brookhouse (El Modena)	1989
44.84c	Marlene Lang (Fountain Valley)	44.6 1994	46.02	**Milda Mikuleviciute (El Dorado)	2012
44.85	Sydney Elliott (Mission Viejo)	2011	46.04c	*Sara Morton (Irvine)	45.8 1983
44.91	***Elinor Tolson (La Quinta)	1990	46.04c	Tucker	45.8 1983
44.91	Skye Atchley (Orange Lutheran)	2009	46.04	** Natalie Fyke (Esperanza)	2008
44.92	Heaven Yoshino (Woodbridge)	1996	46.04	Autumn Tanaguchi (Marina)	2011
44.95	Kelly Grand (Los Amigos)	1986	46.06	*Elle Cruikshank (Foothill)	2002
44.96	Alexus Atchley (Yorba Linda)	2012	46.06	Colleen Gamblin (Esperanza)	1986
44.97	Shannon Bryant (Sonora)	1989	46.07	Brooklyn Paxson (Fountain Valley)	2010
44.97	Elizabeth Bastos (El Toro)	2006	46.07	**D'Layne Kerr (Corona del Mar)	46.1y 1986
44.97	Kyndol Craver (Woodbridge)	2013	46.08+	Madelleine Lisebland (Woodbridge)	1990
44.98	Thelma Harman (SA Valley)	1981	46.11	Katie Hill (Mission Viejo)	2002
			46.12	Jaycee Mahler (Corona del Mar)	2001
			46.13	Alana Palacio (Villa Park)	1993
			46.16	Renee Wright (Orange Lutheran)	1991

46.16	*Jordan Agnew (Los Alamitos)		2012	48.59	Mater Dei		2009
46.17	*** Brittany Swank (Foothill)		1997	48.60	Woodbridge		1999
46.17	Nadia Sine (Woodbridge)		2014	48.60	Mater Dei		2010
46.19	Megan Scanlon (Troy)		1999	48.60	Cypress		2014
46.19	**Brianna Mikalson (Los Alamitos)		2012	48.61	Santa Margarita		2003
46.20	Marissa Perez (Saddleback)		2014	48.61	Santa Margarita		2013
46.22	*** Coco Putnam (Laguna Beach)		2013	48.62	Cypress		2006
46.23	* Kyle Wolff (Woodbridge)		2007	48.62	Dana Hills		2007
46.24	**Anne Hinman (Capo Valley)		2011	48.62	Canyon		2013
46.26	Megan McQuaid (Woodbridge)		1997	48.64c	Woodbridge	48.5	1998
46.26	Madison Klovstad (El Modena)		2003	48.64c	Mission Viejo	48.5	2010
46.27	** Megan Jones (Dana Hills)		2009	48.65	Santa Margarita		2011
46.29	*Trista Marquez (Dana Hills)		2004	48.66	Esperanza		1983
46.30	**Sherie Moore (Los Alamitos)		1992	48.67	Los Alamitos		2010
46.31	Sherifa Cox (Los Alamitos)		1991	48.68	Los Alamitos		2005
46.31	Cheyenne Perez (Los Alamitos)		2011	48.69	Valencia		1983
46.32	Sandy Springer (Los Amigos)		1983	48.69	Irvine		2012
46.32	*Susan Pettus (Marina)		1995	48.70	Western		2008
46.34c	Tanya Buchanan (Fountain Valley)	46.1	1986	48.70	Woodbridge		2013
46.34c	Arcela Diaz (Saddleback)	46.1	1988	48.74+	El Toro	48.9y	1977
46.34	*Shannon Dean (Mission Viejo)		1991	48.75	El Modena		2000
46.34c	*Jamie Lenehan (El Modena)	46.1	2000	48.75	San Clemente		2012
46.35	*Rene Wright (Orange Lutheran)		1990	48.78	Esperanza		2000
				48.78	Santa Margarita		2000
				48.79	Esperanza		1995
				48.79	Edison		1995
				48.81	El Toro		2013
				48.82	Mission Viejo		1992
				48.83	Woodbridge		1990
				48.84	Mission Viejo		1989
				48.85	Esperanza		2001
				48.85	Santa Margarita		2012
				48.86	Capo Valley		1997
				48.86	Esperanza		1999
				48.86	Woodbridge		2001
				48.86	Corona de l Mar		2004
				48.87	Fountain Valley		1978
				48.87	Fountain Valley		2013
				48.88	Mission Viejo		2013
				48.89	Laguna Hills		2008
				48.89	Orange Lutheran		2011
				48.92	Woodbridge		1996
				48.92	Cypress		2012
				48.94	Trabuco Hills		2008
				48.94	Trabuco Hills		2011
				48.95	Cypress		2013
				48.96	Esperanza		1985
				48.97	San Clemente		2011
				48.98	Los Alamitos		2009
				48.99	Western		2003
				48.99	Woodbridge		2004
				49.00	Dana Hills		2006
				49.01	Woodbridge		1988
				49.01	Los Alamitos		2012
				49.01	Dana Hills		2012
				49.02	Marina		2009
				49.02	Orange Lutheran		2012
				49.03	La Habra		1984
				49.03	Mission Viejo		2004
				49.03	Santa Margarita		2014
				49.04c	Santa Margarita	48.9	1998
				49.04c	Dana Hills	48.9	2007
				49.05	Woodbridge		1989
				49.05	Esperanza		1990
				49.05	Mission Viejo		2014
				49.07	Northwood		2014
				49.08	University		2005
				49.08	Troy		2014
				49.09	Edison		2000
				49.09	Santa Margarita		2004
				49.10	Aliso Niguel		2003
				49.10	Brea		2012
				49.10	El Toro		2012
				49.11+	Irvine	49.40y	1980
				49.11	Los Alamitos		2013

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				
47.13	Woodbridge		1995				
47.23	Mater Dei		2014				
47.25	Trabuco Hills		2009				
47.39	Mater Dei		2013				
47.40	Woodbridge		1997				
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				
47.98	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				
48.18	Cypress		2007				
48.19	Esperanza		1988				
48.19	Troy		2009				
48.21	Saddleback		1982				
48.21	Capo Valley		2010				
48.24c	Capo Valley	48.1	2009				
48.24	Dana Hills		2013				
48.26	Kennedy		2003				
48.29	Dana Hills		2014				
48.33	Dana Hills		2008				
48.34+	Edison	48.5y	1977				
48.34	SA Valley		1999				
48.37	Irvine		2011				
48.40	Los Alamitos		2014				
48.44+	Newport	48.6y	1975				
48.45	Woodbridge		1994				
48.49	SA Valley		1997				
48.49	Cypress		2008				
48.51	Mission Viejo		1988				
48.52	SA Valley		1982				
48.52	Woodbridge		2005				
48.52	Northwood		2013				
48.55	Corona del Mar		2005				

49.13	Kennedy		2002	49.56	Edison		1998
49.14	El Modena		1999	49.57	Mater Dei		1986
49.16	University		1981	49.59	Esperanza		1993
49.16	Canyon		1993	49.59	Santa Margarita		1999
49.17	Irvine		1981	49.59	Savanna		1999
49.17	Mission Viejo		1990	49.59	Orange Lutheran		2013
49.19	Aliso Niguel		2001	49.60	Santa Margarita		1997
49.19	Trabuco Hills		2002	49.60	San Clemente		1999
49.20	Capo Valley		1998	49.60	Villa Park		2010
49.21+	Huntington Beach	49.49y	1979	49.61	Cypress		2007
49.21	Aliso Niguel		2006	49.61	Woodbridge		2009
49.21	Sonora		2008	49.62	Mater Dei		2005
49.22	Edison		2011	49.63	Trabuco Hills		1993
49.23	Newport		1992	49.63	Katella		2001
49.24c	Brea	49.1	1997	49.64+	Newport	49.8y	1977
49.24	Cypress		2001	49.64+	Edison	49.8y	1981
49.25	Brea		2002	49.65	St. Margaret's		2002
49.26	Canyon		2009	49.65	Troy		2010
49.29	Esperanza		2002	49.66	El Toro		2009
49.30	Brea		2013	49.66	Orange Lutheran		2010
49.31	Mission Viejo		2009	49.68	Edison		2010
49.32	Aliso Niguel		2002	49.69	Brea		1998
49.32	Aliso Niguel		2004	49.67	University		2004
49.32	Cypress		2004	49.70	Woodbridge		2014
49.32	Brea		2011	49.71	Dana Hills		2005
49.32	Marina		2011	49.71	Marina		2005
49.34	Trabuco Hills		1998	49.71	Westminster		2008
49.34c	Mission Viejo	49.2	1987	49.72	Corona del Mar		1988
49.34	Mission Viejo		2003	49.72	Mission Viejo		1991
49.34	Mission Viejo		2006	49.72	San Clemente		1990
49.34c	Mission Viejo	49.2	2007	49.72	Cypress		2000
49.34	Brea		2008	49.73	Foothill		1986
49.34	Orange Lutheran		2008	49.73	Fountain Valley		1994
49.36+	Capo Valley	49.64y	1979	49.74+	Huntington Beach	49.9y	1978
49.36+	Edison	49.5y	1979	47.74+	SA Valley	49.9y	1980
49.36	El Toro		2005	49.74+	Canyon	49.9y	1980
49.36	Cypress		2011	49.74+	Fountain Valley	49.9y	1981
49.37	Fountain Valley		2009	49.74	Esperanza		1986
49.38	University		1982	49.74	San Clemente		2000
49.38	Los Alamitos		1993	49.74	Sonora		2009
49.38	Irvine		2000	49.76	SA Valley		2000
49.38	Capo Valley		2013	49.76	Trabuco Hills		2007
49.38	Fountain Valley		2014	49.77	Edison		2012
49.39	Edison		1978	49.79	Valencia		1985
49.39	SA Valley		1981	49.79	Trabuco Hills		1994
49.39	El Toro		2006	49.80	Esperanza		1998
49.40	Mater Dei		1997	49.80	Woodbridge		2008
49.40	Woodbridge		2003	49.80	Laguna Hills		2014
49.40	San Clemente		2013	49.81	Newport		1993
49.41	Aliso Niguel		2012	49.82	Newport		1991
49.41	Troy		2013	49.82	El Modena		1998
49.42	Santa Margarita		2010	49.83	Capo Valley		1987
49.43	Santa Margarita		2002	49.83	Newport		2003
49.44c	Mission Viejo	49.3	1986	49.83	Los Alamitos		2011
49.44c	Esperanza	49.3	1987	49.84	La Habra		1980
49.44	Santa Margarita		1994	49.84+	Foothill	50.0y	1988
49.44	Canyon		2005	49.84	Katella		1992
49.45	Irvine		1986	49.84	Huntington Beach		2010
49.45	Woodbridge		2012	49.84	Edison		2013
49.46+	SA Valley	49.6y	1977	49.84	El Toro		2014
49.46	Fountain Valley		1992	49.85	Foothill		1985
49.46	SA Valley		2001	49.85	Northwood		2012
49.46	Los Alamitos		2004	49.86	SA Valley		1983
49.47	Dana Hills		2009	49.86	Western		1997
49.48	Mission Viejo		2005	49.86	Canyon		2010
49.48	Sonora		2014	49.87	El Toro		1982
49.49	Saddleback		1981	49.87	El Dorado		2000
49.49	Mater Dei		1997	49.87	Cypress		2010
49.49	Brea		2009	49.88	Mater Dei		1991
49.50	SA Valley		1989	49.88	Dana Hills		2011
49.51	Woodbridge		2006	49.88	El Dorado		2013
49.51	San Clemente		2010	49.90	Marina		2008
49.53	Loara		1987	49.90	Northwood		2010
49.55	Valencia		1984	49.90	Pacifica		2013
49.55	Northwood		2008	49.91	Aliso Niguel		2014

49.92	Edison		1994	3:53.96	Esperanza		1985
49.92	Mater Dei		2000	3:53.99	San Clemente		2010
49.92	Woodbridge		2011	3:54.03	Woodbridge		2005
49.92	Villa Park		2011	3:54.06	Orange Lutheran		2007
49.93	Loara		1986	3:54.08	Los Alamitos		2010
49.93	Sonora		1992	3:54.22	Aliso Niguel		2005
49.93	El Modena		2002	3:54.52	Trabuco Hills		2010
49.93	El Modena		2008	3:54.59	El Toro		2004
49.94	Esperanza		1981	3:54.60	Capo Valley		2010
49.94	La Habra		1983	3:54.62	Woodbridge		1986
49.94c	Brea	49.8	1996	3:54.78	Esperanza		1981
49.94c	Edison	49.8	2004	3:54.79	Mission Viejo		2008
49.94c	Aliso Niguel	49.8	2007	3:54.82	El Toro		2002
49.94	Orange Lutheran		2009	3:54.83	University		1982
49.96	Canyon		2012	3:55.08	Corona del Mar		2010
49.97	Esperanza		1982	3:55.13	Esperanza		1983
49.97	Newport		2009	3:55.13	Santa Margarita		1999
49.98	San Clemente		2002	3:55.17	Corona del Mar		2005
49.98	Dana Hills		2010	3:55.19	Esperanza		1996
49.98	El Toro		2010	3:55.27	Edison		1986
49.98	Fountain Valley		2012	3:55.29	Corona del Mar		2000
49.99	La Habra		1980	3:55.32	Dana Hills		2003
49.99	Valencia		1982	3:55.33	Woodbridge		1995
49.99	Capo Valley		1988	3:55.33	Santa Margarita		2003
49.99	Mater Dei		2007	3:55.43	Santa Margarita		2005
50.00	Esperanza		1994	3:55.50	Western		2008
50.00	Saddleback		2005	3:55.58	Mater Dei		2002
50.02	Sonora		1989	3:55.59	Santa Margarita		2002
50.03	Laguna Hills		2007	3:55.62	Woodbridge		1990
50.04c	Edison	49.9	1983	3:55.73	Laguna Hills		1993
50.04c	Esperanza	49.9	1984	3:55.8 +	Esperanza	3:57.1y	1976
50.04c	Irvine	49.9	1988	3:55.89	Capo Valley		2005
50.04c	Trabuco Hills	49.9	2001	3:56.92	Canyon		2013
50.04c	Mission Viejo	49.9	2008	3:55.96	Woodbridge		1999
50.04	El Dorado		2011	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
				3:56.42	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
				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

4 x 400 meter Relay

3:48.28	Corona del Mar		1988				
3:48.89	Mission Viejo		1986				
3:48.98	Mater Dei		2013				
3:48.99	El Toro		2005				
3:48.60	Mater Dei		2014				
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				
3:50.22	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				
3:51.63	Edison		1984				
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				
3:53.8 +	Esperanza	3:55.1y	1976				
3:53.80	Corona del Mar		1987				
3:53.87	Troy		2009				
3:53.9	SA Valley		1978				

