

California Community College
State Track and Field Championships
Top Ten Performance List
1951- 2024

***** Performance regardless of condition. When relevant, adjustments made for hand timing.
Place is noted in the far right column.**

Women's 100 Meters

11.23	Zelda Johnson	Mt SAC	1984	1 st
11.29	Tania Woods	CCSF	2001	1 st
11.30	Taylor Snaer	Modesto	2024	1 st
11.34	Omhinque Brown	Pasadena	2013	1 st
11.38	Natasha Mayers	LA Southwest	2000	1 st
11.41	April Brown	Cerritos	2002	1 st
11.43	Ashton Purvis	Laney	2012	1 st
11.43	Khadija Suleman	Laney	2013	2 nd
11.44	Strangena Campbell	Diablo Valley	2016	1 st
11.45	Myra Mayberry	El Camino	1985	1 st

Men's 100 Meters

9.93	Kermarley Brown	Merritt	2014	1 st
10.16	asani Hampton	Mt Sac	2024	1 st
10.17	Josh Norman	Fresno	2001	1 st
10.17	Albert Miller	Mt SAC	1983	1 st
10.18	Houston McTear	Santa Monica	1977	1 st
10.21	James Andrews	Riverside	1989	1 st
10.21	Omar Loum	Riverside	1998	1 st
10.21	Antonio Mitchell	Riverside	2019	1 st
10.21	Cravon Gillespie	Mt SAC	2016	1 st
10.22	Ricky Carrigan	Compton	1992	1 st
10.22	Kevin Jackson	Pasadena	1977	2 nd
10.22	Just'n Thymes	Riverside	2014	2 nd

Women's 200 Meters

22.86	Ashton Purvis	Laney	2012	1 st
22.96	Taylor Snaer	Modesto	2024	1 st
23.12	Zelda Johnson	Mt SAC	1984	1 st
23.17	Tania Woods	CCSF	2001	1 st
23.23	Revoli Campbell	Mt SAC	1991	1 st
23.40	Deajah Stevens	Sequoias	2015	1 st
23.41	Gervaise McCraw	Mt SAC	1983	1 st
23.41	Astia Walker	Riverside	1994	1 st
23.46	Cavetra Mitchell	Long Beach	1995	1 st
23.49	Valerie Brisco	Long Beach	1981	1 st

Men's 200 Meters

20.29	Kermarley Brown	Merritt	2014	1 st
20.34	Harlan Davis	Taft	1988	1 st
20.52	Just'n Thymes	Riverside	2014	2 nd
20.53	Ricky Carrigan	Compton	1992	1 st
20.54	Tyree Washington	SBVC	1997	1 st
20.56	Mike Dexter	Taft	1983	1 st
20.56	Brian Bridgewater	Long Beach	1990	1 st
20.58	Curtis Mitchell	Southwestern	2009	1 st
20.59	Adrian Jones	Pasadena	1980	1 st
20.59	Ato Bolden	San Jose	1993	1 st
20.59	Mike Mitchell	Mt SAC	2000	1 st

Women's 400 Meters

52.69	Gwen Gardner	West LA	1982	1 st
53.26	Meleni Rodney	Sequoias	2017	1 st
53.40	Christen Rivers	Antelope Valley	2012	1 st
53.53	Valerie Brisco	Long Beach	1981	1 st
53.53	Julie Harris	Mt SAC	1988	1 st
53.53	Tarika Moses	Sequoias	2017	2 nd
53.54	Crystal Irving	Long Beach	1990	1 st
53.55	Jakki Henderson	Mt SAC	1990	2 nd
53.66	Laura Ainsworth	El Camino	1989	1 st
53.72	LaWanda Cobell	El Camino	1984	1 st

Men's 400 Meters

44.91	Tyree Washington	SBVC	1997	1 st
45.71	Akeem Alexander	Sequoias	2014	1 st
45.77	Ed Frazier	Taft	1984	1 st
45.77	Edino Steele	Pasadena	2007	1 st
45.78	Larry Goldstone	Mt SAC	1979	1 st
45.78	Mike Turner	Pasadena	1982	1 st
45.79	Ron Williams	LA Pierce	1978	1 st
45.81	Gerald McCladdie	Long Beach	1992	1 st
45.92	Nat Williams	Sac City	1981	1 st
45.99	Daymon Lee	El Camino	1985	1 st

