

**All-time California High School 3200/two-mile list by decade – (this decades List is made possible by using Editor PrepCalTrack Rich Gonzalez's All-time California Top 100 Prep List for the 3200 meters): - Updated January, 2024**

**2020-2023 Although the 2020s only have three years (2020 pretty much lost to Covid) they already have placed 19 runners on the 100 All-time California Prep List):**

- 1). 8:33.32 -Colin Sahlman (Newbury Park-SS) 2022 Sundown Track Series #2, 8:34.99 1<sup>st</sup> Arcadia Inv.
- 2). 8:35.72 \*Lex Young (Newbury Park-SS) 2022 Arcadia Invitational
- 3).8:39.57 \*Leo Young (Newbury Park-SS) 2022 Sundown Track Series #2
- 4). 8:43.27 Ajani Salcido (Jesuit, Carmichael-SJ) 2021 Brooks PR (ran 8:46.32 for two miles)
- 5). 8:44.93 Jace Aschbrenner (Newbury Park-SS) 2020 Covid-19 exhibition @ Concordia U (no umpires)
- 6). 8:45.19 \*\*Chris Caudillo (Clovis-CE) 2022 Arcadia Invitational
- 7). 8:46.50 \* Jason Parra (Milliken – LB, SS) 2023 Arcadia Invitational, 8:54.17 as soph. at Arcadia)**
- 8). 8:48.28 \*Aaron Sahlman (Newbury Park-SS) 2022 Arcadia Invitational
- 9). 8:48.75 -Nolan Topper (Bellarmine College Prep, San Jose-CC) 2021 Brooks PR (ran 8:51.83 for 2- miles)
- 10). 8:49.21 Grant Morganfield (Palo Alto – CC) 2023 12<sup>th</sup> Arcadia Invitational -**

**Honorable Mention:**

- 11. 8:49.38 \*\* Evan Noonan (Dana Hills- SS) 2023 SS Master's Meet)**
  - 12). 8:50.79 \*Carter Spradling (Clovis East – CE) 2023 17<sup>th</sup> Arcadia Invitational - #31 on All-time Ca. 100 List**
  - 13). 8:51.37 -Matthew Donis (Highland – Palmdale –SS) 1<sup>st</sup> Ca. St. Meet, 2023 Arcadia Invitational 8:52.91**
  - 14). 8:51.40 \*Anthony Fasthorse (Ventura – SS) 2023 3<sup>rd</sup> seeded race Arcadia Invitational**
  - 15). 8:52.19 -Daniel Appleford (Newbury Park-SS) 2022 Arcadia Invitational - **#72 on California All-time 100 List**
- 2020s have put 19 runners on All-time Ca. 100 List in just three years! Runners are running faster and faster at young ages and this decade has also benefited from Nike's new shoe technology.**

**2010-2019 (All-time California Preps by Decade 2010s)**

- 1).8:40.00 \*Nico Young (Newbury Park-SS) 2019 Arcadia Invitational
- 2). 8:41.46 -Cooper Teare (St. Joseph Notre Dame, Alameda-NC) 2017 Arcadia Invitational)
- 3). 8:43.63c -Luis Grijalva (Armijo-SJ) 2017 Brooks PR Meet
- 4). 8:45.10 -Callum Bolger (San Luis Obispo-SS) 2017 Arcadia Invitational
- 5).8:46.29c -Michael Vernau (Davis-SJ) 2017 Brooks PR Meet
- 6).8:46.80 -Blake Haney (Stockdale, Bakersfield-CE) 2014 Arcadia Invitational
- 7).8:47.30 -Caleb Webb (Big Bear, Big Bear Lake-SS) 2015 State Finals
- 8).8:47.92c \*Matt Strangio (Jesuit, Carmichael-SJ) 2019 Brooks PR (8:51.00 for 2 miles)
- 9).8:48.51c -Robert Brandt (Loyola, Los Angeles-SS) 2015 Brooks PR (ran 8:51.59 for 2 miles)
- 10).8:48.71c -Ammar Moussa (Arcadia-SS) 2011 New Balance Nat. (ran 8:51.80 for 2 miles) **\*29<sup>th</sup> All-time Calif. List**