3:57.96	Irvine	2012	4:11.54	Mission Viejo	1986
3:57.99	Mater Dei	2009	4:11.54	Fountain Valley	2006
3:58.05	Corona del Mar	1985	4:12.32	Dana Hills	2008
3:58.05	Corona del Mar	2003	4:12.41	Edison	1984
3:58.06	Mater Dei	2001	4:12.75	Villa Park	2012
3:58.08	Los Alamitos	2009	4:13.00	Marina	2010
3:58.20	Brea	2003	4:14.59	Los Alamitos	2013
3:58.22	Trabuco Hills	2009	4:15.12	Woodbridge	2012
3:58.23	Dana Hills	2005	4:16.31	Los Alamitos	2011
3:58.24	Santa Margarita	2001	4:16.58	Brea	2011
3:58.27	San Clemente	2012	4:17.85	Woodbridge	2011
3:58.32	Mater Dei	2000	4:18.47	Los Alamitos	2010
3:58.38	Sunny Hills	1997	4:18.58	Rosary	2008
3:58.41	San Juan Hills	2010	4:19.82	Orange Lutheran	2010
3:58.49	El Toro	1982			
3:58.50	Trabuco Hills	2005			
3:58.5 +	El Toro	1977			
3:58.60	Esperanza	2007	4 x 800 meter Relay		
3:58.61	Corona del Mar	1998	9:10.70	Foothill	1983
3:58.63	Capo Valley	1981	9:19.33	Dana Hills	2014
3:58.63	Santa Margarita	2004	9:25.37	Fountain Valley	2005
3:58.65	Esperanza	1984	9:28.10	El Toro	2004
3:58.65	San Clemente	2011	9:28.39	Mission Viejo	2014
3:58.66	Aliso Niguel	2009	9:30.22	Trabuco Hills	2010
3:58.7	Dana Hills	2008	9:30.64	Tesoro	2010
3:58.74	Fountain Valley	2006	9:30.69	Dana Hills	2013
3:58.8	University	1980	9:31.19	Dana Hills	2009
3:58.9	Cypress	2006	9:31.4	Fountain Valley	2006
3:59.00	Woodbridge	2011	9:31.43	El Toro	2005
3:59.04	Mission Viejo	1984	9:31.44	Mission Viejo	2006
3:59.08	San Juan Hills	2012	9:31.71	Mission Viejo	2013
3:59.10	El Dorado	1993	9:32.66	El Toro	2003
3:59.11	Capo Valley	2004	9:52.80	Tesoro	2013
3:59.13	Corona del Mar	1999	9:32.96	Brea	2003
3:59.15	OrangeLutheran	2007	9:34.37	Orange Lutheran	2007
3:59.16	Aliso Niguel	2001	9:35.72	Laguna Hills	2012
3:59.18	Edison	1993	9:36.31	Laguna Hills	2014
3:59.22	Fountain Valley	2014	9:37.22	Dana Hills	2011
3:59.24	Corona del Mar	2008	9:37.39	Fountain Valley	2004
3:59.26	Dana Hills	1986	9:37.44	El Modena	2008
3:59.30	Woodbridge	2001	9:38.05	Woodbridge	2006
3:59.33	Mission Viejo	2011	9:38.12	San Juan Hills	2011
3:59.46	Capo Valley	2013	9:38.67	Esperanza	2005
3:59.49	Western	2002	9:38.9	Edison	1986
3:59.5	El Toro	1983	9:39.16	Brea	
3:59.50	SA Valley	2001	9:40.33	San Clemente	2011
3:59.52	Orange Lutheran	2009	9:40.43	Costa Mesa	2014
3:59.55	Corona del Mar	2009	9:40.57	El Modena	1998
3:59.60	Capo Valley	1987	9:40.71	Esperanza	2003
3:59.61	Corona del Mar	1989	9:41.0	Foothill	1989
3:59.63	Esperanza	1995	9:41.1	Mater Dei	1989
3:59.72	SA Valley	2000	9:41.16	Brea	2004
3:59.73	Irvine	1984	9:41.84	Santa Margarita	2004
3:59.73	Esperanza	2006	9:41.9	Edison	1985
3:59.79	Laguna Beach	1980	9:42.20	Fountain Valley	2008
3:59.8	Mission Viejo	2007	9:42.34	Newport	2014
3:59.81	Aliso Niguel	2011	9:42.5	Fountain Valley	1983
3:59.87	Newport	2009	9:42.85	Orange Lutheran	2010
3:59.88	Newport	2001	9:42.9 +	Foothill	9:46.4y 1981
3:59.88	Northwood	2010	9:43.7	Tustin	1982
3:59.85	Mater Dei	2004	9:43.86	Esperanza	1985
3:59.92	Mission Viejo	1992	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

Sprint Medley

4:03.90	Edison	1983			
4:06.39	Dana Hills	2014			
4:07.58	San Juan Hills	2012			
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			
4:11.52	Woodbridge	2013			

9:47.27	San Juan Hills	2010	12:08.93	Woodbridge	2005
9:47.39	Esperanza	2010	12:09.0	Edison	1980
9:47.67	Dana Hills	2010	12:09.37	Edison	1992
9:48.3	SA Valley	1989	12:09.54	Foothill	1983
9:49.0	Santa Margarita	1994	12:10.11	Esperanza	2008
9:49.24	Brea	1998	12:10.37	Esperanza	2003
9:49.34	Mission Viejo	2007	12:10.58	Trabuco Hills	2009
9:49.4	Woodbridge	2002	12:10.59	Edison	2006
9:49.6	Corona del Mar	1993	12:10.81	Trabuco Hills	2012
9:49.60	El Toro	2011	12:11.37	Esperanza	2001
9:49.8	Corona del Mar	1994	12:12.26	Corona del Mar	2000
9:50.4 +	Tustin	9:53.9y 1981	12:13.07	Edison	2007
9:50.48	El Modena	1996	12:14.17	Santa Margarita	2001
9:52.0	Esperanza	1998	12:14.24	Orange Lutheran	2011
9:52.03	El Modena	1995	12:14.40	University	1996
9:52.1	Irvine	1985	12:14.61	Trabuco Hills	2010
9:52.5	Canyon	1994	12:14.73	Esperanza	2010
9:52.58	Dana Hills	2004	12:15.07	Esperanza	1994
9:52.58	Los Alamitos	2011	12:15.58	San Clemente	2011
9:53.0	Edison	2006	12:16.18	Corona del Mar	2009
9:53.01	Corona del Mar	2010	12:16.32	Marina	2013
9:53.48	Newport	2007	12:16.36	Edison	1983
9:53.5	El Toro	1995	12:16.6	Edison	1982
9:53.67	Northwood	2012	12:17.59	Newport	2014
9:54.48	Foothill	2011	12:17.95	Trabuco Hills	2011
9:55.3	Fountain Valley	1993	12:18.10	San Juan Hills	2012
9:55.30	University	1998	12:18.63	Corona del Mar	2008
9:54.1	Mater Dei	1986	12:20.41	Fountain Valley	2005
9:54.1	Edison	1994	12:20.46	Woodbridge	2004
9:54.69	Fountain Valley	2010	12:21.01	Brea	2008
9:54.9	Fountain Valley	1996	12:21.1	University	1983
9:55.38	Santa Margarita	2011	12:21.18	Woodbridge	2008
9:55.42	Newport	2006	12:22.22	San Clemente	2010
9:55.8	El Modena	1988	12:23.63	Dana Hills	2013
9:56.00	El Modena	1999	12:22.64	Fountain Valley	2008
9:56.77	Santa Margarita	2002	12:23.04	Fountain Valley	2011
9:57.1	Edison	1983	12:23.67	Dana Hills	2002
9:57.20	Santa Margarita	2013	12:23.7	Foothill	1980
9:57.3	Woodbridge	1991	12:23.95	El Toro	2003
9:57.40	Edison	2013	12:24.07	Woodbridge	2003
9:57.56	Tesoro	2011	12:24.61	Edison	1985
9:57.76	Woodbridge	2014	12:24.90	Santa Margarita	2004
9:57.80	Orange Lutheran	2008	12:25.07	Woodbridge	1991
9:57.82	Esperanza	2006	12:25.2	Laguna Hills	1993
9:57.9	Katella	1982	12:25.30	Irvine	1984
9:57.9	Los Alamitos	2009	12:25.43	Brea	2002
9:57.96	Foothill	2002	12:25.68	Dana Hills	2011
9:57.97	Mission Viejo	1998	12:25.89	Brea	2005
9:58.0	Sonora	1981	12:26.51	Ocean View	1986
9:58.09	Mission Viejo	1996	12:26.91	Newport	2006
9:58.1	El Toro	2000	12:27.2	Edison	1981
9:58.25	Fountain Valley	2014	12:28.10	Costa Mesa	1992
9:58.9	Trabuco Hills	2009	12:28.32	Woodbridge	2001
9:59.0	Pacifica	2000	12:28.35	Edison	2005
9:59.3	Edison	1993	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

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			
12:01.32	Marina	2012			
12:02.27	Esperanza	2009			
12:04.3	Fountain Valley	1980			
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			

12:33.49	Newport	1984
12:33.58	Foothill	2013
12:34.05	Edison	2008
12:35.0	Foothill	1979
12:35.11	Brea	2004
12:35.23	Ocean view	1993
12:35.25	Fountain Valley	2012
12:35.40	Newport	1985
12:35.49	Trabuco Hills	2007
12:35.57	El Modena	1993
12:35.61	Newport	1986
12:35.99	Esperanza	2007
12:36.0	University	1979
12:36.10	Fountain Valley	2003
12:36.19	Edison	2010
12:36.23	Woodbridge	2013
12:36.58	Edison	1986
12:36.79	Woodbridge	2012
12:36.83	El Modena	1995
12:37.75	Canyon	2009
12:37.97	Newport	2005
12:38.09	El Toro	2005
12:38.60	Capo Valley	2000

4 x 1500 meter Relay

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

4 x 1600 meter Relay

20:20.38	Corona del Mar	2005	
20:31.56+	Dana Hills	20:46.38y	2009
20:51.68	Capo Valley	2014	
20:52.13	Orange Lutheran	2010	
20:55.59+	Orange Lutheran	21:02.92y	2008
20:58.02	Trabuco Hills	2011	
21:00.07	Marina	2011	
21:06.18	Orange Lutheran	2007	
21:06.77	El Toro	2013	
21:08.02	Fountain Valley	2014	
21:09.10+	Trabuco Hills	2009	
21:09.57	El Toro	2014	
21:10.15	Dana Hills	21:17.56y	2006
21:11.10+	Dana Hills	21:18.52y	2008
21:12.49	Trabuco Hills	2014	
21:13.49	Canyon	2013	
21:14.1+	Tustin	21:19.7y	1985
21:14.44	Fountain Valley	2013	
21:16.27	Dana Hills	2012	
21:17.81	Laguna Hills	2012	
21:18.15	Dana Hills	2011	
21:18.34	Marina	2012	
21:18.38	Corona del Mar	2001	
21:18.90	El Toro	2012	
21:20.7	Edison	1986	
21:21.15	Dana Hills	2014	
21:21.20	Fountain Valley	2011	
21:21.84+	El Toro	21:29.33y	2008
21:22.2	Edison	1994	
21:22.83+	Trabuco Hills	21:30.32y	2008
21:23.70	Dana Hills	21:40.08y	2010
21:24.25	Canyon	2011	
21:24.33+	Fountain Valley	21:31.83y	2008
21:25.40+	Newport	21:32.89y	2006
21:25.57+	El Modena	21:33.08y	2008

21:26.32	Laguna Hills	2014	
21:26.93+	Esperanza	21:34.45y	2007
21:28.34	Woodbridge	2012	
21:29.30	Laguna Beach	2013	
21:30.17	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	
21:42.97+	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	
21:46.35	Edison	1995	
21:46.37+	Trabuco Hills	21:54.00y	2010
21:46.5	Esperanza	1986	
21:47.19+	Canyon	21:54.82y	2010
21:47.28+	Edison	21:54.91y	1984
21:47.44+	Mission Viejo	21:55.06y	2006
21:48.10	Capo Valley	2011	
21:49.13	Bolsa Grande	2012	
21:50.9	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	
21:54.78	Tesoro	2012	
21:55.8	El Modena	1993	
21:56.5	Irvine	1992	
21:57.4	Esperanza	1998	
21:58.7	SA Valley	1989	

