

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

INV MEN 100 METERS

1959	Ray Norton	San Jose St	9.5y
1960	Ray Norton	San Jose St	10.2
1961	Dennis Johnson	San Jose St	9.2yw
1962	Henry Carr	Arizona St	9.5y
1963	Bob Hayes	Florida A&M	9.9w
1964	Darel Newman	Fresno St	10.1w
1965	Pablo McNeil	SC Astros	9.4yw
1966	Lennox Miller	USC	10.3
1967	Menzies Campbell	Athens Sports	10.2w
1968	Mel Pender	US Army	10.3
1969	John Carlos	San Jose St	9.2y
1970	Kirk Clayton	San Jose St	10.2
1971	Chuck Smith	California TC	9.3yw
1972	JL Revelomanantsoa	Westmont	10.1w
1973	Chuck Smith	Cal International	9.5y
1974	Don Quarrie	Bay Area Striders	9.3yw
1975	Steve Williams	Unat	9.1yw
1976	John McCollum	Bay Area Striders	10.3
1977	Bill Collins	Hurricane TC	10.22w
1979	Clancy Edwards	SC Striders	10.15
1980	Harvey Glance	Auburn TC	10.07w
1981	James Sanford	USC TC	10.19
1982	Carl Lewis	Santa Monica TC	10.09
1983	Carl Lewis	Santa Monica TC	9.93w
1984	Carl Lewis	Santa Monica TC	10.06
1985	Carl Lewis	Santa Monica TC	9.90w
1986	Carl Lewis	Santa Monica TC	10.14
1987	Mark Witherspoon	Santa Monica TC	10.13
1988	Marty Krulce	Unat	10.06w
1989	Raymond Stewart	TCU	9.91w
1990	Davidson Ezinwa	Mt. SAC CC	10.20w
1991	Michael Marsh	Santa Monica TC	10.00w
1992	Michael Marsh	Santa Monica TC	9.93
1993	Daniel Effiong	Central Ariz CC	10.13
1994	Michael Marsh	Santa Monica TC	10.00
1995	Michael Marsh	Santa Monica TC	9.89w
1996	Ato Boldon	UCLA	9.93
1997	Michael Marsh	Santa Monica TC	9.87w
1998	Ato Boldon	Trinidad	9.86
1999	Michael Marsh	Santa Monica TC	10.06w
2000	Michael Marsh	Santa Monica TC	9.90w
2001	Bernard Williams	Nike	10.08
2002	J. J. Johnson	Nike	9.95
2003	Kaaron Conwright	Nike	10.14
2004	Maurice Greene	adidas	10.02
2005	Aaron Armstrong	Nike	10.00w
2006	Josh Norman	Unat	10.24
2007	Chris Williams	Jamaica	10.12w
2008	Mickey Grimes	Prime Tech	10.11w
2009	Tyrone Edgar	Nike	10.20
2010	Ahmad Rashad	USC	10.08w
2011	Jaysuma Ndure	Norway	10.06
2012	Walter Dix	Nike	9.85w
2013	Mike Rodgers	Nike	10.04
2014	Diondre Batson	Alabama	10.06
2015	Andre DeGrasse	USC	9.87w
2016	Ameer Webb	Nike	9.90w
2017	Ronnie Baker	Hoops Market	9.99
2018	Ronnie Baker	Nike	9.97

INV MEN 200 METERS

1964	Vernus Ragsdale	Grambling	20.7yw
1965	Steve Robbins	Santa Clara VYV	20.8yw
1966	Harold Busby	UCLA	21.0y
1967	Jerry Bright	Arizona St	20.7yw
1968	Tommie Smith	Santa Clara VYV	20.5yw
1969-1972	Event Not Held		
1973	Willie Deckard	Cal International	20.8y
1974-1975	Event Not Held		
1976	Millard Hampton	San Jose St	21.3
1977	Derald Harris	Los Medanos CC	20.6w
1979	Greg Foster	UCLA	20.33T
	Clancy Edwards	SC Striders	20.33T
1980	LaMonte King	Sub 4 TC	20.68w
1981	Mike Roberson	Phil Pioneers	20.52
1982	Jeff Phillips	Athletics West	20.31
1983	Larry Myricks	Athletics Attic	20.36
1984	Dwayne Evans	Stars & Stripes TC	20.21w
1985	Kirk Baptise	Houston	20.04w
1986	Darrell Robinson	Mazda	20.41w
1987	James Butler	Mazda	20.35w
1988	Lorenzo Daniel	Mississippi St.	20.29
1989	Leroy Burrell	SMTC	20.40
1990	Danny Everett	Santa Monica TC	20.13w
1991	Devlon Dunn	Goldwin TC	20.32w
1992	Kevin Little	US West	20.39
1993	Dean Capobiano	Australia	20.39

1994	Daniel Effiong	Central Ariz CC	20.16
1995	Kevin Little	US West	20.39w
1996	Carl Lewis	Santa Monica TC	20.19
1997	Oumar Loum	Senegal	20.60
1998	Maurice Greene	Nike	20.03
1999	Ato Boldon	Trinidad	20.19
2000	Christopher Williams	Jamaica	20.02
2001	Ato Boldon	Trinidad	20.76
2002	Floyd Heard	Unat	20.31
2003	Maurice Greene	adidas	20.16
2004	Mickey Grimes	HSI	20.31
2005	Wallace Spearmon	Arkansas	19.97
2006	LaShawn Merritt	Nike	20.23
2007	Mike Mitchell	South Bay TC	20.33
2008	Chris Berman	Velocity 9	20.43w
2009	Lionel Larry	adidas	20.37
2010	Rubin Williams	Heritage Elite	20.49w
2011	Greg Nixon	High Performance	20.52w
2012	Jeremy Dodson	Unat	20.39
2013	Jeremy Dodson	Boulder T.C.	20.49
2014	Aaron Brown	USC	20.26
2015	Andre DeGrasse	USC	20.16
2016	Ameer Webb	Nike	19.91
2017	Jeremy Dodson	Adidas-SAM	20.61
2018	Fred Kerley	Nike	20.48

INV MEN 400 METERS

1960	Mal Spence	Arizona St	47.1y
1961	Keith Thomassen	Santa Clara VYV	46.1y
1962	Ulis Williams	Arizona St	46.0y
1963	Mike Larrabee	SC Striders	47.2y
1964	Bob Tobler	BYU	47.5y
1965	Mike Larrabee	SC Striders	47.3y
1966	Ken Head	New Mexico	46.4y
1967	Bob Frey	SC Striders	47.1y
1968	Bob Tobler	US Army	46.8y
1969	Edesel Garrison	USC	46.7y
1970	Lee Evans	Unat	46.7y
1971	Lee Evans	Unat	46.6y
1972	Lee Evans	Bay Area Striders	46.0
1973	Mike Singletary	SC Striders	46.9y
1974	Mike Singletary	SC College	46.4y
1975	Benny Brown	UCLA	46.4y
1976	Bennie Myles	UCLA	46.1
1977	Joel Andrews	USC	46.46
1979	Charles Dramiga	Maccabi	46.37
1980	Charles Oliver	All American TC	45.41
1981	Carl Meylor	Phil Pioneers	46.06
1982	Bert Cameron	UTEP	44.72
1983	Charlie Phillips	Abilene Christian	45.52
1984	Innocent Egbunike	Azusa Pacific	45.63
1985	Ray Armstead	Accusplit	45.33
1986	Innocent Egbunike	Puma	45.28
1987	Danny Everett	UCLA	45.45
1988	Danny Everett	UCLA	45.37
1989	Mark Rowe	Accusplit	45.15
1990	Susumu Takano	Japan	45.50
1991	Quincy Watts	USC	45.78
1992	Steve Lewis	Santa Monica TC	44.45
1993	John Regis	Great Britain	45.48
1994	Greg Haughton	Central Ariz CC	45.15
1995	Steve Lewis	Santa Monica TC	45.06
1996	LaMont Smith	Santa Monica TC	44.63
1997	Charles Gitonga	Kenya	45.07
1998	Jerome Davis	USC	45.35
1999	Sanderlei Parrela	Brazil	44.72
2000	Tawanda Chiwira	Idaho	45.46
2001	Tyree Washington	Reebok	44.47
2002	James Davis	Nike	45.21
2003	Corey Nelson	Nike	45.55
2004	Andrew Rock	Wisc La Crosse	45.23
2005	Malachi Davis	Great Britain	45.93
2006	Lionel Larry	USC	46.11
2007	Lionel Larry	USC	45.72
2008	Martyn Rooney	Loughborough	45.88
2009	David Gillick	Loughborough	45.80
2010	Joey Hughes	USC	45.37
2011	Gil Roberts	Texas Tech	45.29
2012	Martyn Rooney	Loughborough	44.92
2013	Yousef Masrahi	HSI International	45.18
2014	Yousef Masrahi	Hudson Smith Int	45.23
2015	Patrick Feeney	Unat	45.69
2016	Ricky Morgan Jr.	USC	46.43
2017	Quincy Hall	Sequoias	45.12
2018	Michael Norman	USC	44.53

INV MEN 600 METERS

2015	Duane Solomon	Saucony	1:15.44
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INV MEN 800 METERS

1961	Jerry Siebert	Unat	1:50.7y
1962	Jack Yerman	Santa Clara VYV	1:48.6y
1963	Jim Dupree	Southern Illinois	1:49.4y
1964	Jerry Siebert	Santa Clara VYV	1:48.5y
1965	John Garrison	Los Angeles TC	1:51.2y
1965	Ted Nelson	SC Striders	1:51.2y
1966	Tom Farrell	Unat	1:47.9y
1967	Neville Myton	Mesa College	1:52.6y
1968	Martin McGrady	Santa Clara VYV	1:49.4y
1969	Wade Bell	Oregon TC	1:49.9y
1970	Dave Perry	Pacific Coast Club	1:53.3y
1971	Art Sandison	Cougar TC	1:51.8y
1972	Steve Straud	Unat	1:50.2y
1973	Fernan. De La Cerda	UTEP	1:52.2y
1974	Byron Dyce	Florida TC	1:49.8y
1975	Bob Martin	Club Northwest	1:52.6y
1976	Rick Brown	Bev Hills Striders	1:50.09y
1977	Mike Boit	Kenya	1:47.77
1979	Steve Scott	UC Irvine	1:47.9
1980	Mike Boit	Kenya	1:46.19
1981	James Robinson	Inner City AC	1:48.42
1982	Sammy Koskei	SMU	1:45.26
1983	Sammy Koskei	Nike	1:46.08
1984	Agberto Guimares	Brazil	1:47.45
1985	James Robinson	Inner City AC	1:47.41
1986	William Wuyke	New Balance TC	1:48.4
1987	Randy Moore	New York AC	1:47.61
1988	Johnny Gray	Santa Monica TC	1:45.68
1989	George Kersh	Taft CC	1:46.60
1990	Jim Maton	Indiana TC	1:48.41
1991	Tony Parrilla	Tennessee	1:47.66
1992	Johnny Gray	Santa Monica TC	1:45.77
1993	Joseph Tengelei	Abilene Christian	1:46.32
1994	Savieri Ngidhi	Abilene Christian	1:48.68
1995	Brandon Rock	Arkansas	1:47.09
1996	Brandon Rock	Powerade AC	1:47.73
1997	Balasz Tolgyesi	Hungary	1:46.33
1998	Johnny Gray	Santa Monica TC	1:46.15
1999	Khadevis Robinson	Santa Monica TC	1:46.28
2000	John Kemboi	Abilene Christian	1:48.79
2001	Patrick Nduwimana	Burundi	1:47.07
2002	Khadevis Robinson	Santa Monica TC	1:48.89
2003	Patrick Nduwimana	Burundi	1:47.34
2004	Jonathan Johnson	Texas Tech	1:46.32
2005	Jonathan Johnson	Texas Tech	1:46.67
2006	Khadevis Robinson	Nike	1:44.98
2007	Lachlan Renshaw	Australia	1:47.06
2008	Ryan Brown	Asics	1:47.18
2009	Duane Solomon	Charisma Sports	1:46.85
2010	Tyler Mulder	Nike/Oregon	1:46.44
2011	Charles Jock	UC Irvine	1:45.19
2012	Duane Solomon	Saucony	1:46.03
2013	Duane Solomon	Saucony	1:46.03
2014	Duane Solomon	Saucony	1:43.88
2015	Brandon McBride	Miss State	1:46.28
2016	Duane Solomon	Saucony	1:45.47
2017	Clayton Murphy	Nike	1:43.60
2018	Jesus Tonatiu Lopez	Mexico	1:47.07

INV MEN 1500 METERS

1960	Bill Dellinger	Emerald Emp AC	4:07.7y
1961	Jim Beatty	Santa Clara VYV	4:04.9y
1962	Jim Grelle	Los Angeles TC	3:59.9y
1963	Leroy Neal	Occidental	4:06.9y
1964	Jim Grelle	Los Angeles TC	4:01.1y
1965	Jim Grelle	Unat	4:00.3y
1966	Dyron Burleson	Unat	4:01.4y
1967	Rich Romo	SC Striders	4:06.4y
1968	Ed Dean	Athens AC	4:04.4y
1969	John Mason	Pacific Coast Club	4:07.0y
1970	John Mason	Pacific Coast Club	4:05.3y
1971	John Mason	Pacific Coast Club	4:10.9y
1972	Richard Selby	Northern Arizona	4:04.9y
1973	Richard Selby	Northern Arizona	4:05.9y
1974	Jim Woodard	Cal State Fullerton	4:14.7y
1975	Dave Babiracki	SF Valley TC	4:02.9y
1976	Paul Craig	Canada	3:44.7
1977	Ed Arriola	Arizona	3:47.5
1979	Steve Lacy	Wisconsin TC	3:41.11
1980	Steve Lacy	Wisconsin TC	3:42.16
1981	Andy Clifford	Unat	3:42.19
1982	Mark Fricker	Oregon St	3:38.94
1983	Mark Fricker	Oregon St	3:39.94
1984	Sammy Koskei	Nike	3:40.86
1985	Mark Fricker	Accusplit	3:44.01
1986	Maurice Smith	Adams St	3:41.12

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2000	Dominique Arnold	Nike	13.44	1964	Grambling College	40.0y	1992	Goldwin TC	1:21.03
2001	Mark Crear	God Speed TC	13.51	1965	SC Striders	40.7y	1993	Campbell Wells TC	1:23.75
2002	Bashir Ramzy	Unat	13.64	1966	SC Striders	40.4y	1994	Santa Monica TC	1:18.68
2003	Allen Johnson	Nike	13.42	1967	Arizona	41.0y	1995	World All Stars	1:21.27
2004	Allen Johnson	Nike	13.25	1968	Santa Clara VVY	39.9y	1996	Mizuno	1:21.68
2005	Dominique Arnold	HSI	13.35	1969	San Jose State	39.6y	1997	Event Not Held	
2006	Ryan Wilson	Nike	13.55	1970	Occidental	41.1y	1998	Fast Lane GBR	1:22.30
2007	Ryan Wilson	HSI	13.36w	1971	SC Striders	40.6y	1999-2016	Event Not Held	
2008	Kai Kelley	USC	13.51w	1972	USC	39.5	2017	Altis	1:20.74
2009	Ryan Wilson	DS Sports	13.45	1973	USC	40.5y	2018	Event Not Held	
2010	Dominique DeGrammont	Haiti	13.58	1974	Beverly Hills Striders	40.7y			
2011	Omo Osaghae	Texas Tech	13.27w	1975	All American TC	41.0y			
2012	Jason Richardson	Nike	13.20w	1976	Maccabi Union TC	40.10			
2013	Ryan Wilson	Threshold Athletic	13.23	1977	Philadelphia Pioneers	39.33			
2014	Aleec Harris	USC	13.32	1979	Bay Area Striders	40.00			
2015	Aleec Harris	Unat	13.23	1980	SC Striders	39.18			
2016	Johnathan Cabral	Unat	13.35	1981	Arizona State	38.78			
2017	Aries Merritt	Nike	13.51	1982	Philadelphia Pioneers	39.08			
2018	David Kendziera	Illinois	13.47	1983	Stars & Stripes	39.05			

INV MEN 400 METER HURDLES

1960	Rex Cawley	USC	52.2	1986	Texas A&M	39.48
1961	Rex Cawley	USC	50.6	1987	Athletics West	39.03
1962	Rex Cawley	USC	51.8y	1988	Sports TC	39.09
1963	Rex Cawley	USC	50.9y	1989	Santa Monica TC	38.63
1964	Willie Atterberry	SC Striders	51.0y	1990	Santa Monica TC	38.86
1965	Billie Hardin	Baton Rouge TC	51.9y	1991	Santa Monica TC	38.33
1966	Vance Peterson	Occidental	51.2y	1992	Santa Monica TC	37.97
1967	Ron Whitney	SC Striders	50.7y	1993	Santa Monica TC	38.00
1968	Ron Whitney	SC Striders	50.1y	1994	Santa Monica TC	37.79
1969	Ron Whitney	SC Striders	50.6y	1995	Campbell TC	39.31
1970	Lee Evans	Unat	50.5y	1996	Mizuno	39.34
1971	Wes Williams	San Diego TC	51.1y	1997	Santa Monica TC	38.50
1972	Jim Seymour	SC Striders	51.4	1998	Vector Sports	38.95
1973	Jim Bolding	Unat	50.9y	1999	HS International	38.90
1974	Wes Williams	San Diego TC	50.9y	2000	HS International	38.15
1975	Quentin Wheeler	San Diego St	51.8y	2001	HS International	38.33
1976	Rob Cassleman	Pacific Coast Club	50.8	2002	Mississippi State	39.16
1977	Edwin Moses	Morehouse	49.83	2003	USA Red Team	38.52
1979	Edwin Moses	Unat	48.50	2004	HS International	38.56
1980	James King	Maccabi	49.24	2005	HS International	38.73
1981	Edwin Moses	Continuous Curve	48.61	2006	Arkansas TC	38.19
1982	Tony Rambo	Athletic Attic	48.90	2007	Arkansas Alums	38.30
1983	David Lee	Athletic Attic	49.62	2008	Team adidas	38.51
1984	Andre Phillips	World Class AC	49.24	2009	World Class Elite	39.50
1985	Tranel Hawkins	Accusplit	49.39	2010	HSI International	39.90
1986	Bernie Holloway	Maccabi	49.63	2011	HSI International	38.91
1987	David Patrick	Unat	49.64	2012	HSI International	38.39
1988	Winthrop Graham	Texas	49.42	2013	HSI International	38.93
1989	Kevin Young	Santa Monica TC	48.95	2014	TC Management	39.17
1990	Kevin Young	Santa Monica TC	48.91	2015	USC	38.98
1991	Kevin Young	Santa Monica TC	48.71	2016	Brazilian Olympic Co	38.91
1992	Winthrop Graham	Jamaica	49.57	2017	LSU	38.57
1993	Winthrop Graham	Jamaica	50.17	2018	USA	39.36
1994	Torrance Zellner	Unat	49.37			
1995	Kazuhiko Yamazaki	Japan	49.93			
1996	Bryan Bronson	Powerade AC	48.69			
1997	Marty Beck	HSI	49.24			
1998	Eric Thomas	Nike Atl Coast	48.71			
1999	Derrick Adkins	Vector Sports	48.71			
2000	Chris Rawlinson	Great Britain	48.68			
2001	James Carter	Nike	49.14			
2002	Chris Rawlinson	Great Britain	48.49			
2003	Kemel Thompson	Jamaica	48.52			
2004	Chris Rawlinson	Great Britain	48.93			
2005	Ken Ferfuson	HSI	49.07			
2006	Kenji Narasako	Japan	49.81			
2007	Angelo Taylor	Regenerations Int	49.40			
2008	LaRon Bennett	Doyle Management	49.88			
2009	Justin Boyd	Unat	50.32			
2010	Jeshua Anderson	Washington State	49.11			
2011	Bryce Brown	Texas Tech	49.25			
2012	Michael Tinsley	adidas	48.83			
2013	Jeshua Anderson	Nike	49.14			
2014	Jeshua Anderson	Nike	49.43			
2015	Scottie Hearn	Miss State	50.20			
2016	Khalifah Rosser	Cal State LA	49.27			
2017	CJ Allen	Washington St	49.99			
2018	Shawn Rowe	GW Express	49.13			

INV MEN 4 X 100 METERS

1959	San Jose State	40.4y	1987	Texas Tech	1:22.93
1960	San Jose State	40.2y	1988	Central Arizona CC	1:20.79
1961	San Jose State	40.5y	1989	Santa Monica TC	1:20.54
1962	SC Striders	40.4y	1990	Stars & Stripes	1:24.32
1963	SC Striders	41.1y	1991	Mazda	1:21.50

