

## California All-time 1600 meter/1-mile Prep List by Decade:

### 2020-2024 (Although the 2020s only have had three years they already have 10 runners in the top 100 all-time California Preps) – July, 2024

- 1). 3:54.87 -Colin Sahlman (Newbury Park-SS) 2022 Prefontaine Classic (3:56.24 for full mile)
- 2). 3:58.96^ -Aaron Sahlman (Newbury Park-SS) 2023 Oregon Relays (4:00.30 for full mile)
- 3). 3:59.32^ \*Leo Young (Newbury Park-SS) 2022 APU Meet of Champions (ran 4:00.77 full mile)
- 4). 3:59.9^ \*Lex Young (Newbury Park-SS) 2022 Running Lane Championships (4:01.52 full mile)
- 5).4:02.38c -Andreas Dybdahl (Santa Barbara-SS) 2024 – HOKA Festival of Miles (ran 4:03.88 for mile)
- 6). 4:03.83^ \*Christopher Caudillo (Clovis-CE) 2022 APU Meet of Champions (4:05.32 full mile)
- 7). 4:04.02 Evan Noonan\* (Dana Hills, Dana Point-SS) 2024 - 1<sup>st</sup> SS Div. 2 Championships
- 8). 4:04.41 -Anthony Fast Horse (Ventura-SS) 2024 – HOKA Festival of Miles (ran 4:06.18 for mile)
- 9) 4:05.46^ -Grant Morgenfeld (Palo Alto-CC) 2024 Nike Outdoor Nationals (ran 4:06.86 full mile)
- 10). 4:05.46^ \*John Lester (Amador Valley, Pleasanton-NC) 2020 Independence Day Mile (4:06.97 mile)

### Honorable Mention: (2020-2024)

- 11). 4:06.03 -Micah Grossman (Ventura-SS) 2024 – HOKA Festival of Miles (ran 4:07.67 for mile)
- 12).4:06.92 \*Benjamin Bouie (Crystal Springs Uplands, Hillsborough-CC) 2024 CCS Finals
- 13). 4:07.06^ \*Isaiah Givens (Pasadena-SS) 2021 Sundown Track Series (4:08.43 mile)
- 14). 4:07.06 -Ibzan Felix (Beckman, Irvine-SS) 2024 – 1<sup>st</sup> CIF-SS Division 1 Finals
- 15). 4:07.10 Jason Parra (Millikan, Long Beach-SS) 2024 – 2<sup>nd</sup> CIF-SS Division 1 Finals – **73<sup>rd</sup> All-time Ca. List**  
\* **Despite Covid or maybe partially because of Covid (runners could train without interruption of too many dual meets etc.) 2020-24 already has 20 runners on the All-time Calif. Top 100 List. Based on just four years and with new training methods emphasizing quality over quantity and the new revolutionary shoes (for training and racing) this decade will truly dominate the future California Top 100 List.**

### 2010-2019 (All-time Calif. 1600 Prep list by decades – the 2010s)

- 1). 3:58.76^ -Cooper Teare (St. Joseph Notre Dame, Alameda-NC) 2017 Mt. SAC Relays (ran 4:00.16 mile)
- 2). 3:59.65c -Austin Tamagno (Brea-Olinda, Brea-SS) 2016 Prefontaine Classic (ran 4:01.04 mile)
- 3). 4:00.68c -Elias Gedyon (Loyola, Los Angeles-SS) 2011 adidas Grand Prix (4:02.08 mile)
- 4). 4:00.83 -Jantzen Oshier (Trabuco Hills, Mission Viejo-SS) 2011 State Finals
- 5).4:01.24c -Luis Grijalva (Armijo-SJ) 2017 TrackTown Summer Series (ran 4:02.64 for full mile)
- 6).4:02.67c \*Blake Haney (Stockdale, Bakersfield-CE) 2014 adidas Grand Prix
- 7). 4:03.13cm -Connor Dunne (San Clemente-SS) 2016 APU MOC (ran 4:04.59 for mile)
- 8). 4:03.56cm -Eduardo Herrera (Madera South, Madera-CE) 2016 APU MOC (4:04.99 for mile)
- 9). 4:03.64c -Callum Bolger (San Luis Obispo-SS) 2017 Brooks PR
- 10). 4:03.77c – Garrett Corcoran (Villa Park-SS) 2014 adidas Grand Prix – **#22<sup>st</sup> All-time Ca. List**