High Jump

6-2	Sharon Day (Costa Mesa)	2003
6-0	* Yleana Carrasco (Anaheim)	1985
5-11	** Ursula Lovely (Kennedy)	1985
5-10.75	* Kristy Kierulff (Esperanza)	1994
5-10.5	Lori Svoboda (El Dorado)	1989
5-10.5	Tayyiba Haneef (Laguna Hills)	1997
5-10	Laura Campbell (Troy)	1981
5-10	Debbie Orr (Ocean View)	1986
5-10	* Melissa McDonald (Mater Dei)	1990
5-10	** Misty May (Newport)	1993
5-10	** Rachel Ziemann (Edison)	2000
5-9	Ann Erpenbeck (Huntington Beach)	1978
5-9	* Terri McCuniff (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 Feграus (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	13-90	*Kaitlyn Merritt (Santa Margarita)	2014
5-8	** Stevie Nicholas (Sunny Hills)	1998	13-7	*Allison Stokke (Newport)	2007
5-8	Jessica Robson (Newport)	2007	13-2	*Tori Pena (Edison)	2005
5-8	** Annie Giebelhaus (Orange Lutheran)	2009	13-1	Allison Koressel (Huntington Beach)	2009
5-7.5	Kelly Graton (Loara)	1989	13-0.25	Victoria Rische (Foothill)	2012
5-7.5	Brenna Barker (Dana Hills)	2013	12-10	Whitney Johnson (Mission Viejo)	2004
5-7	Ester Scherzinger (Anaheim)	1978	12-10	*Claire Hawkins (Santa Margarita)	2009
5-7	Stacy Lee (Los Alamitos)	1985	12-9	Kristen McGregor (Marina)	2002
5-7	Lisa Coleman (Marina)	1987	12-9	***Mckenna Caskey (Mater Dei)	2014
5-7	** Lisa Fager (Mission Viejo)	1988	12-8	Cara Walker (Marina)	2003
5-7	* Kala Ross (Newport)	1992	12-7.25	Amy Loschiavo (Huntington Beach)	2012
5-7	*** Ashley Bethel (Mission Viejo)	1995	12-7	Elizabeth Woepse (Mater Dei)	2004
5-7	Lauren Correa (El Toro)	2005	12-4	Katie Rorem (Marina)	1998
5-7	**Taylor Saline (Orange Lutheran)	2012	12-4	*Carissa Culver (Los Alamitos)	2010
5-6.5	*Paula Jones (Mission Viejo)	1979	12-4	Karen Snapper (Edison)	2012
5-6.5	Dena Beatty (Esperanza)	1982	12-4	*** Claire Kao (Dana Hills)	2013
5-6.5	** Courtney Stafford (Katella)	1999	12-3	Jennae Bennett (Foothill)	2005
5-6.5	Lindsay Paulick (University)	2000	12-3	*Lyndly Tamura (Huntington Beach)	2006
5-6.25	Val Corona (Sunny Hills)	1979	12-3	Brooke Arthur (Mater Dei)	2010
5-6.25	** Tracy Claussen (Sunny Hills)	1983	12-3	Madalyn Roberts (Mater Dei)	2011
5-6.25	Stephanie Wettlin (Brea)	1997	12-2	*Megan Jamerson (Santa Margarita)	2003
5-6.25	* Nicole Fallen (Mission Viejo)	1998	12-2	Susanne Hotchkin (Mission Viejo)	2006
5-6	Kelly McPheeters (Orange)	1978	12-2	Katelyn Beighton (Los Alamitos)	2007
5-6	C. Mack (SA Valley)	1978	12-1	Kelly MacLean (Edison)	2005
5-6	Karen Christie (Los Alamitos)	1977	12-1	Sierra Hansen (Dana Hills)	2013
5-6	Marcie Wurts (Corona del Mar)	1979	12-0.75	Erica Hoering (Foothill)	1996
5-6	Lynnda Kelly (Irvine)	1981	12-0	** Mandie Rowell (Santa Margarita)	2001
5-6	*** Leah Palmer (Sunny Hills)	1982	12-0	*Jannae Bennet (Foothill)	2004
5-6	Molly Moore (Loara)	1983	12-0	** Brooke Arthur (Mater Dei)	2008
5-6	*Debbie Orr (Ocean View)	1985	12-0	Alexa Ward (Los Alamitos)	2008
5-6	Tricia Masangkay (Huntington Beach)	1986	12-0	Renee Greene (Mater Dei)	2012
5-6	*Lisa Coleman (Marina)	1986	12-0	Jenna Frum (Mater Dei)	2014
5-6	Melanie Williams (Western)	1986	11-11	Sara Higham (Mission Viejo)	1998
5-6	Elizabeth Bauer (Foothill)	1989	11-10	** Claire Hawkins (Santa Margarita)	2008
5-6	Christie Howard (Estancia)	1990	11-10	Mackenzie McRoberts (Mater Dei)	2011
5-6	Anderson (Esperanza)	1994	11-10	Sara Greene (Mater Dei)	2012
5-6	April Ross (Newport)	2000	11-9	Chrissy Vandoornum (Huntington Beach)	2007
5-6	** Allison Brawner (Corona del Mar)	2000	11-9	Melissa Morris (Cypress)	2008
5-6	*Stephanie Marks (Woodbridge)	2001	11-9	Haley Stauber (Rosary)	2010
5-6	*Erica Malouf (University)	2001	11-9	Amy Loschiavo (Huntington Beach)	2011
5-6	Kathleen Mahony (Rosary)	2002	11-9	Isabela Lozowski (Mater Dei)	2012
5-6	Shawn Dooley (Villa Park)	2003	11-9	Peri Howser (Newport)	2013
5-6	Kathleen Mahoney (Rosary)	2004	11-9	Julie Johnson (Mater Dei)	2013
5-6	Sandy Gonzalez (El Modena)	2006	11-9	***Kate Thomas (Santa Margarita)	2014
5-6	*** Ashlynn Thomas (Loara)	2008	11-8	Caroline Rebello (Marina)	2000
5-6	* Melissa Hancock (Newport)	2009	11-8	Jessie Lucier (Santa Margarita)	2006
5-6	*Caitlin Birdsell (Beckman)	2010	11-8	Katie Morte (Mater Dei)	2006
5-6	*Chelsea Larson (Orange Lutheran)	2010	11-8	Kate Johnson (Mater Dei)	2010
5-6	Annie Gielbelhaus (Orange Lutheran)	2011	11-7	Shibley (Trabuco Hills)	2004
5-6	* Michelle DeDmon (El Toro)	2013	11-7	Christina Jacamu (Marina)	2007
5-6	* Susannah Oleson (Huntington Beach)	2013	11-7	*Kari McCollum (Orange Lutheran)	2014
5-5.25	* Dana Leindeckex (Dana Hills)	2004	11-6	Tricia Gutierrez (Esperanza)	1998
5-5	Erin Pike (Kennedy)	1978	11-6	Kris-Erin Canary (Corona del Mar)	2002
5-5	Lisa Pickering (Santa Ana)	1979	11-6	Megan Jamerson (Santa Margarita)	2004
5-5	Tracy Clark (El Toro)	1980	11-6	Mac Lean (Edison)	2004
5-5	***Jamie Hatchett (Sunny Hills)	1982	11-6	Jocelyn Do (Marina)	2004
5-5	Tarni Chick (Huntington Beach)	1987	11-6	*** Katie Adams (Aliso Niguel)	2005
5-5	Laura Sawin (Coroa del Mar)	1989	11-6	** Alexa Ward (Los Alamitos)	2006
5-5	Carrie Hoagland (Canyon)	1994	11-6	* Hillary Van Ert (Capo Valley)	2007
5-5	** Marie Philman (Edison)	1994	11-6	Allison Krugman (Newport)	2011
5-5	** Erica Paulick (University)	2000	11-6	Grace Boyer (Mater Dei)	2013
5-5	Artemis Sotirooulos (Sunny Hills)	2004	11-6	Brittany Henderson (Mission Viejo)	2014
5-5	L. Fletcher (Loara)	2005	11-4	Noelle Smith (Huntington Beach)	2013
5-5	Soremekum (Cypress)	2005	11-4	Madi Bragg (El Toro)	2013
5-5	* Suzanne Munganga (Orange Lutheran)	2008	11-3	Missy Burley (Rosary)	2007
5-5	Kimmmie Conner (Dana Hills)	2010	11-3	Cheryl Smith (Trabuco Hills)	2009
5-5	*Madalyn Sando (Mater Dei)	2011	11-3	Monica Danielson (Edison)	2011
5-5	**Christine Campbell (University)	2011	11-3	Mikaela Morris (El Toro)	2012
5-5	Tori Usgaard (Dana Hills)	2012	11-3	* Diana Fujii (Mater Dei)	2013
5-5	Madalyn Sando (Mater Dei)	2012	11-3	**Molly Scharmann (Tesoro)	2014
5-5	Asha Hardy (Corona del Mar)	2014	11-2	*Lindsay Steinriede (Dana Hills)	2003
5-5	Hannah O'Connor (Woodbridge)	2014	11-2	Lauren Walker (Huntington Beach)	2006
			11-1	Becky Beal (Fountain Valley)	2007
			11-1	* Micah Fein (Laguna Hills)	2007
			11-1	Christina Jakimiw (Marina)	2007

Pole Vault

11-1	* Caroline Yin (Edison)	2009	19-8.75	Kelly O'Connor (Esperanza)	1996
11-0	*Micelle McCaslin (Marina)	1997	19-8.5	Heather Sterlin (Mission Viejo)	1992
11-0	Christine Von der Ahe (Santa Margarita)	2000	19-7.5	* Tara Oettinger (Foothill)	1994
11-0	Alexis Jaime (Laguna Hills)	2000	19-7.25	** *Michelle Sanford (Woodbridge)	2000
11-0	* Elisa Liana (Katella)	2001	19-6	**Vicki Almeida (Troy)	1978
11-0	*Lindsay Steinriede (Dana Hills)	2002	19-4.75	Darnisha Griffith (Trabuco Hills)	1998
11-0	** Brenna Martin (Katella)	2002	19-3.25	Sharon Hatfield (Fountain Valley)	1982
11-0	Tracie Nakagawa (Brea)	2002	19-3.25	***Ashley Bethel (Mission Viejo)	1995
11-0	DeeDee Chan (Capo Valley)	2004	19-3	Dana Bethel (Mission Viejo)	2001
11-0	* Hilary Pohlman (Huntington Beach)	2004	19-0.5	** Sabrina Pendleton (Mission Viejo)	1979
11-0	** Rachel Tears (Santa Margarita)	2005	19-0.5	Shannon McGinnis (Canyon)	1983
11-0	Chelsea Ravitch (Trabuco Hills)	2005	19-0.25	Kristy Kierulff (Esperanza)	1995
11-0	Kristina Fryar (Fountain Valley)	2006	19-2	** Erin Stovall (Woodbridge)	1995
11-0	Molly Mahony (Rosary)	2008	18-10.75	**Alice Franklin (SA Valley)	1979
11-0	** Kate Johnson (Mater Dei)	2008	18-10	Cheryl Henderson (Fountain Valley)	1984
11-0	Vanessa Chin (El Toro)	2008	18-9	Danielle Brown (Sunny Hills)	1991
11-0	Q. Chang (El Toro)	2008	18-6.5	Julie Steele (Troy)	1997
11-0	Lisa Dolan (Edison)	2008	18-6.25	*Jennifer Gillespie (Cypress)	1981
11-0	*Grace Boyer (Mater Dei)	2012	18-6	Michelle Kelly (Irvine)	1979
11-0	Kaylie Welch (Mater Dei)	2012	18-5	Allison Franke (Canyon)	1989
11-0	*Natalie Grabowski (Santa Margarita)	2012	18-5	Monica Todd (Trabuco Hills)	2010
11-0	Ashley Prevett (Edison)	2013	18-4.75	Ashley Voisinet (Mater Dei)	2003
11-0	*Nicole Katzaroff (Mater Dei)	2014	18-4.5	Thelma Viagar (Los Alamitos)	1980
10-10	Catalina Dunmeyer (Trabuco Hills)	2011	18-4.5	*Debbie Knight (La Habra)	1984
10-10	* Chrstina Clark (Mission Viejo)	2013	18-4.5	Ashley Fletcher (Loara)	2005
10-9	Kelly McCormick (Dana Hills)	2011	18-4.25	*Tracy Hanlon (Edison)	1979
10-9	**Ella Hampson (Dana Hills)	2014	18-4.25	*Jordan Agnew (Los Alamitos)	2012
10-9	Chloe Roy (Edison)	2014	18-4	Erin Pike (Kennedy)	1977
10-9	Erica Davis (Fountain Valley)	2014	18-3.5	* Melissa McDonald (Mater Dei)	1990
10-8	Michelle Urabe (Mater Dei)	2010	18-3.5	* Kristen Kiefer (Capo Valley)	2006
10-8	*Peri Howser (Newport)	2012	18-3.25	*Allison Axtell (Mission Viejo)	1989
10-7	** Kristen Purcha (Katella)	2002	18-3	Sandy Lucas (Corona del Mar)	1988
10-7	Kelly Meyer (Mater Dei)	2008	18-3	** Bonnie Sorensen (Huntington Beach)	2005
10-7	** Siara Fabbri (Newport)	2009	18-2.75	* Amber Moore (Aliso Niguel)	2004
10-7	** Evelyn Villa (Orange Lutheran)	2013	18-2.5	Ronda Colbert (Fountain Valley)	1980
10-6	Stephanie Heup (Marina)	1996	18-2.5	***Kim Walulik (Edison)	1982
10-6	** Kristine Burns (Mission Viejo)	1998	18-2.5	Penny Franklin (SA Valley)	1983
10-6	Lisa Fellers (Irvine)	1998	18-2.5	Brenda Robinson (SA Valley)	1990
10-6	Michelle McCastlin (Marina)	1998	18-2.5	Eurie Jennings (Edison)	2000
10-6	** Crystal Richardson (Foothill)	1998	18-2.25	* Marina Laymon (La Habra)	1981
10-6	Jenny Thompson (Woodbridge)	1998	18-1.75	Jiao Tsai (Corona del Mar)	1980
10-6	Natalie Hallett (Marina)	1998	18-1.75	Kimmie Conner (Dana Hills)	2010
10-6	Michelle Noble (Irvine)	1999	18-1.5	**Kris Dietz (Sonora)	1978
10-6	Vanessa Duquette (Mater Dei)	2000	18-1.5	Lynnda Kelley (Irvine)	1981
10-6	Cathryn Perkins (Edison)	2000	18-1.5	Bonnie Mercer (SA Valley)	1980
10-6	* Kriserin Lanary (Corona del Mar)	2001	18-1.5	Joy McDonnell (Tustin)	1980
10-6	*** Janna Bennett (Foothill)	2002	18-1.5	Rochelle Snyder (Fountain Valley)	1982
10-6	Alissa Miller (Laguna Hills)	2002	18-1.5	* Kim Taylor (Valencia)	1984
10-6	* Breanna Martin (Katella)	2003	18-1.5	Quinna Starr (Savanna)	1999
10-6	*Joanna Burley (Rosary)	2003	18-1	Sue Kruse (Newport)	1976
10-6	*Samantha Lin (Brea)	2003	18-0.25	Tammy Graham (Mission Viejo)	1991
10-6	*** Katelyn Beighton (Los Alamitos)	2004	18-0	* Lilli Bess (Huntington Beach)	1983
10-6	*Katie Adams (Aliso Niguel)	2004	18-0	* Samantha Toomey (Capo Valley)	1987
10-6	***Amy Wallace (Santa Margarita)	2006	18-0	Ashley Selman (Foothill)	1987
10-6	Takymin (Marina)	2007	18-0	* Catherine Soto (Mater Dei)	1989
10-6	Megan Churlonis (Dana Hills)	2007	18-0	Tynisha Edwards (Foothill)	1999
10-6	Mary Garrett (Los Alamitos)	2008	17-11.75	Alysse Phillips (Cypress)	1984
10-6	Lauren Lask (Aliso Niguel)	2008	17-11.25	Green (Canyon)	1989
10-6	Rachel Mahler (Trabuco hills)	2008	17-11.25	Tiffany Liu (Corona del Mar)	2007
10-6	Claire Harper (Mater Dei)	2009	17-11	Tracy Hanlon (Edison)	1980
10-6	Kelli Gibson (El Toro)	2010	17-11	**Lori Smith (Canyon)	1987
10-6	* Katherine Shepherd (Orange Lutheran)	2013	17-11	* Sarah Toomey (Capo Valley)	1990
10-6	*Sara Maloney (Mission Viejo)	2014	17-11	Reanita Starr (Savanna)	2000
10-6	***Rachel Baxter (Canyon)	2014	17-11	** Allison Sarrell (Brethren Christian)	2001
10-6	Cierra Sloate (Edison)	2014	17-10.75	*Laura Mills (University)	1980
10-6	**Erin McAndrews (Mater Dei)	2014	17-10.5	Jennifer Bailey (Anaheim)	1985
10-6	*Janae Mudge (Trabuco Hills)	2014	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	Anna Lindsey (Edison)	2013
			17-10	*Mia Hummel (Canyon)	2014
			17-9.75	Marcie Salze (Laguna Hills)	2006
			17-9.5	***Paula Tezak (La Habra)	1981
Long Jump					
20-8.75	Karen Attlesey (Corona del Mar)	1971			
19-9	Lisa Gourdine (El Toro)	1977			
19-9	Kerry O'Bric (Edison)	1996			