INV MEN 4 X 200 METERS

1959	Occidental	1: 25.5y	1987	Texas Tech	1:22.93
1960	San Jose State	1:24.0y	1988	Central Arizona CC	1:20.79
1961	USC	1:23.6y	1989	Santa Monica TC	1:20.54
1962	Arizona State	1:24.1y	1990	Stars & Stripes	1:24.32
1963	SC Striders	1:24.4y	1991	Mazda	1:21.50
1964	Grambling College	1:23.4y			
1965	SC Striders	1:24.6y			
1966	San Jose State	1:23.8y			
1967	San Jose State	1:24.6y			
1968	San Jose State	1:23.1y			
1969	San Jose State	1:22.7y			
1970	Long Beach State	1:26.8y			
1971	SC Striders	1:25.3y			
1972	USC	1:22.0y			
1973	Cal International	1:23.4y			
1974	Beverly Hills Striders	1:24.2y			
1975	All American TC	1:26.9y			
1976	Maccabi Union TC	1:23.4y			
1977	Tobias Striders	1:22.3y			
1979	Davis N Company	1:23.28			
1980	Arizona State	1:22.19			
1981	Arizona State	1:20.37			
1982	Philadelphia Pioneers	1:22.03			
1983	Tiger International	1:21.91			
1984	Auburn	1:23.02			
1985	Bud Light TA	1:22.16			
1986	Puma TC	1:20.87			
1987	Texas Tech	1:22.93			
1988	Central Arizona CC	1:20.79			
1989	Santa Monica TC	1:20.54			
1990	Stars & Stripes	1:24.32			
1991	Mazda	1:21.50			

INV MEN 4 X 400 METERS

1959	USC	3:13.4y	1987	Texas Tech	3:05.58
1960	Arizona State	3:12.0y	1988	Accusplit	3:04.36
1961	USC	3:07.6y	1986	Athletics West	3:03.64
1962	Arizona State	3:07.5y	1987	UCLA	3:01.09
1963	Arizona State	3:04.5y	1988	UCLA	3:00.81
1964	SC Striders	3:07.8y	1989	Florida	3:02.51
1965	SC Striders	3:10.9y	1990	Santa Monica TC	3:01.62
1966	New Mexico	3:09.4y	1991	Santa Monica TC	3:02.33
1967	San Jose State	3:09.0y	1992	Mazda	3:00.48
1968	San Jose State	3:10.2y	1993	Central Arizona CC	3:04.54
1969	San Jose State	3:11.1y	1994	Nike Los Angeles	3:04.81
1970	SC Striders	3:09.0y	1995	Nike Atlantic Coast	3:05.61
1971	Pacific Coast Club	3:11.9y	1996	Vector Sports	3:01.27
1972	UCLA	3:04.8y	1997	Nike	3:01.33
1973	Arizona	3:11.8y	1998	Nike Atlantic Coast	3:03.97
1974	DC Striders	3:09.7y	1999	Nike Atlantic Coast	3:03.20
1975	Occidental	3:15.7y	2000	In The Black TC	3:02.60
1976	USC	3:09.1y	2001	New York Elite	3:03.69
1977	Maccabi Union TC	3:09.58y	2002	New York Elite	3:03.69
1979	Long Beach CC	3:07.01	2003	USA Red Team	3:02.81
1980	UCLA	3:04.9	2004	USA Red Team	3:01.57
1981	San Diego State	3:05.50	2005	Holyfield Int	3:04.24
1982	Philadelphia Pioneers	3:05.50	2006	USA Blue Team	3:06.00
1983	Tiger International	3:04.57	2007	Prime Techniques	3:09.54
1984	Auburn	3:05.58	2008	USA White	3:08.68
1985	Accusplit	3:04.36	2009	Prime Tech Steppa	3:07.36
1986	Athletics West	3:03.64	2010	USC	3:03.70
1987	UCLA	3:01.09	2011	USC	3:03.55
1988	UCLA	3:00.81	2012	Great Britain	3:03.74
1989	Florida	3:02.51	2013	Japan	3:06.00
1990	Santa Monica TC	3:01.62	2014	Western Kentucky	3:05.52
1991	Santa Monica TC	3:02.33	2015	Jack Rabbit Elite	3:03.14
1992	Mazda	3:00.48	2016	North Carolina	3:06.11
1993	Central Arizona CC	3:04.54	2017	LSU	3:04.19
1994	Nike Los Angeles	3:04.81	2018	USA	3:05.92
1995	Nike Atlantic Coast	3:05.61			
1996	Vector Sports	3:01.27			
1997	Nike	3:01.33			
1998	Nike Atlantic Coast	3:03.97			
1999	Nike Atlantic Coast	3:03.20			
2000	In The Black TC	3:02.60			
2001	New York Elite	3:03.69			
2002	New York Elite	3:03.69			
2003	USA Red Team	3:02.81			
2004	USA Red Team	3:01.57			
2005	Holyfield Int	3:04.24			
2006	USA Blue Team	3:06.00			
2007	Prime Techniques	3:09.54			
2008	USA White	3:08.68			
2009	Prime Tech Steppa	3:07.36			
2010	USC	3:03.70			
2011	USC	3:03.55			
2012	Great Britain	3:03.74			
2013	Japan	3:06.00			
2014	Western Kentucky	3:05.52			
2015	Jack Rabbit Elite	3:03.14			
2016	North Carolina	3:06.11			
2017	LSU	3:04.19			
2018	USA	3:05.92			

INV MEN 4 X 800 METERS

1959	USC	7:31.8y	1987	Texas Tech	7:37.9y
1960	Santa Clara	7:41.9y	1988	Central Arizona CC	7:34.4y
1961	UCLA	7:40.1y	1989	Santa Monica TC	7:36.2y
1962	Occidental	7:24.7y	1990	Stars & Stripes	7:33.2y
1963	San Jose State	7:30.3y	1991	Mazda	7:35.4y
1964	SC Striders	7:27.8y			
1965	SC Striders	7:32.3y			
1966	Forty Niner TC	7:30.8y			
1967	Arizona State	7:43.0y			
1968-1970	Event Not Held				
1971	US Army	7:37.9y			
1972	UCLA	7:34.4y			
1973	USC	7:36.2y			
1974	Arizona State	7:33.2y			
1975	San Diego State	7:35.4y			

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1976	UC Irvine	7:36.4y
1977	UC Irvine	7:36.9y
1979	California	7:26.13
1980	Event Not Held	
1981	Fresno State	7:28.4
1982	Mt. SAC CC	7:22.62
1983	Santa Monica TC	7:16.55
1984	Santa Monica TC	7:16.79
1985	Santa Monica TC	7:12.96
1986	Santa Monica TC	7:06.5
1987	Atlantic Coast Club	7:19.31
1988	Texas	7:20.61
1989	Event Not Held	
1990	Long Beach TC	7:25.95
1991	Brazil	7:17.45
1992	Arkansas	7:23.56
1993	Santa Monica TC	7:15.7
1994	Brazil	7:20.46
1995	International Sports	7:24.42
1996	Asics Sparkletts TC	7:34.62
1997-1998	Event Not Held	
1999	Cal Baptist	7:22.12
2000	Event Not Held	
2001	UCLA	7:30.11
2002-05	Event Not Held	
2006	Nike Farm Team	7:33.10
2007-2018	Event Not Held	

INV MEN 4 X 1500 METERS

1980	Stanford	15:38.3
1981	UC Riverside	15:28.3
1982	UCLA	15:18.2
1983	Athletics West	15:09.2
1984	Athletics West	15:05.8
1985	Santa Monica TC	15:36.61

INV MEN 4 X 1600 METERS

1986	Converse West	16:47.7
1987	Reebok Aggies	17:05.2
1988	Athletes In Action	17:06.1
1989	BYU Alums	16:47.6
1990	Long Beach TC	16:42.0
1991	Reebok Aggies	17:13.0

INV MEN SPRINT MEDLEY

1960	USC	3:26.6y
1961	Occidental	3:22.0y
1962	Oregon State	3:22.6y
1963	USC	3:18.0y
1964	Camp Pendleton	3:23.8y
1965	Event Not Held	
1966	UCLA	3:19.0y
1967	SC Striders	3:25.0y
1968-1969	Event Not Held	
1970	San Jose State	3:22.2y
1971	Texas Striders	3:26.2y
1972	US Armed Forces	3:27.8y
1973	California	3:22.3y
1974	Cal State Northridge	3:25.1y
1975	UC Irvine	3:26.8y
1976	Event Not Held	
1977	Cal State Northridge	3:29.6y
1979-1980	Event Not Held	
1981	Pacific Coast Club	3:18.16
1982	Philadelphia Pioneers	3:16.7
1983	Tiger International	3:16.0
1984	Santa Monica TC	3:12.2
1985	Redlands	3:24.9
1986	UTEP	3:17.8
1987	Athletics West	3:16.40
1988	UTEP	3:22.0y
1989	Taft CC	3:14.44
1990	Fresno State	3:20.31
1991	Blinn CC	3:16.30
1992-1996	Event Not Held	
1997	Santa Monica TC	3:12.75
1998-2018	Event Not Held	

INV MEN DISTANCE MEDLEY

1959	USC	9:55.5y
1960	UCLA	10:06.2y
1961	Santa Clara VYV	10:11.5y
1962	Stanford	9:47.2y
1963	Arizona	9:53.8y
1964	SC Striders	9:57.6y
1965-1967	Event Not Held	
1968	US Army	9:33.4y
1969	US Army	9:42.4y

1970	Pacific Coast Club	9:40.2y
1971	Pacific Coast Club	9:42.6y
1972	Northern Arizona	9:45.4y
1973	Stanford	9:51.1y
1974	Arizona State	9:43.2y
1975	SF Valley TC	9:54.4y
1976	UC Irvine	9:49.8y
1977	UC Irvine	9:52.2y
1979	California	9:40.9
1980	UCLA	9:32.8
1981	Pacific Coast Club	9:35.2
1982	Santa Monica TC	9:32.4
1983	Santa Monica TC	9:29.3
1984	Arizona	9:45.72
1985	Stanford	9:42.0
1986	New Mexico	9:40.6
1987	Virginia Tech	9:40.31
1988	Atlantic Coast Club	9:44.60
1989	Atlantic Coast Club	9:51.37
1990	Atlantic Coast Club	9:45.7
1991	Riverside CC	9:58.36
1992	UC Irvine	9:54.16
1993	Santa Monica TC	9:29.74
1994	Brazil	9:34.37
1995	Santa Monica TC	9:31.75
1996	Reebok TC	9:49.2
2012	Houston	10:23.28

INV MEN SHUTTLE HURDLES

1971	SC Striders	57.3y
1972	SC Striders	58.2y
1973	Cal State Northridge	58.5y
1974	Beverly Hills Striders	56.6y
1975	USC	57.1y
1976	USC	56.5y
1977	Long Beach State	59.5y
1979	Pasadena CC	58.2
1980	Maccabi Union TC	56.7
1981	USC	55.25
1982	USC Alumni	54.20
1983	Maccabi Union TC	57.08
1984	Maccabi Union TC	56.70
1985	Stars & Stripes	55.06
1986	Maccabi Union TC	57.8
1987	Stars & Stripes	56.00
1988	Azusa Pacific	56.41

INV MEN HIGH JUMP

1959	Charlie Dumas	USC	(2.07) 6- 9 1/2
1960	Charlie Dumas	USC	(2.08) 6- 9 3/4
1961	Bob Avant	USC	(2.13) 7- 0
1962	Joe Faust	Mt. SAC CC	(2.11) 6-11
1963	Joe Faust	Unat	(2.03) 6- 8
1964	Ed Caruthers	Santa Ana CC	(2.08) 6- 9 3/4T
	John Rambo	Long Beach St	(2.08) 6- 9 3/4T
1965	Ed Johnson	SC Striders	(2.13) 7- 0T
	John Dobroth	SC Striders	(2.13) 7- 0T
1966	Mike Lange	Arizona St	(2.08) 6-10
1967	Ed Caruthers	Arizona	(2.14) 7- 0 1/4
1968	Ed Caruthers	Pacific Coast Club	(2.15) 7- 0 3/4
1969	Otis Burrell	SC Striders	(2.08) 6-10
1970	Bill Elliott	Pacific Coast Club	(2.16) 7- 1
1971	Reynaldo Brown	Cal Poly SLO	(2.16) 7- 1
1972	Reynaldo Brown	Cal International	(2.18) 7- 2
1973	Reynaldo Brown	Cal Poly SLO	(2.20) 7- 2 1/2
1974	Reynaldo Brown	Unat	(2.13) 7- 0
1975	Reynaldo Brown	All American TC	(2.13) 7- 0
1976	Reynaldo Brown	All American TC	(2.21) 7- 3
1977	Tom Woods	Pacific Coast Club	(2.19) 7- 2 1/4
1979	James Frazier	Arizona	(2.20) 7- 2 3/4
1980	Nat Page	Unat	(2.21) 7- 3
1981	James Frazier	Unat	(2.24) 7- 4 1/4
1982	Brian Stanton	Houston	(2.25) 7- 4 1/2
1983	Milton Goode	Jaguar TC	(2.20) 7- 2 3/4
1984	Tyke Peacock	Puma Energizer	(2.27) 7- 5 1/2
1985	Lee Balkin	Stars & Stripes	(2.20) 7- 2 1/2
1986	Tyke Peacock	Unat	(2.24) 7- 4 1/4
1987	Jake Jacoby	Reebok	(2.31) 7- 7
1988	Brian Stanton	Stars & Stripes	(2.27) 7- 5 1/2
1989	Lee Balkin	Stars & Stripes	(2.28) 7- 5 3/4
1990	Doug Nordquist	Reebok Racing	(2.25) 7- 4 1/2
1991	Matt Cannon	Ohio St	(2.20) 7- 2 1/2
1992	Hollis Conway	Nike	(2.32) 7- 7 1/4
1993	Hollis Conway	Nike	(2.30) 7- 6 1/2
1994	Ray Doakes	Arkansas	(2.25) 7- 4 1/2
1995	Ray Doakes	Arkansas	(2.30) 7- 6 1/2
1996	Matt Hemingway	Arkansas	(2.25) 7- 4 1/2
1997	James Ballard	Arkansas	(2.30) 7- 6 1/2

1998	Jeremy Fischer	Wisconsin	(2.25) 7- 4 1/2
1999	James Nieto	Unat	(2.30) 7- 6 1/2
2000	Nathan Leeper	Unat	(2.29) 7- 6
2001	Levar Miller	Arkansas	(2.19) 7- 2 1/4
2002	Matt Hemingway	US West	(2.30) 7- 6 1/2
2003	Terrance Woods	Unat	(2.22) 7- 3 1/4
2004	James Nieto	Nike	(2.25) 7- 4 1/2
2005	James Nieto	Nike	(2.25) 7- 4 1/2
2006	Jesse Williams	USC	(2.30) 7- 6 1/2
2007	Gerardo Martinez	Mexico	(2.30) 7- 6 1/2
2008	Germaine Mason	Unat	(2.25) 7-04.50
2009	Jaime Nieto	Nike Pack	(2.25) 7-04.50
2010	Tora Hervis	Asics	(2.25) 7-04.50
2011	Jesse Williams	Oregon TC/Nike	(2.34) 7-07.75
2012	Mike Mason	Valley Royals	(2.28) 7-05.00
2013	Erik Kynard	Kansas State	(2.34) 7-08.00
2014	Michael Mason	Valley Royals	(2.28) 7-05.75
2015	Guowei Zhang	Nike China	(2.35) 7-08.50
2016	Jesse Williams	Nike	(2.23) 7-03.75
2017	Mike Mason	Canada	(2.30) 7-06.50
2018	Keenon Laine	U of Georgia	(2.24) 7-03.50

INV MEN POLE VAULT

1959	Ron Morris	SC Striders	(4.52) 14-10
1960	Ron Morris	SC Striders	(4.67) 15- 4
1961	Ron Morris	Unat	(4.58) 15- 0 1/2
1962	David Tork	Camp Pendleton	(4.93) 16- 2
1963	Ron Morris	SC Striders	(4.74) 15- 6 1/2
1964	Risto Anki	SC Striders	(4.88) 16- 0
1965	Ron Morris	SC Striders	(4.88) 16- 0T
	Bob Seagren	Mt. SAC CC	(4.88) 16- 0T
	Jeff Chase	Santa Clara VYV	(4.88) 16- 0T
	Mel Hein	SC Striders	(4.88) 16- 0T
1966	John Pannel	SC Striders	(5.18) 17- 0
1967	Chris Papanicolaou	San Jose St	(5.08) 16- 8
1968	Bob Seagren	USC	(5.21) 17- 1
1969	John Pannel	SC Striders	(5.17) 16-11 3/4
1970	Dick Railsback	SC Striders	(5.03) 16- 6T
	Bob Steinhoff	SC Striders	(5.03) 16- 6T
1971	Bob Seagren	SC Striders	(5.18) 17- 0
1972	Kjell Isaksson	Sweden	(5.37) 17- 7 1/2
1973	Kjell Isaksson	Unat	(5.18) 17- 0
1974	Roland Carter	Texas Striders	(5.33) 17- 6
1975	Ron Mooers	UCLA	(5.40) 17- 8 1/2
1976	Roland Carter	Gulf Coast TC	(5.30) 17- 4 3/4T
	Larry Jessee	Maccabi	(5.30) 17- 4 3/4T
1977	Don Baird	Long Beach St	(5.18) 17- 0
1979	Mike Tully	Unat	(5.45) 17-10 3/4
1980	Mike Tully	New York AC	(5.59) 18- 4 1/4
1981	Anthony Curran	UCLA	(5.50) 18- 0 1/2
1982	Dan Ripley	Pacific Coast Club	(5.61) 18- 4 3/4
1983	Felix Bohni	San Jose St	(5.50) 18- 0 1/2
1984	Mike Tully	Nike	(5.62) 18- 5 1/4
1985	Mike Tully	New York AC	(5.76) 18-10 3/4
1986	Doug Fraley	Fresno St	(5.77) 18-11
1987	Kory Tarpenning	New York AC	(5.60) 18- 4 1/2
1988	Doug Fraley	Pacific Coast Club	(5.70) 18- 8 1/4
1989	Tim McMichael	Oklahoma	(5.60) 18- 4 1/2
1990	Doug Fraley	Pacific Coast Club	(5.60) 18- 4 1/2
1991	Dean Starkey	New York AC	(5.71) 18- 8 3/4
1992	Dean Starkey	New York AC	(5.70) 18- 8 1/4
1993	Paul Benavides	Mexico	(5.52) 18- 1 1/4
1994	Tim Bright	Mizuno	(5.57) 18- 3 1/4
1995	Dean Starkey	Reebok	(5.72) 18- 9 1/4
1996	Tim Bright	Mizuno	(5.64) 18- 6
1997	Clarence Phelps	California	(5.62) 18- 5 1/4
1998	Dean Starkey	Nike	(5.55) 18- 2 1/2
1999	Nick Hysong	Sky TC	(5.65) 18- 6 1/2
2000	Scott Slover	Reebok Bruin	(5.63) 18- 5 1/2
2001	Lawrence Johnson	adidas	(5.81) 19- 0 3/4
2002	Tim Mack	Nike	(5.61) 18- 4 3/4
2003	Russ Buller	Asics	(5.75) 18-10 1/4
2004	Toby Stevenson	Nike	(5.70) 18- 8 1/4
2005	Toby Stevenson	Nike	(5.65) 18- 6 1/2
2006	Toby Stevenson	Nike	(5.63) 18- 5 1/2
2007	Giovanni Lanaro	Mexico	(5.82) 19- 1
2008	Giovanni Lanaro	Mexico	(5.50) 18-00.50
2009	Daichi Sawano	Japan	(5.70) 18-08.25
2010	Giovanni Lanaro	Mexico	(5.70) 18-08.25
2011	Scott Roth	U of Washington	(5.72) 18-09.00
2012	Steven Lewis	GB/Nike	(5.72) 18-09.00
2012	Daichi Sawano	Japan	(5.72) 18-09.00
2013	Hiroki Ogita	Japan	(5.70) 18-08.25
2014	Diachi Sawano	Japan	(5.70) 18-08.25
2015	Hiroki Ogita	Japan	(5.55) 18-02.50
2016	Melker Jacobsson	Sweden	(5.60) 18-04.50
2017	Seito Yamamoto	Toyota	(5.70) 18-08.25
2018	German Chiaraviglio	Argentina	(5.45) 17-10.75