Women's 800 Meters

2:06.30	Dawn Williams	Riverside	1994	1 st
2:06.89	Ruth Caldwell	Citrus	1978	1 st
2:07.35	Sylvia Mosqueda	East LA	1986	1 st
2:07.35	Nicole Teter	Shasta	1994	2 nd
2:07.86	Danielle Low	LA Trade Tech	2011	1 st
2:08.03	Diane Figliomeni	West Valley	1981	1 st
2:08.31	Shawnice Williams	West LA	2012	1 st
2:09.22	Ann Regan	West Valley	1980	1 st
2:09.46	Rhonda Patcha	Fullerton	1981	2 nd
2:09.98	Le Ann Allen	Orange Coast	2014	1 st

Men's 800 Meters

1:46.97	Lorenzo Brown	Mira Costa	1986	1 st
1:47.28	Dave Campbell	Foothill	1986	2 nd
1:47.44*	James Robinson	Laney	1974	1 st
1:47.44	Johnny Gray	Santa Monica	1980	1 st
1:47.44	Joey Bunch	Taft	1985	1 st
1:48.34*	Tim Bryan	American River	1974	2 nd
1:48.34	Tim Costa	Fullerton	1977	1 st
1:48.36	Alamayehu Jimma	Riverside	1993	1 st
1:48.62	Ray Griffin	Taft	1986	3 rd
1:48.64*	Jeff Haynes	Long Beach	1975	1 st

* *Times converted from 880 yards (-.7, +.14 for auto timing)*

Women's 1500 Meters

4:18.10	Sylvia Mosqueda	East LA	1986	1 st
4:18.38	Krista Wendt	West Valley	1986	2 nd
4:18.94	Ruth Caldwell	Citrus	1978	1 st
4:28.16	Mwinga Sote	Mt SAC	1984	1 st
4:28.31	Jill Harrington	Orange Coast	1985	1 st
4:30.04	Diana Figliomeni	West Valley	1980	1 st
4:30.58	Cathy Demmelmaier	West Valley	1984	2 nd
4:30.82	Diana Figliomeni	West Valley	1981	1 st
4:31.34	Sabrina Peters	MPC	1980	2 nd
4:31.66	Emebet Shiferaw	Riverside	1993	1 st

Men's 1500 Meters

3:41.76	Noureddine Morceli	Riverside	1989	1 st
3:45.80	Matt Airola	American River	2012	1 st
3:45.94	Steve Ortiz	Grossmont	1979	1 st
3:46.04	Tom Colley	SBVC	1976	1 st
3:46.14	John Sup	MPC	1979	2 nd
3:46.62	Alamayehu Jimma	Riverside	1993	1 st
3:46.70	George Kersh	Taft	1989	2 nd
3:46.94	Kenny Washington	Mt SAC	1987	1 st
3:47.03	Cristian Sorates	Hartnell	2012	2 nd
3:47.04	Vernon Sallaz	Chabot	1979	3 rd
3:47.04	Chris Schwartz	Bakersfield	2012	3 rd

Men's Mile (1951- 75)

4:05.4	Bob Delaney	Santa Ana	1964	1 st
4:06.0	Terry Cotton	Grossmont	1975	1 st
4:07.0	Bruce Hellenbrand	Moorpark	1974	1 st
4:07.5	Al Buenrostro	SJ Delta	1973	1 st
4:08.1	Rich Walker	Citrus	1973	2 nd
4:08.7	Jim Estes	LA Valley	1969	1 st
4:08.7	John Nilsson	Palomar	1975	2 nd
4:09.1	Leroy Neal	Fullerton	1961	1 st
4:09.1	Tom Lux	Grossmont	1973	3 rd
4:09.2	George Pullen	Grossmont	1975	3 rd

Women's 3,000 Meters (1977-2001)

9:41.2	Sabrina Peters	Monterey	1980	1st
9:44.62	Theresa Ramirez	San Diego	1981	1st
9:45.29	Renee Wyckoff	Sequoias	1981	2nd
9:45.96	Gita Zutski	Santa Ana	1984	1st
9:47.28	Mwinge Sote	Mt SAC	1984	2nd
9:47.41	Renee Wyckoff	Sequoias	1982	1st
9:49.34	Kathy Kiernan	Orange Coast	1986	1st
9:51.11	Sandy Blakeslee	Mira Costa	1984	3rd
9:51.70	Jennifer Cleary	Foothill	1992	1st
9:52.44	Ann Wotherspoon	West Valley	1978	1st