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
19-0.75	**Alice Franklin (SA Valley)	1979
19-1	*** Ashley Bethel (Mission Viejo)	1995
19-0.5	Kristy Kierulff (Esperanza)	1995
18-9	Melissa McDonald (Mater Dei)	1991
18-8	*Mia Hummel (Canyon)	2014
18-7.5	* Val Macayan (Fountain Valley)	1981
18-6.5	Amber Moore (Aliso Niguel)	2005
18-3.25	Denise Smith (Tustin)	1979
18-3	Jiao Tsai (Corona del Mar)	1980
18-2	* Samantha Toomey (Capo Valley)	1987
18-2	*Lily Ebanks (Valencia)	2014
18-1.75	Marcie Salze (Laguna Hills)	2006
18-1.75	Taylor Hypolite (El Toro)	2011
18-1	* Kimmie Conner (Dana Hills)	2009
18-0.5	** Sheila Green (Canyon)	1988
18-0.5	*Alex Gaines (Mission Viejo)	2010
18-0.5	Amy Heins (Troy)	2012
18-0	Bonnie Sorensen (Huntington Beach)	2007
18-0	Laura Hamann (Rosary)	2014
17-11.5	* Taylor Fenton (Capo Valley)	2008
17-11	* Maia Craver (Woodbridge)	2013
17-11	*Taylor Torellas (Edison)	2014
17-10.5	Debbie Orr (Ocean View)	1986
17-10.25	Cira Wright (Kennedy)	2000
17-10	Marina Laymon (La Habra)	1981

Triple Jump

43-4.5	*Michelle Sanford (Woodbridge)	2001
40-11.75	Kelly O'Connor (Esperanza)	1996
39-11.5	*Lisa Fager (Mission Viejo)	1989
39-8.25	Debbie Orr (Ocean View)	1986
39-8	Kerry O'Bric (Edison)	1996
39-5.5	Kim Taylor (Valencia)	1985
39-5.5	Danielle Brown (Sunny Hills)	1991
39-1	* Courtney Stafford (Katella)	2000
38-11.25	***Darneshia Griffith (Trabuco Hills)	1995
38-11	Marie Ingram (Aliso Niguel)	2006
38-10	* Gaylen Ames (El Modena)	1984
38-9.25	Brenna Barker (Dana Hills)	2013
38-8.25	Melissa McDonald (Mater Dei)	1991
38-8	Tammy Graham (Mission Viejo)	1991
38-6.5	Alice Franklin (SA Valley)	1982
38-6.5	Tynisha Edwards (Foothill)	1999
38-5.75	Erica Dickson (Mission Viejo)	1996
38-5.5	**Cassandra Smith (Trabuco Hills)	2010
38-5	Eurie Jennings (Edison)	2000
38-4.5	Allison Franke (Canyon)	1989
38-4.5	** Elizabeth Clayton (Newport)	2002
38-3.5	Monica Fisher (El Toro)	1989

38-3.25	Jamie Kirven (Woodbridge)	1985
38-2.5	Reanita Starr (Savanna)	2000
38-2.25	Michaela Schaeffer (Edison)	2013
38-2	Marilyn Anene (University)	2006
38-1.5	Cindy Oparah (Brethren Christian)	1998
38-1	Brenda Robinson (SA Valley)	1990
38-1	Christina Murillo (Trabuco Hills)	2007
37-11	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	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
37-5.75	Elizabeth Cotociu (Pacifica)	2014
37-5.5	Debbie Knight (La Habra)	1985
37-5	Samantha Seirano (Marina)	2004
37-5	**Alexis Turley-Young (Canyon)	2014
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 Voisnet (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
37-2	*Jazmin Moss (Mater Dei)	2014
37-1.5	*Shundra Holland (Saddleback)	1986
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
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
36-8	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
36-5.75	Holly Hutchinson (Mission Viejo)	1988
36-5.75	Jennifer Bandley (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
36-2.25	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
36-1.5	Chloe Soremekun (Cypress)	2011
36-1.5	*Kyra Coley (Mater Dei)	2014
36-1.25	Bailey Turk (Santa Margarita)	2012
36-1	Nina Speights (El Toro)	2004
36-1	*** Sara Mitchell (La Quinta)	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
36-0.25	**Summer Higgins (Dana Hills)	2014
36-0	Teri Zanelli (Ocean View)	1986
36-0	Vanessa Gardner (Mission Viejo)	2004

Wind-aided:

40-11	Lisa Fager (Mission Viejo)	1990
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
37-9	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
37-0.25	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
36-8	*Jazmin Moss (Mater Dei)	2014
36-7.25	Jennifer Bandley (Los Alamitos)	2014
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	* Clair Whelan (Canyon)	1988
36-5	* Julianne Conrad (El Toro)	2006
36-5	Ashley Rhorer (Santa Margarita)	2012
36-5	Laura Hamann (Rosary)	2014
36-3.75	***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

36-2.5	** 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	***Kellie May (Northwood)	2014
36-0.5	Cross (Bolsa Grande)	1988
36-0	** DJ Rhoades (El Modena)	2009

Shot Put

53-7.75	Natalie Kaaiawahia (Fullerton)	1983
50-2.5	Mackenna Howard (Los Alamitos)	2014
48-11.5	Susie Ray (Villa Park)	1980
47-5	Gina Heads (Newport)	1994
46-11.75	Elaina Oden (Irvine)	1985
46-9	Heidi Adams (Mission Viejo)	1985
46-8.75	Melissa 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
44-6	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	Karle'h Wilson (Corona del Mar)	2012
42-6	Bonnie Dasse (Costa Mesa)	1977
42-5.75	* Priscilla Gardner (Mission Viejo)	2002
42-5.5	Kay Ilertson (Valencia)	1974
42-3	Courtney Brown (El Modena)	2010
42-2.5	Suzanne Linn (Trabuco Hills)	1998
42-2.5	Kate Hutchinson (San Clemente)	2003
42-1	Kristin Dunn (Mission Viejo)	1990
42-0.25	Tafi Togogae (Los Amigos)	1996
42-0	Lisa Tamamasui (Westminster)	1991
41-11.5	Leslee Briggs (Edison)	1989
41-10.5	Krista Dill (Newport)	2000
41-7.5	Lynn Kelley (Irvine)	1981
41-7.75	Joanna Alo (SA Valley)	1990
41-7.25	Jenny Shutt (Edison)	1997
41-6.5	Christina Kim (El Toro)	2008
41-6	Ann Gill (Western)	1985
41-6	**Kathryn Plummer (Aliso Niguel)	2014
41-5.25	* Andrea Bill (University)	1992
41-5.25	Chrissy Tolson (Fountain Valley)	1996
41-3.75	Bev Oden (Irvine)	1989
41-2.75	* Kristin Thompson (Esperanza)	1999
41-2.5	Adara Newidouski (Dana Hills)	1993
41-1.5	Robyn Utu (Huntington Beach)	1982
41-1.5	Marie Philman (Edison)	1996
41-1.5	Kristy Chester (Esperanza)	2002
40-11.25	*Susan Linn (Trabuco Hills)	1997
40-11	* 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
40-7.5	* 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	37-11.5	Brittany Frers (Marina)	2010
40-0.75	* Robin Regan (Mater Dei)	2003	37-11	Karen Jones (SA Valley)	1982
39-11.5	**Sheraton Jones (Canyon)	2011	37-11	Kelly Langi (Saddleback)	1997
39-11	Nina Foster (Mission Viejo)	1991	37-11	* Becky Steen (Tesoro)	2003
39-11	Vanessa Gardner (Mission Viejo)	2004	37-10.75	Abria Lipscomb (Northwood)	2003
39-11	*Ashley Donohoe (Huntington Beach)	2012	37-10.25	Rachel Savaii (Fullerton)	2010
39-10	Suzie Greganic (Marina)	1989	37-10	Dannie Darrow (Dana Hills)	1994
39-9.5	Vicky Craig (Kennedy)	1981	37-10	* Greshawnda Clayton (Canyon)	1996
39-6.25	* Kau ilani Mikihan (Mater Dei)	2013	37-10	Brooke Fitzgerald (Santa Margarita)	1998
39-8.75	Kristy Dominguez (Mission Viejo)	2001	37-10	** Tabitha Tabb (Santa Ana)	2001
39-7.5	Whitney Johnson (Mission Viejo)	2004	37-10	Cristina Kim (El Toro)	2008
39-7	White (Villa Park)	1977	37-10	Ashley Donohoe (Huntington Beach)	2013
39-6.5	Ann Bland (Santa Ana)	1981	37-9.75	Lori Gustafson (Corona del Mar)	1980
39-6.5	Chelesa Weenig (Laguna Beach)	2000	37-9.5	Leslie Contreras (La Habra)	1979
39-5.5	Julie Tafua (Westminster)	1988	37-9	Nicole Lied (Tustin)	1985
39-4.5	Kerry O'Brick (Edison)	1996	37-9	* Spring Trammell (Los Amigos)	1994
39-4.2	**Kianey Davis (Troy)	1999	37-9	* Malaya Paggatt (Mission Viejo)	1998
39-3	Lisa Bullock (Edison)	1977	37-9	* Geneva Bailey (Loara)	2001
39-3	Hannah Meager (El Toro)	2014	37-9	Una Makenesi (Loara)	2004
39-2.75	Rachel Davis (Katella)	1993	37-8.5	Laura Williams (SA Valley)	1980
39-2.25	Etta Jackson (Magnolia)	1998	37-8.5	Megan Good (Huntington Beach)	2010
39-1.5	Kelly Wilson (Woodbridge)	1985	37-8.25	Gretchen Schroeder (Mission Viejo)	1984
39-1.5	Ashley Selman (Foothill)	1988	37-8	Sue Bolton (Rancho Alamitos)	1983
39-0.5	Devon Pessler (Foothill)	2014	37-8	* Katy Homewood (Marina)	1997
39-0	Tiffany Gray (El Dorado)	2011	37-8	Meagan O'Reilly (Mission Viejo)	2007
38-11	*** Niki Awaa (Brea)	2002	37-7.75	* Caroline Van de Velde (Corona del Mar)	2010
38-10.5	Olive Langi (Saddleback)	1989	37-7.5	Shirlyn Weenig (Laguna Beach)	1984
38-10	Loretta Sepulona (Santa Ana)	1978	37-7.5	* Keely Ziegler (Huntington Beach)	1995
38-9.5	Jennifer Insley (Los Alamitos)	1988	37-6.5	* Philliz Tuavao (Canyon)	2014
38-9.5	Robin Regan (Mater Dei)	2004	37-5.5	Alyxa Bennett (Loara)	1995
38-9	* Laura Wilson (Newport)	1995	37-5.25	* Gabby Botts (Villa Park)	2009
38-9	Alfa Stewart (Woodbridge)	2000	37-7	** Marybeth Thobe (Edison)	1982
38-8.75	Jacqueline Anderson (San Clemente)	2001	37-7	Tracy Titus (Loara)	1991
38-8.5	Michelle Paproski (Villa Park)	1989	37-6.5	* Olivia Raya (El Modena)	2004
38-8.25	* Janell Jakubka (Capo Valley)	1987	37-5.75	Hughes (Sonora)	1978
38-8.5	Shawn Sturgeon (Esperanza)	1982	37-5.75	**Erica Dickson (Mission Viejo)	1994
38-8.5	Tarua Rich (Mission Viejo)	2000	37-5.75	Litia Makakaufaki (Laguna Hills)	2001
38-8.5	Laura Bogein (Huntington Beach)	2007	37-5	Susan Gingrich (Estancia)	1985
38-8	Erika De La Puente (University)	2008	37-5.5	Avelina Ruiz (Santa Ana)	1990
38-8	*Sheraton Jones (Canyon)	2012	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
38-4	Rachelle A La Torre (Newport)	2014	37-1	*** Mindy Speed (Irvine)	1987
38-3.5	Vogel (Corona del Mar)	1975	37-1	** Tonja Lawson (SA Valley)	1992
38-3.5	Melissa Price (Loara)	1997	37-1	Victoria Gomez (Los Amigos)	2014
38-3.25	Laura Mills (University)	1981	37-0.5	Julia Reedy (Mission Viejo)	2011
38-3	Hoyler (Whittier Christian)	1997			
38-3	Margarita Matiks (Irvine)	2009			
38-3	Jackie Chasteler (Mission Viejo)	2013	Shot Put (81b.)		
38-2.5	Beverly Hewitt (Canyon)	1980	50-6.5	*Susie Ray (Villa Park)	1979
38-2.5	Stephanie Bell (Foothill)	1986	50-0.5	Emily Dole (Kennedy)	1975
38-2.5	Spring Trammell (Los Amigos)	1995	49-4.25	Rosarie Ramos (Anaheim)	1979
38-2.5	Lauren Anderson (Troy)	2004	46-10.5	*** Natalie Kaaiawahia (Fullerton)	1980
38-2.25	Abby Erickson (Mater Dei)	1995	40-10	Jiao Tsai (Corona del Mar)	1980
38-2	*Kelly Wilson (Woodbridge)	1984	40-3.75	* Julie Green (Fountain Valley)	1979
38-2	Vao Faoa (Magnolia)	2002			
38-2	Mele Makenesi (Loara)	2004			
38-1.5	Nia Jones (Santa Ana)	1992			
38-1.5	Cara Heads (Newport)	1995			
38-1	Booth (Westminster)	1978			
38-0.5	Erica Goodman (Estancia)	1986	Discus		
38-0.5	**Cierra Williams (Mission Viejo)	2014	175-8	Kate Hutchinson (San Clemente)	2003
38-0	Adee Gunkel (Mater Dei)	1981	174-9	Natalie Kaaiawahia (Fullerton)	1983
38-0	Mararita Matiks (Irvine)	2010	167-5	Jacque Norton (Mission Viejo)	1982
37-11.75	McConnell (San Clemente)	1979	160-6	Allison Franke (Canyon)	1989
			158-2	Hilary Fraser (El Toro)	2007