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<u>INV MEN LONG JUMP</u>			<u>INV MEN SHOT PUT</u>			<u>INV MEN TRIPLE JUMP</u>			<u>INV MEN HAMMER</u>		
1959	Joel Wiley	Cal State LA (7.78) 25- 6 1/4	1985	Willie Banks	Loa Angeles TC (17.10) 56- 1 1/4w	2011	Noah Bryant	Unat (20.58) 67-06.25	1959	Hal Connolly	SC Striders (65.64) 215- 4
1960	Mac Burton	San Jose St (7.59) 24-11	1986	Frank Rutherford	Houston (16.79) 55- 1	2012	Justin Rodhe	Unat (20.37) 66-10.00	1960	Hal Connolly	SC Striders (68.58) 225- 0 1/2
1961	Dick Van Kirk	SC Striders (7.71) 25- 3 3/4w	1987	Robert Cannon	SC Cheetahs (16.53) 54- 2 3/4	2013	Kurtis Roberts	Nike (19.95) 65-05.50	1961	Hal Connolly	SC Striders (67.26) 220- 8
1962	Ken Tucker	Cal State LA (7.42) 24- 4 1/4	1988	John Cannon	SC Cheetahs (16.74) 54-11 1/4	2014	Chang Ming-Huang	Taiwan (19.86) 65-02.00	1962	Hal Connolly	SC Striders (68.88) 226- 0 1/2
1963	Rainer Stenius	Cal State LA (7.74) 25- 4 3/4	1989	John Tillman	Stars & Stripes (17.07) 56- 0w	2015	Willy Irwin	Unat (19.57) 64-02.50	1963	George Frenn	Pasadena AA (59.82) 196- 3
1964	Ralph Boston	SC Striders (7.88) 25-10 1/4w	1990	Don Parish	Houston TC (16.42) 53-10 1/2w	2016	Bobby Grace	Unat (19.92) 65-04.25	1964	Ed Burke	Santa Clara VYV (65.44) 214- 8 1/2
1965	Ralph Boston	SC Striders (8.05) 26- 5w	1991	Frank Rutherford	Houston TC (16.97) 55- 8 1/4w	2017	Mostafa Hassan	Colorado St (21.31) 69-11	1965	Ed Burke	Santa Clara VYV (67.42) 221- 2
1966	Ralph Boston	SC Striders (8.03) 26- 4 1/4	1992	Tyrone Scott	Texas (16.65) 54- 7 1/2w	2018	Denzel Comenentia	U of Georgia (20.03) 65-8.50	1966	Ed Burke	SC Striders (68.24) 223-11
1967	Bob Beamon	El Paso TC (7.99) 26- 2 3/4w	1993	Brian Wellman	Unat (16.82) 55- 2 1/4				1967	Ed Burke	SC Striders (67.08) 220- 1
1968	Bob Beamon	Unat (8.33) 27- 4w	1994	Frank Rutherford	Bahamas (16.88) 55- 4 3/4w				1968	Ed Burke	SC Striders (66.50) 218- 2
1969	Bob Beamon	Unat (7.97) 26- 1 3/4	1995	Tyrone Scott	Accusplit (16.84) 55- 3w	1959	Rink Babka	Unat (57.70) 189- 4	1969	Ed Burke	SC Striders (68.24) 223-11
1970	Norm Tate	Unat (7.95) 26- 1	1996	Len Ozolish	California (16.35) 53- 7 3/4	1960	James Wade	USC (58.06) 190- 6 1/2	1970	Ed Burke	SC Striders (67.08) 220- 1
1971	Arnie Robinson	San Diego St (8.12) 26- 8w	1997	Von Ware	Vector Sports (16.56) 54- 4w	1961	Rink Babka	Unat (59.30) 194- 7 1/2	1971	Ed Burke	SC Striders (67.08) 220- 1
1972	Henry Hines	USC (8.19) 26-10 1/2w	1998	Von Ware	Sheffield Elite (17.21) 56- 5 3/4w	1962	Al Oerter	New York AC (60.50) 198- 6	1972	Ed Burke	SC Striders (67.08) 220- 1
1973	Stan Whitley	Cal International (8.06) 26- 5 1/2	1999	Von Ware	Sheffield Elite (16.37) 53- 8 1/2	1963	Al Oerter	New York AC (62.62) 205- 5 1/2	1973	Ed Burke	SC Striders (67.08) 220- 1
1974	Jerry Proctor	Bev Hills Striders (7.96) 26- 1 1/2	2000	Levar Anderson	Vector Sports (16.73) 54-10 3/4	1964	Al Oerter	New York AC (62.94) 206- 6	1974	Ed Burke	SC Striders (67.08) 220- 1
1975	Arnie Robinson	Mickey's Missiles (8.02) 26- 3 3/4w	2001	Leonard Cobb	Unat (15.80) 51-10	1965	L. Jay Silvester	Unat (61.84) 202-11	1975	Ed Burke	SC Striders (67.08) 220- 1
1976	Arnie Robinson	Maccabi (8.07) 26- 5 3/4w	2002	Kenta Bell	Unat (17.63) 57-10 1/4	1966	Gary Carlson	USC (59.44) 195- 0 1/2	1976	Ed Burke	SC Striders (67.08) 220- 1
1977	Greg Magee	Long Beach St (7.65) 25- 1 1/2w	2003	Kenta Bell	Nike (17.31) 56- 9 1/2	1967	L. Jay Silvester	Unat (62.00) 203- 5	1977	Ed Burke	SC Striders (67.08) 220- 1
1979	Randy Williams	Unat (8.00) 26- 3	2004	Kenta Bell	Nike (17.40) 57- 1	1968	L. Jay Silvester	Unat (62.08) 203- 8	1978	Ed Burke	SC Striders (67.08) 220- 1
1980	Larry Myricks	Unat (8.18) 26-10 1/4	2005	Jaanus Uudmae	Arkansas (15.79) 51- 9 3/4	1969	Gary Carlson	SC Striders (61.68) 202- 4	1979	Ed Burke	SC Striders (67.08) 220- 1
1981	Randy Williams	USC TC (8.02) 26- 4	2006	Aarik Wilson	Unat (17.10) 56- 1 1/4	1970	L. Jay Silvester	Unat (61.82) 202-10	1980	Ed Burke	SC Striders (67.08) 220- 1
1982	Larry Myricks	Athletic Attic (8.38) 27- 6	2007	Julien Kapek	France (16.47) 54- 0 1/2w	1971	L. Jay Silvester	Unat (67.16) 220- 4	1981	Ed Burke	SC Striders (67.08) 220- 1
1983	Jason Grimes	Athletics West (8.23) 27- 0w	2008	Kenta Bell	Mizuno (17.03) 55-10.50w	1972	John Van Reenen	California TC (64.88) 212-10	1982	Ed Burke	SC Striders (67.08) 220- 1
1984	Larry Myricks	Athletics West (8.36) 27- 5 1/4w	2009	Brandon Roulhac	HPC Elite (16.97) 55-08.25	1973	John Powell	Unat (64.90) 212-11	1983	Ed Burke	SC Striders (67.08) 220- 1
1985	Larry Myricks	Bud Light TA (8.19) 26-10 1/2	2010	Samyr Laine	SJ Flight School (16.92) 55-06.25	1974	John Powell	Pacific Coast Club (63.12) 207- 1	1984	Ed Burke	SC Striders (67.08) 220- 1
1986	Carl Lewis	Santa Monica TC (8.33) 27- 4w	2011	Alphonso Jordan	High Performance (16.74) 54-11.25	1975	John Powell	Pacific Coast Club (65.96) 216- 5	1985	Ed Burke	SC Striders (67.08) 220- 1
1987	Carl Lewis	Santa Monica TC (8.77) 28- 9 1/4w	2012	Aarik Wilson	Indiana Elite (17.07) 56-00.00	1976	Mac Wilkins	Pacific Coast Club (69.16) 226-11	1986	Ed Burke	SC Striders (67.08) 220- 1
1988	Mike Powell	Stars & Stripes (8.22) 26-11 3/4	2013	Samyr Laine	Haiti (17.36) 56-11.50	1977	John Powell	San Jose Stars (66.80) 219- 2	1987	Ed Burke	SC Striders (67.08) 220- 1
1989	Larry Myricks	Goldwin TC (8.66) 28- 5w	2014	Omar Craddock	Jump Corps (17.26) 56-07.50	1978	Knut Hjeltnes	Bay Area Striders (64.92) 213- 0	1988	Ed Burke	SC Striders (67.08) 220- 1
1990	Andre Ester	Mazda (8.33) 27- 4w	2015	Jonathan Silva	Brazil (16.46) 54-00w	1979	Al Oerter	New York AC (65.30) 214- 3	1989	Ed Burke	SC Striders (67.08) 220- 1
1991	Mike Powell	FootLocker (8.37) 27- 5 1/2w	2016	Alberto Alvarez	Mexico-FMAA (16.99) 55-09	1980	Al Oerter	New York AC (65.30) 214- 3	1990	Ed Burke	SC Striders (67.08) 220- 1
1992	Larry Myricks	Goldwin TC (8.19) 26-10 1/2w	2017	Donald Scott	USATF (17.01) 55-09.75	1981	John Powell	San Jose Stars (64.56) 211-10	1991	Ed Burke	SC Striders (67.08) 220- 1
1993	Robert Thomas	Nebraska (8.15) 26- 9	2018	Donald Scott	Adidas (16.99) 55-09	1982	Ken Stadel	Athletics West (65.38) 214- 6	1992	Ed Burke	SC Striders (67.08) 220- 1
1994	Stacy Brown	Abilene Christian (7.86) 25- 9 1/2				1983	Ben Plucknett	SC Striders (69.36) 227- 7	1993	Ed Burke	SC Striders (67.08) 220- 1
1995	Carl Lewis	Santa Monica TC (8.13) 26- 8 1/4w				1984	Art Burns	Athletics West (67.54) 221- 7	1994	Ed Burke	SC Striders (67.08) 220- 1
1996	Mike Powell	FootLocker (8.32) 27- 3 3/4	1959	Dallas Long	USC (18.86) 61-10 1/2	1985	Greg McSeveney	Stars & Stripes (66.24) 217- 4	1995	Ed Burke	SC Striders (67.08) 220- 1
1997	Joe Greene	Goldwin TC (8.46) 27- 9 1/4	1960	Dave Davis	SC Striders (19.11) 62- 8 1/2	1986	Knut Hjeltnes	Norway (66.74) 218-11	1996	Ed Burke	SC Striders (67.08) 220- 1
1998	Kareem Str-Thompson	Nike (8.05) 26- 5	1961	Dallas Long	USC (18.84) 61- 9 3/4	1987	Art Burns	Athletics West (66.90) 219- 6	1997	Ed Burke	SC Striders (67.08) 220- 1
1999	Mark Awere	Ghana (7.87) 25-10w	1962	Dallas Long	USC (18.47) 60- 7 1/2	1988	Mac Wilkins	Reebok (67.96) 222-11	1998	Ed Burke	SC Striders (67.08) 220- 1
2000	Melvin Lister	Arkansas (8.32) 27- 3 3/4	1963	Parry O'Brien	Pasadena AA (18.53) 60- 9 1/2	1989	Wolfgang Schmidt	West Germany (66.76) 219- 0	1999	Ed Burke	SC Striders (67.08) 220- 1
2001	Kevin Dilworth	adidas (8.04) 26- 4 1/2w	1964	Dallas Long	Pasadena AA (19.46) 63-10 1/4	1990	Wolfgang Schmidt	West Germany (65.88) 216- 2	2000	Ed Burke	SC Striders (67.08) 220- 1
2002	Kevin Dilworth	adidas (8.13) 26- 8 1/4w	1965	L. Jay Silvester	Unat (18.96) 62- 2 1/2	1991	Mike Buncic	Mazda (66.24) 217- 4	2001	Ed Burke	SC Striders (67.08) 220- 1
2003	Savante Stringfellow	Nike (8.08) 26- 6 1/4	1966	Parry O'Brien	Pasadena AC (19.00) 62- 4	1992	Romas Ubartas	Lithuania (68.18) 223- 8	2002	Ed Burke	SC Striders (67.08) 220- 1
2004	Savante Stringfellow	Nike (8.31) 27- 3 1/4	1967	Ken Patera	BYU (18.76) 61- 6 3/4	1993	Ade Olukoju	Nigeria (65.04) 213- 5	2003	Ed Burke	SC Striders (67.08) 220- 1
2005	Bashir Ramzy	Hi Performance (8.05) 26- 5w	1968	Randy Matson	Houston Striders (21.30) 69-10 1/2	1994	Mike Gravelle	Unat (66.38) 198- 1	2004	Ed Burke	SC Striders (67.08) 220- 1
2006	Brian Johnson	HSI (8.08) 26- 6 1/4	1969	Neil Steinhauer	US Army (19.75) 64- 9 1/2	1995	Ade Olukoju	Nigeria (63.34) 207-10	2005	Ed Burke	SC Striders (67.08) 220- 1
2007	Dwight Phillips	Nike (8.15) 26- 9	1970	Randy Matson	Texas Striders (21.01) 68-11 1/2	1996	Anthony Washington	US West (66.06) 216- 9	2006	Ed Burke	SC Striders (67.08) 220- 1
2008	Dwight Phillips	Nike (8.24) 27-00.50	1971	Randy Matson	Texas Striders (20.65) 67- 9	1997	John Godina	Reebok Bruin TC (64.94) 213- 1	2007	Ed Burke	SC Striders (67.08) 220- 1
2009	Ja Rod Tobler	HPC Elite (8.01) 26-03.50	1972	Lahsen Samsam	Bay Area Striders (20.19) 66- 3	1998	John Godina	Reebok Bruin TC (65.00) 213- 3	2008	Ed Burke	SC Striders (67.08) 220- 1
2010	Norris Frederick	USOC-CV (8.03) 26-04.25	1973	Al Feuerbach	Unat (21.56) 70- 9	1999	John Godina	Reebok Bruin TC (65.00) 213- 3	2009	Ed Burke	SC Striders (67.08) 220- 1
2011	Bryce Lamb	Texas Tech (8.08) 26-06.25	1974	Al Feuerbach	Pacific Coast Club (21.33) 69-11 3/4	2000	Virgilius Alekna	Lithuania (65.80) 222- 5	2010	Ed Burke	SC Striders (67.08) 220- 1
2012	Luis Alberto Rivera	Mexico (8.22) 26-11.75w	1975	Terry Albritton	Hawaii (20.41) 66-11 3/4	2001	Jason Tunks	Canada (67.04) 213- 5	2011	Ed Burke	SC Striders (67.08) 220- 1
2013	Luis Alberto Rivera	Mexico (8.05) 26- 5	1976	Peter Shmock	Bev Hills Striders (20.38) 66-10 1/2	2002	Casey Malone	Nike (62.96) 206- 7	2012	Ed Burke	SC Striders (67.08) 220- 1
2014	Jeffery Henderson	Chula Vista OTC (8.12) 26-07.75	1977	Al Feuerbach	Pacific Coast Club (20.18) 66- 2 3/4	2003	Jason Tunks	Canada (64.12) 210- 4	2013	Ed Burke	SC Striders (67.08) 220- 1
2015	Jeff Henderson	NAI (8.50) 27-10.75	1978	Dave Laut	UCLA (20.34) 66- 9	2004	Carl Brown	Nike (64.11) 210- 4	2014	Ed Burke	SC Striders (67.08) 220- 1
2016	Ashton Eaton	Nike (8.09) 26-06.50	1979	Dave Laut	Maccabi (20.77) 68- 1 3/4	2005	Jason Tunks	Canada (64.35) 211- 1	2015	Ed Burke	SC Striders (67.08) 220- 1
2017	Jarvis Gotch	USA HP (8.13) 26-08.25	1980	Steve Summers	Unat (21.16) 69- 5 1/4	2006	Jason Tunks	Canada (63.00) 206- 8	2016	Ed Burke	SC Striders (67.08) 220- 1
2018	Jarvis Gotch	USA HP (8.27) 27-01.50	1981	Brian Oldfield	Unat (21.16) 69- 5 1/4	2007	Kibwe Johnson	Ashland (60.57) 198- 8	2017	Ed Burke	SC Striders (67.08) 220- 1
			1982	Dave Laut	UCLA (20.10) 65-11 1/2	2008	Brian Trainor	Unat (62.71) 205-09	2018	Ed Burke	SC Striders (67.08) 220- 1
			1983	Mike Carter	SMU (20.72) 67-11 3/4	2009	Jason Tunks	Unat (62.88) 206-03			
			1984	Brian Oldfield	adidas (21.53) 70- 3 3/4	2010	Jared Rome	High Performance (63.77) 209-03			
			1985	Gregg Tafrales	Stars & Stripes (21.10) 69- 2 3/4	2011	Vikas Gowda	World Throws C (61.56) 202-00			
			1986	John Brenner	Mazda (21.78) 71- 5 1/2	2012	Lawrence Okoye	Great Britain (66.67) 218-08			
			1987	John Brenner	Mazda (22.52) 73-10 3/4	2013	Julian Wruck	UCLA (64.55) 211-09			
			1988	Randy Barnes	New York AC (22.11) 72- 6 1/2	2014	Julian Wruck	UCLA (64.49) 211-07			
			1989	Jim Doehring	Unat (20.81) 68- 3 1/4	2015	Vikas Gowda	Nike/India (63.21) 207-04			
			1990	Randy Barnes	Mazda (22.28) 73- 1 1/4	2016	Rodney Brown	Nike (66.00) 216-06			
			1991	Dave Wilson	Santa Monica TC (19.49) 63-11 1/2	2017	Andrew Evans	USATF (64.46) 211-06			
			1992	Gregg Tafrales	New York AC (20.47) 67- 2	2018	Luke Vaughn	Memphis (62.18) 204-00			
			1993	C. J. Hunter	US West (19.32) 64- 4 3/4						
			1994	C. J. Hunter	US West (20.19) 66- 3						
			1995	John Godina	UCLA (19.60) 64- 4 3/4						
			1996	Mark Parlin	UCLA (19.45) 63- 9 3/4						
			1997	John Godina	Reebok Bruin TC (21.07) 69- 1 1/2						
			1998	John Godina	Reeb						

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2009	Charonda Williams	Arizona State	22.84
2010	Miki Barber	Nike	23.42w
2011	Aaron Payne	USC	22.83
2012	Leslie Cole	Run WU/Mizuno	22.63
2013	Blessing Okagbare	Nike	22.31
2014	Natasha Hastings	TC Management	22.71
2015	Jenna Prandini	Oregon	22.42
2016	Deajah Stevens	Oregon	22.61
2017	Deajah Stevens	Oregon	22.31
2018	Ashley Henderson	San Diego State	22.66

INV WOMEN 300 METERS

2001	Marion Jones	Nike	35.68
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INV WOMEN 400 METERS

1961	Judy Shapiro	UC Riverside	1:00.9y
1962-1965 Event Not Held			
1966	Charlette Cooke	Unat	54.9y
1967	Kathy Hammond	Will's Spikettes	55.3y
1968	Lois Drinkwater	Unat	54.6y
1969	Kathy Hammond	Unat	54.0y
1970	Nancy Benson	Phoenix Flyers	56.4y
1971	Jarvis Scott	LA Mercuresses	57.0y
1972	Karen Lundgren	Sweden	53.2
1973	Wendy Koenig	Colorado Gold	54.8y
1974	Kathy Weston	Will's Spikettes	54.1y
1975	Robin Campbell	Sports Internat	53.5y
1976	Rosalyn Bryant	LA Mercuresses	52.9
1977	Rosalyn Bryant	LA Mercuresses	53.19
1979	Gwen Gardner	LA Mercuresses	52.22
1980	Yolanda Rich	Ali TC	52.19
1981	Kelia Bolton	Stanford TC	53.08
1982	Charmaine Crooks	UTEP	52.30
1983	Charmaine Crooks	UTEP	53.19
1984	Chan. Cheeseborough	Athletics West	51.05
1985	Renee Ross	San Diego St	52.24
1986	Delisa Walton-Floyd	Puma	51.44
1987	Rochelle Stevens	Morgan St	51.84
1988	Grace Jackson	Unat	50.72
1989	Rochelle Stevens	Atl Coast Club	52.20
1990	Maicel Malone	Arizona St	51.59
1991	Ximena Restrepo	Nebraska	52.12
1992	Denean Hill	Unat	51.60
1993	Terri Dendy	Team Elite	52.04
1994	Carlette Guidry-White	Unat	51.51
1995	Fatima Yusuf	Azusa Pacific	51.42
1996	Claudine Williams	Jamaica	51.7
1997	Shanelle Porter	US West	52.39
1998	Marion Jones	Nike	50.36
1999	Marion Jones	Nike	50.79
2000	Marion Jones	Nike	49.59
2001	Kaltouma Nadjina	Calgary Intl TC	51.73
2002	Marion Jones	Nike	50.46
2003	Hazel-Ann Regis	Louisiana State	51.68
2004	Monique Henderson	UCLA	51.49
2005	Novlene Williams	Jamaica	51.49
2006	Kineke Alexander	Iowa	51.83
2007	Allyson Felix	adidas	51.74
2008	Carol Rodriguez	USC	51.89
2009	Victoria Barr	Unat	52.92
2010	LaShinda Demus	Nike	51.40
2011	Keshia Baker	Saucony	51.98
2012	Bukula Abugunloko	Nigeria	51.87
2013	Carol Rodriguez	Puerto Rico	52.45
2014	Phyllis Francis	Oregon	51.57
2015	Carol Rodriguez	Unat	52.60
2016	Kendall Ellis	USC	51.82
2017	Cameron Pettigrew	USC	52.28
2018	Lynna Irby	U of Georgia	50.95