Women's 5,000 Meters

15:52.5	Sylvia Mosqueda	East LA	1986	1st
16:51.2	Kathy Kiernan	Orange Coast	1986	2nd
16:54.1	Emebet Shiferaw	Riverside	1993	1st
16:57.2	Gretchen Lohr	LA Valley	1986	3rd
16:58.6	Leslie Hawkins	MPC	1985	1st
17:00.81	Mary Akins	SD Mesa	1989	1st
17:05.05	Diana Tracy	El Camino	1990	1st
17:08.8	Tracy Rose	Long Beach	1991	1st
17:12.83	Hannah Hartwell	Redwoods	2023	1st
17:13.87	Aminat Olowora	Southwestern	2015	1st

Men's 5,000 Meters

14:10.4	Vicken Simonian	LA City	1976	1st
14:13.55	Noureddine Morceli	Riverside	1990	1st
14:14.05	Mark Ruelas	Citrus	1982	1st
14:14.31	Wilhelm Gidabuday	Riverside	1994	1st
14:20.81	Steve Ortiz	Grossmont	1978	1st
14:21.03	Mandala Kuene	Porterville	1983	1st
14:21.09	Neil Smart	Riverside	1994	2nd
14:21.0	Ed Ramirez	Oxnard	1977	1st
14:21.3	Juan Garcia	Sequoias	1976	2nd
14:21.94	John Gerhardt	Orange Coast	1981	1st
13:46.5	Ed Mendoza	Grossmont	1975	1st

*** Noteworthy 3 mile tim

Women's 10,000 Meters

35:31.92	Aminat Olowara	Southwestern	2015	1st
35:39.24	Michelle Icban	Orange Coast	2003	1st
36:00.62	Tove Berg	Glendale	2007	1st
36:27.50	Ava Jones	Orange Coast	2004	1st
36:22.19	Sequoia Gonzales	El Camino	2024	1st
36:28.28	Araceli Martinez	Orange Coast	1998	1st
36:33.44	Jenica Dodge	American River	2016	1st
36:33.68	Jordyn Horn	Sequoias	2017	1st
36:37.95	Itandehui Olea	Hancock	2024	2nd
36:41.19	Tove Berg	Glendale	2008	1st
36:40.12	Ami Jacobson	El Camino	2024	3rd

Men's 10, 000 Meters

29:39.31	Wilhelm Gidasuday	Riverside	1994	1st
29:39.37	Passmore Furusa	Riverside	1992	1st
29:45.45	Muchipwa Mazano	Riverside	1992	2nd
29:48.8	Kirk Pfeffer	Grossmont	1976	1st
29:52.0	Ricky Perez	SD Mesa	1979	1st
29:53.6	Rick Rose	Grossmont	1979	2nd
29:54.49	Pablo Sierra	East LA	1990	1st
29:57.48	Ivo Rodriquez	LA Trade Tech	1994	2nd
29:58.38	Daniel Reed	Riverside	1990	2nd
30:03.9	Oscar Gonzalez	Long Beach	1991	1st

Women's 100 Meter Hurdles

13.46	Candise Maxwell	Laney	2008	1st
13.47	Ebony Collins	West LA	2008	2nd
13.50	Kortni Smyers- Jones	Laney	2014	1st
13.61	Kortni Smyers- Jones	Laney	2015	1st
13.62	Erica Wilson	Laney	2013	1st
13.65	Juanita Webster	Cerritos	2017	1st
13.65	Ke'Nya Hardge	Mt SAC	2012	1st
13.66	LaShawn Simmons	Mt SAC	1989	1st
13.66	Deshaunda Morrison	Sequoias	2015	2nd
13.72	Rene Felton	Santa Monica	1981	1st
13.72	Jazzmine Davis	Cerritos	2023	1st

Men's 110 Meter High Hurdles

13.64*	Larry Harrington	Porterville	1992	1st
13.64*	Robert Foster	Porterville	1992	2nd
13.70	Bryan Bolton	Sacramento	1983	1st
13.74	Eugene Swift	Merritt	1991	1st
13.75	Albert Lane	Bakersfield	1982	1st
13.82	Dominique Degrammont	Long Beach	2000	1st
13.82	Vannie Prudhomme	Long Beach	2008	1st
13.83	Ray Stewart	Merritt	2009	1st
13.84	John Wade	Long Beach	2000	2nd
13.85	Sherman Morris	Long Beach	1989	1st
13.85	Dominique Degrammont	Long Beach	1999	1st
13.85	Joshua Hornsby	Riverside	2023	1st