156-10	Priscilla Gardner (Mission Viejo)	2003	131-1	Emily Gleason (El Toro)	1998
155-6	Terri Sabol (Buena Park)	1974	131-0	Konafesi Mataia (Loara)	2009
152-8	* Vao Faoa (Magnolia)	2001	130-10	Ann Gill (Western)	1985
150-0	* Carrie Axton (Los Amigos)	1996	130-9	Erin Streater (Villa Park)	2002
149-9	Mackenna Howard (Los Alamitos)	2014	130-9	** Tara Ross (Mission Viejo)	2004
149-5	Cara Heads (Newport)	1995	130-6	Lisa Wood (Saddleback)	1986
149-2	Elaina Oden (Irvine)	1985	130-3	Emily Crum (Mater Dei)	2014
148-5	* Katelyn Ciarelli (Huntington Beach)	2003	130-2	Kathrine Henze (Foothill)	1998
148-0	Celeste Paquette (Rancho Alamitos)	1985	130-0	** Marybeth Thobe (Edison)	1982
148-0	Heidi Adams (Mission Viejo)	1985	130-0	Aprile Powell (Century)	1999
148-0	Andrea Bill (University)	1993	130-0	* Laura Cadranel (Los Alamitos)	2001
147-8	Carrie Axton (Los Amigos)	1997	129-10	Luisa Thimauave (Magnolia)	1988
147-5	Alana Faagai (Huntington Beach)	2006	129-9	* Samantha Meredith (El Modena)	1999
146-1	Gina Heads (Newport)	1994	129-9	Asou (Magnolia)	2007
146-1	Ashley Pyka (Canyon)	2008	129-4	** Krista Gregory (El Toro)	2008
144-3	Margarita Matiks (Irvine)	2010	129-3	Laura Wilson (Newport)	1996
144-0	Marie Philman (Edison)	1996	129-3	* * Ashley Parrish (Esperanza)	2000
143-10	Debbie Hargrove (Estancia)	1990	129-3	Mary Geers (Capo Valley)	2013
143-3	* Angela Burgess (Woodbridge)	1994	129-3	*Philliz Tuavao (Canyon)	2014
142-10	Sonya Bryant (Marina)	1996	129-2	Kelly Langi (Saddleback)	1997
142-6	Kelsey Allen (Capo Valley)	1988	128-11	*Kara Caskey (Mater Dei)	2011
142-5	Melissa Yunghans (Orange Lutheran)	2004	128-10	Antoinette Herrera (Los Amigos)	1998
142-2	Kristin Thompson (Esperanza)	2000	128-9	Tee Eskridge (El Modena)	1982
142-0	Lisa Williams (SA Valley)	1983	128-8	Kristy Dominguez (Mission Viejo)	2001
141-9	Susie Ray (Villa Park)	1979	128-7	Kristin Dunn (Mission Viejo)	1990
141-8	Suzanne Linn (Trabuco Hills)	1998	128-6	Lisa Henderson (Foothill)	1988
140-6	Kara Caskey (Mater Dei)	2012	128-6	Kari DeSoto (Esperanza)	1996
140-3	Vanessa Gardner (Mission Viejo)	2004	128-5	Marlene Godbolt Mission Viejo)	1995
139-10	Holly Fraser (El Toro)	2009	128-5	Evaine Mansfield (Foothill)	1999
139-8	Katie Laich (Esperanza)	2007	128-4	Sheraton Jones (Canyon)	2013
139-7	Jaycee Olsen (Corona del Mar)	2010	128-0	** Lia Rousset (Newport)	1994
139-5	Shelly Lovati (El Modena)	1986	128-1	Spring Trammell Los Amigos)	1995
139-5	* Jenny Brickner (Esperanza)	2002	128-1	Hannah Meager (El Toro)	2014
138-11	Chrissy Tolson (Fountain Valley)	1996	127-11	Melanie Dear (Garden Grove)	1991
138-10	Luseane Makanesi (Katella)	2009	127-11	*Sheraton Jones (Canyon)	2012
138-9	Fiapopo Apelu (Magnolia)	2004	127-9	Tawney Barber (El Modena)	2007
138-8	Pamela Makanesi (Katella)	2011	127-8	Megan Good (Huntington Beach)	2010
138-4	Lynne Kelley (Irvine)	1981	127-7	Kara Stephens (Orange Lutheran)	1992
137-11	Kelly Wilson (Woodbridge)	1985	127-5	Joanna Alo (SA Valley)	1990
137-8	* Olivia Raya (El Modena)	2004	127-5	Carina Martinez (SA Valley)	2001
137-4	Marie Midland (Estancia)	1990	127-4	Megan Franke (Canyon)	1988
137-4	Krista Dill (Newport)	2000	127-4	Chichi Amadi (Dana Hills)	2008
137-2	Bev Oden (Irvine)	1989	127-4	*Ashley Donohoe (Huntington Beach)	2012
137-2	* Nikki Awaa (Brea)	2004	127-1	Dayna McKenzie (Capo Valley)	1993
137-0	Heather Quinn (El Toro)	2002	127-1	Katie Easley (Los Alamitos)	1996
136-11	Laura Mills (University)	1981	127-1	**Rachelle A La Torre (Newport)	2014
136-8	* Adara Newidouski (Dana Hills)	1992	126-11	Jenny Brickner (Esperanza)	2000
136-1	Tawny Hanna (Irvine)	2012	126-11	* Scarlet Leduga (El Toro)	2001
136-0	Marlyn Ciarelli (Huntington Beach)	1999	126-11	Stacy Knisley (Esperanza)	2002
135-8	Shirlyn Weenig (Laguna Beach)	1984	126-10	Marlena Godboldt (Mission Viejo)	1996
135-6	Bonnie Dasse (Costa Mesa)	1977	126-10	Whitney Johnson (Mission Viejo)	2004
135-5	Joni Argento (Kennedy)	1979	126-9	*** Marjorie Niumata (Rancho Alamitos)	1996
134-9	Etta Jackson (Magnolia)	1998	126-8	** Samangha Meredith (El Modena)	1998
134-8	Melissa Price (Loara)	1997	126-6	Una Makanesi (Loara)	2004
134-8	Karle'h Wilson (Corona del Mar)	2012	126-4	Reena Gonzales (Brea)	2000
134-7	Cyndi Lee (El Dorado)	1988	126-1	Becky Crouse (Woodbridge)	2008
134-4	Diana Clements (San Clemente)	1981	126-1	Jessica Imani (Corona del Mar)	2011
134-4	Wendy Duffresne (Woodbridge)	1996	126-0	** Jillianne Whitfield (Newport)	2002
134-2	Tracy Wilson (Loara)	1983	126-0	*Tiffany Gray (El Dorado)	2010
133-7	* Christa Van Doren (Estancia)	1991	125-10	Jerrilyn Stanwood (Trabuco Hills)	2009
133-7	Joy MacArthur (Dan Hills)	2014	125-8	Katie Holmes (Canyon)	1996
133-6	Mele Makanesi (Loara)	2004	125-5	* Robyn Utu (Huntington Beach)	1981
133-5	Stephanie Sampson (Esperanza)	1999	125-5	* Jenny Shutt (Edison)	1996
133-5	Ashley Johnson (Saddleback)	2002	125-5	Christina Kim (El Toro)	2008
133-0	* Megan Ilertsen (Troy)	2003	125-4	*Madison Chronister (San Clemente)	2014
132-7	Samantha Grant (Mission Viejo)	2002	125-3	Jennifer Harney (Esperanza)	1990
132-6	* Jessica Perez (Sunny Hills)	1999	125-3	Lauren O'Hara (Irvine)	1998
132-6	Sina Dailey (Mission Viejo)	2008	125-2	Katie Okano (Trabuco Hills)	1995
132-2	* Stacy Kohler (Marina)	1990	125-0	* Kristen Okura (Mission Viejo)	1988
132-2	Stacy Jame (Esperanza)	1998	125-0	L. Kelly (Villa Park)	1983
131-11	Christa Kondru (Northwood)	2010	125-0	* Katie Smith (Orange)	1992
131-8	Marie Arthur (Fountain Valley)	1996	124-10	* Katie Henze (Foothill)	1997
131-4	Carolyn Pendleton (Esperanza)	2001	124-8	*Karle'h Wilson (Corona del Mar)	2011
131-3	Abria Lipscomb (Northwood)	2003	124-7	Marie Ornes (Foothill)	1982
131-1	Aidee Pacheco (Saddleback)	1995	124-7	Cheyenne Maneafaiga (Garden Grove)	2012

124-3	Keanna Roberson (Aliso Niguel)	2011	3821	Hailey Bond (Costa Mesa)	2014
124-2	Karlie Manos (Katella)	1999	3584	***Laura Lainson (Huntington Beach)	2011
124-2	Ashley Donohoe (Huntington Beach)	2013	3578	Jennifer Stanley (University)	1994
124-1	Bernadette Quinteras (Orange)	1992	3566	Katy Zimmon (Edison)	1997
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			
123-6	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			
122-8	Lisa Henderson (Foothill)	1988			
122-2	Nori McCrystal (LaHabra)	1997			
122-7	Julia Loya (Mission Viejo)	1998			
122-6	Kristin Dutwiler (Mission Viejo)	1998			
122-1	Nicole Lind (Tustin)	1985			
122-0	Jacque Nelson (Canyon)	1978			
1220	Nina Foster (Mission Viejo)	1994			
122-0	* L.J. Amadi (Dana Hills)	2003			
122-0	Veronica Beavor (Orange Lutheran)	2008			
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			
121-5	** 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			
120-4	Bonnie Manning (SA Valley)	1980			
120-4	Luisa Tuimauvae (Magnolia)	1990			
120-1	Jennifer Pettey (El Dorado)	1991			
120-1	Lara Ohanesian (St Margarets)	2014			
120-0	Tawnya Turton (Mission Viejo)	2010			

Javelin

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

Heptathlon

5405a	Sharon Hatfield (Fountain Valley)	1982
5200	Laura Mills (University)	1981
5115	* Ashley Bethel (Mission Viejo)	1997
5114	Kerry O'Bric (Edison)	1996
4691	Kimmie Conner (Dana Hills)	2010
4445	Ashley Selman (Foothill)	1988
4432	Tori Usgaard (Dana Hills)	2012
4309	Maria Philman (Edison)	1994
4303	Kylee Vandenberg (San Juan Hills)	2013
4168	Brenna Barker (Dana Hills)	2013
4003	Molly Moore (Loara)	1982
3922	*Chelsea Larson (Orange Lutheran)	2010
3856	Tailor Dunigan (Mission Viejo)	2010

Pentathlon

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

Hammer Throw

160-9	*Jessica Imani (Corona del Mar)	2010
146-4	Stephanie Sampson (Esperanza)	1999
134-2	*Megan McCullough (Mission Viejo)	2012
130-3	Rachel Raper (Esperanza)	2005
127-3	Evy Roberts (Dana Hills)	2014
122-1	Katie Laich (Esperanza)	2007
119-6	***Molly McCullough (Mission Viejo)	2010
113-2	**Alicia Burnes (Sonora)	2010
113-2	Jaycee Olsen (Corona del Mar)	2010
107-9	**Emily MacMillan (El Toro)	2011

ALL-TIME INDOOR MARKS LIST

Girls

50 meters

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

55 meters

7.16	Alyssa Tao (Fountain Valley)	2013
7.35	**Kennedy Gillian (Mission Viejo)	2014
7.39	*Crystal Eckman (Fountain Valley)	2014
7.47	Maia Craver (Woodbridge)	2014
7.50	**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
7.61	Hannah Helen Heising (Woodbridge)	2014
7.62	Chrsitina Ciampa (San Clemente)	1999
7.66	Briana Jablonski (Woodbridge)	2014
7.69	Meryl Stone (Woodbridge)	1999

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	Suzy Hensel (Valencia)	1983
68.9	Debbie Marsino (Cypress)	1981
69.3	Barbara Rainey (Edison)	1983
69.4	Jerri Baker (Capo Valley)	1981
69.7	Michelle Banks (El Dorado)	1985
69.7	Maika Nelson (Brea)	1998
70.1	Kim Law (SA Valley)	1977
70.3	Beth Melton (Fountain Valley)	1979
70.8	Anisette Rogers (University)	1983
70.8	Angela Allen (El Modena)	1998
71.0	Laura Ichikawa (Katella)	1982
71.1	Darla Burkhart (Estancia)	1979
71.9	Kaci Keefer (Woodbridge)	1989
72.0	* Jossie Fioda (Costa Mesa)	1981
72.46	Marlene Lang (Fountain Valley)	1993

500 meters

72.28	Ashley Furst (Laguna Hills)	199
72.52	Christina Ciampa (San Clemente)	1999
72.6	Emily Kalmbach (Santa Margarita)	2002

600 yards

1:27.37	**Ashley Willingham (Los Alamitos)	2014
1:31.63	Chloe Deol (Dana Hills)	2014
1:31.97	Brenna McNulty (Dana Hills)	2014
1:32.45	Brian Jablonski (Woodbridge)	2014
1:33.22	** Heather Cottle (Fountain Valley)	2013
1:33.27	*Annelise Doerr (Fountain Valley)	2014

1:33.36	Kyle Oefelein (Woodbridge)	2014
1:33.79	* Maia Craver (Woodbridge)	2013
1:36.14	*Heather Cottle (Fountain Valley)	2014
1:36.22	Aini Morales (Fountain Valley)	2013
1:36.65	** Annelise Doerr (Fountain Valley)	2013
1:37.01	Emily Glenn (Corona del Mar)	2014
1:37.60	Jessy McIntyre (Los Alamitos)	2013
1:38.09	Haley McHugh (Santa Margarita)	2014
1:38.71	Kyndol Craver (Woodbridge)	2013

600 meters

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

2:02.4	**Mary Decker (Orange)	1974
2:10.96	Liz Morse (Corona del Mar)	2000
2:14.8	Cindy Stoughton (Corona del Mar)	1981
2:17.5	Maggie Henson (Newport)	1986
2:17.7	Christie Engesser (Ocean View)	1993
2:18.2	** Sharon Hatfield (Fountain Valley)	1980
2:18.4	* Nicole Biggers (El Toro)	1984
2:19.3	Shannon Karpel (Ocean View)	1987
2:19.4	Lori Blanco Westminster)	1977
2:19.6	* Kristin Harkins (La Quinta)	1986
2:19.8	Staci Kneeshaw (Foothill)	1978
2:20.4	Rhonda Patcha (Valencia)	1979
2:20.4	Leslie Pratt (Edison)	1983
2:21.2	Karen Nancy (Capo Valley)	1986
2:22.0	Nancy Jessen (Dana Hills)	1980
2:22.2	Kell Ringer (Edison)	1979
2:22.3	Buffy Rabbitt (Newport)	1986
2:22.3	Jessica Dahlberg (El Modena)	1998
2:22.3	***Whitney Whitney Hampton (El Toro)	2002
2:23.1	Jenny Cummins (Corona del Mar)	2000
2:23.5	Erika Lovett (Savanna)	1988
2:22.53	* Janice Lane (Woodbridge)	2013
2:24.5	* Summer Shaw (Huntington Beach)	1996
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
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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
5:21.75	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
5:26.55	Mikaela Garduno (Foothill)	2014
5:26.7	Maria Mendoza (Santa Ana)	1988
5:26.82	Madeline Bradford (Woodbridge)	2014
5:26.93	***Amanda Gehrich (Tesoro)	2013
5:26.97	Cassidy Townner (El Dorado)	2014
5:27.5	Shey Manaafian (University)	2001
5:27.54	Ana Attard (Marina)	2002
5:27.6	Jamie DeNoewer (Costa Mesa)	1999