INV WOMEN 800 METERS

1965	Pat Cole	Crown City TC	2:19.7y
1966 Event Not Held			
1967	Linda Green	Long Bch Comets	2:17.2y
1968-1969 Event Not Held			
1970	Doris Brown	Falcon TC	2:08.0y
1971	Carol Hudson	Albuquerque Oly	2:09.4y
1972	Francie Larrieu	SJ Cindergals	2:08.2
1973	Wendy Koenig	Colorado Gold	2:08.7y
1974	Mary Decker	Blue Angels TC	2:05.6y
1975	Robin Campbell	Sports Int	2:11.6y
1976	Wendy Knudson	Colorado St	2:04.8
1977	Ruth Caldwell	Blue Angels TC	2:07.9
1979	Lee Ballenger	Colorado	2:06.3
1980	Robin Campbell	Stanford	2:02.68
1981	Robin Campbell	Stanford	2:05.19
1982	Regina Jacobs	Stanford	2:05.43
1983	Dewanne Gutowski	LA Mercuresses	2:03.92

1984	Cynthia Warner	LA Mercuresses	2:03.28
1985	Kerri Zaleski	Nike Coast	2:05.69
1986	Claudette Groenendaal	Athletics West	2:02.38
1987	Claudette Groenendaal	Unat	2:01.43
1988	Julie Jenkins	Adams St	2:01.91
1989	Essie Washington	Houston TC	2:01.58
1990	Suzu Favor	Wisconsin	2:01.95
1991	Julie Jenkins	Unat	2:01.56
1992	Meredith Rainey	Nike	2:00.27
1993	Julie Jenkins	Reebok	2:04.32
1994	Meredith Rainey	FootLocker	2:01.94
1995	Jearl Miles	Reebok	2:02.79
1996	Suzu Hamilton	Reebok	2:02.63
1997	Michelle DiMuro-Ave	Asics	2:02.50
1998	Nicole Teter	Unat	2:04.55
1999	Tina Paulino	Mozambique	2:00.59
2000	Tina Paulino	Mozambique	2:00.92
2001	Brigita Langerholc	USC	2:03.20
2002	Brigita Langerholc	Slovenia	2:01.33
2003	Marian Burnett	Grenada	2:03.17
2004	Chantee Earl	Nike	2:01.34
2005	Aneita Denton	Arkansas	2:03.94
2006	Rebecca Johnstone	Canada	2:01.80
2007	Madeleine Page	Australia	2:04.95
2008	Maggie Vessey	Unat	2:05.50
2009	Genna Gall	Michigan	2:02.69
2010	Dianne Cummins	Mt. West TC	2:03.25
2011	Meggie Vessey	New Balance	2:02.51
2012	Molly Beckwith	Saucony	2:00.34
2013	Laura Roesler	Oregon	2:01.75
2014	Laura Roesler	Oregon	2:00.54
2015	Brenda Martinez	New Balance	2:00.83
2016	Laura Roesler	Nike	2:01.54
2017	Raevyn Rodgers	Oregon	1:59.10
2018	Kaela Edwards	adidas	2:01.06

INV WOMEN 1500 METERS

1970	Debbie Heald	LA Mirada Meteor	4:55.9y
1971	Francie Larrieu	SJ Cindergals	4:49.7y
1972	Francie Larrieu	SJ Cindergals	4:23.7
1973	Mary Decker	Blue Angels TC	4:47.4y
1974	Francie Larrieu	Pacific Coast Club	4:40.8y
1975	Julie Brown	UCLA	4:43.5y
1976	Sheila Currie	Canada	4:19.2
1977	Debbie Heald	SF Valley TC	4:20.8
1979	Francie Larrieu	Pacific Coast Club	4:09.15
1980	Jan Merrill	Age Group AA	4:13.54
1981	Joan Hansen	Arizona	4:16.42
1982	Lynn Kanuka	San Diego St	4:17.28
1983	Louise Romo	California	4:16.24
1984	Darlene Beckford	Liberty AC	4:15.28
1985	Leann Warren	Oregon	4:15.83
1986	Sue Addison	Athletic West	4:14.32
1987	Angela Chalmers	Northern Arizona	4:14.18
1988	Leah Pells	Simon Fraser	4:14.94
1989	Leah Pells	Canada	4:16.50
1990	Darcy Arreola	Nike Coast	4:18.04
1991	Linda Sheskey	Nike South	4:16.57
1992	Maria Mutola	Mozambique	4:13.42
1993	Maria Mutola	Mozambique	4:08.92
1994	Suzu Hamilton	Reebok	4:12.96
1995	Ruth Wysocki	Nike Coast	4:16.67
1996	Stephanie Best	Mountain West	4:11.84
1997	Stephanie Best	Mountain West	4:11.60
1998	Grazyna Penc	USC	4:15.13
1999	Stephanie Best	Asics	4:16.06
2000	Mardrea Hyman	Jamaica	4:13.12
2001	Mardrea Hyman	Jamaica	4:15.92
2002	Mari Chandler	Farm Team	4:17.78
2003	Johanna Nilsson	Northern Arizona	4:10.72
2004	Malindi Elmore	Canada	4:09.73
2005	Mardrea Hyman	Jamaica	4:16.84
2006	Julia Howard	Simon Fraser	4:14.53
2007	Alice Schmidt	Hi Performance	4:15.28
2008	Zoe Buckman	Oregon	4:20.57
2009	Julia Howard	Valley Royals	4:13.72
2010	Kate Follett	Washington	4:10.66
2011	Shalane Flanagan	Oregon TC	4:11.67
2012	Katie Flood	Washington	4:11.66
2013	Brenda Martinez	New Balance	4:04.86
2014	Sara Vaughn	Brooks ID	4:10.05
2015	Sara Sutherland	Colorado	4:18.30
2016	Nicole Sifuentes	Saucony	4:12.01
2017	Amanda Eccelston	Brooks	4:12.86
2018	Yui Fududa	Toyota Wellness	4:16.64

INV WOMEN MILE

2012	Hilary Stellingwerff,	Speed Riv TFC	4:31.04
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INV WOMEN 3000 METERS

1970	Doris Brown	Falcon TC	9:44.6
1971-1976 Event Not Held			
1977	Anne Wotherspoon	SJ Cindergals	10:06.3
1979	Kathie Mintie	Arizona St	9:30.4
1980-1982 Event Not Held			
1983	PattiSue Plumer	Stanford	9:09.4
1984	Francie Larrieu	New Balance	9:02.32
1985	Ruth Wysocki	Brooks	8:59.75
1986	PattiSue Plumer	Puma	8:59.6
1987	Angela Chalmers	Northern Arizona	9:05.43
1988	Collette Goudreau	Indiana	8:57.25
1989	Trina Leopold	Nike	9:09.97
1990	Annette Peters	Nike West	9:00.12
1991	Annette Peters	Nike	8:52.3
1992	PattiSue Plumer	Nike	8:50.07
1993	Sarah Howell	Canada	9:07.68
1994	Kay Gooch	Oklahoma	8:57.18
1995	Libbie Johnson	Mizuno	9:04.38
1996	Elva Dryer	Western Colorado	9:08.82
1997	Shayne Wille	Colorado	9:09.56
1998	Jessica Kock	Arkansas	9:14.04
1999	Elaine Fitzgerald	Asics	9:07.97
2000	Nicole Jefferson	Nike	9:12.27
2001	Nicole Jefferson	Nike	9:18.26
2002 - 2018 Event Not Held			

INV WOMEN 3000 METER STEEPLECHASE

1996	Sarah Heeb	Kansas	10:34.5
1997	Gracie Padilla	Track West	10:49.2
1998	Karen Harvey	Canada	10:19.6
1999	Karen Harvey	Canada	10:19.7
2000	Kara Ormond	Unat	10:20.66
2001	Ida Nilsson	Arkansas LR	10:03.98
2002	Korene Hinds	Jamaica	9:58.9
2003	Kassi Andersen	BYU	10:05.73
2004	Carrie Messner	Asics	9:50.16
2005	Korene Hinds	Jamaica	9:51.12
2006	Korene Hinds	Jamaica	9:57.02
2007	Korene Hinds	Jamaica	9:39.94
2008	Korene Hinds	Unat	9:41.88
2009	Lindsey Anderson	Nike	9:46.56
2010	Emma Coburn	Colorado	9:56.29
2011	Cathy Mason	Saucony Hurricanes	9:58.62
2012	Korene Hinds	Puma	9:42.27
2013	Shalaya Kipp	Unattached	9:52.82
2014	Chantelle Groenewoud	Speed River	9:55.94
2015	Erin Teschuck	North Dakota St	9:43.83
2016	Muriel Coneo Paredes	Equipo Porvenir	9:43.16
2017	Alicja Konieczek	Western State	9:51.09
2018	Aimee Pratt	Sale Harrier	9:54.16

INV WOMEN 2 MILES

1971	Cheryl Bridges	Los Angeles TC	11:03.1
1972	Debra Johnson	Rialto RR	10:41.2
1973	Jackie Hansen	Unat	10:45.2
1974	Claire Choats	Los Angeles TC	10:37.6
1975	Julie Brown	UCLA	10:12.8
1976	Julie Brown	LATC	10:19.4
2002	Deena Drossin	Asics	9:35.89

INV WOMEN 5000 METERS

1980	Kim Schnurpfeil	Stanford	16:54.7
1981	Debbie Eide	Oregon TC	16:09.3
1982	Eva Erstrom	San Diego State	15:55.5
1983-1985 Event Not Held			
1986	PattiSue Plumer	Puma	15:52.6
1987	Nicole Boes	Colorado St.	16:40.1
1988	Celsa Bowman	Utah	16:54.3
1989	Joy Smith	Unat	16:50.8
1990 Event Not Held			
1991	PattiSue Plumer	Nike	15:24.4
1992-1994 Event Not Held			
1995	Jen Rhines	Villanova	15:49.83
1996	Lynn Jennings	Nike	15:32.72
1997	Regina Jacobs	Mizuno	15:44.50
1998	Kathy Butler	Canada	15:27.78
1999	Courtney Babcock	Canada	15:55.93
2000	Nora Rocha	Mexico	15:15.64
2001	Brenda Dennehy-Willis	Ireland	15:38.91
2002	Courtney Babcock	Canada	15:10.66
2003	Ejegayehu Dibaba	Ethiopia	15:22.58
2004	Shalane Flanagan	Unat	15:09.67
2005	Marie Davenport	Ireland	15:38.64
2006	Yuan Jin	China	15:38.62
2007	Shalane Flanagan	Nike	14:44.80

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2008	Sally Kipyego	Texas Tech	15:11.88
2009	Philes Moraa Ongeri	Hokuren	15:23.33
2010	Sally Kipyego	OTC Elite/Nike	15:02.83
2011	Molly Huddle	Saucony	15:10.63
2012	Molly Huddle	Saucony	15:15.91
2013	Abbey D'Agostino	Dartmouth	15:11.35
2014	Meraf Bahta	Halle IF	15:30.37
2015	Camille Buscomb	New Balance	15:30.50
2016	Lauren Paquette	Brooks	15:20.44
2017	Yui Fukuda	Toyota Wellness	15:23.48
2018	Jessica Drop	U of Georgia	15:38.37

INV WOMEN 10000 METERS

1980	Jan Merrill	Age Group AA	35:02.7
1981	Michelle Bush	UCLA	34:53.3
1982	Kelly Cathey	Oklahoma	32:22.5
1983	Eleanor Simonsic	Unat	32:58.0
1984	Regina Joyce	Brooks RT	32:35.7
1985	Lisa Martin	Unat	32:34.15
1986	Lynn Nelson	Unat	32:40.9
1987	Lynn Nelson	Reebok	32:46.0
1988	Sue Lee	Crossing Lanes	32:26.2
1989	Monica Joyce	Ireland	32:21.16
1990	Sammie Gdowski	Nebraska	32:34.71
1991	Trina Painter	Nike	32:34.0
1992	Olga Appell	Mexico	32:09.6
1993	Trina Painter	Nike	32:19.79
1994	Olga Appell	Reebok	32:03.42
1995	Olga Appell	Reebok	32:25.92
1996	Adriana Fernandez	Mexico	31:53.36
1997	Kristen Beaney	Cen Mass Striders	32:33.52
1998	Jenny Crain	adidas	32:30.01
1999	Deena Drossin	Reebok	32:17.88
2000	Annette Peters	Asics	32:03.06
2001	Kathy Butler	Great Britain	31:59.27
2002	Maggie Chan-Roper	Hong Kong	32:39.88
2003	Madai Perez	Mexico	32:50.89
2004	Sabrina Mockenhaupt	Germany	31:23.35
2005	Sylvia Mosqueda	Unat	32:33.22
2006	Ann Alyanak	Unat	33:55.08
2007	Maria Valencia	Mexico	32:40.58
2008	Xiaoquin Dong	Team China	32:29.53
2009	Catherine White	Arkansas	33:37.83
2010	Karina Perez	Mexico	33:30.84
2011	Emily Brown	New Balance	33:16.44
2012	Kara Milhouse	Penn State	33:31.37
2013	Katya Mirelle Garcia	Mexico-FMAA	33:26.98
2014	Elvin Kibet	Arizona	32:40.22
2015	Yuliana Navarro	Mexico-FMAA	33:49.73
2016	Becky Wade	Asics	32:49.24
2017	Danielle Shanahan	Loyola Marymount	33:45.59
2018	Camilla Richardson	Unattached	32:39.01

INV WOMEN 100 METER HURDLES

1966	Chi Cheng	Unat	11.0 [80M]
1967	Cherrie Sherrard	Unat	11.1 [80M]
1968	Event Not Held		
1969	Chi Cheng	Crown City TC	13.9
1970	Chi Cheng	Los Angeles TC	13.3
1971	Pat Johnson	Angels TC	13.6w
1972	Pat Johnson	Unat	13.5w
1973	Chi Cheng	Los Angeles TC	13.4
1974	Janice Lester	Long Bch Comets	14.3
1975	Pat Donnelly	Lakewood TC	14.2
1976	Pat Donnelly	Lakewood Internat	13.8
1977	Cecelia Branch	UNLV	14.0w
1979	Deby LaPlante	San Diego Stars	13.10
1980	Deby LaPlante	San Diego Stars	13.16
1981	Alesia Sweeney	CS Northridge	13.99
1982	Kim Turner	UTEP	13.24w
1983	Stephanie Hightower	LA Nutronics	13.00
1984	Stephanie Hightower	Bud Light TA	13.10w
1985	Rhonda Blanford	Nebraska	13.01
1986	Benita Brown	Mazda	13.40
1987	Sophia Hunter	Atoms TC	13.32
1988	Lynda Tolbert	Arizona St	13.23
1989	Lynda Tolbert	Unat	13.11w
1990	Lynda Tolbert	Arizona St	12.99w
1991	Kim McKenzie	Mazda	12.93w
1992	Kim McKenzie	Mazda	12.77
1993	Marsha Guialdo	Cal State LA	13.31
1994	Sau Ying Chan	USC	13.14
1995	Donna Waller	Unat	13.00w
1996	Lavonna Martin-Floreal	SC Cheetahs	13.07
1997	Melissa Morrison	Reebok	12.86
1998	Kim Carson	HSI	12.69w
1999	Melissa Morrison	Reebok	12.55w
2000	Anjanette Kirkland	Nike	12.63

2001	Melissa Morrison	adidas	12.82w
2002	Miesha McKelvy	Nike	12.86
2003	Danielle Carruthers	Indiana	13.04
2004	Angela Whyte	Canada	12.75
2005	Perdita Felicien	Canada	12.73
2006	Virginia Powell	USC	12.68w
2007	Jenny Adams	adidas	12.75w
2008	Bridgette Foster	Unat	13.18
2009	Yvette Lewis	HPC Elite	12.88
2010	Indira Spence	Adams State	13.13
2011	Ginnie Crawford	Nike	12.86
2012	Michelle Perry	Nike	12.70w
2013	Yvette Lewis	Brooks	12.43
2014	Sharika Nelvis	Arkansas State	12.71
2015	Dior Hall	USC	12.89
2016	Cindy Ofili	Michigan	12.66
2017	Janay DeLoach	USATF	13.24
2018	Briana Rollins-McNeal	Nike	12.43

INV WOMEN 400 METER HURDLES

1970	Pat Johnson	Angels TC	27.4 [200H]
1971	Alberta Martin	LA Mercuresses	29.2 [200H]
1973	Wendy Koenig	Colorado Gold	61.7
1974	Michelle Hopper	Premier TC	62.0
1975	Michele Hopper	Premier TC	60.9
1976	Clydine Crowder	UCLA	62.8
1977	Clydine Crowder	UCLA	62.1
1979	Michelle Hawthorne	California	60.44
1980	Sandra Myers	Los Angeles TC	59.85
1981	Sandra Myers	LA Naturite	58.47
1982	Sandra Farmer	LA Naturite	59.20
1983	Sharrieffa Barksdale	Puma	56.75
1984	Sandra Farmer	Cal State LA	57.53
1985	Latanya Sheffield	San Diego St	56.73
1986	Sharrieffa Barksdale	Puma	55.26
1987	Sophia Hunter	Atoms TC	57.07
1988	Jill McDermit	Calgary TC	58.94
1989	Schowonda Williams	Athletics West	56.18
1990	Victoria Fulcher	Nike South	57.20
1991	Vera Ordina	Soviet Union	56.16
1992	Kim Batten	Reebok	55.31
1993	Kim Batten	Reebok	56.03
1994	Deon Hemmings	Jamaica	56.86
1995	Debbie Parris	Jamaica	55.24
1996	Gudrun Arnardottir	Georgia	56.96
1997	Rebecca Buchanan	Reebok	55.99
1998	Michelle Johnson	Tucson Elite	55.20
1999	Sandra Glover	Unat	55.67
2000	Andrea Blackett	Barbados	56.18
2001	Natasha Danvers	Great Britain	55.95
2002	Natasha Danvers	Great Britain	56.76
2003	Brenda Taylor	Nike	55.38
2004	Brenda Taylor	Nike	55.18
2005	Beau Walker	Alabama	56.43
2006	Shauna Smith	Sheffield Elite	56.27
2007	Melaine Walker	Jamaica	55.99
2008	Lashinda Demus	Nike	55.45
2009	Latesha Wallace	HPC Elite	56.62
2010	Meghan Beesley	Loughborough	56.97
2011	Cathy Mason	Saucony Hurricanes	58.62
2012	Georganne Moline	Arizona	55.25
2013	Georganne Moline	Arizona	55.70
2014	Shevon Stoddard	Jamaica	56.52
2015	Jaide Stepter	USC	56.74
2016	Jaide Stepter	USC	55.90
2017	Kori Carter	Brand Jordan	55.79
2018	Dalilah Muhammad	Nike	55.25

INV WOMEN 4 X 100 METERS

1965	LA Mercuresses	47.7y
1966-1969	Event Not Held	
1970	Los Angeles TC	49.2y
1971	Canada	47.5y
1972	Los Angeles TC	46.2
1973	Los Angeles TC	47.7y
1974	BC T&F Associates	47.8y
1975	UCLA	49.0y
1976	LA Mercuresses	46.7
1977	UNLV	46.63
1979	USC	45.88
1980	Ali TC	44.75
1981	Cal State Northridge	45.34
1982	Wilt's AC	43.84
1983	Olympic Devel Team	43.67
1984	World Class AC	43.20
1985	Puma Track Club	45.11
1986	Atoms TC	43.79
1987	Morgan State	44.68