* *Converted from hand times (+.24)*

Women's 400 Meter Hurdles

58.88	Celana Clarke	Riverside	1995	1st
58.96	Margaret Hemmons	El Camino	1984	1st
59.45	Lin- Jiau Hendry	Desert	1984	2nd
59.53	Karen Vigilant	Long Beach	1995	2nd
59.54	Alexandria Whitmore	Sac City	2012	1st
60.01	Brittany Mitchell	Mt SAC	2018	1st
60.11	Brooke Meredith	Shasta	2002	1st
60.20	Crystal Lizaola	El Camino	2014	1st
60.31	Loraine Swaby	West Valley	2003	1st
60.37	Donna Hunnerlach	Butte	1979	1st

Men's 400 Meter Intermediate Hurdles

50.07	Greg Johnson	Mt SAC	1982	1 st
50.11	Gordon Bugg	Mt SAC	1986	1 st
50.28	Bernie Holloway	Long Beach	1981	1 st
50.44*	John Rudd	Pasadena	1976	1 st
50.46	Felix Sanchez	SD Mesa	1997	1 st
50.54	Bernard Ellison	Shasta	1988	1 st
50.57	Quincy Hall	Sequoias	2017	1 st
50.78	Quincy Hall	Sequoias	2018	1 st
50.82	Khallifah Rosser	Chaffey	2014	1 st
50.84	James Ferreira	El Camino	1984	1 st

* *Converted from hand time + .24*

Women's 3,000 Meter Steeplechase

10:44.46	Cassie Mitchell	Orange Coast	2009	1 st
10:54.67	Laura Aceves	East LA	2015	1 st
10:56.93	Jenni Johnson	Santiago Canyon	2007	1 st
10:57.81	Cristina Alcantar	LA Trade Tech	2013	1 st
10:58.75	Stina Johansson	Ventura	2022	1 st
10:59.39	Cassie Mitchell	Orange Coast	2008	1 st
11:03.91	Rhiannon Walker	Clovis	2024	1 st
11:06.26	Cecilia Nicolas	Glendale	2012	1 st
11:07.65	Courtney Anderson	American River	2011	1 st
11:08.33	Karla Vernola	Moorpark	2013	2 nd

Men's 3,000 Meter Steeplechase

8:53.2	Shannon Laird	Palomar	1977	1 st
8:56.68	Bob Ingram	West Valley	1981	1 st
8:56.94	David Baptiste	Mt SAC	1990	1 st
8:57.3	Tom Grewe	Santa Barbara	1984	1 st
8:58.1	Passmore Furusa	Riverside	1992	1 st
8:58.2	Tim Farrell	American River	1978	1 st
8:58.85	Bob Henke	SD Mesa	1981	2 nd
9:00.1	John King	Taft	1985	1 st
9:00.30	Greg Fogg	Santa Rosa	1981	3 rd
9:01.21	Matt Ebiner	Mt SAC	1981	4 th

Women's 4 x 100 Meter Relay

45.02	Laney (Hunte, Woodley, Maxwell, Anthony)	2008	1 st
45.28	Laney (Woodley, Williams, Maxwell, Hunte)	2007	1 st
45.45	Long Beach (Midkiff, Mitchell, Nelson, Vigilant)	1995	1 st
45.51	Sac City (Perrilliat, Gray, Findlay, McClain)	2005	1 st
45.74	El Camino (Thomas, A, Hetchen, Allen, Thomas, C)	1988	1 st
45.75	San Francisco (Brooks, Keith, Norris, Woods)	2002	1 st
45.77	El Camino (Austin, Hemmans, Pugh, Mayberry)	1985	1 st
45.79	San Francisco (Brooks, McCallum, Norris, Woods)	2001	1 st
45.81	Mt SAC	1988	2 nd
45.83	Cerritos (Ebanks, Jackson, Curry, Story)	2017	1 st