3000 meters

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

8.44	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
9.00	Lily Trinh (Fountain Valley)	2010

4x 145m Relay

1:15..86	Irvine	2013
1:17.58	Woodbridge	2013

1:19.41	Fountain Valley)	2014
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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
4:08.6	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
5-4	Darci Morrison (Laguna Hills)	1993
5-4	** Lauren Collins (Santa Margarita)	2003
5-4	Annie Giebelhaus (Orange Lutheran)	2011
5-4	Brenna Barker (Dana Hills)	2012
5-3	Maciah Murray (Edison)	2013
5-3	* Michelle DeDmon (El Toro)	2013
5-2	Carrie Hoagland (Canyon)	1992
5-2	Tracy Broughton (Irvine)	1992
5-2	Wendy Brown (Woodbridge)	1992
5-2	Kendra Canape (Brea)	2000
5-2	Kristna Curtis (Tustin)	2003
5-2	Madelyn Sando (Mater Dei)	2012

Pole Vault

12-6	**Victoria Rische (Foothill)	2010
12-4	***McKenna Caskey Mater Dei	2014
12-3	*Allison Stokke (Newport)	2006
12-0.5	* Elizabeth Woepse (Mater Dei)	2003
11-8	Lyndly Tamura (Huntington Beach)	2006
11-6.5	Mandie Rowell (Santa Margarita)	2003
11-6.5	* Whitney Johnson (Mission Viejo)	2003
11-6	*Brooke Arthur (Mater Dei)	2010
11-6	Claire Hawkins (Santa Margarita)	2010
11-1	*Amy Loschiavo (Huntington Beach)	2011
11-0.75	Cara Walker (Marina)	2003
11-0	Caroline Rebello (Marina)	2000
11-0	Kate Johnson (Mater Dei)	2010
10-10	** Alexa Ward (Los Alamitos)	2006
10-8	*Amy Loschiavo (Huntington Beach)	2011
10-7	** Kelly MacLean (Edison)	2003
10-6	Katie Rorem (Marina)	1998
10-6	Sarah Higham (Mission Viejo)	1998
10-6	Lauren Walker (Huntington Beach)	2006
10-06	Karen Snapper (Huntington Beach)	2010

Long Jump

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

Triple Jump

39-7.7	Michelle Sanford (Woodbridge)	2003
37-9.75	Kelly O'Connor (Esperanza)	1996
37-4	* Lora Bender (Fountain Valley)	2013

37-1.5	Erica Dickson (Mission Viejo)	1996
37-1	Michaela Schaeffer (Edison)	2013
36-9	Tammy Graham (Mission Viejo)	1992
36-9	* Darneshia Griffith (Trabuco Hills)	1996
36-7.25	Brenna Barker (Dana Hills)	2013
36-5	Jennifer Bandley (Los Alamitos)	2014
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
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
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ALL-TIME SCHOOL RECORDS

ALISO NIGUEL

Boys			
200m	Julian Johnson	22.25	2013
400m	Michael Andraszczyk	49.50	2008
800m	Michael Andraszczyk	1:53.19	2008
110m H	Joshua Lindley	14.86	2009
300m H	Andrew Kokinakes	38.37	2009
400m R		41.75	2007
1600m R		3:21.87	2008
TJ	Donald Hawthorne	47-7.75	2002
PV	Greg Bowlin	14-0	2007
	Daniel Taylor	14-0	2009
Dis	Chad Seymour	178-11	2009

Girls

100m	Danielle Darden	11.97	2013
200m	Danielle Darden	24.04	2013
400m	Alexis Deol	56.74	2005
800m	Haley Lawrence	2:10.57	2006
1600m	Danica Wyson	5:00.84	2012
3200m	Danica Wyson	10:33.55	2009
100m H	Marie Ingram	15.79	2006
300m H	Michelle Basanda	46.02	1998
400mR		48.02	2005
1600mR		3:58.66	2009
PV	Katie Adams	11-6	2005
LJ	Amber Moore	18-2.75	2004
TJ	Kathryn Plummer	41-6	2014
Discus	Keanna Roberson	124-3	2011

ANAHEIM

Boys			
100m	Che Garcia	10.95	1992
200m	Ron Pharris	21.42+ (21.3y)	1967
400m	Mike Fritz	48.26	1986
1600m	Tom Keefer	4:11.2+ (4:12.6y)	1969
3200m	Tom Keefer	9:07.1+(9:10.2y)	1969
110m H	Bob McQueen	14.68+(14.4y)	1971
300m H	Tony Wilson	39.39	1984
400m R		41.99+(41.1 y)	1972
1600m R		3:21.51	1984
HJ	Rick Sloan	6-8	1964
PV	Jack Hanian/Wayne Gorman	14-0	1972
LJ	Ruben Droughns	22-6.5	1995
SP	Jim Heath	59-9.5	1969

Girls

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

BECKMAN

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

Girls

HJ	Caitlin Birdsell	5-6	2010
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BREA-OLINDA

Boys			
100m	Claude Melvin	10.70	1999
200m	Claude Melvin	21.40	1999
400m	Dave Buck	47.87+(48.0y)	1963
800m	Cody Nguyen	1:54.10	2012
1600m	Austin Tamagno	4:06.93	2014

3200m	Austin Tamagno	8:56.86	2014
110m H	Bryan Poland	14.58+(14.3y)	1970
400m R		42.18	1999
HJ	Hubbard	6-6	1992
	Ryan Kugel	6-6	1998
PV	Randy Parker	14-6	1977
LJ	Dan Carpenter	24-0.5	1972
SP	Dave Johnson	60-10.75	1976
DIS	Jim Norum	178-7	1997

Girls

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

BOLSA GRANDE

Boys

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

Girls

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

BRETHREN CHRISTIAN

Boys

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

Girls

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

BUENA PARK

Boys

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

Girls

100m	Snita Ashford	12.10	2006
600m	Carrie Garritson	5:01.90	1994
3200m	Carrie Garritson	10:28.20	1994

100m H	Jasmine Webb	15.28	2004
300m H	Yasmin Webb	43.56	2005
SP	Lato Eteaki	36-1.5	2014
Dis	Terri Sabol	155-6	1974

CALVARY CHAPEL

Boys

Girls

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

CANYON

Boys

100m	Vanden Staly	10.93	2002
	Ib Al-arnous	(10.75w)	2008
200m	Tubotien Taylor	21.83	2009
400m	Tubotien Taylor	47.73	2009
800m	F Rossi	1:55.4+(1:56.0y)	1982
1600m	Austin Goins	4:12.04	2013
3200m	Austin Goins	9:20.89	2013
110m H	Brent Elliot	14.75	2011
300m H	Rodney Wright	39.32+(39.3y)	1986
400m R		42.51	2009
1600m R		3:20.57	2008
HJ	Cody Crampton	6-11	2011
LJ	Dave Berger	23-7.5	1978
TJ	Chris Jackson	45-9.75	1999
SP	Ken DeShano	58-8.5	1979
DIS	Don Brandes	161-8	1977

Girls

100m	Alexis Turley-Young	12.22	2014
200m	Tai Crumsey	25.23	2014
400m	Debbie Bottomley	56.62+(56.8)	1976
800m	Oliva Goins	2:15.09	2013
1600m	Olivia Goins	4:54.67	2013
3200m	Kim Nelson	10:48.13	1993
100m H	Alexis Turley-Young	14.64	2014
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	10-6	2014
LJ	Shannon McGinnis	19-0.5	1983
TJ	Allison Franke	38-4.5	1989
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	Grace Schafer	5:04.2	2013
3200m	Grace Schafer	10:47.42	2013

100m H	Kristen Kiefer	14.37	2007
300m H	Kristen Kiefer	42.75	2007
400m R		47.77	2011
1600m R		3:54.60	2010
PV	Hillary Van Ert	11-6	2007
LJ	Kristen Kiefer	18-3.5	2006
TJ	Shay Alexander	37-10	2001
SP	Laura Matos	40-9	1983
DIS	Kelly Allen	142-6	1988

CENTURY

Boys

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

Girls

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

CORONA DEL MAR

Boys

100m	Jason Boyce	10.90	1994
200m	Matt Hurst	21.61	2014
400m	Matt Hurst	47.79	2014
800m	Nick Rose	1:52.1+(1:52.7y)	1971
1600m	Jim Robbins	4:10.74	1988
3200m	Brian Hunsaker	8:53.7+(8:56.8y)	1975
110m H	Nick McGuinness	14.90	2013
300m H	Troy Hardy	38.28	2013
400m R		42.37	2014
1600m R		3:17.80	2012
HJ	George Kent	6-7	1972
	Mark Palmer	6-7	1984
PV	Keith Miller	15-1	1991
LJ	Jason Boyce	22-7.5	1994
TJ	Blaine Bolus	46-4.75	2009
	Blaine Bolus	(46-7.25w)	2008
SP	Sean Fenton	57-9.5	2000
DIS	Mike Bain	189-10	1987

Girls

100m	Melissa Swigart	12.55	2005
200m	Melissa Swigart	24.66	2005
400m	Melissa Swigart	55.95	2005
800m	Liz Morse	2:07.78	2000
1600m	Annie St Geme	4:39.94+(4:41.57y)	2006
3200m	Annie St Geme	10:15.89	2006
100m H	Emma Kratzberg	15.49	2014
300m H	Emma Kratzberg	45.79	2014
400m R		48.55	2005
1600m R		3:48.28	1988
HJ	Allison Brawner	5-7	2000
PV	Krisserin Canary	11-6	2002
LJ	Sandy Lucas	18-3	1988
SP	Jaycee Olsen	43-6.25	2010
DIS	Jaycee Olsen	136-7	2010

COSTA MESA

Boys

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

Girls			
100m	Paige LaBare	12.54	2013
200m	Sharon Day	25.82	2003
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	Bonnie Dasse	135-6	1977

CREAN LUTHERAN

Boys			
800m	Sean Pino	1:57.90	2013

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

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
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	Connor Kaddatz	4:09.58	2011
3200m	Blake Ahrold	8:59.04	2010
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	Heather Balbier	2:13.49	2009
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	Sierra Hansen	12-4	2013
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

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 Towner	10:43.96	2014
100m H	Milda Mikuleviciute	16.29	2014
300m H	Tasha Walker	45.64	1994
400m R		49.82	2000
1600m R		3:59.10	1993
PV	Misty Richards	9-6	1998
HJ	Lori Svoboda	5-10.5	1989
TJ	Whitney Nelson	36-2.25	1987
SP	Heather Cunningham	40-9	1995
DIS	Cyndi Lee	134-7	1988

EL MODENA

Boys			
100m	Josh Brown	10.72	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	Angela Allen	25.34	1997
800m	Jessica Dahlberg	2:15.69	1996
1600m	Rebecca Sarmiento	5:03.18	2012
3200m	Leslie Burton	11:09.08	1995
100m H	Madison Klovstad	15.65	2002
300m H	Cara Brookhouse	46.02	1989
400m R		48.75	2000
HJ	Sandy Gonzalez	5-6	2006
LJ	Gaylen Ames	17-8.5	1985
TJ	Gaylen Ames	38-10	1984
SP	Shelly Lovati	44-1.5	1986
Dis	Shelly Lovati	139-5	1986

EL TORO

Boys			
100m	Chad 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	Kelley Peterson	12.32	2011
200m	Kelley Peterson	25.09	2011
400m	Tanya Ranson	55.88	1982
800m	Hanna Edwards	2:09.55	2011

1600m	Hanna Edwards	4:56.89	2011
3200m	Camila Turati	10:51.17	2014
100m H	Jessica Bragg	14.94	2009
300m H	Monica Fisher	44.21	1989
400m R		48.04c (47.9h)	2011
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	Mark Parlin	66-8	1991
DIS	Travis Pendleton	203-5	2000

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

ESTANCIA

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

Girls			
100m	Perris William-Mensah	12.04	2014
200m	Perris William-Mensah	25.20	2013
3200m	Elizabeth Huippe	11:14.04	2001
100m H	Yasmeen Chennault	15.72	2011
1600m R		3:57.1+(3:58.4y)	1979
HJ	Christie Howard	5-6	1990

HJ	Ann Erpenbeck	5-9	1978
PV	Allison Kioressel	13-1	2009
LJ	Bonnie Sorensen	18-3	2005
SP	Robyn Utu	41-1.5	1982
Dis	Katelyn Ciarelli	148-5	2003

IRVINE

Boys

100m	Kamron Shahbahrami	10.82	2011
200m	Mario Bassani	21.26	2001
400m	Mario Bassani	47.01	2001
800m	Noel Trout	1:54.6	1986
1600m	Jim Olson	4:13.78	1985
110m H	Al Williams	14.23	1998
300m H	Al Williams	37.14	1998
400m R		42.48	2011
1600m R		3:20.23	2010
HJ	Neimah Jones	6-6	2009
PV	Shawn Rogen	14-8	1989
LJ	Brandon Phillips	22-6.5	2008
TJ	Chris Mandeville	46-8	1983
SP	Jeff Bodholdt	56-8	1994
DIS	Jeff Bodholdt	170-11	1994

Girls

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

J SERRA

Boys

100m	Isaiah Diego Williams	10.88	2014
200m	Dante Pettis	21.41	2014
400m	Chas Harmon	49.38	2012
800m	Luke Decker	1:55.54	2011
1600m	Luke Decker	4:10.97	2011
400m R		42.21	2014
HJ	Harrison Steed	7-2.5	2010
LJ	Dante Pettis	24-7	2014
TJ	Dante Pettis	44-4	2014
SP	Luke Wattenberg	53-5.5	2014
Dis	Luke Wattenberg	173-1	2014