### **Honorable Mention 2010-2019 3200/2-mile:**

- 11).8:49.38 \*Brian Zabilski (Saugus, Santa Clarita-SS) 2015 CIF-SS Masters Meet)
- 12).8:50.03 -Elias Gedyon (Loyola, Los Angeles-SS) 2011 State Finals
- 13). 8:50.67 -Sam Pons (South Pasadena-SS) 2011 State Finals
- 14). 8:50.88 -Jack Van Scoter (Flintridge Prep, La Canada Flintridge-SS) 2016 Brooks PR (8:53.98 two miles)
- 15). 8:51.85 -Cole Spencer (Great Oak, Temecula-SS) 2016 State Finals **\*60 All-time Ca. St. List**

**\* 2010-2019 decade placed 23 runners on All-time Ca. 100 List as of 2023**

### **2000-2009 (All-time California Prep List first decade of the 2000s)**

- 1).8:31.42c -German Fernandez (Riverbank-SJ) 2008 Nike Outdoor Nat'ls (8:34.40 for 2-miles)
- 2).8:43.27c -A.J. Acosta (El Camino, Oceanside-SD) 2006 Nike Nationals (ran 8:46.32 for 2M)
- 3). 8:48.05cm Mark Matusak (Loyola L.A. – SS) 2005 - Nike Nationals (converted from 8:51.13 2-mile)
- 4). 8:50.76c \*Michael Cybulski (Royal, Simi Valley-SS) 2006 Nike Outdoor Nationals (ran 8:53.85 for 2M)
- 5).8:51.60 -Chris Schwartz (Foothill, Bakersfield-CE) 2009 – 1<sup>st</sup> Ca. State Meet
- 6). 8:52.42c \*Yosef Ghebray (James Logan, Union City-NC) 2004
- 7). 8:53.47 -Ben Sitler (St. Francis, Mountain View-CC) 2006
- 8). 8:53.59 -Tim Nelson (Liberty Christian, Redding-NO) 2003 – 1<sup>st</sup>. Ca. St. Meet
- 9). 8:53.66 -Kyle Alcorn (Buchanan, Clovis-CE) 2003 – 2<sup>nd</sup> Ca. St. Meet
- 10). 8:53.78 -Collin Jarvis (Rancho Buena Vista, Vista-SD) 2009 2<sup>nd</sup> Ca. St. **\*98<sup>th</sup> All-time Calif. List as of 2022**

### **Honorable Mention: (\* means not on Calif. Top 100 list)**

- \*11). 8:54.85 -Billy Nelson (Taft Union – CE) 2002 – 3<sup>rd</sup> Arcadia Invitational
- \*12). 8:55.06 -Erik Olson (Novato – NC) 2009 – 1<sup>st</sup> NC Championships
- \*13). 8:55.09 –Brett Gotcher (Aptos – CC) 2002 – 4<sup>th</sup> Arcadia Invitational
- \*14). 8:55.12m –Ryan Hall (Big Bear –SS) 2000 1<sup>st</sup> Ca. St. Jr., 2001 1st APU MOC 8:55.90m Sr.
- \*15 8:55.16 – Hayden Wooff (Soph.).2009 – 3<sup>rd</sup> Ca. State Meet

**California recovered nicely in the early 2000s from the 1990s down period. It still has 10 runners on the All-time 100 List**

## **1990-1999 (All-time California Prep List by Decades - the 1990s)**

- 1). 8:51.8 -Mebrahtom Keflezighi (San Diego-SD) 1994
- 2).8:53.27 -Bryan Dameworth (Agoura, Agoura Hills-SS) 1990 – 1<sup>st</sup> Ca. St. Meet, [#91 All-time Calif. List](#)  
**\* Only two runners from the 1990s made All-time top 100 Calif. List – Only nine runners broke 9:00 for the entire decade. One year the Arcadia Invitational 3200 was won in 9:24!**
- \*3), 8:56.23 Angie Escobar Jr. (Villa Park - SS) 1999 -1<sup>st</sup> SS Masters, 3<sup>rd</sup> Ca. St., 3<sup>rd</sup> Ca. 9:02.40
- \*4). 8:56.34 -Angel Martinez (San Gabriel - SS) 1992 (Martinez ran 8:56.48 as a sophomore in 1990)! 1<sup>st</sup> Ca. St.
- \*5). 8:56.66 Josh Spiker (Ventura – SS) 1999 -2<sup>nd</sup> SS Masters, 1<sup>st</sup> Ca. St. 9:02.00
- \*6). 8:58.78 – David Hartman (Canyon Country – SS) 1991 – 1<sup>st</sup> Ca. State Meet
- \*7). 8:58.97 – Eliazer Herrera (Glendale Hoover – SS) 1990 – 2<sup>nd</sup> Ca. State Meet
- \*8). 8:59.05 – James Menon (San Luis Obispo – SS) 1990 – 3<sup>rd</sup> Ca. State Meet
- \*9). 8:59.08- Fernando Cabada (Buchanan – CE) 1999 – 5<sup>th</sup> Golden West Inv.