### **Honorable Mention (2010-2019 1600/mile):**

- 11). 4:04.01 -Isaac Cortes (Great Oak, Temecula-SS) 2016 CIF-SS Masters
- 12). 4:04.33cm Tyler Janes (King, Riverside-SS) 2016 APU MOC (ran 4:05.97 for mile)
- 13). 4:05.47 -Spencer Dodds (Great Oak, Temecula-SS) 2016 CIF-SS Masters
- 14). 4:05.72c -Matt Carpowich (Torrey Pines, San Diego-SD) 2011 Arcadia Invit'l (ran 4:07.15 for full mile)
- 15). 4:05.79cm -Jake Ogden (Dana Hills, Dana Point-SS) 2016 APU MOC (4:07.29 mile) **\*51<sup>st</sup>. All-time Ca. 1600/Mile)**

**The Decade 2010-2019 now ranks #1 in the 1600/Mile as they put ten runners in the All-time top 22 runners in State History and 15 runners in the top 50 All-time California Milers as of 2024! The 2010-2019 has 25 total runners on the All-time California List (second to the 1970s 26) as of 2024**

### **2000-2009 (All-time Calif. 1600 Prep list by decades – the 2000s)**

- 1).4:00.29 -German Fernandez (Riverbank-SJ) 2008 State Finals
  - 2).4:01.49c -Mac Fleet (University City, San Diego-SD) 2009 Portland Track Fest (4:02.90 full mile)
  - 3). 4:02.55c -A.J. Acosta (El Camino, Oceanside-SD) 2006 MileFest (ran 4:03.96 full mile)
  - 4). 4:02.62 -Ryan Hall (Big Bear, Big Bear Lake-SS) 2001 1<sup>st</sup> Ca. State Finals
  - 5). 4:05.07 -Michael Coe (Cabrillo, Lompoc-SS) 2006 CIF-SS Division 3 Finals
  - 6). 4:05.08c -Josh Spiker (Ventura-SS) 2000 Golden West Invit'l (ran 4:06.51 for full mile)
  - 7). 4:05.54c -Ryan Bousquet (Esperanza, Anaheim-SS) 2000 FootLocker Nat'ls (4:06.97 full mile)
  - 8). 4:07.50c -Raul Arcos (Corona-SS) 2008 Nike Outdoor Nationals (ran 4:08.94 for full mile)
  - 9). 4:07.59 -Hudson Andrews (Royal, Simi Valley-SS) 2007 State Finals **91# on All-time Ca. List as of 2024**
  - 10).4:07.94 -Mark Matusak (Loyola, Los Angeles-SS) 2005 CIF-SS Division 2 Finals
- \*This decade only has 9 runners on All-time Ca. List as of 2024**

### **Honorable Mention 2000-2009 1600/Mile:**

- \*11). 4:07.26 Elias Gedyon Soph. (Loyola-SS) 2009 2<sup>nd</sup> Ca. State Meet
- \*12). 4:08.49m Phillip Reid ((Rio Mesa-SS) 1<sup>st</sup> Ca. State Meet
- \*13). 4:09.19 Chad Hall (Big Bear) 2007 2<sup>nd</sup> SS Masters Championship
- \*14). 4:09.42 Toby Villalva (El Toro– SS) 3<sup>rd</sup> Ca. State Meet
- \*15). 4:09.53 Brandon Bethke (El Toro-SS) 1<sup>st</sup> SS Div. II