Girls

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

KATELLA

Boys

100m	Charles Crook	10.74	1997
200m	Charles Crook	21.29	1997
400m	Kendall 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	Rennie Durrand	57.61+(57.8y)	1980
800m	Rennie Durrand	2:05.7	1980
1600m	Natasha Strickland	5:02.25	2012
3200m	Natasha Strickland	11:00.25	2011
300m H	Coco Putnam	44.80	2014
HJ	Lisa Fregraus	5-8	1982

SP	Nicole Oberreuter	38-4.5	1990
DIS	Debbie Hargrove	143-10	1990

FOOTHILL

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

Girls

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

FOUNTAIN VALLEY

Boys			
100m	Kyle Middlebrooks	10.54	2009
200m	Kyle Middlebrooks	21.54	2009
400m	Chris Sperle	48.40	1984
800m	Steve Christiano	1:55.0+(1:55.6y)	1970
1600m	Hunter Gulino	4:16.49	2013
3200m	Bob Erickson	9:02.57	1982
110m H	Ken Margerum	13.82+(13.78y)	1977
300 H	Hassan Ilyas	38.33	2011
400m R		42.67	2008
1600m R		3:16.41	1981
HJ	Matt Byrd	6-6	1994
PV	Blake Mason	15-8	2008
LJ	Troy Blevins	23-1	1978
TJ	Dennis Cowan	47-5	1979
SP	Tambi Wenj	60-3	1984
DIS	Tambi Wenj	190-8	1984

Girls

100m	Cheryl Henderson	12.18	1983
200m	Alyssa Tao	25.25	2013
400m	Liz Melton	57.41+(57.6y)	1978
800m	Anja Disiena	2:09.54	2007
1600m	Bonnie McGlinchey	4:47.42	1980
3200m	Annabella Villanueva	10:35.16	1980
100m H	Sharon Hatfield	14.44	1982
300m H	Sharon Hatfield	42.55	1982
400m R		48.87	1978
		48.87	2013
160m R		3:49.1+(3:50.4y)	1979
HJ	Sharon Hatfield	5-8	1980
PV	Becky Beal	11-1	2007
LJ	Sharon Hatfield	19-3.25	1982
TJ	Young	36-7.5	1987
SP	Julie Green	40-9.75	1978

FULLERTON

Boys

400m	Dan Hoefler	49.56(49.7y)	1947
800m	Bob Sutherland	1:55.7+(1:56.3)	1974
1600m	Mark Wynne	4:17.5 (4:18.9y)	1963
3200m	Greg Dean	9:12.3 (9:15.8y)	1976
110m H	Doyin Sule	14.72	2011
300m H	Donald Woullard	39.64	2014
400m R		43.44	2010
HJ	Imad Jamal	6-8	1979
LJ	Chambers	23-9	1939
SP	John Brenner	64-5.5	1979
DIS	John Brenner	172-11	1979

Girls

200m	Caeli Tuttle	25.78	2014
300m H	Kathy Lavering	45.68	1982
SP	Natalie Kaaiawahia	53-7.75	1983
DIS	Natalie Kaaiawahia	174-9	1983

GARDEN GROVE

Boys

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

Girls

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

GODINEZ

Boys

3200m	Jose Penaloza	9:16.81	2013
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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	Summer Shaw	57.68	1995
800m	Cassie Durgy	2:11.89	2014
1600m	Cassie Durgy	4:56.83	2014
3200m	Amanda Honn	10:39.39	2011
300m H	Elizabeth Ramsey	45.75	2009
400m R		49.21+(49.49y)	1979

SP	Tafi Togogae	42-0.25	1996
Dis	Carrie Axton	150-0	1996

MAGNOLIA

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

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

MARINA

Boys			
100m	Chip Rish	10.78	1984
200m	Chip Rish	21.01	1985
400m	Chip Rish	45.84+(45.7y)	1985
800m	Tony guadagnini	1:53.20	2005
1600m	Karl Baranov	4:13.65	2011
3200m	Gary Blume	8:57.7+(9:00.8y)	1974
110m H	Marc Kallick	14.47	1988
300m H	Ben Forbes	39.08	1998
400m R		42.43	1984
1600m R		3:21.4+(3:22.7y)	1976
HJ	Dave White	6-8.5	1977
	Matt Dispenza	6-8.5	2014
PV	Logan Odder	16-7	2000
LJ	Mitch Malone	23-3.25	1987
TJ	Tony Parrish	50-11.75	1993
SP	Rick Tarrin	56-10	1975
DIS	Lucas Dunbar	164-2	1998

Girls			
100m	S. Salcido	12.42	2009
200m	S. Salcido	25.40	2009
800m	Sarah Van Dyke	2:11.32	2011
1600m	Laura Hollander	4:48.86	2012
3200m	Laura Hollander	10:10.51	2012
100m H	Susan Pettus	15.24c(15.0)	1995
300m H	Ann Kissinger	45.27	1998
400m R		49.02	2009
1600m R		3:56.27	2011
HJ	Lisa Coleman	5-7	1987
PV	Kristen McGregor	12-9	2002
LJ	Noel Dula	17-7.75	1997
TJ	Samantha Seirano	37-5	2004
SP	Sonya Bryant	41-5	1995
Dis	Sonya Bryant	135-8	1995

MATER DEI

Boys			
100m	Curtis Godin	10.36	2014
200m	Curtis Godin	20.85	2014
400m	Curtis Godin	48.63	2014
800m	Jim Gallivan	1:52.62	1983
1600m	Mike Nielsen	4:11.56	1989
3200m	Bill St John	8:51.7+(8:54.8y)	1976
110m H	Sam Barkley	14.20	2011
300m H	Corey Hammond	37.35	2012
400m R		41.79	2014
1600m R		3:16.80	2010
HJ	LeRon Ellis	6-8	1987
PV	Michael Woepse	17-6	210

LJ	Mike Morgan	23-2	1966
TJ	Chris Conrad	47-5.5	1987
SP	Vince Brown	61-3.75	1978
Dis	Malik McMorris	192-11	2014

Girls			
100m	Gia Trevisan	12.12	2011
200m	Gia Trevisan	24.33	2011
400m	Tara Radan	55.35	2013
800m	Ashlyn Rambo	2:08.75	2014
1600m	Ashlyn Rambo	4:55.39	2014
3200m	Clarie Feit	10:48.29	1982
100m H	Emma Radan	14.22	2014
300m H	Emma Radan	43.00	2014
400m R		47.23	2014
1600m R		3:48.60	2013
HJ	Melissa McDonald	5-10	1990
PV	McKenna Caskey	12-9	2014
LJ	Ashley Voisinet	18-4.75	2003
TJ	Melissa McDonald	38-8.25	1991
SP	Kau Ilani Miki-han	40-7	2-14
Dis	Kara Caskey	140-6	2012

MISSION VIEJO

Boys			
100m	Andy White	10.68	2007
200m	Joey Branker	21.56	2009
400m	Greg Jones	48.05+(48.34y)	1977
800m	Jon Cook	1:52.3+(1:52.9y)	1974
1600m	James Cameron	4:12.37	2008
3200m	Jeff Vandereems	8:59.4+(9:02.5y)	1979
110m H	Steve Kerho	13.41	1982
300m H	Diego Courbis	37.60	2014
400m R		41.57	2006
1600m R		3:16.34	2004
HJ	Chris Moxley	6-9	1990
	Sage Stone	6-9	2013
PV	Sean Jones	15-3	2002
	Sean McNanny	15-3	2009
	Jacob Adler	15-3	2014
LJ	Diego Courbis	22-8	2014
TJ	David Hall	46-1.25	1986
SP	Greg Aitkenhead	64-7.5	1984
Dis	Scott Hudson	187-2	1980

Girls			
100m	Julia Cabrales	12.15	2012
200m	Kennedy Gillian	24.53	2014
400m	Kennedy Gillian	55.53	2014
800m	Kathy Grayson	2:10.97	1986
1600m	Alyssa Brown	4:58.25	2006
3200m	Sue Sharr	11:07.61	1981
100m H	Ashley Bethel	13.82	1997
300m H	Chelsea Taylor	43.26	2008
400m R		48.51	1988
1600m R		3:48.89	1986
HJ	Lisa Fager	5-7	1988
PV	Whitney Johnson	12-10	2004
LJ	Heather Sterlin	19-8.5	1992
TJ	Lisa Fager	39-11.5	1989
SP	Heidi Adams	46-9	1985
Dis	Jacque Norton	167-5	1982

NEWPORT

Boys			
100m	Trevor Jones	10.87	2000
200m	Brian Theriot	22.02	1975
400m	Brian Theriot	47.04c(46.9)	1975
800m	Frank Venclik	1:52.47+(1:53.13y)	1978
1600m	Jim Geerlings	4:08.97+(4:10.43y)	1988
3200m	Rex Nelson	9:02.42	2008
110m H	Trevor Jones	13.99	2000
300m H	Trevor Jones	36.46	2000
400m R		42.69+(42.8y)	1978
1600m R		3:16.0+(3:17.2y)	1978

SP	Chelesea Weenig	39-6.5	2000
Dis	Shirley Weenig	135-8	1984

LAGUNA HILLS

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

Girls

100m	Nedra Lyons	12.30	1984
200m	Chelsea Green	25.91	2008
400m	Ashley Furst	57.08	1998
800m	Tiffany Boykin	2:12.90	1994
1600m	Alana Jones	4:51.67	2013
3200m	Marissa Bartello	10:49.98	2014
400m R		48.89	2008
1600m R		3:55.73	1993
HJ	Tayyiba Haneef	5-10.5	1997
PV	Micah Fein	11-1	2007
LJ	Marcie Salze	17-9.75	2006
TJ	Jennifer Michelman	37-2	2011
SP	Lilia Makakaufaki	37-5.75	2001

LA HABRA

Boys			
100m	Miles Robertson	10.95	2014
200m	Josh Herrera	22.00	1998
400m	Tony Sanford	48.06+	1965
800m	Eric Behring	1:51.34	1981
1600m	Bruce Bess	4:12.0+(4:13.4y)	1962
3200m	Mark Gonzales	9:07.51	1990
110m H	Wayne Clayton	14.28+(14.0y)	1968
400m R		43.09+(43.2y)	1975
HJ	Bill Gordon	6-7	1971
PV	Mike Sampson	14-8	1969
LJ	Doug Switzer	22-10.25	1966
TJ	Robert Stevens	45-9.5	2003
SP	P Cavanaugh	56-9.75	1969
Dis	Will Parsons	190-0	2011

Girls

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

LA QUINTA

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

Girls

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

LOARA

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

Girls

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

LOS ALAMITOS

Boys			
100m	Justin Woods	10.50	2005
200m	Justin Woods	21.28 (2101w)	2005
400m	Justin Woods	48.66	2005
800m	Thomas Heib	1:54.12	2014
1600m	Mark Junkermann	4:15.10	1983
3200m	Mark Junkermann	9:01.15	1983
110m H	Tyler Rios	14.59	2014
300m H	Kevin Ahlstrom	37.38	2004
400m R		41.86	2003
1600m R		3:16.40	2004
HJ	Brad Harris	6-11	1978
PV	Dustin Deleo	16-2	2004
U	JJ Cisneros	23-3(23-7w)	1988
TJ	Joshua Caiquo	45-10.25	2011
Dis	Tom Allison	167-6	1985

Girls

100m	Sara Limp	12.00	2014
200m	Sara Limp	24.42	2014
400m	Ashley Willingham	56.69	2014
800m	Sara Bass	2:15.92	2014
1600m	Jillian Deavila	5:04.43	2010
3200m	Deborah Chaddock	10:56.5+(11:00.3y)	'79
100m H	Cavetra Mitchell	14.52	1993
300m H	Jordan Agnew	45.16	2013
400m R		48.40	2014
1600mR		3:53.35	2011
HJ	Stacy Lee	5-7	1985
PV	Carissa Culver	12-4	2010
LJ	Thelma Viagar	18-4.5	1980
TJ	Jennifer Bandlely	36-5.75	2014
SP	Mackenna Howard	50-2.5	2014
Dis	Mackenna Howard	149-9	2014

LOS AMIGOS

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

Girls

3200m	Kathy Kiernan	11:00.6+(11:04.5y)'80	
300m H	Kelly Grand	44.95	1986

Girls			
100m	Marina Berrios	12.61	2013
200m	Dana Kriesel	25.66	1981
400m	Trudy Zandbergen	57.63	1982
1600m	Megan Petkovic	5:07.96	2008
3200m	Megan Petkovic	11:12.49	2008
400m R		49.90	2013
TJ	Elizabeth Cotociu	36-6.75	2013

RANCHO ALAMITOS

Boys			
100m	Ulysses Trammel	11.04c(10.8)	1991
200m	Ulysses Trammel	22.35	1991
400m	Phil Porter	49.54c(49.4)	1985
1600m	Ted Bechtel	4:18.5+(4:20.0y)	1969
3200m	Breggar Moore	9:00.7+(9:03.8y)	1975
110m H	Owehand	14.88+(14.6y)	1975
300m H	Gabaldan	39.43	2001
400m R		43.20	1990
1600m R		3:23.16	1984
SP	John Logsdon	57-11	1975
Dis	Richard Bolton	177-6	1977

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

ROSARY

Girls			
100m	Adriane Jaminski	12.46	2010
200m	Adriane Jaminski	25.98	2010
800m	Charisma Byrd	2:17.64	2014
1600m	Kathy Mintie	4:50.9+(4:52.5y)	1978
3200m	Shelby Buckley	10:46.99	2005
100m H	Renee Delellis	15.96	2000
LJ	Laura Hamann	17-0	2014
HJ	Linnea Housewright	5-8	1995
PV	Haley Stauber	11-9	2010

SADDLEBACK

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

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

SAGE HILL

Boys			
100	Zach Chandy	10.84c(10.6)	2005
		(10.81w)	2005
200	Zach Chandy	21.19	2006
400	Zach Chandy	47.29	2005

HJ	CJ McCord	6-10.25	2014
Girls			
1600m	Cait Williamson	5:10.88	2008
TJ	Laura Gordon	37-2.25	2005

SAN CLEMENTE

Boys			
100m	Herbert Gamboa	10.51	2012
200m	Tim Martin	21.50	1991
400m	Nick Provencio	48.77	2008
800m	Matt Stollenwerk	1:52.89	2003
1600m	Garrett Milner	4:15.67	2000
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	Anderson	10-0	2000
TJ	Cherris Gray	36-0.5	1990
SP	Diane Clements	44-3	1981
Dis	Kate Hutchinson	175-8	2003

SAN JUAN HILLS

Boys			
100m	Spencer Danner	10.71	2013
200m	Spencer Danner	21.44	2013
400m	Kyle Estrada	49.98	2014
800m	Chris Camarena	1:56.64	2014
300m H	Connor Meech	39.08	2014
400m R		43.19	2013
1600m R		3:26.06	2014
Girls			
800m	Chelsea Kruthers	2:09.29	2012
1600m	Chelsea Kruthers	4:59.33	2012
3200m	Katherine Ott	11:18.09	2011
100m H	Paige Donaldson	15.82	2014
300m H	Lexi Shaw	43.93	2013
400m R		43.35	2012
1600m R		3:58.41	2010