## **1980-1989 (All-time California Prep 3200 List for 1980s)**

- 1). 8:41.0c -Eric Reynolds (Camarillo-SS) 1983 Pepsi Invit'I (ran 8:44.0 for two miles)
- 2).8:44.95 -Eric Mastalir (Jesuit, Carmichael-SJ) 1<sup>st</sup>. 1986 – Ca. 1<sup>st</sup>.State Finals
- 3).8:46.78 -Jon Butler (Edison, Huntington Beach-SS) 1981 - 1<sup>st</sup> State Ca. St.
- 4). 8:51.64 -Jay Marden (Mission San Jose, Fremont-NC) 1981 -2<sup>nd</sup> Ca. St.
- 5). 8:51.64 -Mark Dani (Valhalla, El Cajon-SD) 1986 - 2<sup>nd</sup> Ca. St.
- 6). 8:51.99 -Mark Mastalir (Jesuit, Carmichael-SJ) 1986 – 2<sup>nd</sup> Arcadia Invitational
- 7). 8:51.99 -Harold Kuphaldt (Bella Vista, Fair Oaks-SJ) 1982 (1<sup>st</sup> Ca. St.)
- 8). 8:52.11 -Jesse Torres (Independence, San Jose-CC) 1981 (3<sup>rd</sup> Ca. St.)
- 9). 8:52.6ic -Calvin Gaziano (Castro Valley-NC) 1985 (this may have been indoors)
- 10). 8:52.80 -Mike Carlton (Northview - Covina-SS) 1981 (4<sup>th</sup> Ca. St) - [\\*83<sup>th</sup> All-time Ca. List as of 2023](#)

## **Honorable Mention:**

- 11). 8:53.93 Paul Thomas (Jesuit, Carmichael-SJ) 1987 (also won Ca. St. in tactical race) - [#100 Ca. List 2023](#)
- \*12). 8:54.29 Andy DiConti (La Canada – SS) 1980 (1<sup>st</sup> SS Masters) - Also won Ca. St
- \*13). 8:54.37 Mark Ruelas (La Salle – SS) 1980 (2<sup>nd</sup> SS Masters)
- \*14). 8:55.76cm Steve Velem (El Modena – SS) 1981 (TNF News Y.E. List -3<sup>rd</sup> SS Masters)
- \*15). 8:56.11 Mike McCollum (Palo Alto – CC) 1981 – 6<sup>th</sup> Ca. St. Meet

### **1970-1979 (All-time Ca. Prep list by Decades – the 1970s)**

- 1). 8:33.4c -Jeff Nelson (Burbank-SS) 1979 Pepsi Inv. (ran 8:36.3 for two miles)
- 2). 8:41.6c -Eric Hulst (Laguna Beach-SS) 1976 (ran 8:44.6 for two miles) – 1<sup>st</sup> SS Master's Meet
- 3). 8:42.2c -Thom Hunt (Patrick Henry, San Diego-SD) 1976 (ran 8:45.2 for 2 miles) – 1<sup>st</sup> Arcadia Invitational
- 4). 8:42.8c -Ralph Serna (Loara, Anaheim-SS) 1975 (ran 8:45.9 for two miles) 2<sup>nd</sup> Ca. State
- 5). 8:43.6c -Rich Kimball (De La Salle, Concord-NC) 1974 1<sup>st</sup> Ca. St. Meet (ran 8:46.6 for two miles)
- 6). 8:45.8c \*Curtis Beck (Santa Monica-SS) 1972 (ran 8:48.8 for two miles) 1<sup>st</sup> SS CIF Finals
- 7). 8:49.4c -Chuck Assumma (Eisenhower, Rialto-SS) 1979 (ran 8:52.4 for two miles)
- 8). 8:49.6c -Don Moses (Crescenta Valley, La Crescenta-SS) 1976 (ran 8:52.6 for two miles) – 3<sup>rd</sup> Arcadia Inv.
- 9). 8:49.9c -Frank Assumma (Eisenhower, Rialto-SS) 1977 (ran 8:52.9 for two miles) – 1<sup>st</sup> Ca. State Meet
- 10). 8:50.4c -Marc Genet (Santa Ana-SS) 1972 (ran 8:53.4 for two miles) **\*38<sup>th</sup> All-time Ca. List as of 2023**