Men's 4 x 100 Meter Relay

39.01	Taft (Bacon, Townsend, Goodlow, Davis)	1988	1 st
39.45	Sequoias (Brown, Hutchins, Smith, Hall)	2017	1 st
39.56	Pasadena (Quarrie, Chance, Jackson, Jones)	1981	1 st
39.56	Mt SAC (Cisneros, Akins, Taylor, Gillespie)	2016	1 st
39.58	Fresno (Avery, Terrance, Tyron, Brown)	1998	1 st
39.63	Mt SAC	2000	1 st
39.63	Long Beach (Miles, Anderson, Hussey, Johnson)	2004	1 st
39.69	Riverside (Shiley, Palmer, Ke. Dennis, Kea. Dennis)	2018	1 st
39.71	Merritt (Laynes, Swift, Chambers, Wright)	1991	1 st
39.77	Taft (Love, Shepherd, Scott, Holley)	1990	1 st

Women's 4 x 400 Meter Relay

3:37.75	El Camino (Seville, Mayberry, Hemmans, Cabell)	1984	1 st
3:42.75	Sequoias (Zapata, Moses, Mendez, Rodney)	2017	1 st
3:43.05	Mt SAC (Adams, Chen, Garner, Harrison)	1988	1 st
3:43.51	El Camino (Hodges, Glenn, Lewis, Good)	1994	1 st
3:43.95	Riverside	1995	1 st
3:44.19	El Camino (Willis, Newman, McRae, Cravin)	1987	1 st
3:44.57	Mt SAC	1987	2 nd
3:44.58	Long Beach (Sears, Nelson, Trotman, Stringer)	1996	1 st
3:44.83	Long Beach	1994	2 nd
3:45.20	Mt SAC (Griffin, Pooler, Bradford, Woodson)	2018	1 st

Men's 4 x 400 Meter Relay

3:06.03	Sac City (Hollins, Jackson, Mosely, Williams)	1994	1 st
3:06.16	Pasadena (Jackson, Bostic, Graham, Turner)	1982	1 st
3:06.61	Taft (Townsend, Prevost, Scott, Davis)	1988	1 st
3:06.78	Long Beach (Washington, Ritchie, Fisk, Jones)	1982	2 nd
3:06.81	Long Beach	1994	2 nd
3:07.07	Long Beach (Sydney, Caesar, Lewis, Williams)	1979	1 st
3:07.16	Taft (Barker, Johnson, Doxey, McIntire)	1993	1 st
3:07.33	Mt SAC (Chapman, Jones, Johnson, Green)	1982	3 rd
3:07.44	Taft (Bunch, McPhee, Frazier, Hendereson)	1985	1 st
3:07.58	Long Beach (Washington, Riley, Richie, McMurray)	1983	1 st

Women's High Jump

5-10 ½	Janine Bonin	SJ Delta	1988	1 st
5-10	Kathy Raugust	Hartnell	1981	1 st
5-9.5	Kathy Raugust	Hartnell	1980	1 st
	Lydia French	Moorpark	2011	1 st
5-9	Yvette Maufos	LA Valley	1984	1 st
	Leslie Higginson	Long Beach	2000	1 st
	Tia Hanson	LA Southwest	2001	1 st
	Dana Green	Chaffey	2007	1 st
5-8 ¾	Sue Jackson	Sac City	2009	1 st
	Justice Shank	Glendale	2014	1 st

Men's High Jump

7-5 ¼	Milton Goode	Alameda	1981	1st
7-4 ¼	Tyke Peacock	Modesto	1981	2nd
7-4	Derrick Bonner	Pasadena	1982	1st
	Jerome Carter	Pasadena	1984	1st
7-2 ½	Kurtiss Dilley	Sac City	2002	1st
7-2 ¼	Mel Baker	Long Beach	1981	3rd
	Brian Stanton	Long Beach	1981	4th
7-2	Coart Owens	Alameda	1978	1st
	Derrick Bonner	Pasadena	1984	2nd
	Dennis Lewis	Long Beach	1985	1st
	Brent Patchett	Glendale	1985	2nd
	Richard Wooten	Pasadena	1989	1st
	Reggie Betton	Ventura	1989	2nd
	Brian McCleary	Saddleback	1989	3rd
	Greg Walker	Diablo Valley	1995	1st
	Kurtiss Dilley	Sac City	2001	1st