### **1990-1999 (All-time Calif. 1600 Prep list by decades – the 1990s)**

- 1). 4:04.00 \*Michael Stember (Jesuit, Carmichael-SJ) 1<sup>st</sup> 1995 State Finals
  - 2).4:04.16c -Meb Keflezighi (San Diego-SD) 1994 Nat'l Scholastic Invit'l (ran 4:05.58 for mile)
  - 3). 4:06.26 -Coley Candaele (Carpinteria-SS) 1990 1<sup>st</sup> State Finals) – 1<sup>st</sup> SS Div. 4 4:06.58
  - 4). 4:06.92c -Daniel das Neves (Helix, La Mesa-SD) 1992 (Inv.-ran 4:08.36 for full mile) – 1<sup>st</sup> Ca. St., 1<sup>st</sup> SS Masters
  - 5). 4:07.19c -Jon Stevens (Mission San Jose, Fremont-CC) 1998 (ran 4:08.63 for full mile)
  - 6). 4:07.20 -Louie Quintana Jr. (Arroyo Grande-SS) 1990 CIF-SS 2A Finals [#79 on California All-time 100 List](#)
  - 7). 4:07.88c -Bryan Dameworth (Agoura, Agoura Hills-SS) 1990 – 4<sup>th</sup> GW Inv.
  - \*8 4:08.59 Brandon Pacheco (Brethren Christian – SS) 1995 – 2<sup>nd</sup> Ca. St.
  - \*9). 4:09.82 Micheil Jones (Livermore –NC) 2<sup>nd</sup> Ca. St.
  - \*10. 4:08.97 – Mark Hauser (St. Augustine – SD) 1994 – 3<sup>rd</sup>
- \* 1990s only had six runners left on the All-time Ca. 1600 List as of Y.E. 2024**

#### **Honorable Mention 1990s:**

- 11). 4:09.58 –Larry Henderson (Mira Mesa-SD) 3<sup>rd</sup> Ca. St. Meet)
- 12). 4:09.75 –Jeff Wilson (Newbury Park-SS) 1992 1<sup>st</sup> SS Masters Meet
- 13). 4:09.77 –Jon Stevens (Mission SJ-NC) 1997 1<sup>st</sup> NC Section Championship – 1<sup>st</sup> St. 1600 1997, 1<sup>st</sup> St 1600/800 1998
- 14). 4:09.78 -Angel Martinez (San Gabriel-SS) 1992 League Finals – Won 3200 at Ca. St. Meet
- 15). 4:09.82 –Micheil Jones (Livermoor-NC) 1996 2<sup>nd</sup> Ca. State Meet

### **1980-1989 (All-time Calif. 1600 Prep List by decades – the 1980s)**

- 1). 4:04.15 -Mark Mastalir (Jesuit, Carmichael-SJ) 1986 CIF Sac-Joaquin Section Championship
- 2).4:04.23 -Eric Mastalir (Jesuit, Carmichael-SJ) 1986 CIF Sac-Joaquin Section Championship
- 3). 4:04.59c -Pedro Reyes (Jesuit, Carmichael-SJ) 1980 Golden West Invit'l (ran 4:06.01 for full mile)
- 4). 4:05.23c -Harold Kuphaldt (Bella Vista, Fair Oaks-SJ) 1982 (ran 4:06.66 for full mile) – 2<sup>nd</sup> Golden West Inv.
- 5).4:05.66c -Roman Gomez (Belmont, Los Angeles-LA) 1985 Golden West Invit'l (ran 4:07.09 mile)
- 6). 4:06.18 -Larry Guinee (Castro Valley-NC) 1980 1<sup>st</sup> State Finals
- 7). 4:06.52 -Shawn O'Neal (Oceanside-SD) 1980 3<sup>rd</sup> State Finals
- 8). 4:06.75 -Jon Butler (Edison, Huntington Beach-SS) 1981 – 1<sup>st</sup> SS AAAA Championships
- 9). 4:07.02c -Jeff Williams (Foothill, Tustin-SS) 1982 (ran 4:08.46 for full mile)
- 10). 4:07.26 -Mike Serna (Loara, Anaheim-SS) 1980 Ca. State Prelims [\\*#81 on All-time Ca. 100 List as of 2022](#)