1988	Abilene Christian	44.96
1989	Athletics West	44.64
1990	Nike International	43.29
1991	International All Stars	43.57
1992	Mazda	42.85
1993	Fresno State	46.23
1994	USC	44.52
1995	Abilene Christian	44.38
1996	Vector Sports	42.66
1997	Nike	43.54
1998	Vector Sports	42.55
1999	USC	43.40
2000	HS International	43.39
2001	adidas	43.68
2002	USA National Team	43.01
2003	HS International	42.76
2004	USA Red Team	42.33
2005	USA Red Team	43.21
2006	USA Red Team	42.93
2007	MVP TC Jamaica	43.25
2008	International All Stars	42.85
2009	World Class Elite	43.98
2010	Kersee All Stars	43.64
2011	Kersee All Stars	43.10
2012	Kersee All Stars	42.87
2013	Team Jet	41.79
2014	Oregon	43.31
2015	Nike	43.05
2016	Oregon	42.68
2017	Oregon	42.12
2018	USC	42.57

INV WOMEN 4 X 200 METERS

1969	Phoenix TC	1:37.9y
1970-1980	Event Not Held	
1981	UCLA	1:33.40
1982	Wilt's AC	1:33.75
1983	SC Cheetahs	1:34.85
1984	Arizona	1:35.05
1985	UTEP	1:36.19
1986	Cal State Northridge	1:41.33
1987	LA Mercuresses	1:37.16
1988	Abilene Christian	1:33.93
1989	UNLV	1:34.26
1990	Texas Tech	1:39.37
1991	SC Cheetahs	1:35.46
1992	Speed Dynamics	1:32.44
1993	Arizona State	1:34.39
1994	Arizona State	1:34.87
1995	Nike Atlantic Coast	1:34.34
1996	Georgia	1:36.63
1997	Nike	1:32.83
1998-2018	Event Not Held	

INV WOMEN 4 X 400 METERS

1970	Los Angeles TC	3:53.8y
1971	Phoenix TC	3:54.7y
1972	LA Mercuresses	3:46.3y
1973	Los Angeles TC	3:48.0y
1974	BC T & F Associates	3:50.8y
1975	UCLA	3:50.8y
1976	LA Mercuresses	3:50.6y
1977	UCLA	3:48.77y
1979	San Diego State	3:48.2
1980	Ali TC	3:38.0
1981	Nevada Las Vegas	3:47.1
1982	Wilt's AC	3:32.84
1983	Los Angeles TC	3:33.99
1984	Puma Energizer	3:37.19
1985	San Diego State	3:37.24
1986	San Diego State	3:35.50
1987	San Diego TC	3:32.85
1988	World Class AC	3:28.98
1989	SC Cheetahs	3:35.24
1990	Nike International	3:32.16
1991	Nike International	3:30.86
1992	Reebok	3:26.97
1993	Atoms TC	3:34.01
1994	SLO All Stars	3:33.15
1995	Australia	3:34.52
1996	Sheffield Elite	3:35.96
1997	LaGrange TC	3:32.69
1998	Vector Sports	3:30.65
1999	TC Management	3:28.81
2000	Elite United	3:32.37
2001	TC Management	3:28.95
2002	UCLA	3:34.13
2003	Louisiana State	3:29.39

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2004	USA Red Team	3:30.23
2005	USA Red Team	3:28.60
2006	USA Hi Performance	3:38.25
2007	MVP TC Jamaica	3:30.58
2008	MVP TC	3:25.04
2009	Arizona State	3:37.10
2010	All American	3:29.96
2011	Oregon	3:32.63
2012	Houston	3:38.70
2013	Texas Tech	3:33.25
2014	Nigeria	3:28.78
2015	Track Master B TC	3:30.84
2016	TMBTC	3:32.52
2017	Oregon	3:27.98
2018	Oregon	3:31.93

INV WOMEN 4 X 800 METERS

1983	Athletics West	8:17.09
1984	Athletics West	8:28.48
1985	Athletics West	8:28.99
1986	Puma TC	8:38.62
1987	Simon Frazier	8:46.56
1988	Houston	8:44.83
1989	Track West	8:50.00
1990	Wyoming	9:01.61
1991	Fresno State	8:51.94
2006	Fresno State	9:32.68

INV WOMEN SPRINT MEDLEY

1970	SD Lancerettes	1:56.0y
1971	Santa Ynez Girl's TC	1:51.5y
1979	San Diego Cougars	1:44.4
1980	Event Not Held	
1981	Cal State Los Angeles	1:39.01
1982	Houston	1:43.4
1983	Los Angeles TC	1:42.90
1984	Rice	1:42.47

INV WOMEN HIGH JUMP

1970	Debbie Brill	Canada	(1.68) 5- 6
1971	Debbie Brill	Canada	(1.78) 5-10 1/4
1972	Debbie Brill	British Columbia	(1.68) 5- 6
1973	DeAnne Wilson	South Coast TC	(1.68) 5- 6
1974	Chidy Gilbert	La Jolla TC	(1.78) 5-10 1/4
1975	Cindy Remmling	Wilt's Wonder Women	(1.68) 5- 6
1976	Debbie Brill	Canada	(1.90) 6- 2 3/4
1977	Debbie Brill	Canada	(1.91) 6- 3 1/4
1979	Annette Tannander	Colorado	(1.80) 5-11
1980	Debbie Brill	Pasadena CC	(1.86) 6- 1 1/4
1981	Coleen Rienstra	Arizona St	(1.90) 6- 2 3/4
1982	Susanne Lorentzon	UTEF	(1.85) 6- 0 3/4
1983	Coleen Sommer	adidas	(1.90) 6- 2 3/4
1984	Pam Spencer	Puma Energizer	(1.90) 6- 2 3/4
1985	Debbie Brill	Pacific Coast Club	(1.89) 6- 2 1/4
1986	Phyllis Bluntson	Puma	(1.88) 6- 2
1987	Coleen Sommer	Unat	(1.92) 6- 3 1/2
1988	Coleen Sommer	Athletics West	(1.93) 6- 4
1989	Deane Bopf	Australia	(1.88) 6- 2
1990	Vicki Borsheim	Unat	(1.89) 6- 2 1/4
1991	Sue Rembao	Unat	(1.85) 6- 0 3/4
1992	Yolanda Henry	Mazda	(1.92) 6- 3 1/2
1993	Tanya Hughes	Arizona	(1.90) 6- 2 1/4
1994	Tisha Waller	Goldwin TC	(1.96) 6- 5
1995	Amy Acuff	UCLA	(1.92) 6- 3 1/2
1996	Tisha Waller	Goldwin TC	(1.93) 6- 4
1997	Kajsa Bergqvist	SMU	(1.94) 6- 4 1/4
1998	Amy Acuff	Nike	(1.88) 6- 2
1999	Tisha Waller	HSI	(2.00) 6- 6 3/4
2000	Tisha Waller	Nike	(1.93) 6- 4
2001	Amy Acuff	Asics	(1.93) 6- 4
2002	Amy Acuff	Asics	(1.95) 6- 4 3/4
2003	Gwen Wentland	Nike	(1.90) 6- 2 3/4
2004	Tisha Waller	Nike	(1.96) 6- 5
2005	Amy Acuff	Asics	(1.93) 6- 4
2006	Chauunte Howard	Nike	(2.00) 6- 6 3/4
2007	Romary Rifka	Mexico	(1.85) 6- 0 3/4
2008	Romary Rifka	Mexico	(1.90) 6-02.75
2009	Amy Acuff	Asics	(1.90) 6-02.75
2010	Romary Rifka	Mexico	(1.90) 6-02.75
2011	Brigetta Barnett	Arizona	(1.90) 6-02.75
2012	Brigetta Barnett	Arizona	(1.95) 6-04.00
2013	Brigetta Barnett	Arizona	(1.89) 6-02.25
2014	Barbara Szabo	Western State	(1.85) 6-00.75
2015	Claudia Garcia Jou	Akron	(1.85) 6-00.75
2016	Vashti Cunningham	Nike	(1.93) 6-04
2017	Vashti Cunningham	Nike	(1.94) 6-04.25
2018	Vashti Cunningham	Nike	(1.91) 6-03.25

INV WOMEN POLE VAULT

1994	Jocelyn Chase	Agoura HS	(3.15) 10- 4
1995	Chelsea Istre	Run Tex TC	(3.36) 11- 0 1/4
1996	Tiffany Smith	No Limit TC	(3.90) 12- 9 1/2
1997	Stacy Dragila	Rocky Mtn Elite	(4.24) 13-11
1998	Stacy Dragila	Reebok	(4.30) 14- 1 1/4
1999	Stacy Dragila	Reebok	(4.46) 14- 7 1/2
2000	Stacy Dragila	Reebok	(4.34) 14- 2 3/4
2001	Alicia Warlick	Santa Monica TC	(4.41) 14- 5 1/2
2002	Mary Sauer	Asics	(4.40) 14- 5 1/4
2003	Tracy O'Hara	No Limit Sports	(4.40) 14- 5 1/4
2004	Chelsea Johnson	UCLA	(4.47) 14- 8
2005	Tracy O'Hara	adidas	(4.40) 14- 5 1/4
2006	Jenn Stuczynski	Suhr TC	(4.47) 14- 8
2007	Shu Yung Gao	China	(4.55) 14-11
2008	Becky Holliday	New Balance	(4.47) 14-08
2009	Chelsea Johnson	HPC Elite	(4.55) 14-11
2010	Shade Wiggand	Texas Tech	(4.30) 14-01.25
2011	Kylie Hutson	Hull All Stars	(4.42) 14-06.00
2012	Kelsey Hendry	Canada	(4.50) 14-09.00
2013	Melissa Gerget	Nike	(4.40) 14-05.25
2014	Katerina Stefanidi	Unattached	(4.55) 14-11.00
2015	Katerina Stefanidi	Greece-Nike	(4.50) 14-09
2016	Diamara Planell Cruz	Unat	(4.50) 14-09
2017	Morgann LeLeux	LAP/Adidas	(4.50) 14-09
2018	Kristen Hixson	USATFHP	(4.60) 15-01

INV WOMEN LONG JUMP

1969	Jan Glotzer	Phoenix TC	(5.67) 18- 7 1/2
1970	Brenda Eisler	Canada	(6.13) 20- 1 1/2
1971	Brenda Eisler	Canada	(6.39) 20-11 3/4w
1972	Martha Watson	Los Angeles TC	(6.54) 21- 5 3/4
1973	Martha Watson	Los Angeles TC	(5.99) 19- 8
1974	Martha Watson	Lakewood Int	(6.19) 20- 3 3/4
1975	Jane Frederick	Los Angeles TC	(5.77) 18-11 1/2
1976	Martha Watson	Lakewood Int	(6.15) 20- 2 1/4
1977	Jodi Anderson	LA Naturite	(6.05) 19-10 1/4
1979	Jane Frederick	Pacific Coast Club	(6.21) 20- 4 1/2w
1980	Ulrike Paas	West Germany	(6.31) 20- 8 1/4w
1981	Kathy McMillian	Unat	(6.14) 20- 1 3/4
1982	Carol Lewis	Houston	(6.72) 22- 0 3/4w
1983	Carol Lewis	Houston	(6.61) 21- 8 1/4
1984	Carol Lewis	Houston	(6.97) 22-10 1/2
1985	Carol Lewis	Houston	(6.92) 22- 8 1/2
1986	Dorothy Scott	Atoms TC	(6.36) 20-10 1/2
1987	Sabrina Williams	Nike Coast	(6.59) 21- 7 1/2w
1988	Carol Lewis	SMTC	(6.51) 21- 4 1/4w
1989	Jennifer Inmiss	Athletics West	(6.64) 21- 9 1/2w
1990	Terri Turner	Unat	(6.45) 21- 2w
1991	Carol Lewis	Santa Monica TC	(6.35) 20-10w
1992	Terri Turner	Unat	(6.48) 21- 3 1/4
1993	Christy Opara	SC Cheetahs	(6.54) 21- 5 1/2
1994	Susan Tiedtke-Greene	Germany	(6.81) 22- 4 1/4w
1995	Shana Williams	Unat	(6.55) 21- 6
1996	Jackie Edwards	Bahamas	(6.48) 21- 3 1/4
1997	Susan Tiedtke-Greene	Germany	(6.71) 22- 0 1/4
1998	Susan Tiedtke-Greene	Germany	(6.72) 22- 0 3/4w
1999	Adrian Sawyer	TC Management	(6.84) 22- 5 1/4
2000	Alice Falaiye	Rice	(6.43) 21- 1 1/4w
2001	Grace Upshaw	Unat	(6.37) 20-10 3/4
2002	Heather Sterlin	Nike	(6.41) 21- 0 1/2
2003	Pam Simpson	US Army	(6.37) 20-10 3/4
2004	Jackie Edwards	Bahamas	(6.38) 20-11 1/4
2005	Rose Richmond	Nike	(6.72) 22- 0 3/4
2006	Akiba McKinney	Hi Performance	(6.83) 22- 5
2007	Akiba McKinney	Hi Performance	(6.82) 22- 4 1/2
2008	Jenny Adams	adidas	(6.65) 21-10
2009	Akiba McKinney	HPC Elite	(6.75) 22-01.75
2010	Fumilayo Jimoh	Unat	(6.81) 22-04.25
2011	Brittney Reese	Nike	(6.83) 22-05.00
2012	Brittney Reese	Nike	(7.12) 23-04.50
2013	Whitney Gipson	UNAT-World Expre	(6.39)20-11.75
2014	Whitney Gipson	Nike	(6.49) 21-03.50
2015	Christabel Nettey	Canada	(6.98) 22-11
2016	Janay DeLoach	Nike	(6.48) 21-03.25
2017	Jessamy Saucedo	Unat	(6.39) 20-11.75
2018	Tara Davis	U of Georgia	(6.63) 21-7.50

INV WOMEN TRIPLE JUMP

1986	Jewel Lovelady	Roadrunner TC	(12.65) 41- 6
1987	Tamara Compton	Fresno State	(12.38) 40- 7 1/2
1988	Sharon Hudson	Abilene Christian	(12.56) 41- 2 1/2
1989	Sheila Hudson	Nike Coast	(13.51) 44- 4
1990	Sabrina Williams	Nike Coast	(12.90) 42- 4w
1991	Diana Willis	Army	(13.11) 43- 0 1/4w
1992	Sheila Hudson	Mizuno	(13.38) 43-10 3/4
1993	Althea Moses	Unat	(12.56) 41- 2 1/2
1994	Kayla Montgomery	Arizona	(12.94) 42- 5 1/2

1995	Wendy Brown	Unat	(13.33) 43- 8 3/4
1996	Diana Orange	Nike	(13.61) 44- 8
1997	Vanitta Kinard	Kansas St	(13.56) 44- 6w
1998	Niambi Dennis	US Army	(13.44) 44- 1 1/4w
1999	Suzette Lee	Jamaica	(13.80) 45- 3 1/2
2000	Suzette Lee	Jamaica	(13.86) 45- 9 3/4
2001	Althea Williams	Canada	(13.60) 44- 7 1/2w
2002	Vanitta Kinard	Unat	(13.73) 45- 0 1/2
2003	Yuliana Perez	Aztec TC	(13.85) 45- 5 1/4
2004	Colleen Scott	Jamaica	(13.96) 45- 9 3/4
2005	Yuliana Perez	Unat	(13.85) 45- 5 1/4
2006	Patricia Sylvester	Georgia	(13.48) 44- 2.3/4
2007	Simidele Adeagbo	Nike	(13.52) 44- 4 1/4
2008	Shakeema Welsch	Unat	(14.23) 46-08.25w
2009	Shakeema Welsch	Unat	(13.92) 45-08.00
2010	Crystal Manning	High Performance	(13.96) 45-09.75
2011	Blessing Ufodiama	Unat	(13.92) 45-08.00
2012	Crystal Manning	Unat	(13.93) 45-08.50
2013	Crystal Manning	Chula Visata Elite	(13.85) 45-05.25
2014	Ayanna Alexander	Trinidad/Tobago	(13.86) 45-05.75
2015	Amanda Smock	NYAC	(13.87) 45-06.25
2016	Rita del S.Rosado A.	Mexico-FMAA	(13.60) 44-07.50
2017	Tonyecia Burks	Houston	(13.53) 44-04.75
2018	Keturah Orji	U of Georgia	(14.33) 47-01

INV WOMEN SHOT PUT

1970	Joan Pavelich	Canada	(14.21) 46- 7 1/2
1971	Lynn Graham	Florida TC	(15.96) 52- 4 1/2
1972	Jan Svendsen	Los Angeles TC	(14.52) 47- 7 3/4
1973	Jan Svendsen	Unat	(13.98) 45-10 1/2
1974	Maren Seidler	Mayor Daley YF	(16.27) 53- 4 3/4
1975	Cel Rutledge	Millbrae Lions	(14.09) 46- 3
1976	Jennifer Wagstaff	California	(13.01) 42- 8 1/4
1977	Emily Dole	Long Beach St	(14.58) 47-10
1979	Emily Dole	Long Beach St	(15.30) 50- 2 1/2
1980	Shen LiJuan	China	(17.59) 57- 8 1/2
1981	Ria Stalman	Arizona St	(15.29) 50- 2
1982	Lorna Griffin	Athletics West	(16.61) 54- 6
1983	Peggy Pollack	Long Beach St	(16.90) 55- 5 1/2
1984	Claudia Losch	West Germany	(20.13) 66- 0 1/2
1985	Ramona Pagel	Unat	(18.70) 61- 4 1/4
1986	Ramona Pagel	Mazda	(18.43) 60- 5 3/4
1987	Ramona Pagel	Mazda	(18.66) 61- 2 3/4
1988	Ramona Pagel	Mazda	(19.36) 63- 6 1/4
1989	Ramona Pagel	Mazda	(18.62) 61- 9
1990	Connie Price-Smith	Nike	(18.70) 61- 4 1/4
1991	Connie Price-Smith	Nike North	(18.78) 61- 7 1/2
1992	Ramona Pagel	Mazda	(18.35) 60- 2 1/2
1993	Ramona Pagel	Mazda	(17.76) 58- 3 1/4
1994	Ramona Pagel	Mazda	(18.78) 61- 7 1/2
1995	Ramona Pagel	Nike Coast	(18.69) 61- 4
1996	Ramona Pagel	Nike	(18.28) 59-11 3/4
1997	Valeyta Althouse	Reebok Bruin TC	(18.37) 60- 3 1/4
1998	Valeyta Althouse	Reebok Bruin TC	(18.43) 60- 5 3/4
1999	Connie Price-Smith	Ind Invaders	(19.00) 62- 4
2000	Connie Price-Smith	Nike	(18.29) 60- 0 1/4
2001	Teri Tunks	Nike	(18.85) 61-10 1/4
2002	Teri Steer	Nike	(18.62) 61- 1 1/4
2003	Leija Tunks	Holland	(18.54) 60-10
2004	Leija Tunks	Holland	(18.32) 60- 1 1/4
2005	Vivian Chukwuemeka	Azusa Pacific	(18.22) 59- 9 1/2
2006	Jill Camarena	Unat	(18.58) 60-11 1/2
2007	Liz Wanless	New York AC	(18.29) 60- 0 1/4
2008	Kristin Heaston	Nike	(17.85) 58-06.75
2009	Jillian Camarena	NYAC	(17.96) 58-11.25
2010	Sarah Stevens	Unat	(17.51) 57-05.50
2011	Sarah Stevens Walker	Shore AC	(17.96) 58-11.25
2012	J Camarena/William	NYAC/Nike	(19.80) 64-11.50
2013	Michelle Carter	Nike	(19.20) 63-00.00
2014	Felisha Johnson	Unat	(17.57) 57-07.75
2015	Jeneva Stevens	Unat	(18.63) 61-01.50
2016	Jeneva Stevens	NYAC	(18.39) 60-04
2017	Jeneva Stevens	NYAC	(18.19) 59-08.25
2018	Chase Ealey	Unattached	(17.31) 56-08

INV WOMEN DISCUS

1960	Olga Connolly	Spartan AC	(51.64) 169- 5 1/2
1962	Olga Connolly	Unat	(50.16) 164- 7 1/2
1970	Carol Martin	Canada	(45.34) 148- 9
1971	Joan Pavelich	Canada	(51.68) 169- 7 1/2
1972	Josephina de la Vina	Chicago TC	(54.50) 178-10 1/2
1973	Monette Driscoll	Los Angeles TC	(48.20) 158- 2
1974	Linda Langford	Mayor Daley YF	(49.20) 161- 5
1975	Teri Sabol	Los Angeles TC	(49.80) 163- 5
1976	Jane Haist	Canada	(56.86) 186- 6 1/2
1977	Jane Haist	Canada	(56.90) 186- 8
1979	Lorna Griffin		