Women's Pole Vault

12-10 ¼	Dimara Planell- Cruz	San Jose	2013	1st
12-10 ¼	Tiziana Ruiz	Mt SAC	2013	2nd
12-7 ½	Taylor Witana	San Jose	2024	1st
12-7 ½	Dimara Planell- Cruz	San Jose	2012	1st
12-7 ¼	Tiziana Ruiz	Mt SAC	2014	1st
12-5 ½	Jenna Yowell	American River	2011	1st
12-5	Augusta Thomason	Cuesta	2016	1st
12-4	Augusta Thomason	Cuesta	2015	1st
12-3 ½	Darla Gonzalez	Mt SAC	2019	1st
12-3 ½	Madison Rauch	SD Mesa	2022	1st

Men's Pole Vault

17-6	Ralph Preiman	Foothill	1982	1st
17-6	Doug Wicks	Bakersfield	1984	1st
17-1	Del Miller	Cerritos	1981	1st
17-1	Dustin Morrison	Mt SAC	2001	1st
17-1	Giovanni Lanaro	Mt SAC	2001	2nd
17-1	Logan Odden	Golden West	2001	3rd
17- ¾	Jordan Savidge	Mt SAC	2007	1st
17- ¾	Michael Fancy	SJ Delta	2017	1st
17- ¾	Ethan Amata	Mt SAC	2023	1st
17-0	Sean Brown	Cuesta	1994	1st
17-0	Steve Harris	San Jose	1999	1st
17-0	Shawn Hudson	SJ Delta	1984	2nd

Women's Long Jump

21-3 ½	Shelia Nicks	Sequoias	1983	1 st
21-3 ½	Christy Opara	Citrus	1990	1 st
20-11 ¾	Pam Harper	Mt SAC	1986	1 st
20-10 ¼	Marvette Collis	Riverside	1993	1 st
20-9 ½	Lauryn Newsom	Laney	2010	1 st
20-6 ½	Nicole Irving	Mt SAC	1993	2 nd
20-6 ¼	Ashlie Curenton	West LA	2014	1 st
20-6	LaShawn Simmons	Mt SAC	1989	1 st
20-3 ½	Stephanie Jones	Mt SAC	1999	1 st
20-3	Vivian Riley	San Jose	1985	1 st

Men's Long Jump

26-5 ¼	Tony Allmond	Mt SAC	2002	1 st
26-2 ¾	Kenneth Hays	Pasadena	1978	1 st
26-2	Henry Hines	Sac City	1969	1 st
25-11 ½	Ken Smith	Foothill	1982	1 st
25-11 ¼	Charles Brooks	Merritt	1987	1 st
25-10 ¾	Johnny Cleveland	Chabot	1985	1 st
25-10 ¾	Keith Holley	Taft	1990	1 st
25-9 ¾	Marcus Jennings	Ventura	1977	1 st
25-9 ½	Bryce Huggins	Sequoias	2017	1 st
25-9 ¼	Bracin Walker	American River	2011	1 st

***** Hays' jump is recognized as the State Championship record**

Women's Triple Jump

42-6 ½	Juanita Webster	Cerritos	2017	1 st
42-1 ½	Renita Robinson	El Camino	1986	1 st
41-8	Janis Diggs	Hartnell	1985	1 st
41-6 ¼	Jackie Anderson	SD Mesa	1989	1 st
41-6	Angel Carver	Long Beach	1994	1 st
41-3 ¾	Ahnyx Bush	Mt SAC	2023	1 st
41-3 ¼	Summer Stevenson	Mt SAC	2024	1 st
41-3	Summer Stevenson	Mt SAC	2023	2 nd
41-1 ¼	Vanitta Kinard	Santa Monica	1995	1 st
41-1	Jessica Barfield	Cerritos	2009	1 st

Men's Triple Jump

54-4 ¼	Lotfi Kahadia	Riverside	1989	1 st
54-3 ¼	Bryon Criddle	Contra Costa	1982	1 st
54-0	Alex Norca	Long Beach	1992	1 st
53-9 ¾	Brian Wellman	Taft	1989	2 nd
53-8	Alex Norca	Long Beach	1993	1 st
53-6 ¼	Eric Sloan	SJ Delta	2014	1 st
53-2 ¾	Joe Richardson	Pasadena	1985	1 st
53-2 ¼	Marcus Hooks	Long Beach	1987	1 st
53-2	Chris Bernard	Riverside	2010	1 st
53-1 ¼	Jose Salazar	Long Beach	1983	1 st