### **Honorable Mention 1980-1989:**

- 11). 4:07.3c -Calvin Gaziano (Castro Valley-NC) 1985 (ran 4:08.7 for full mile)
  - 12). 4:07.59 -Barasa Thomas (Santa Barbara-SS) 1981 – 2<sup>nd</sup> SS Championships
  - 13). 4:07.6c -Francis O'Neill (San Pasqual, Escondido-SD) 1989 (ran 4:09.0 for full mile) - **#96<sup>th</sup> on All-time Ca. List**
  - 14). 4:07.95 -Scott Robinson (Bellarmine, San Jose-CC) 1987 1<sup>st</sup> Ca. State Finals
  - \*15).4:08.05 Tom Grewe (Carpinteria – SS) 1982 - 1<sup>st</sup> Ca. St. Meet
- \*The 1980s managed to still place 13 runners on the All-time Ca. List as of Y.E. 2024**

### **1970-1979 (All-time California 1600 Prep List for the 1970s -All mile times converted to meters)**

- 1).4:01.0c -Rich Kimball (DeLaSalle, Concord-NC) 1974 NCS Championships (ran 4:02.4 for full mile)
- 2). 4:02.8c \*Curtis Beck (Santa Monica-SS) 1972 Vons Classic (ran 4:04.2 for full mile)
- 3). 4:03.9c -Paul Medvin (University, Los Angeles-LA) 1979 (ran 4:05.3 for full mile)
- 4). 4:04.0c -Mark Schilling (Garden Grove-SS) 1972 1<sup>st</sup> Ca. St. Meet (ran 4:05.4 for full mile)
- 5). 4:04.1c -Terry Cotton (Valley, El Cajon-SD) 1972 2<sup>nd</sup> Ca. State Meet (ran 4:05.5 for full mile)
- 6). 4:05.1c -Steve Whitcomb (Helix, La Mesa-SD) 1979 (ran 4:06.5 for full mile)
- 7).4:05.2c -Thom Hunt (Patrick Henry, San Diego-SD) 1976 (ran 4:06.6 for full mile) – **\* he ran 4:02.7y Indoors at the Jack-in-the Box Games in San Diego**
- 8). 4:05.3c -Andy Clifford (Sunny Hills, Fullerton-SS) 1974 2<sup>nd</sup> State Finals (ran 4:06.7 for mile)
- 9).4:05.3c \*Barrie Williams (North Torrance, Torrance-SS) 1972 (ran 4:06.7 for full mile)
- 10). 4:05.5c -Mark Stillman (Willow Glen, San Jose-CC) 1977 1<sup>st</sup> Ca. St. (ran 4:06.9 for full mile) **\*44 All-time Ca. List**

### **Honorable Mention 1970s:**

- 11) 4:05.6c -Ralph Serna (Loara, Anaheim-SS) 1975 1<sup>st</sup> Arcadia Invit'l (ran 4:07.0 for full mile)
- 12). 4:06.8c \*Mark Fricker (Hemet-SS) 1977 3<sup>rd</sup> State Finals (ran 4:08.2. for full mile)
- 13). 4:06.8c -Stan Ross (Serra, San Mateo-CC) 1977 (ran 4:08.2 for full mile)
- 14). 4:06.8c -Ray Wicksell (West Covina-SS) 1974 3<sup>rd</sup> State Finals (ran 4:08.2 for full mile) \*-
- 15).4:06.8c -Alvin Gilmore (Lompoc-SS) 1973 (ran 4:08.2 for full mile) **66<sup>th</sup>. All-time Ca. 1600 List as of 2024**

**\* Until the 2020s the 1970s were by far the Gold Standard for California H.S. distance running still having as of 2022 ten runners in the top 43 All-time California Milers and putting 15 in the top 59 on the All-time 100. The 1970s also are the deepest decade as they still have 26 runners listed on the All-time California 100 in the 1600/ mile Category as of 2024!**