SANTA ANA

Boys			
100m	Tony Mosley	10.82	1987
200m	Clancy Edwards	21.32+(21.2y)	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

HJ	KC Connell	6-6.25	1975
PV	Mark Sakioka	16-3	2011
LJ	Sheldon Blockburger	23-3.5	1983
TJ	Sheldon Blockburger	48-6.5	1983
SP	Jim Neidhart	69-3.75	1973
Dis	Bo Taylor	213-7	2006

Girls

100m	Amy Burlingham	12.36	2001
200m	Amy Burlingham	24.83	2001
800m	Maggie Henson	2:09.17	1986
1600m	Amber Steen	4:43.75	2001
3200m	Amber Steen	10:26.45	2001
300m H	Sue Delacy	45.22	1982
400m R		48.44+(48.6y)	1975
1600m R		3:56.64	2003
HJ	Misty May	5-10	1993
PV	Allison Stokke	13-7	2007
LJ	Sue Kruse	18-1	1976
TJ	Elizabeth Clayton	38-4.5	2002
SP	Gina Heads	47-5	1994
Dis	Cara Heads	149-5	1995

NORTHWOOD

Boys

800m	Brenden Stone	1:55.32	2014
300m H	Hyrum Taylor	39.04	2004
LJ	Ryan Collier	22-6	2011
SP	Caleb McCurry	60-6.25	2009
Dis	Caleb McCurry	179-4	2009

Girls

100m	Megan Blanchard	12.48	2008
200m	Megan Blanchard	25.81	2008
400m	Marissa Clow	57.95	2009
800m	Bethan Knights	2:13.80	2014
1600m	Bethan Knights	4:42.29	2014
3200m	Bethan Knights	9:54.89	2014
400mR		48.52	2013
1600m R		3:59.88	2010
100mH	Kristen Woepse	15.33	2002
LJ	Victoria Ton	17-8.5	2004
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	11-7	2014
TJ	Kara Theis	36-6	1992
SP	Melissa Yunghans	46-8.75	2004
Dis	Melissa Yunghans	142-5	2004

OXFORD ACADEMY

Boys

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

Girls

100m	Brianna Washa	12.66	2012
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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

SP Steve Meier 55-4.75 1965

Girls

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

SANTA ANA VALLEY

Boys

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

Girls

100m Crystal Davis 12.04c (11.8) 2001
200m Crystal Davis 24.73 1999
400m Kim Law 55.43+(55.76y) 1978
800m Maribel Delgado 2:15.59 1996
1600m Maribel Delgado 5:07.28 1996
3200m Elyse Estrada 11:14.15 1993
100m H Amber Price 15.84 1997
300m H Thelma Harman 44.98 1981
400m R 47.70+(47.98y) 1979
1600m R 3:50.3+(3:51.6y) 1989
HJ C Mack 5-6 1978
LJ Alice Franklin 18-10.75(19-0.75w)'79
TJ Alice Franklin 38-6.5 1982
SP Loanna Alo 41-7.75 1990
Dis Lisa Williams 142-0 1983

SANTA MARGARITA

Boys

100m Tim Fitzgerald 10.84c(10.6) 1996
200m Jeff Jacobs 22.06 2003
400m Jeff Jacobs 47.97 2002
800m Ryan Martin 1:53.89 2007
1600m Jason Engel 4:14.93 2013
3200m Julian DeRubera 9:15.86 2006
110m H Jimmy Martin 14.82 2009
300m H Matt Blasdel 37.13 1996
400m R 42.13 1996
1600m R 3:15.19 2002
HJ Jim Lunnen 6-8 2000
PV Parker Curry 16-0 2014
TJ Steve Feeney 45-4.5(46-3.5w) 1991
SP Jon O'Neil 58-6 1997
Dis Jon O'Neil 169-4 1997

Girls

100m Meghan Atkinsori 12.30 1999
200m Emily Kalmbach 25.20 2002
400m Emily Kalmbach 56.47 2002
800m Sommer Owens 2:14.55 1999
1600m Katherine Delaney 4:52.66 2008
3200m Lori Mann 10:45.10 2001
100m H Lauren Collins 14.30 2004
300m H Amanda Shanklin 43.68 1998
400m R 48.61 2003
48.61 2013
1600m R 3:51.00 2013
HJ Lauren Collins 5-8.5 2005
LJ Kaitlin Long 16-10.25 2014
PV Kaitlyn Merritt 13-9 2014
TJ Amanda Shanklin 37-10.75 1998
SP Brooke Fitzgerald 37-10 1998

SANTIAGO

Boys

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

SAVANNA

Boys

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

Girls

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

SEGERSTROM

Boys

HJ Winston Lawson 6-6 2011

Girls

1600m Stephanie Ortega 4:57.64 2014
3200m Stephanie Ortega 11:03.60 2014

SERVITE

Boys

100m Matt Slater 10.62 2003
200m Matt Slater 21.39 2003
400m Nick-John Haiduc 48.60 1987
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	Julien Okey	14-5	2010
PV	Chuck Griffin	14-6	1983	Dis	Scott Bolton	163-3	2009
TJ	Daniel Siapin	45-0	2001				
Discus	Mark Russell	164-4	2011				
Girls				Girls			
100m	Ashley Bush	12.24	2009	100m	Kaelyn Kaichi	12.43	2010
200m	Ashley Bush	25.14	2009	200m	Kandyce Sillette	25.33	2005
300m H	Shannon Bryant	44.97	1989	800m	Nicci Corbin	2:16.66	2011
400m R		49.21	2008	1600m	Amanda Gehrich	4:46.53	2014
LJ	Kris Dietz	18-1.5	1978	3200m	Amanda Gehrich	10:37.59	2014
SP	Hughes	37-5.75	1978	100m H	Lauren Bercha	15.50	2010
SUNNY HILLS				400m R		50.12	2014
Boys				PV	Molly Scharmann	11-3	2-14
100m	Jason Jerkins	11.04c(10.8)	1997	LJ	Kirby Ruback	17-3.25	2014
200m	Lewis Castle	22.21+(22.1y)	1971	TJ	Kirby Ruback	37-7	2014
400m	Lewis Castle	49.56+(49.7y)	1971	SP	Becky Steen	37-2	2004
800m	Andy Clifford	1:52.8+(1:53.4y)	1974	TRABUCO HILLS			
1600m	Andy Clifford	4:05.3 4:06.7	1974	Boys			
3200m	Jim Salcido	8:51.2+8:54.2y	1972	100m	Matt Bruno	10.45	2002
110m H	Ward Kisman	14.58+(14.3y)	1970	200m	Matt Bruno	20.82	2002
400m R		42.69+(42.8y)	1974	400m	Chad Rozean	47.87	2009
HJ	Terry Mann	6-11	1991	800m	Jantzen Oshier	1:51.29	2011
LJ	Tohru Asami	23-1.75	1978	1600m	Jantzen Oshier	4:00.83	2011
TJ	Tohru Asami	45-8.75	1977	3200m	Riley Sullivan	8:56.09	2008
SP	Dave Murphy	67-2	1966	110m H	Brian Payne	14.16	2004
Dis	B Varnell	168-4	1982	300m H	Brian Payne	37.27	2004
Girls				400m R		42.32	2011
100m	Stacy Noton	12.35	1983	1600m R		3:16.34	2004
200m	Joanna Evans	25.71	1997	HJ	Daniel Krikpatrick	6-11	2007
400m	Tanya Taylor	57.59	2006	PV	Luke Newman	15-3	2014
800m	Hannah Kent-Johnson	2:16.65	2004	LJ	Jeremy Wooldridge	24-0	2003
1600m	Claire Kim	5:00.75	2002	TJ	Jeremy Wooldridge	46-10.5	2003
3200m	Carrie Garritson	10:28.20	1992	SP	Chad Peare	60-11	1993
100m H	Sunny Nicholas	15.13	1997	Dis	Chad Peare	191-11	1993
300m H	Sunny Nicholas	44.25	1997	Girls			
1600m R		3:58.38	1997	100m	Percylla Nared	12.07	2010
HJ	Stevie Nicholas	5-8	1998	200m	Percylla Nared	24.21	2010
LJ	Danielle Brown	18-9	1991	400m	Brierra Winfrey	56.00	2011
TJ	Danielle Brown	39-5.5	1991	800m	Kamilah Foley	2:13.91	2010
SP	Kathy Copelin	38-6.75	1977	1600m	Ximena Cruz	4:49.43	2008
Dis	Jessica Perez	132-6	1999	3200m	Lori Hoffman	10:42.29	2009
ST MARGARET'S				100m H	Monica Todd	14.35	2010
Boys				300m H	Monica Todd	43.42	2009
100m	Aaron Courdy	10.97	2002	400m R		46.82	2010
1600m	Billy Gaudreau	4:11.12	2012	1600m R		3:54.52	2010
3200m	Billy Gaudreau	9:00.24	2012	HJ	Darnisha Griffith	5-9	1998
300m H	Randy Rense	39.13	2005	PV	Shibley	11-7	2004
PV	Johnny Quinn	16-8	2006	LJ	Darnisha Griffith	19-4.75	1998
Girls				TJ	Darnisha Griffith	38-11.25	1995
200m	Jessica Zavalza	25.16	2007			(39-2.5w)	
1600m	Ligaya Lange	5:11.54	2001	SP	Susan Linn	42-2.5	1998
3200m	Sarah Paddon	10:58.55	2011	Dis	Susan Linn	141-8	1998
100m H	Jocelyn Parkinson	15.56	2002	TROY			
300m H	Jocelyn Parkinson	45.15	2001	Boys			
400m R		49.65	2002	100m	Geoff Smith	10.83	2001
TJ	Chelsie Churchill	37-10.75	2011		Dan Gomez	(10.79w)	2006
SP	Becky Steen	37-11	2003	200m	Geoff Smith	21.84c (21.6	2001
TESORO					Dan Gomez	(21.83w)	2006
Boys				400m	Conner Sill	48.86+(49.0y)	1979
100m	Hunter Simmons	10.71	2012	800m	Phil Wingard	1:54.6+(1:55.2y)	1974
200m	Derek Barnes	21.99	2012	1600m	Jon Shawel	4:14.96	2007
400m	John Dingus	48.79	2008	3200m	Mike Durham	9:00.1+(9:03.2y)	1973
1600m	Scott Curran	4:17.00	2014	110m H	Brian Chapman	14.78+(14.5y)	1986
3200m	Kyler Fisk	9:14.95	2012	400m R		42.91	2000
400m R		42.60	2014	HJ	Daniel Gomez	6-8	2006
1600m R		3:21.22	2010	PV	Greg Stull	16-1	1980
HJ	Mitchell Bland	6-8	2014	LJ	Ken Williams	22-6.5	1982
LJ	Lee Mitchell	23-3.5	2014	TJ	Ken Williams	50-3.5	1982
TJ	Mitchell	49-4	2014			(51-10w)	
				SP	Paul Evenson	55-4	2001
				Dis	Mike Richie	177-5	1998

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

TUSTIN

Boys			
100m	DeShawn Foster	10.81	1997
	Amir Webb	(10.70w)	2008
200m	Amir Webb	21.25	2009
400m	Gary Walker	48.16+(48.2y)	1960
800m	Alonso Smith	1:52.89	2000
1600m	Alonso 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
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
1600m R		3:22.76	1981
HJ	Alan Gersten	6-9.25	1977
PV	Brian Lindley	14-7	1995
SP	Chad Smith	62-6.25	2004
Dis	Ken Mills	182-2	1979

Girls			
100m	Annette Rogers	12.12	1981
200m	Annette Rogers	24.39	1984
800m	Julie Seleine	2:09.83	1983
1600m	Polly Plummer	4:33.65+(4:35.24y)'82	
3200m	Teresa Barrios	10:29.03	1982
300m H	Taylor Stokes	45.91	1995
400m R		49.08	2005
1600m R		3:54.83	1982
HJ	Laura Mills	5-8.5	1980
PV	Avis Barker	9-6	1997
LJ	Laura Mills	17-10.75	1980
TJ	Marilyn Anene	38-2	2006
SP	Andrea Bill	41-5.25	1992
Dis	Andrea Bill	148-0	1993

VALENCIA

Boys			
100m	Korey Alexander	10.85	1992
200m	Kevin Alexander	21.42	1992
400m	Mike Owens	48.36+(48.5y)	1966
800m	Sean Krink	1:48.20	2010
1600m	Sean Krink	4:11.82	2010
3200m	Josh Linen	9:06.85	2007
110m H	Kienan Briggs	14.49	2001
400m R		42.48	1992
1600m R		3:17.84	1991
PV	Eric Whitcomb	15-4	1989
LJ	Don Moreno	23-0	1977
TJ	Kienan Briggs	45-9	2001
SP	Michael Sota	58-3.25	2014
Dis	Dave Winters	179-3	1984

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	Kim Taylor	18-1.5	1984
TJ	Kim Taylor	39-5.5	1984
SP	Kay Ilertsen	42-5.5	1974

VILLA PARK

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

Girls			
100m	Kylie Klein	12.10	2010
200m	Kylie Klein	24.78	2010
1600m	Susanna Thrasher	5:02.10	1990
3200m	Jordan Stewig	11:02.86	2013
100m H	Susie Ray	14.60	1979
300m H	Alana Palacio	46.15	1993
400m R		49.60	2010
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 (23-4.25w)	1986
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	Schimdt	(15.57w)	1993
400m R		49.71	2008
SP	Lisa Tamamasui	42-0	1991

WHITTIER CHRISTIAN

Girls

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

WOODBIDGE

Boys

100m	Rich Brooks	10.88	1986
	Young	10.52w	1994
200m	Jalen Craver	21.04	2010
400m	Jalen Craver	46.92	2010
800m	Eric Schermerhorn	1:49.21	1984
1600m	Dragan Simic	4:12.21+ (4:13.68y)	'12
3200m	Dragan Simic	9:19.45	2011
110m H	Jalen Craver	14.51	2010
300m H	Greg Muniz	37.69	1992
400m. R		41.89	2014
1600m R		3:15.96	2010
HJ	David Benton	6-9	1990
PV	Andy Spindler	14-10	2002
TJ	Scott Capulong	45-2 (46-1.25w)	1989
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
400m R		43.54	2014

Girls

100m	Meggin Rosas	12.75	2014
1600m	Rachel Lida	5:09.02	2013
300m H	Alexus Atchley	44.96	2012