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

CC MEN 4 X 200 METERS

1959 East Los Angeles	1:27.7y
1960 Los Angeles	1:26.4y
1961 Los Angeles	1:26.8y
1962 Pasadena	1:27.0y
1963 Glendale	1:28.7y
1964 Fullerton	1:29.0y
1965 Phoenix	1:26.7y
Santa Ana	1:26.7y
1966 Bakersfield	1:26.7y
1967 San Diego Mesa	1:27.3y
1968 East Los Angeles	1:26.0y
1969 Los Angeles	1:25.5y
1970 Los Angeles	1:26.0y
1971 Compton	1:26.4y
1972 Los Angeles	1:26.0y
1973 Mt. SAC	1:27.3y
1974 LA Southwest	1:27.4y
1975 Harbor	1:27.7y
1976 Alameda	1:26.7y
1977 San Jose	1:25.5y
1979 Phoenix	1:25.0
1980 Phoenix	1:25.9
1981 Mt. SAC	1:24.5
1982 Long Beach	1:24.1
1983 Pasadena	1:23.66
1984 Pasadena	1:23.9
1985 Mt. SAC	1:27.7
1986 Central Arizona	1:24.35
1987 Central Arizona	1:25.80
1988 Central Arizona	1:22.26
1989 Taft	1:24.57
1990 El Camino	1:26.57
1991 Merritt	1:22.93
1992 Riverside	1:25.50
1993 Central Arizona	1:23.96
1994 Sacramento	1:24.05
1995 Central Arizona	1:25.69
1996 Central Arizona	1:24.15
1997 Mt. SAC	1:24.36
1998 Mt. SAC	1:23.41
1999 Mt. SAC	1:23.79
2000 Mt. SAC	1:23.53
2001 Mt. SAC	1:25.01
2002 Cerritos	1:26.40
2003 Cerritos	1:25.70
2004 Long Beach	1:24.89
2005 Riverside	1:25.08
2006 Saddleback	1:31.12
2007-2018	Event Not Held

CC MEN 4 X 400 METERS

1959 Long Beach	3:17.1y
1960 Pierce	3:16.5y
1961 Mt. SAC	3:13.8y
1962 Mt. SAC	3:17.1y
1963 Mt. SAC	3:17.2y
1964 Pierce	3:16.6y
1965 Phoenix	3:12.5y
1966 Bakersfield	3:13.9y
1967 Pierce	3:13.9y
1968 Los Angeles	3:15.5y
1969 Los Angeles	3:14.8y
1970 Pierce	3:15.6y
1971 Pasadena	3:16.9y
1972 Los Angeles	3:13.9y
1973 Bakersfield	3:15.9y
1974 Harbor	3:13.8y
1975 San Diego Mesa	3:16.0y
1976 Mesa Arizona	3:16.6y
1977 Mesa Arizona	3:13.5y
1979 Phoenix	3:10.3
1980 Mt. SAC	3:09.7
1981 Pasadena	3:11.0
1982 El Camino	3:11.9
1983 Long Beach	3:09.6
1984 Central Arizona	3:11.4
1985 Long Beach	3:11.3
1986 Mira Costa	3:14.04
1987 El Camino	3:10.63
1988 Taft	3:10.78
1989 Long Beach	3:11.80
1990 Long Beach	3:12.68
1991 Merritt	3:09.20
1992 Long Beach	3:11.0
1993 Sacramento	3:12.37
1994 Central Arizona	3:07.83
1995 Central Arizona	3:11.75

1996 Sacramento	3:12.32
1997 Sacramento	3:11.39
1998 Long Beach	3:08.65
1999 Mt. SAC	3:12.99
2000 Long Beach	3:08.90
2001 Mt. SAC	3:09.58
2002 Mt. SAC	3:13.97
2003 Cerritos	3:14.07
2004 Cerritos	3:14.91
2005 Long Beach	3:13.73
2006 Long Beach	3:14.76
2007 Riverside	3:15.88
2008 American River	3:14:39
2009 Riverside	3:12:47
2010 American River	3:12.79
2011 Mt. SAC	3:14.72
2012 Riverside	3:12.67
2013 Riverside	3:13.04
2014 Riverside	3:13.57
2015 Mt. SAC	3:13.15
2016-2018	Event Not Held

CC MEN 4 X 800 METERS

1959 Santa Ana	7:53.9y
1960 Los Angeles	7:54.1y
1961 Fullerton	7:41.8y
1962 Glendale	7:51.5y
1963 Santa Ana	7:46.0y
1964 Long Beach	7:41.0y
1965 Santa Ana	7:36.8y
1966 Pierce	7:38.9y
1967 Pierce	7:48.6y
1968 Cerritos	7:46.8y
1969 Mt. SAC	7:43.4y
1970 Bakersfield	7:47.6y
1971 Long Beach	7:44.6y
1972 Los Angeles	7:47.6y
1973 Bakersfield	7:48.5y
1974 Pierce	7:43.6y
1975 San Diego Mesa	7:51.0y
1976 Bakersfield	7:45.4y
1977 Mt. SAC	7:46.2y
1979 Allan Hancock	7:36.2
1980 Mt. SAC	7:37.1
1981 Long Beach	7:38.6
1982 Mt. SAC	7:22.0
1983 Moorpark	7:34.15
1984 Bakersfield	7:45.80
1985 Long Beach	7:37.3
1986 Santa Ana	7:34.2
1987 Long Beach	7:41.55
1988 Mira Costa	7:35.97
1989 Australia	7:41.33
1990 Pima Arizona	7:44.23
1991 Long Beach	7:44.85
1992 Long Beach	7:40.57
1993 Riverside	7:48.05
1994 Central Arizona	7:29.01
1995 Long Beach	7:48.83
1996 Long Beach	7:38.69
1997 Central Arizona	7:58.02
1998 San Diego Mesa	7:45.88
1999 Riverside	7:46.71
2000 Central Arizona	7:57.79
2001 San Diego Mesa	7:50.96
2002 Long Beach	7:39.47
2003-2018	Event Not Held

CC MEN 4X1500 METERS

1980 Scottsdale	16:01.5
1981 Orange Coast	15:48.0
1982 Orange Coast	15:46.9
1983 Long Beach	15:43.2
1984 Grossmont	16:30.5
1985 Central Arizona	16:04.4

CC MEN 4 X 1600 METERS

1966 Pasadena	17:38.8y
1967 Pierce	17:23.8y
1968 Golden West	17:10.6y
1969 LA Valley	17:00.4y
1970 Pasadena	17:06.6y
1971 Golden West	17:20.8y
1972 Bakersfield	17:07.6y
1973 Palomar	17:20.7y
1974 Palomar	17:26.8y
1975 Fullerton	17:15.6y
1976 Fullerton	17:00.6y

1977 Fullerton	17:40.4y
1979 Bakersfield	17:12.5
1986 Santa Ana	17:28.10
1987 Central Arizona	17:38.6
1988 Central Arizona	17:33.4
1989 San Diego Mesa	17:40.94
1990 Central Arizona	17:26.20
1991 Mt. SAC	17:24.3
1992 Pasadena	17:46.45
1993 San Diego Mesa	17:36.46
1994 Mt. SAC	17:40.78
1995 Rancho Santiago	18:16.25
1996 Pasadena	17:42.69
1997 Event Not Held	
1998 San Diego Mesa	17:21.6
1999-2000 Event Not Held	
2001 Mt. SAC	17:58.34
2002-2003 Event Not Held	
2004 Mt. SAC	18:29.92y
2005-2018 Event Not Held	

CC MEN SPRINT MEDLEY

1960 Fullerton	3:24.8y
1961 Mt. SAC	3:22.8y
1962 Mt. SAC	3:25.5y
1963 Cerritos	3:30.0y
1964 Santa Ana	3:26.4y
1965 Bakersfield	3:27.3y
1966 Pierce	3:26.3y
1967 Mt. SAC	3:31.5y
1968 East Los Angeles	3:25.8y
1969 San Diego Mesa	3:25.9y
1970 Bakersfield	3:28.5y
1971 Los Angeles	3:25.7y
1972 Los Angeles	3:25.0y
1973 Citrus	3:28.3y
1974 LA TradeTech	3:26.3y
1975 San Diego Mesa	3:27.0y
1976 San Diego Mesa	3:28.8y
1977 Alameda	3:26.2y
1979 Long Beach	3:22.8
1980 Santa Monica	3:16.5
1981 Santa Ana	3:21.7
1982 Fullerton	3:25.22
1983 Long Beach	3:20.41
1984 Taft	3:22.8
1985 Central Arizona	3:21.4
1986 Taft	3:19.33
1987 Mt. SAC	3:29.31
1988 Taft	3:17.34
1989 Orange Coast	3:30.73
1990 Taft	3:22.02
1991 Mt. SAC	3:29.24
1992 Riverside	3:31.28
1993 Central Arizona	3:20.31
1994 Central Arizona	3:23.05
1995 Saddleback	3:34.42
1996 San Bernardino	3:24.25
1997 San Bernardino	3:19.97
1998-2002 Event Not Held	
2003 Pima	3:35.12
2004 Cerritos	3:24.22
2005-2018 Event Not Held	

CC MEN DISTANCE MEDLEY

1959 Santa Ana	10:23.8y
1960 Santa Ana	10:09.7y
1961 Fullerton	9:57.3y
1962 Glendale	10:14.7y
1963 Santa Ana	10:03.4y
1964 El Camino	10:07.4y
1965 San Diego Mesa	10:01.4y
1966 Santa Ana	10:05.1y
1967 Pierce	10:08.3y
1968 Pierce	10:04.4y
1969 Bakersfield	9:58.2y
1970 Mt. SAC	10:10.6y
1971 Santa Ana	10:04.5y
1972 Bakersfield	10:14.5y
1973 Citrus	10:12.4y
1974 El Camino	10:08.4y
1975 Cerritos	10:12.2y
1976 Fullerton	9:50.8y
1977 INJM-Mexico City	10:15.5y
1979 Mesa Arizona	9:53.6
1980 Scottsdale	10:04.9
1981 Glendale	9:47.9
1982 Citrus	9:49.0

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

1983 Fullerton	10:10.25						
1984 Orange Coast	10:15.6						
1985 Santa Ana	10:13.0						
1986 Glendale Arizona	10:00.58						
1987 Ricks Idaho	9:59.2						
1988 Central Arizona	10:09.6						
1989 Mt. SAC	10:07.90						
1990 Central Arizona	10:01.1						
1991 El Camino	10:30.41						
1992 San Diego Mesa	10:07.39						
1993 Riverside	10:14.70						
1994 Glendale Arizona	10:15.52						
1995 Saddleback	10:25.03						
1996 El Camino	10:27.14						
1997 Rancho Santiago	10:37.94						
1998-02 Event Not Held							
2003 Long Beach	10:18.17						
2004 Glendale Arizona	10:22.54						
2005-2018 Event Not Held							
<u>CC MEN SHUTTLE HURDLES</u>							
1959 Los Angeles	56.5y LH						
1960 Los Angeles	56.1y LH						
1961 Mt. SAC	56.1y LH						
1962 San Bernardino	56.7y LH						
1963 San Bernardino	55.9y LH						
1964 Phoenix	57.4y LH						
1965 Mt. SAC	53.7y LH						
1966 Bakersfield	56.5y LH						
1967 Los Angeles	56.9y LH						
1968 Harbor	56.7y LH						
1969 Palomar	1:00.6y						
1970 Mt. SAC	59.7y						
1971 Mt. SAC	1:00.0y						
1972 Los Angeles	59.4y						
1973 Long Beach	1:01.3y						
1974 Grossmont	1:01.2y						
1975 Mt. SAC	1:00.1y						
1976 Santa Barbara	59.4y						
1977 El Camino	59.2y						
1979 Pasadena	59.6						
1980 Long Beach	58.4						
1981 Long Beach	1:00.1						
1982 Long Beach	59.6						
1983 Bakersfield	59.37						
1984 Central Arizona	1:00.2						
1985 Mt. SAC	59.98						
1986 Long Beach	57.54						
1987 Long Beach	57.52						
1988 Long Beach	58.84						
1989 Long Beach	1:00.27						
1990 Taft	57.81						
1991 Long Beach	1:01.05						
1992 Long Beach	59.71						
1993 Long Beach	57.08						
1994 Long Beach	58.94						
1995 Long Beach	1:00.48						
1996 Mt. SAC	1:00.49						
1997 Mt. SAC	1:06.21						
1998 Long Beach	56.56						
1999 Long Beach	56.75						
2000 Moorpark	1:03.59						
2001-2002 Event Not Held							
2003 Pima	1:05.66						
2004-2011 Event Not Held							
2012 Cerritos	1:01.51						
2013 Riverside	1:01.24						
2014 Mt. SAC	1:01.39						
2015-2018	Event Not Held						
<u>CC MEN 4 x 400 METER HURDLES</u>							
1975 LA Harbor	3:45.8y						
1976 Mt. SAC	3:40.7y						
1977 Pasadena	3:38.9y						
1979 Pasadena	3:44.5						
1980 Pasadena	3:36.5						
1981 Long Beach	3:36.3						
1982 Long Beach	3:34.5						
1983 Event Not Held							
1984 Long Beach	3:34.0						
1985 Glendale Arizona	3:54.4						
1986 Mt. SAC	3:33.33						
1987 Long Beach	3:31.83						
<u>CC MEN HIGH JUMP</u>							
1959 Art Trousdale	Glendale Calif	(1.95) 6- 4 3/4					
1960 Eugene Zubrinski	Glendale Calif	(2.00) 6- 6 3/4					
1961 Cameron Pedego	Pierce	(1.96) 6- 5 1/4T					
	Guy Bauman	Glendale Calif	(1.96) 6- 5 1/4T				
	Joe Faust	Mt. SAC	(2.12) 6-11 1/2				
	John Rambo	Long Beach	(1.97) 6- 5 3/4				
	Richard Jones	Bakersfield	(2.01) 6- 7				
	Tom Budds	Cerritos	(2.03) 6- 8				
	Ed Hanks	San Diego Mesa	(2.08) 6- 9 3/4				
	Douglas Huff	Los Angeles	(2.03) 6- 8				
	Jim Voss	Glendale Calif	(2.03) 6- 8				
	Larry Hollins	Mira Costa	(2.03) 6- 8				
	Larry Hollins	Mira Costa	(2.13) 7- 0				
	Bruce Foote	Grossmont	(2.03) 6- 8				
	Robert Joseph	LA Southwest	(2.03) 6- 8				
	Carl Miles	Long Beach	(2.11) 6-11				
	Steve Miller	Mt. SAC	(2.08) 6-10				
	Paul Viggiano	El Camino	(2.03) 6- 8				
	David Henderson	Bakersfield	(2.05) 6- 8 3/4				
	Randy Turner	San Francisco	(2.08) 6-10				
	Jerry Sanders	Long Beach	(2.15) 7- 0 3/4				
	Kerry Meyers	Alameda	(2.16) 7- 1				
	Danny Lynn	Scottsdale	(2.08) 6-10				
	Greg Denby	LA Southwest	(2.13) 7- 0				
	Ron Lee	Pasadena	(2.13) 7- 0				
	Chris Bonner	Pasadena	(2.08) 6-10				
	Lamont Lewis	El Camino	(2.08) 6-10				
	Matt Hosking	Central Arizona	(2.08) 6- 9 3/4				
	John Clark	Pasadena	(2.13) 7- 0				
	Miri McGinnis	Foothill	(2.13) 7- 0				
	Brian McCreery	Saddleback	(2.13) 7- 0				
	Gabe Beechum	Central Arizona	(2.13) 7- 0				
	Jim Masuga	Mt. SAC	(2.18) 7- 2				
	Jon DeBerry	Taft	(2.13) 7- 0				
	T.J. Cody	Fullerton	(2.05) 6- 8 3/4				
	Ed Barnett	Mt. SAC	(2.10) 6-10 3/4				
	Daniel Ziegler	Mesa Arizona	(2.10) 6-10 3/4				
	David Miller	Glendale Calif	(2.05) 6-08 3/4				
	Mateo Montano	Central Arizona	(2.00) 6- 6 3/4				
	Elliott Parks	Saddleback	(2.19) 7- 2 1/4				
	Alton Smith	Phoenix Arizona	(2.03) 6- 8				
	Matt Primus	Santa Ana	(2.03) 6- 8				
	Matt Primus	Santa Ana	(1.98) 6- 6				
	Kurtiss Dille	Sacramento	(2.13) 7- 0				
	D'Noir Flax	Mt. SAC	(2.20) 7- 2 1/2				
	Matt Carter	Santa Ana	(2.03) 6- 8				
	D'Noir Flax	Mt. SAC	(2.03) 6- 8				
	Joshua Muwakkil	Cerritos	(2.08) 6-10				
	Paul Gill	Glendale	(2.08) 6-10				
	Garrett Till	El Camino	(2.03) 6-08				
	Anthony McClendon	Mt SAC	(2.03) 6-08				
	Roy Nikzat	Sacramento	(2.03) 6-08				
	Darius Bell	Sacramento	(2.08) 6-09.75				
	Justin Bethea	Mt. SAC	(2.05) 6-08.75				
	Adam Aguirre	Cerritos	(2.08) 6.09.75				
	Adam Aguirre	Cerritos	(2.07) 6-09.50				
	Edwin Matthews	American River	(2.07) 6-09.50				
	2016-2018	Event Not Held					
<u>CC MEN POLE VAULT</u>							
1959 Mike McNatt	Pierce	(4.09) 13- 5					
1960 Gerald Pratt	Los Angeles	(4.27) 14- 0					
1961 Gerald Pratt	Los Angeles	(4.27) 14- 0 1/4					
1962 Floyd Manning	Ventura	(4.38) 14- 4 1/2					
1963 Ray Reeves	Fullerton	(4.27) 14- 0					
1964 Ken House	Glendale Calif	(4.42) 14- 6					
1965 Bob Seagren	Mt. SAC	(4.57) 15- 0					
1966 Dick Railsback	Pasadena	(4.90) 16- 1					
1967 Paul Hegler	Pasadena	(4.72) 15- 6					
1968 Rick Olander	Grossmont	(4.72) 15- 6					
1969 Ed Ellett	Santa Ana	(4.57) 15- 0					
1970 Bob Richards	Mt. SAC	(4.87) 16- 0					
1971 Terry Bilby	Bakersfield	(4.76) 15- 7 1/4					
1972 Paul Stillians	El Camino	(4.57) 15- 0					
1973 Fred Selzer	Glendale	(5.03) 16- 6					
1974 Hubert Black	Los Angeles	(4.65) 15- 3					
1975 Kevin French	Mt. SAC	(4.65) 15- 3					
1976 Greg Woepse	Orange Coast	(5.03) 16- 6 1/4					
1977 Kimmo Kokivartio	Pasadena	(4.90) 16- 1					
1979 Bert Johnson	El Camino	(4.91) 16- 1					
1980 Bob White	Glendale Calif	(4.90) 16- 1					
1981 Bubba Kavanaugh	Scottsdale	(5.22) 17- 1 1/2					
1982 Steve Tully	Long Beach	(5.10) 16- 9					
1983 Tobie Hatfield	Mt. SAC	(4.88) 16- 0					
1984 Doug Wicks	Bakersfield	(5.03) 16- 6					
1985 Jeff Mulligan	Long Beach	(4.67) 15- 4					
1986 Jeff Mulligan	Long Beach	(5.03) 16- 6					
1987 Shawn Myle	Long Beach	(5.08) 16- 8					
1988 Patrick Frederick	Taft	(5.03) 16- 6					
1989 Scott Haynes	Riverside	(5.03) 16- 6					
1990 John Bruce	Long Beach	(4.75) 15- 7					
1991 Ed Degon	Mira Costa	(4.47) 14- 8					
1992 Heath Fulk	Mt. SAC	(4.77) 15- 7 3/4					
1993 Heath Fulk	Mt. SAC	(4.92) 16- 1 3/4					
1994 Lam Nguyen	Long Beach	(4.75) 15- 7					
1995 Eric Stanfield	Long Beach	(4.85) 15-11					
1996 Corby Wright	Mt. SAC	(4.85) 15-11					
1997 Danny Ortiz	Mt. SAC	(4.95) 16- 2 3/4					
1998 Matt Petz	Mt. SAC	(4.88) 16- 0					
1999 Travis Vandrovce	Orange Coast	(5.03) 16- 6					
2000 Brandon Bennett	Paradise Valley	(4.88) 16- 0					
2001 Giovanni Lanaro	Mt. SAC	(5.23) 17- 1 3/4					
2002 Trent Powell	Paradise Valley	(5.03) 16- 6					
2003 Ryan Tonneson	Cuesta	(4.70) 15- 5					
2004 Chase Shealy	Cuesta	(5.25) 17- 3					
2005 Patrick Carreon	Mt. SAC	(4.75) 15- 7					
2006 Jordan Savidge	Mt. SAC	(4.87) 16- 0					
2007 Andrew County	Mt. SAC	(4.57) 15- 0					
2008 Matthew Todd	Mt SAC						