***** Criddle's mark is recognized as the State Championship record**

Women's Shot Put

55-3 $\frac{3}{4}$	Grace Apiafi	Mt SAC	1990	1 st
50-7 $\frac{1}{4}$	Nia I Leni	El Camino	2009	1 st
50- $\frac{1}{2}$	Dot Jones	Modesto	1983	1 st
49-1 $\frac{3}{4}$	Cassandra Kennison	SD Mesa	2012	1 st
49-1 $\frac{1}{2}$	Diane Clemens	Saddleback	1983	2 nd
49-1	Andrea Pappas	San Mateo	1998	1 st
49-0	Amy Thiel	Moorpark	2000	1 st
48-5 $\frac{1}{2}$	Dot Jones	Modesto	1984	1 st
48-3 $\frac{1}{2}$	Destiny M.- Talalemotu	Cerritos	2016	1 st
47-11 $\frac{1}{4}$	Sara Clinkenbeard	Sac City	2004	1 st

Men's Shot Put

65-3 $\frac{3}{4}$	Hank Kraychir	Long Beach	1982	1 st
62-5 $\frac{1}{4}$	Joe Staub	Glendale	1980	1 st
61-4	Chris Figures	Bakersfield	2002	1 st
60-10 $\frac{3}{4}$	Dave Laut	San Jose	1977	1 st
60-7 $\frac{1}{4}$	Jeff Voorhees	Santa Rosa	1982	2 nd
60-7 $\frac{1}{4}$	Dennis Aliotta	Moorpark	2009	1 st
60-3 $\frac{3}{4}$	Anders Holmstrom	Mt SAC	1999	1 st
59-8 $\frac{1}{4}$	Bruce Adams	SD Mesa	1974	1 st
59-6 $\frac{3}{4}$	Conor Einck	Riverside	2014	1 st
59-6 $\frac{1}{2}$	Jim Doehring	Saddleback	1983	1 st

Women's Discus

171-3	Priscilla Gardner	Cerritos	2012	1 st
168-3	Samantha Gutierrez	Riverside	2010	1 st
165-0	Tai Battle	Moorpark	2006	1 st
162-8	Alexaraee Toeaina	Moorpark	2006	2 nd
160-9	Grace Apiafi	Mt SAC	1990	1 st
160-0	Jasmine Steward	Fresno	2009	1 st
159-4	Jazmin Porter	Shasta	2012	2 nd
157-9	Tai Battle	Moorpark	2005	1 st
157-8	Amy Thiel	Moorpark	2000	1 st
157-7	Amber Hart	Cerritos	2018	1 st

Men's Discus

196-7	Robert Slowik	Moorpark	2004	1 st
193-9	Gabriel Katches	Cuesta	2022	1 st
192-11	Nate Moses	Fresno	2010	1 st
190-11	Dag Solhaug	Riverside	1991	1 st
190-3	Harold Young	El Camino	2004	2 nd
189-10	Erick Scribner	Shasta	2014	1 st
189-3	Mike Gravelle	Skyline	1986	1 st
184-11	Todd Kaufman	San Jose	1983	1 st
184-3	Sylvester Marshall	West Hills	1970	1 st
184-1	Markus Sanders	Modesto	2013	1 st

Women's Hammer Throw

195-10	Jessika Byrd	Riverside	2013	1 st
186-11	Jacklyn Chasteler	Saddleback	2015	1 st
186-10	Morgan Bogard	SD Mesa	2007	1 st
185-0	Danielle Thu	SD Mesa	2008	1 st
184-9	Amy Thiel	Moorpark	2005	1 st
183-10	Cara McClain	Modesto	2014	1 st
181-1	Tai Battle	Moorpark	2006	1 st
179-7	Jessika Byrd	Riverside	2012	1 st
179-5	Sara Clinkenbeard	Sac City	2004	1 st
178-9	Jill Wool	Modesto	1998	1 st

Men's Hammer Throw

209-11	Robert Slowik	Moorpark	2004	1 st
206-3	Daniel Roberts	Modesto	2016	1 st
203-8	Eric Finch	De Anza	1986	1 st
203-7	Lucas McKay	Moorpark	2001	1 st
202-9	Dave Loshnonkohl	SD Mesa	1993	1 st
201-9	Jason Ford	American River	1996	1 st
201-3	William Moman	Moorpark	2003	1 st
199-4	K.P. Singh	Fresno	2008	1 st
199-1	Larry Johnston	Antelope Valley 1991	1 st	
195-11	Remy Conaster	Saddleback	2012	1 st