## **1960-1969 (All-time California 1600/Mile Prep List by the decades – the 1960s):**

- 1). 3:58.1c -Tim Danielson (Chula Vista-SD) 1966 San Diego Invit'l (ran 3:59.4 for full mile)
- 2). 4:05.8c -Armando Valencia (Valley, El Cajon-SD) 1967 1<sup>st</sup> National City Relays (4:07.2 for mile)
- 3).4:06.6c Pete Romero (Reedley-CE) 1967 (ran 4:08.0 for full mile)
- 4).4:07.1c Carl Trentadue (Westminster-SS) 1965 1<sup>st</sup> SS finals (ran 4:08.5 for full mile)
- 5). 4:07.3c Dennis Carr (Lowell, Whittier-SS) 1962 1<sup>st</sup> Ca. St. Meet (ran 4:08.7 for full mile)
- 6). 4:07.6c -Clifton West (Kennedy, Sacramento-SJ) 1968 1<sup>st</sup> Ca. St. (ran 4:09.0 for full mile)
- 7). 4:07.7c -Tom Davidson (Valley, El Cajon-SD) 1968 2<sup>nd</sup> Ca. St. (ran 4:09.1 for full mile) [#103 All-time Ca. List](#)
- 8). 4:07.8c -Mike Solomon (Westminster-SS) 1967 CIF-SS Finals (ran 4:09.2 for full mile) - [#99 All-time Ca. List](#)
- \*9). 4:08.1c –Mike Ryan (Wilcox, Santa Clara -CC) 1965 (ran 4:09.5 for full mile) TNF News Y.E. List
- 10). 4:08.6c -Morgan Goth (Alhambra, Martinez-NC) 1961 (ran 4:10.0 for mile, 1<sup>st</sup> GW Inv., National HS Record)

**[\\*Amazingly the 1960s still have 6 runners on the All-time California top 100 List as of Y.E. 2024.](#)**

### **Honorable Mention 1960s**

- \*11). 4:09.0c –Terry Lamb (Bolsa Grande-SS) 1969 1<sup>st</sup> SS Championships (ran 4:10.4 for mile)
- \*12). 4:09.4c –Thorton Bigley (Clairmont–SD) 1967 1<sup>st</sup> SD Section finals (ran 4:10.8 for mile)
- \*13). 4:09.6c –Duane Ray (Modesto-SJ) 1965 (TNF News Y.E. List – ran 4:11.0 for mile)
- \*14). 4:09.7c –Klaus Hoffman (St. Ignatius-SF) 1968 3<sup>rd</sup> Ca. State Meet (ran 4:11.1 for mile)
- \*15). 4:09.8c –Eugenio Amaya (Burlingame-CC) 1969 State Prelims (ran 4:11.1 for mile)

## **1950-1959 (All-time California 1600/mile Prep List by decades – the 1950s – all mile times converted to meters)**- **[\\* Nobody from 1950s still on Top 100 List:](#)**

- \*1). 4:09.6c -Dale Story (Orange-SS) 1959 1<sup>st</sup> Ca. St. finals- \*National Record (ran 4:11.0 for full mile)
- \*2). 4:15.3c -Jack Hudson (El Cajon –SD) 1959 2<sup>nd</sup> Ca. St. finals (ran 4:16.7 for full mile)
- \*3). 4:16.9c –George Lin (Palo Alto-CC) 1959 3<sup>rd</sup> Ca. St. Finals (ran 4:18.3 for full mile)
- \*4). 4:17.8c -Steve Mathews (Hollywood-L.A.) 1959 Ca. St. finals (ran 4:18.2 for full mile)
- \*5). 4:18.6c -Todd White (Newport Harbor – SS) 1955 1<sup>st</sup> Ca. St. (ran 4:20.0 for full mile)
- \*6). 4:18.7c -Ron Larriue (Palo Alto- CC) 1956 1<sup>st</sup> Ca. St. Meet (Ran 4:20.1 for full mile)
- \*7). 4:18.8c -Tim Roelen (San Fernando-L.A) 1957 1<sup>st</sup> C. St. Meet (Ran 4:20.2 for full mile)
- \*8). 4:19.1c -Grady Neal (Fullerton – SS) 1956 2<sup>nd</sup> Ca. St. (ran 4:20.5 for full mile)
- \*9). 4:19.5c Bob Monzingo (Hoover – SD) 1956 3<sup>rd</sup> Ca. St. (ran 4:20.9 for full mile)
- \*10). 4:19.6c -Bob Seaman (Reedley – CE) 1953 1<sup>st</sup> Ca. St (ran 4:21.0 for full mile)