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2013 Jon Dunn	Sacramento	(58.35) 191-05	2014 Maria Morales	Riverside	2:13.28	2002 Orelia Gonzalez	Mt. SAC	18:33.97
2014 Scott Chiesia	San Mateo	(61.11) 200-06	2015 Maria Morales	Riverside	2:14.68	2003 Christina Lara	Mt. SAC	18:02.04
2015 Aaron Mateski	Santa Barbara	(59.54) 195-04	2016-2018	Event Not Held		2004 Christina Reyes	Cuesta	17:48.50
2016-2018	Event Not Held					2005 Laura Fairley	Riverside	19:05.93

CC WOMEN 1500 METERS

1979 Yvette Evans	El Camino	12.10	1979 Carleen Thom	Glendale Calif	4:35.9	2006 Dallon Williams	Santa Barbara	18:12.33
1998 Shami Vanhook	Long Beach	11.92	1982 Diane Harrell	El Camino	4:38.1	2007 Andrea Bischof	Canyons	19:24.14
1999 Demetrius Roberts	Glendale Arizona	11.94w	1983 Laurie Meighan	El Camino	4:46.4	2008 Tove Berg	Glendale	17:28.53
2000 Natasha Mayers	LA Southwest	11.54	1984 Ali Owen	Santa Barbara	4:43.9	2009 Lenore Moreno	Mt SAC	18.10.24
2001 Natasha Mayers	LA Southwest	11.27	1985 Trina Leopold	Phoenix Arizona	4:33.0	2010 Mallory Celaya	Mt SAC	18.37.81
2002 Marria Darden	Central Arizona	12.16	1986 Tina Cheyney	Mira Costa	4:37.6	2011 Aylin Mejia	Southwestern	18:04.59
2003 Magnolia Howell	Mt. SAC	12.42	1987 Rosanne Duffy	Australia	4:40.2	2012 Megan McNally	Moorpark	18:08.11
2004 Tercia Ned	Riverside	11.69w	1988 Kathryn Krieger	Cuesta	4:35.21	2013 Cristina Alcantar	LA Trade Tech	18:17.54
2005 Jasmin Baldwin	Mt. SAC	11.86	1989 Leanne Wilford	Australia	4:40.88	2014 Sierra Ungerman	Mt. SAC	18:23.03
2006 Cherry Goodman	Long Beach	12.21	1990 Libby Field	Australia	4:38.97	2015 Aminat Olowora	Southwestern	16:47.15
2007 Danielle Lewis	Mt. SAC	12.13	1991 Gracie Padilla	East Los Angeles	4:35.77	2016-2018	Event Not Held	
2008 Davina Collins	Sacramento	12:35	1992 Tonya Polk	LA Trade Tech	4:35.76			
2009 Samantha Tansil	Sacramento	12.09	1993 Kelly Olson	Grossmont	4:51.01			
2010 Samantha Tansil	Sacramento	11.90	1994 Kelly Olson	Grossmont	4:44.21			
2011 Uchechi Anunkor	Mt. SAC	11.79	1995 Charlotte Mayock	Riverside	4:43.23			
2012 Brittany Osborne	Riverside	12.34	1996 Lynette Jorgensen	Utah Valley	4:38.70			
2013 Omhuniqua Browne	Pasadena	11.70	1997 Judy Ford	Mt. SAC	4:45.54			
2014 Sarah Dunmore	Mt. SAC	11.60	1998 Jen Schindler	American River	4:37.16			
2015 Moesha Davidson	Fresno	11.61	1999 Jasmine Hall	El Camino	4:48.02			
2016-2018	Event Not Held		2000 Melissa McBain	Moorpark	4:43.42			
			2001 Sirena Alvarez	Modesto	4:54.56			
			2002 Linah Tallam	Central Arizona	4:52.77			
			2003 Christina Reyes	Cuesta	4:49.74			
			2004 Event Not Held					
			2005 Dinora Moran	El Camino	4:52.48			
			2006 Meryl Folloso	Cerritos	4:45.64			
			2007 Denise Vega	Mt. SAC	4:47.48			
			2008 Julie Platero	Sacramento	4:57.70			
			2009 Christine Cortez	Mt SAC	4:36.33			
			2010 Tracee Van Der Wyk	Passadena	4:40.61			
			2011 Tracee Van Der Wyk	Passadena	4:38.70			
			2012 Alyssa Selve	Glendale	4:51.12			
			2013 Grace Graham-Zamudio	Glendale	4:34.47			
			2014 Yesenia Silva	Sequoias	4:32.08			
			2015 Glindyll Mancia	Glendale	4:43.35			
			2016-2018	Event Not Held				

CC WOMEN 3000 METERS

1979 Diane Karg	LA Harbor	10:15.6	1979 Diane Karg	LA Harbor	10:15.6	2002 Naoka Mixon	Central Arizona	14.53
1980 Tara Slatton	Grossmont	10:07.0	1980 Tara Slatton	Grossmont	10:07.0	1994 Karen Vigilant	Long Beach	14.84
1981 Teresa Ramirez	San Diego	10:00.0	1981 Teresa Ramirez	San Diego	10:00.0	1995 Vanitta Kinard	Santa Monica	15.28
1982 Renee Williams	El Camino	10:07.8	1982 Renee Williams	El Camino	10:07.8	1996 Kelly Moten	Long Beach	15.14
1983 Mara Lazdanz	Mira Costa	10:02.6	1983 Mara Lazdanz	Mira Costa	10:02.6	1997 Jennifer Kelliher	Central Arizona	15.05
1984 Mara Lazdanz	Mira Costa	10:01.9	1984 Mara Lazdanz	Mira Costa	10:01.9	1998 Marikka Bender	Glendale Calif	14.54
1985 Pauline Stehly	Mira Costa	10:20.0	1985 Pauline Stehly	Mira Costa	10:20.0	1999 Rashida Green	Mt. SAC	14.71
1986 Pauline Stehly	Mira Costa	10:04.7	1986 Pauline Stehly	Mira Costa	10:04.7	2000 Christina Proctor	Pasadena	15.21
1987 Carmen Maldonado	Mt. SAC	9:55.51	1987 Carmen Maldonado	Mt. SAC	9:55.51	2001 Amber Price	Golden West	14.98
1988 Jill Hoffman	El Camino	10:19.2	1988 Jill Hoffman	El Camino	10:19.2	2002 Jessica Anderson	Central Arizona	14.44
1989 Kim Campo	San Diego	9:50.37	1989 Kim Campo	San Diego	9:50.37	2004 Christian Burrell	Santa Monica	14.52w
1990 Deirdre Van Sickle	Phoenix Arizona	10:27.07	1990 Deirdre Van Sickle	Phoenix Arizona	10:27.07	2005 Endurha Patten	Long Beach	15.00
1991 Diana Tracy	El Camino	10:12.2	1991 Diana Tracy	El Camino	10:12.2	2006 Zora Golcevsksa	Santa Monica	14.35
1992 Misty Allen	Santa Barbara	10:35.90	1992 Misty Allen	Santa Barbara	10:35.90	2007 Aresha Mackey	Sacramento	14.92
1993 Jojo Yaba	Mt. SAC	10:24.47	1993 Jojo Yaba	Mt. SAC	10:24.47	2008 Tyra Porter	Glendale	14.58
1994 Tiffany Trudean	American River	10:24.68	1994 Tiffany Trudean	American River	10:24.68	2009 Trya Porter	Glendale	14.35
1995 Erin Remy	Orange Coast	10:27.08	1995 Erin Remy	Orange Coast	10:27.08	2010 Alisa Jenkins	Sacramento	14.56
1996 Jackie McClery	West Valley	10:33.15	1996 Jackie McClery	West Valley	10:33.15	2011 T'leyah Birkley	American River	14.07
1997 Adita Gibson	Pasadena	10:38.61	1997 Adita Gibson	Pasadena	10:38.61	2012 Ke'Nya Hardge	Mt. SAC	13.93
2000 Zoila Gomez	Orange Coast	10:13.22	2000 Zoila Gomez	Orange Coast	10:13.22	2013 Bryanna Taylor	Mt. SAC	14.48
2001 Hilda Vasquez	Santa Ana	11:07.06	2001 Hilda Vasquez	Santa Ana	11:07.06	2014 Syrea Hicks	El Camino	14.07
2002 Ciji Honahnie	Yavapai	11:22.90	2002 Ciji Honahnie	Yavapai	11:22.90	2015 Kortni Smyers-Jones	Laney	13.79
2003-2018	Event Not Held		2003-2018	Event Not Held		2016-2018	Event Not Held	

CC WOMEN 3000 METER STEEPLECHASE

2003 Alejandra Contreras	Mt. SAC	12:02.90	2003 Alejandra Contreras	Mt. SAC	12:02.90	1999 Michelle Barraza	ITM Mexico	1:04.71
2004 Event Not Held			2004 Event Not Held			2000 Event Not Held		
2005 Monica Su	Santa Barbara	11:38.20	2005 Monica Su	Santa Barbara	11:38.20	2001 Jane Vong	Mt. SAC	1:09.2
2006 Dallon Williams	Santa Barbara	11:13.5	2006 Dallon Williams	Santa Barbara	11:13.5	2002 Jackie-Ann Morain	Central Arizona	1:04.43
2007 Sylvia Hernandez	East LA	12:05.90	2007 Sylvia Hernandez	East LA	12:05.90	2003 Tassia Cendejas	Mt. SAC	1:01.77
2008 Zitalic Ley	Glendale	11:34.93	2008 Zitalic Ley	Glendale	11:34.93	2004 Tassia Cendejas	Mt. SAC	1:03.51
2009 Kelley Breen	Saddleback	11:55.33	2009 Kelley Breen	Saddleback	11:55.33	2005 Taletha Calhoun	Sequoias	1:03.23
2010 Courtney Anderson	American River	11:28.46	2010 Courtney Anderson	American River	11:28.46	2006 Yasmin Webb	Cerritos	1:04.80
2011 Courtney Anderson	American River	11:08.55	2011 Courtney Anderson	American River	11:08.55	2007 Ebony Willis	Sacramento	1:04.90
2012 Cecilia Nicolas	Glendale	11:11.33	2012 Cecilia Nicolas	Glendale	11:11.33	2008 Ebony Willis	Sacramento	1:04.12
2013 Kayla Rossi	American River	12:08.98	2013 Kayla Rossi	American River	12:08.98	2009 Ashley James	Fullerton	1:03.10
2014 Laura Aceves	East Los Angeles	11:13.66	2014 Laura Aceves	East Los Angeles	11:13.66	2010 Ashley Frazier	American River	1:01.50
2015 Laura Aceves	East Los Angeles	10:58.66	2015 Laura Aceves	East Los Angeles	10:58.66	2011 T'keyah Birkley	American River	1:01.71
2016-2018	Event Not Held		2016-2018	Event Not Held		2012 Ke'Nya Hardge	Mt. SAC	1:02.54
						2013 Robyn Brown	Mt. SAC	1:03.19
						2014 Crystal Lizaole	El Camino	1:01.02
						2015 Samantha Duong	Fullerton	1:03.75
						2016-2018	Event Not Held	

CC WOMEN 5000 METERS

1998 Jen Schindler	American River	17:26.75	1998 Jen Schindler	American River	17:26.75			
1999 Colleen Burke	Phoenix Arizona	17:24.66	1999 Colleen Burke	Phoenix Arizona	17:24.66			
2000 Devra Vierkant	Utah Valley	17:28.94	2000 Devra Vierkant	Utah Valley	17:28.94			
2001 Sarah Meza	Southwestern	18:23.36	2001 Sarah Meza	Southwestern	18:23.36			

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

CC WOMEN 4X100 METERS

1977 Compton	47.6
1979 El Camino	48.06
1980 Alameda	47.5
1981 Long Beach	47.2
1982 San Bernardino	47.3
1983 Pasadena	48.13
1984 Mt. SAC	47.35
1985 Mt. SAC	47.15
1986 Santa Monica	48.24
1987 El Camino	47.0
1988 Mt. SAC	47.01
1989 Odessa	47.57
1990 Taft	47.60
1991 El Camino	46.58
1992 Taft	46.58
1993 Long Beach	46.71
1994 Long Beach	46.90
1995 Long Beach	47.49
1996 Long Beach	47.58
1997 Central Arizona	46.92
1998 Mt. SAC	49.07
1999 Long Beach	47.05
2000 Mt. SAC	47.37
2001 Cerritos	48.6
2002 Central Arizona	47.83
2003 Long Beach	47.72
2004 Mt. SAC	47.57
2005 Mt. SAC	45.90
2006 Mt. SAC	47.44
2007 Sacramento	48.24
2008 Riverside	47.74
2009 Riverside	47.79
2010 Cerritos	46.39
2011 El Camino	47.04
2012 El Camino	47.28
2013 American River	46.83
2014 Mt. SAC	46.70
2015 Mt. SAC	47.41
2016-2018	Event Not Held

CC WOMEN 4X200 METERS

1997 Central Arizona	1:39.07
1998 Event Not Held	
1999 Long Beach	1:40.05
2000 Mt. SAC	1:40.34
2001 Cerritos	1:41.19
2002 Cerritos	1:39.53
2003 Long Beach	1:41.78
2004 Mt. SAC	1:39.55
2005 Mt. SAC	1:41.11
2006-2018	Event Not Held

CC WOMEN 4X400 METERS

1977 Santa Barbara	4:03.5
1979 Ventura	3:59.7
1980 Orange Coast	3:53.2
1981 Cerritos	3:49.3
1982 West Los Angeles	3:49.8
1983 Mt. SAC	3:46.29
1984 El Camino	3:52.0
1985 El Camino	3:48.6
1986 El Camino	3:54.29
1987 El Camino	3:46.73
1988 El Camino	3:46.71
1989 Odessa	3:43.66
1990 Australia	3:54.02
1991 El Camino	4:00.51
1992 El Camino	3:48.65
1993 San Diego Mesa	3:50.17
1994 El Camino	3:47.98
1995 Riverside	3:47.82
1996 Long Beach	3:53.71
1997 Central Arizona	3:47.87
1998 San Diego Mesa	3:51.71
1999 Sacramento	3:52.59
2000 West Los Angeles	3:57.19
2001 Cerritos	4:01.05
2002 Central Arizona	3:46.40
2003 Long Beach	3:50.24
2004 Long Beach	3:48.46
2005 Cerritos	3:52.69
2006 Cerritos	3:58.23
2007 Cerritos	3:57.39
2008 Riverside	3:57.00
2009 Riverside	3:52.87
2010 Cerritos	3:48.33
2011 El Camino	3:50.15

2012 LA Valley	3:54.89
2013 Mt. SAC	3:50.50
2014 El Camino	3:52.14
2015 El Camino	3:57.74
2016-2018	Event Not Held

CC WOMEN 4X800 METERS

1979 Citrus	9:27.7
1980 Event Not Held	
1981 Phoenix Arizona	9:27.7
1982 Cerritos	9:35.2
1983 Orange Coast	9:20.86
1984 El Camino	9:11.55
1985 El Camino	9:49.2
1986 Phoenix Arizona	9:26.04
1987 Australia	9:16.58
1988 Phoenix Arizona	9:34.60
1989 El Camino	9:22.17
1990 El Camino	9:36.43
1991 El Camino	9:22.83
1992 El Camino	9:28.18
1993 El Camino	9:32.28
1994 San Diego Mesa	9:43.40
1995 Event Not Held	
1996 Long Beach	9:22.56
1997 Central Arizona	9:35.30
1998 San Diego Mesa	9:16.16
1999 El Camino	9:59.90
2000 Central Arizona	9:57.76
2001 Paradise Valley	9:47.72
2002 Central Arizona	9:31.48
2003-2018	Event Not Held

CC WOMEN 4X1500 METERS

1980 Orange Coast	20:06.3
1981 Event Not Held	
1982 Orange Coast	19:30.6
1983 Orange Coast	19:29.2

CC WOMEN 4X1600 METERS

1984 Calgary Spartans	21:46.5
1990 Orange Coast	23:27.91
2004 Mt. SAC	21:44.64y
2005-2018	Event Not Held

CC WOMEN SPRINT MEDLEY

(< Denotes Slowest Possible Time)

1977 Orange Coast	1:50.4
1979 El Camino	1:47.0
1980 Bakersfield	1:47.4
1981 Long Beach	1:42.9
1982 West Los Angeles	1:42.6
1983 Pasadena	1:45.49
1984 Pasadena	1:44.39
1985 El Camino	1:44.5
1986 Mt. SAC	1:41.23
1987 El Camino	1:43.79
1988 El Camino	1:45.68
1989 El Camino	1:42.29
1990 Glendale	1:47.46
1991 El Camino	1:44.91
1992 El Camino	1:44.50
1993 El Camino	< 1:46.14
1994 Riverside	1:42.13
1995 Riverside	1:43.93
1996 Riverside	1:47.00
1997 El Camino	1:46.88
1998-2003	Event Not Held
2004 Long Beach	1:44.42
2005-2018	Event Not Held

CC WOMEN DISTANCE MEDLEY

1977 Santa Barbara	13:19.9
1979 Ventura	12:28.1
1980 Glendale	12:24.9
1981 Glendale	12:15.6
1982 El Camino	12:31.1
1983 Ventura	12:13.49
1984 Mt. SAC	11:59.6
1985 Orange Coast	12:01.7
1986 Moorpark	12:14.5
1987 Mira Costa	12:23.04
1988 Orange Coast	12:08.12
1989 Cuesta	12:23.19
1990 El Camino	12:34.29
1991 Mt. SAC	12:24.38
1992 Riverside	12:51.50
1993 Long Beach	12:35.69

1994 El Camino	12:37.12
1995 Mesa Arizona	12:17.39
1996 Pasadena	12:52.76
1997 Mt. SAC	12:37.68
1998-2002	Event Not Held
2003 Fullerton	13:17.40
2004 Fullerton	12:54.53
2005-2018	Event Not Held

CC WOMEN SHUTTLE HURDLES

1998 Moorpark	1:05.58
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CC WOMEN HIGH JUMP

1979 Vickie Marquez	Ventura	(1.70) 5- 7
1980 Phyllis Bluntson	El Camino	(1.73) 5- 8
1981 Deon Villa	Cerritos	(1.60) 5- 3
1982 Deon Villa	Cerritos	(1.62) 5- 4
1983 Rena Smith	Pasadena	(1.57) 5- 2
1984 Elisia Cooks	Mt. SAC	(1.73) 5- 8 1/4
1985 Li-Jiau Tsai	Mt. SAC	(1.78) 5-10
1986 Jackie Belzner	Phoenix Arizona	(1.68) 5- 6
1987 Penny Paabo	Australia	(1.62) 5- 4
1988 Renee Dabney	Santa Monica	(1.62) 5- 4
1989 Leona Myers	Australia	(1.68) 5- 6
1990 Shannon Kidder	Glendale Arizona	(1.73) 5- 8
1991 Aimee Anthony	Glendale Calif	(1.65) 5- 5
1992 Kyla Wilson	Australia	(1.70) 5- 7
1993 Leah Cunningham	Riverside	(1.73) 5- 8
1994 Leah Cunningham	Riverside	(1.70) 5- 7
1995 Tarin Vine	Australia	(1.65) 5- 5
1996 Jenny Compos	Golden West	(1.60) 5- 3
1997 Amber Roberts	Pasadena	(1.55) 5- 1
1998 Leslie Higginson	Long Beach	(1.74) 5- 8 1/2
1999 Tia Hanson	Riverside	(1.68) 5- 6
2000 Leslie Higginson	Long Beach	(1.68) 5- 6
2001 Mereya Beltran	Mt. SAC	(1.73) 5- 8
2002 Khadhigh Mohammed	Central Arizona	(1.68) 5- 6
2003 Val Del Away	Mt. SAC	(1.57) 5- 2
2004 Sarah Ingram	Santa Barbara	(1.62) 5- 4
2005 Tatyanna Ricks	Cerritos	(1.47) 4-10
2006 Melissa Hampton	Coll of Canyons	(1.57) 5- 2
2007 Dana Green	Chaffey	(1.72) 5- 8
2008 Sandy Gonzales	Santa Ana	(1.68) 5- 6
2009 Tiana Willis	Riverside	(1.68) 5- 6
2010 Susan Jackson	Glendale	(1.76) 5-09.25
2011 Jillian Schmidt	East LA	(1.71) 5-07.25
2012 Michelle Woodruff	El Camino	(1.63) 5-04.25
2013 Alexus Dalton	Cerritos	(1.67) 5-05.75
2014 Justice Shank	Glendale	(1.66) 5-05.25
2015 Adrianna Reagon	American River	(1.66) 5-05.25
2016-2018	Event Not Held	