Women's Javelin (Since 1999)

162-7	Melody Harris	Fresno	2016	1 st
158-9	Michelle Thompson	Cuyamaca	2007	1 st
151-8	Kelsey Shaw	Siskiyous	2015	1 st
150-11	Myshauna Alexander	El Camino	2011	1 st
149-8	Randi Hicks	Ventura	2009	1 st
149-7	Mystasia Alexander	Cerritos	2017	1 st
148-5	Taylor Coffert	Riverside	2014	1 st
144-9	Michelle Thompson	Cuyamaca	2006	1 st
143-3	Elizabeth Parsley	Sac City	2005	1 st
143-2	Mystasia Alexander	Cerritos	2018	1 st

Women's Javelin (1977- 1998)

184-1	Vijitha Amerasekera	Mt SAC	1992	1 st
178-0	Vijitha Amerasekera	Mt SAC	1993	1 st
169-10	Liz Mueller	Palomar	1982	1 st
167-6	Donna Mayhew	Glendale	1980	1 st
164-8	Barbara Moro	Fullerton	1982	2 nd
157-6	Colleen Gainey	Moorpark	1984	1 st
155-6	Dena Bernstein	Moorpark	1983	1 st
155-4	Heta Umufuke	Foothill	1988	1 st
154-10	Pam Bowers	Hartnell	1980	2 nd
154-6	Debbie Jackson	El Camino	1988	2 nd

Men's Javelin (since 1986)

222-0	Cooper Thompson	Bakersfield	2009	1 st
221-11	Ken Teasley	Moorpark	1993	1 st
221-3	Ron White	Siskiyous	1999	1 st
221-6	Rick Doering	Riverside	1989	1 st
219-9	Logan Connors	Diablo Valley	2012	1 st
218-2	Kel Waltrin	Santa Rosa	1994	1 st
218-0	Adam Bianchessi	Mt SAC	2011	1 st
217-6	Craig Johnson	Grossmont	1986	1 st
217-1	Ty Slater	Siskiyous	2011	2 nd
215-7	Ron White	Siskiyous	1998	1 st

Men's Javelin (1971- 85)

266-8	Luc La Pierre	Palomar	1977	1 st
243-3	Leon Phillips	Orange Coast	1985	1 st
239-7	Louie Romero	Desert	1980	1 st
236-8	Luc La Pierre	Palomar	1976	1 st
236-8	Tom Petranoff	Palomar	1976	2 nd
232-3	Keith Goldie	Chaffey	1972	1 st
230-11	Mike Carli	Canyons	1978	1 st
230-6	Wayne Goldman	Fullerton	1973	1 st
227-0	Doug Fernandez	Long Beach	1983	1 st
226-9	Doug Fernandez	Long Beach	1984	1 st

Women's Heptathlon

5424	Juanita Webster	Cerritos	2017	1 st
5352	Melanie Clarke	LA Valley	1991	1 st
5243	Li Jiau Tsai	Mt SAC	1984	1 st
5191	Jaci Powel	Golden West	2012	1 st
5182	Brooke Meredith	Shasta	2002	1 st
5176	Shann Kern	Mt SAC	1985	1 st
5148	Kathy Raugust	Hartnell	1981	1 st
5144	Crystal Young	Mt SAC	1985	2 nd
5129	Alexus Dalton	Cerritos	2013	1 st
5110	Riley Cooks	Cuesta	2014	1 st

Men's Decathlon

7478	Doug Fernandez	Long Beach	1983	1 st
7361	Sheldon Blockburger	Orange Coast	1985	1 st
7281	Doug Fernandez	Long Beach	1984	1 st
7299	Tom Harris	Canyons	1977	1 st
7270	Shawn Wilbourn	Sequoias	1988	1 st
7244	Chris Wilcox	Long Beach	1988	2 nd
7205	Mark Hafliger	Saddleback	1984	2 nd
7198	Kevin Knight	Bakersfield	1983	3 rd
7177	Rich Maher	Merced	1981	1 st
7175	Thomas Cheval	Cerritos	2014	1 st

*** Pre- 1985 scores adjusted to reflect the changes from the 1962 scoring table.