### **Honorable Mention (1970-1979):**

- 11). 8:50.4c \*Rod Berry (Redwood, Larkspur-NC) 1977 (ran 8:53.4 for two miles)
- 12). 8:50.4c -Mark Spilsbury (Foothill, Tustin-SS) 1976 (ran 8:53.5 for two miles) – 4<sup>th</sup> Arcadia Inv.
- 13). 8:50.6c \*Dave Taylor (Merced-SJ) 1972 (ran 8:53.6 for two miles) – 2<sup>nd</sup> Ca. State Meet
- 14). 8:50.8c -Dale Fleet (Clairemont, San Diego-SD) 1971 (ran 8:53.8 for two miles – Ca. St. Meet
- 15). 8:51.1c -Jim Salcido (Sunny Hills, Fullerton-SS) 1972 (ran 8:54.2 2-miles) GW Inv. **\*47<sup>th</sup> All-time CA. List**  
**\* The 1970s were the premier decade in Calif. HS. Distance runners as it still has an incredible 33 runners on the current 2023 All-time Ca. 100 fastest 3200 List!**

### **1960-1969 (All-time California Prep List by Decades 1960s)**

- 1). 8:51.5c -Pete Romero (Reedley-CE) 1967 (ran 8:54.6 for two miles)
- 2). 8:52.1c -Fred Ritcherson (Salesian, Los Angeles-SS) 1969 (ran 8:55.2 for 2 miles) – 1<sup>st</sup> GW Inv.
- 3). 8:52.3c -Tim Danielson (Chula Vista-SD) 1966 (ran 8:55.4 for two miles/4:07.0 mile double Golden West Inv.)
- \*4). 8:53.8c-Armando Valencia (Valley El Cajon-SD) 1967 (2<sup>nd</sup> Golden West Inv. – ran 8:56.9 for two miles) - **#100<sup>th</sup> on All-time 3200 – Newly discovered time, not currently showing on top 100 list**
- \*5). 8:53.9c -Ruben Chappins (Excelsior, Norwalk-SS) 1969 1<sup>st</sup> Ca. St. Meet (ran 8:57.0 for two miles- 2X St. Champ)
- \*6). 8:53.9c -Ralph Gamez (Berkeley-NC) 1966 (ran 8:57.0 for two miles) -
- \*7). 8:54.7c –Mike Ryan (Wilcox-Santa Clara) 1965 (ran 8:57.8 for two miles) – TNF News Y.E. List
- \*8). 8:55.9c –Ron Johnson Jr. (W. Torrance-SS) 1969 2<sup>nd</sup> Ca. St. (ran 8:59.0y) – ran 8:52.5c (8:55.6y as Senior in 1970
- \*9). 8:56.7c –Dave White (El Modena-SS) 1969 3<sup>rd</sup> Ca. St. Meet (ran 8:59.8 for two miles)
- \*10). 8:57.9c –Otis Martin (Lincoln-SD) 1967 SD City Section Meet (ran 9:01.0 for two miles)  
**\* Pioneer Group 2-mile became an official Ca. State Meet Event in 1965 (\*in front of name means these runners are not in California top 100 list)**

### **Honorable Mention 1960-1969 3200/2-miles:**

- \*11). 8:59.1c –Tom Davidson (El Cajon-SD) 1968 1<sup>st</sup> Mt. Sac Relays – ran 2-miles in 9:02.2
- \*12). 9:00.5c Don Olson (Monte Vista-SD) 1967 (2<sup>nd</sup> in San Diego Section, ran 9:03.6 for 2-miles)
- \*13). 9:01.1c –Johnny Mendez (Artesia-SS) 1969 TNF Y.E. List (9:04.2 for 2-miles – finished 6<sup>th</sup> SS Champ 9:06.8)
- \*14). 9:01.3c –Ed Ramirez (Channel Islands-SS 1968 (3<sup>rd</sup> SS Championships – ran 9:04.4 for 2-miles)
- \*15).9:01.7c –Ruben Mejia (La Habra) 1969 (5<sup>th</sup> SS Championships – ran 9:04.8 for 2-miles, 4<sup>th</sup> St 1968, 5<sup>th</sup> St. 1969)

**\*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.**