### **Honorable Mention:**

- \*T11). 4:19.8 -Danny Schweikart (Whittier – SS) 1953 1<sup>st</sup> Ca. St (ran 4:21.2 for full mile)
- \*T11). 4:19.8 –Ray Hale (Downey/Modesto – CE) 1955 2<sup>nd</sup> Ca. St. (ran 4:21.2 for full mile)
- \*12). 4:20.1c –Hal Harkness (North Hollywood – L.A.) 1956 4<sup>th</sup> Ca. St. Meet (ran 4:21.5 for mile)
- \*13). 4:20.2c –Bob Holland (St. Monica – SS) 1956 5<sup>th</sup> Ca. St. Meet (ran 4:21.6 for full mile)
- \*14). 4:20.6c –Jesse Newman (Jefferson-L.A.) 1955 3<sup>rd</sup> Ca. St. Meet (ran 4:22.0 for full mile)
- \*15). 4:20.6c –John Foreman (Roosevelt-CE) 1955 4<sup>th</sup> Ca. St. Meet (ran 4:22.0 for full mile)

### **1940-1949 (All-time 1600/mile Prep List by decades – No Ca. State Meet 1942-45 WWII)**

- \*1). 4:20.0c –Roland Sink (South Pasadena) 1943, 1<sup>st</sup> SS CIF Championships (ran 4:21.4 for full mile)
- \*2). 4:20.0c –Jerome Walters (Compton) 1948 (TNF News Y.E. List – ran 4:21.4 for full mile)
- 3). 4:22.6c –Bob McMillan (Cathedral) 1946 1<sup>st</sup> Ca. St. Meet (ran 4:24.0 for full mile)
- 4). 4:23.7c –Ellwyn Stribling (Commerce) 1949 1<sup>st</sup> Ca. St. Meet (ran 4:25.1 for full mile)
- 5). 4:27.2c –Kohl (Compton) 1947 1<sup>st</sup> Ca. St. Meet (ran 4:28.6 for full mile)

### **1930-1939 (All-time 1600/mile Prep List by decades – The 1930s)**

- 1). 4:19.9c -Louie Zamperini (Torrance) 1934 1<sup>st</sup> So. Cal. CIF Championships – (ran 4:21.3 for full mile) - National HS Record which lasted 19 years
- 2). 4:22.6c –Gaylord Mercer (Hoover-Glendale) 1934, 2<sup>nd</sup> So. Cal Championships (ran for 4:24.0 for full mile)
- 3). 4:25.4c –John Hall (Torrance) 1939, 1<sup>st</sup> Ca. St. Meet (ran 4:26.8 for full mile)
- 4). 4:25.4c –Al Feredio (San Diego 1939 2<sup>nd</sup> Ca. St. Meet (ran 4:26.8 for full mile)
- 5). 4:25.5c –Jack Moore (Stockton) 1938 1<sup>st</sup> Ca. St. Meet (ran for 4:26.9 for full mile)

**\*These Decade Lists were primarily compiled from Rich Gonzales's (Editor of Prep Cal Track) California Outdoor All-time Track and Field Records - Top 100 List: Additional info on 1950s and 60s from Calif. State Meet Results, TNF News Y.E. Top Ten List, The Track Attic and The Helms Hall Track and Field Annuals:**

**\*\* These lists are dedicated to my great friend Frank Candida who was an early Track and Field stat pioneer who left us way before his time.**