CC WOMEN POLE VAULT

1997 Stephanie Heup	Golden West	(3.25) 10- 8
1998 Jenny Sargent	Mt. SAC	(3.36) 11- 0 1/4
1999 Julie Thurston	Mt. SAC	(3.05) 10- 0
2000 Raan Olson	Paradise Valley	(3.51) 11- 6 3/4
2001 Bonnie Jacobs	Mesa Arizona	(3.73) 12- 3
2002 Erin Anderson	Paradise Valley	(3.76) 12- 4
2003 Leilani Greene	Cuesta	(3.60) 11-10
2004 Tamara Neely	Cuesta	(3.50) 11- 5.75
2005 Ashley Alten	Cuesta	(3.50) 11- 5.75
2006 Jocelyn Do	Colden West	(3.35) 11- 0
2007 Megan Hill	Mt. SAC	(3.20) 10- 6
2008 Brenda Hanrahan	Riverside	(3.35) 11- 0
2009 Karen Guravska	Cerritos	(3.51) 11- 6
2010 Christy Carmody	Glendale Arizona	(3.51) 11- 6
2011 Jenna Yowell	American River	(3.63) 11-10.75
2012 Diamara Planell Cruz	San Jose	(3.81) 12-06
2013 Tiziana Ruiz	Mt. SAC	(3.72) 12-02.50
2014 Tiziana Ruiz	Mt. SAC	(3.84) 12-07.25
2015 Makenna Powell	West LA	(3.55) 11-07.75
2016-2018	Event Not Held	

CC WOMEN LONG JUMP

1977 Lanesse Jones	LA Southwest	(5.44) 17-10 1/2
1979 Tanya Bowie	Mt. SAC	(5.47) 17-11 1/2
1980 Roxanne Keating	Mesa Arizona	(5.85) 19- 2 1/2
1981 Jo Harper	East Los Angeles	(5.77) 18-11 1/4
1982 Velma McClain	San Bern Valley	(5.76) 18-10 3/4
1983 Yolanda Hughes	Saddleback	(5.77) 18-11 1/4
1984 Sheila Frye	Cerritos	(5.64) 18- 6w
1985 Joyce Austin	El Camino	(5.83) 19- 1 1/2
1986 Renita Robinson	El Camino	(5.73) 18- 9 1/2
1987 Michelle Motley	Long Beach	(5.49) 18- 0
1988 Jackie Anderson	San Diego Mesa	(5.71) 18- 8 3/4
1989 Yolanda Allen	Phoenix Arizona	(5.74) 18-10
1990 Tiesha Holmes	El Camino	(5.84) 19- 2

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

1991	Michelle Allen	El Camino	(5.70) 18- 8 1/2	2005	Stephanie Robbins	El Camino	(13.05) 42-10	1987	Sonya Stanek	Ricks Idaho	(44.28) 145- 3
1992	Michelle Allen	El Camino	(5.59) 18- 4	2006	Jahlylica Bland	Sacramento	(13.19) 43- 3 1/2	1988	Heta Umufuke	Foothill	(45.20) 148- 3
1993	Nicole Irving	Mt. SAC	(5.82) 19- 1 1/4	2007	Hahylica Bland	Sacramento	(13.62) 44- 8 1/2	1989	Sherri Sperling	El Camino	(45.42) 149- 0
1994	Nicole Irving	Mt. SAC	(5.80) 19- 0 1/2	2008	Na'i Leni	El Camino	(14.30) 46 -11	1990	Rebecca Foster	San Diego Mesa	(40.38) 132- 6
1995	Vanitta Kinard	Santa Monica	(6.03) 19- 9 1/2	2009	Na'i Leni	El Camino	(13.84) 45 -05	1991	Raven Marshall	Pima Arizona	(40.36) 132- 5
1996	Michelle Nelson	Long Beach	(5.75) 18-10 1/2	2010	Luseane Makanesi	Fullerton	(13.36) 43-10	1992	Vijitha Amerasekera	Mt. SAC	(53.28) 174- 9
1997	Kimela West	El Camino	(5.69) 18- 8	2011	Luseane Makanesi	Fullerton	(13.73) 45-00.50	1993	Vijitha Amerasekera	Mt. SAC	(55.56) 182- 3
1998	Stephanie Jones	Mt. SAC	(6.04) 19-10	2012	Tiffany Gray	Cerritos	(12.28) 40-03.50	1994	Wendy Lopez	Scottsdale	(41.50) 136- 2
1999	Jacquilla Lewis	Sacramento	(5.60) 18- 4 1/2	2013	Melanie Samvalian	Mt. SAC	(13.09)42-11.5	1995	Charity Amama	LA Trade Tech	(42.38) 139- 0
2000	Quiana Starr	Fullerton	(5.56) 18- 3 3/4	2014	Jacklyn Chasteler	Saddleback	(12.52) 41-01.00	1996	Brooke Airgood	Scottsdale	(37.56) 123- 3
2001	Yuliana Perez	Pima Arizona	(5.93) 19- 5.5	2015	Ashley Santos	Riverside	(11.93) 39-01.75	1997	Cassie Morelock	Central Arizona	(44.34) 145- 6
2002	Lacy Turner	Mt. SAC	(5.56) 18- 3w	2016-2018		Event Not Held		1998	Wendy Ward	Bakersfield	(37.00) 121- 5
2003	Jaime Cuthbert-Allen	Mt. SAC	(5.53) 18- 2					1999	Etta Jackson	Santa Ana	(37.95) 124- 6
2004	Angie Brazzley	Mt. SAC	(5.61) 18- 0 1/2w					2000	Christine Fleming	Riverside	(33.76) 110- 9
2005	Angie Wells	Long Beach	(5.62) 18- 5 1/2					2001	Matala Lualemaga	Santa Ana	(33.12) 108- 8
2006	Angela Wells	Long Beach	(5.60) 18- 4 3/4					2002	Andrea Morrow	Central Arizona	(42.08) 138- 1
2007	Angela Brazley	Mt. SAC	(5.66) 18- 7					2003	Tamara Gooden	Mt. SAC	(38.25) 125- 6
2008	Tanya Brammer	Mt. SAC	(5.62) 18-05.25					2004	Kendra Lilly	Cerritos	(36.60) 120- 1
2009	Jessica Barfield	Cerritos	(5.76) 18-10.75					2005	Kendra Lilly	Cerritos	(36.41) 119- 5
2010	Lesilia Foster	Glendale Arizona	(5.63) 18-05.75					2006	Jaqueline Taylor	Cerritos	(36.30) 119- 1
2011	T-keyah Gray	Mt. SAC	(5.49) 18-00.25					2007	Sela Pains	San Mateo	(34.79) 114- 2
2012	Rukayah Bent-Mikail	El Camino	(5.64) 18-06.00					2008	Rachel Butler	Cerritos	(40.34) 132- 4
2013	Terris Williams	Mt. SAC	(5.00) 16-05.00					2009	Karen Guravaska	Cerritos	(39.30) 128-11
2014	Syrea Hicks	El Camino	(5.27) 17-03.50					2010	Samantha Gutierrez	Riverside	(41.92) 137-6
2015	Maia Reynolds	Riverside	(5.36) 17-07					2011	Myshauna Alexander	El Camino	(44.58) 146-3
2016-2018		Event Not Held						2012	Natasha Caldwell	Golden West	(39.02) 128-0
								2013	Natasha Caldwell	Golden West	(42.55) 139-7
								2014	Shelby Crider	American River	(41.93) 137-07
								2015	Shelby Crider	American River	(42.42) 139-02
								2016-2018		Event Not Held	

CC WOMEN DISCUS

1979	Ellen Coltery	Mesa Arizona	(41.50) 136- 2 1/2	1994	Tyrenda Stamps	Sacramento	(44.62) 146- 5
1980	Kathy Shaw	Orange Coast	(37.50) 123- 0	1995	Michelle Bryant	Mt. SAC	(43.46) 142- 7
1981	Monica Avalos	IMSS Mexico	(40.98) 134- 5	1996	Dani Darrow	San Diego Mesa	(46.30) 151-11
1982	Becky Levi	Pima Arizona	(48.52) 159- 2	1997	Robin Lyons	Central Arizona	(45.92) 150- 8
1983	Diana Clements	Saddleback	(48.14) 157-11	1998	Barbara Weaver	American River	(38.88) 127- 7
1984	Jill Crisler	Foothill	(46.00) 150-11	1999	Christy Buehler	Mt. SAC	(43.43) 142- 5
1985	Sue Bolton	Golden West	(39.10) 128- 3 1/2	2000	Amy Thiel	Moorpark	(41.88) 137- 5
1986	Toyia Barnes	El Camino	(46.30) 151-11	2001	Joann Maes	Glendale Arizona	(44.34) 145- 6
1987	Tracy Crawford	Ricks Idaho	(45.08) 147-11	2002	Iлона Rutjes	Central Arizona	(53.98) 177- 1
1988	Lisa Antijunti	Glendale Arizona	(40.82) 133-11	2003	Tamara Bryant	Moorpark	(40.18) 141-10
1989	Janet Hill	Odessa	(51.72) 169- 8	2004	Tamara Bryant	Moorpark	(46.50) 152- 7
1990	Grace Apiafi	Mt. SAC	(51.56) 169- 2	2005	Kendra Lilly	Cerritos	(44.66) 146- 6
1991	Stacy Ainley	Glendale Arizona	(50.04) 164- 2	2006	Angela Morales	El Camino	(37.41) 122- 9
1992	Leslie Coons	San Diego Mesa	(43.32) 142- 1	2007	Morgan Bogard	San Diego Mesa	(46.15) 151- 5
1993	Jodie Warr	Riverside	(43.58) 143- 0	2008	Jarvina McClain	Cerritos	(41.78) 137- 1
1994	Tyrenda Stamps	Sacramento	(44.62) 146- 5	2009	Jasmine Steward	Fresno	(47.45) 155- 8
1995	Michelle Bryant	Mt. SAC	(43.46) 142- 7	2010	Samantha Gutierrez	Riverside	(44.43) 145- 9
1996	Dani Darrow	San Diego Mesa	(46.30) 151-11	2011	Priscilla Gardner	Cerritos	(46.44) 152- 4
1997	Robin Lyons	Central Arizona	(45.92) 150- 8	2012	Priscilla Gardner	Cerritos	(46.44) 152- 4
1998	Barbara Weaver	American River	(38.88) 127- 7	2013	Fatima Vegara	Riverside	(42.68) 140-00
1999	Christy Buehler	Mt. SAC	(43.43) 142- 5	2014	Destiny Mack-Talale	Cerritos	(45.74) 150-01
2000	Amy Thiel	Moorpark	(41.88) 137- 5	2015	Michelle Campa	Riverside	(40.56) 133-01
2001	Joann Maes	Glendale Arizona	(44.34) 145- 6	2016-2018		Event Not Held	
2002	Iлона Rutjes	Central Arizona	(53.98) 177- 1				
2003	Tamara Bryant	Moorpark	(40.18) 141-10				
2004	Tamara Bryant	Moorpark	(46.50) 152- 7				
2005	Kendra Lilly	Cerritos	(44.66) 146- 6				
2006	Angela Morales	El Camino	(37.41) 122- 9				
2007	Morgan Bogard	San Diego Mesa	(46.15) 151- 5				
2008	Jarvina McClain	Cerritos	(41.78) 137- 1				
2009	Jasmine Steward	Fresno	(47.45) 155- 8				
2010	Samantha Gutierrez	Riverside	(44.43) 145- 9				
2011	Priscilla Gardner	Cerritos	(46.44) 152- 4				
2012	Priscilla Gardner	Cerritos	(46.44) 152- 4				
2013	Fatima Vegara	Riverside	(42.68) 140-00				
2014	Destiny Mack-Talale	Cerritos	(45.74) 150-01				
2015	Michelle Campa	Riverside	(40.56) 133-01				
2016-2018		Event Not Held					

HS BOYS 100 METERS

1959	John Howard	San Bernardino	9.9y
1960	Jim Russell	Lakewood	9.9y
1961	Bob Armstrong	Rancho Alamitos	10.0y
1962	Thomas Hester	San Bernardino	9.8y
1963	Roger Cox	Redlands	10.0y
1963	Mike Gaston	Pomona Catholic	10.0y
1964	Roger Cox	Redlands	9.7y
1965	Richard Jenkins	Lasuen	9.7y
1966	Stan Edmonds	Kennedy	9.8y
1979	Ron Brown	Baldwin Park	10.6
1980	Kerwin Bell	Edison	10.70
1981	Bernard Mathis	John Muir	10.79
1982	Bernard Mathis	John Muir	10.59
1983	Anthony Miller	John Muir	10.83
1984	Ray Brown	John Muir	10.39
1985	Laurence Burkley	Oxnard	10.97
1986	Quincy Watts	Taft	10.61
1987	Quincy Watts	Taft	10.52
1988	Brad McQuaid	Canada	11.0
1989	Peter Ogilvie	Canada	10.80
1990	Donovan Burks	Washington	10.60w
1991	Matthew Harding	San Dimas	10.75
1992	Gentry Bradley	Plus X	10.74
1993	Anthony Volsan	Merced	10.62
1994	Marques Holiwell	West Bakersfield	10.57
1995	Marques Holiwell	West Bakersfield	10.56
1996	Damien Allen	Damien	10.68
1997	Miguel Fletcher	Alemany	10.68
1998	Miguel Fletcher	Alemany	10.75w
1999	Machtier Clay	Carson	10.63w
2000	Bennie Robinson	Long Beach Poly	10.47
2001	Phillip Francis	Fairfax	10.52
2002	Ronald Hill	Walnut	10.55
2003	Derrick Jones	Long Beach Poly	10.50w
2004	Kelvin Love	Lancaster	10.60
2005	Rodney Glass	Notre Dame	10.66w
2006	Travon Patterson	Long Beach Poly	10.56
2007	Jahvid Best	Salesian Richmon	10.37w
2008	Charles Saspan	Rancho Cucamonga 10.54w	
2009	Maxwell Dyce	Moorpark	10.51
2010	Beejay Lee	West Covina	10.61
2011	Remontay McClain	Covina	10.66
2012	Khalifani Muhammad	Notre Dame/SO	10.55
2013	Khalifani Muhammad	Notre Dame/SO	10.48
2014	Dominic Davis	Alemany	10.47
2015	TJ Brock	Chaminade	10.20w
2016	Michael Norman	Vista Murrieta	10.27
2017	Isaiah Cunningham	Rancho Verde	10.48
2018	Asani Hampton	Yucaipa	10.51

HS BOYS 200 METERS

1967	Richard Coulter	Santa Ana Valley	21.9yw
1968	Thomas White	Centennial	21.8yw
1969	Billy Sims	Whittier	21.4y
1970	Steve Elkins	Loara	21.7y

CC WOMEN TRIPLE JUMP

1986	Renita Robinson	El Camino	(12.39) 40- 8
1987	Demetrius Newman	El Camino	(11.62) 38- 1 1/2
1988	Jackie Anderson	San Diego Mesa	(12.46) 40-10 1/2
1989	Jackie Anderson	San Diego Mesa	(11.82) 38- 9 3/4
1990	Lafrania West	Grossmont	(11.49) 37- 8 1/2
1991	Rochelle Johnson	San Diego Mesa	(12.03) 39- 5 3/4
1992	Danielle Brown	Fullerton	(11.78) 38- 7 3/4
1993	Angel Carver	Long Beach	(12.56) 41- 2 1/2
1994	Glory Dolphin	Santa Monica	(12.33) 40- 5 1/2
1995	Vanitta Kinard	Santa Monica	(12.33) 40- 5 1/2
1996	Cecilia Noel	Long Beach	(12.15) 39-10 1/2
1997	Doby Kersha	Long Beach	(11.62) 38- 1 1/2
1998	Karmen Furr	Citrus	(11.51) 37- 9 1/4
1999	Marisa Taylor	San Diego Mesa	(11.40) 37- 5
2000	Paola Moncayo	Mt. SAC	(12.40) 40- 8 1/2
2001	Yuliana Perez	Pima Arizona	(13.82) 45- 4.25w
2002	Yuliana Perez	Pima Arizona	(13.93) 45- 8 3/4w
2003	Dija Rabb-Tatro	Moorpark	(11.44) 37- 6 3/4
2004	Angie Brazzley	Mt. SAC	(11.57) 37-11 3/4
2005	Tiffany Fluckers	Mt. SAC	(10.73) 35- 2 1/2
2006	Whitney Ligon	Santa Ana	(11.81) 38- 9
2007	Angela Brazley	Mt. SAC	(11.32) 37- 2
2008	Jessica Barfield	Cerritos	(11.94) 39 -02.25
2009	Goziam Okolie	Fresno	(11.91) 39 -01
2010	Jasmine Carter	Mt SAC	(11.27) 37 -07
2011	Chantel Fall	Mt SAC	(10.90) 35 -09.25
2012	Rukayah Bent-Mikail	El Camino	(11.85) 38-10.50
2013	Cheyenne Thompson	Fullerton	(11.43) 37-06.00
2014	Marielle Owens	Cerritos	(11.34) 37-02.50
2015	Rinecia Jackson	Mt. SAC	(10.81) 35-05.75
2016-2018		Event Not Held	

CC WOMEN HAMMER

1979	Julie Flynn	Glendale Calif	(12.99) 42- 7 3/4
1980	Alida Cook	Pima Arizona	(12.41) 40- 8 1/2
1981	Vicky Gagne	LA Harbor	(14.05) 46- 1 1/4
1982	Becky Levi	Pima Arizona	(13.93) 45- 8 3/4
1983	Diana Clements	Saddleback	(14.97) 49- 1 1/2
1984	Stephanie Baker	Cerritos	(13.47) 44- 2 1/2
1985	Shawn Roy	Santa Monica	(12.98) 42- 7
1986	Shawn Roy	Santa Monica	(14.50) 47- 7
1987	Tracy Crawford	Ricks Idaho	(13.67) 44-10 1/4
1988	Sherry Sperling	El Camino	(14.58) 47-10
1989	Starla Ahu	Mira Costa	(14.32) 47- 0
1990	Grace Apiafi	Mt. SAC	(16.06) 52- 8 1/2
1991	Stacy Ainlay	Glendale	(13.98) 45-10 1/2
1992	Leslie Coons	San Diego Mesa	(12.31) 40- 4 3/4
1993	Leslie Coons	San Diego Mesa	(13.95) 45- 9 1/4
1994	Kelly Smith	San Diego Mesa	(14.89) 48-10 1/4
1995	Sarah Goodlaw	Pasadena	(11.88) 38-11 3/4
1996	Beth Gruwell	Mesa Arizona	(13.04) 42- 9 1/2
1997	Rebecca Morrison	San Mateo	(13.36) 43-10
1998	Dolores Tuimoloau	Moorpark	(13.42) 44- 0 1/2
1999	Angela Foster	Moorpark	(13.52) 44- 4 1/4
2000	Amy Thiel	Moorpark	(14.40) 47- 3
2001	Tricia Steveson	Mesa Arizona	(13.13) 43- 1
2002	Tricia Stevenson	Mesa Arizona	(13.12) 43- 0 1/2
2003	Shannon Popp	Moorpark	(11.40) 37- 5
2004	Tamara Bryant	Moorpark	(11.92) 39- 1 1/2
1994	Holly Montoya	Glendale	(44.34) 145- 6
1995	Melissa Bauermeister	Mesa Arizona	(44.64) 146- 5
1996	Sarah Goodlaw	Pasadena	(47.54) 156- 0
1997	Rebecca Morrison	San Mateo	(50.60) 166- 0
1998	Joniece Edwards	San Diego Mesa	(44.90) 147- 4
1999	Shannon Jones	Mt. SAC	(47.44) 155- 8
2000	Amy Thiel	Moorpark	(54.50) 178-10
2001	Joann Maes	Glendale Arizona	(49.06) 160-11
2002	Barbara Sugar</		

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

1996	Junipero Serra	3:17.74
1997	St. Mary's Academy	3:22.28
1998	Dominguez	3:14.64
1999	Chino	3:18.45
2000	Long Beach Poly	3:15.87
2001	Long Beach Poly	3:15.97
2002	Taft	3:16.76
2003	Dominguez	3:18.76
2004	Canyon	3:19.03
2005	Long Beach Poly	3:17.10
2006	Loyola	3:23.07
2007	Taft	3:17.75
2008	Long Beach Poly	3:18.94
2009	Eleanor Roosevelt	3:16.05
2010	Long Beach Poly	3:16.87
2011	Long Beach Poly	3:13.52
2012	Rio Mesa	3:16.42
2013	Serra	3:15.12
2014	Long Beach Poly	3:15.29
2015	Notre Dame (Sher.)	3:16.33
2016	Rancho Verde	3:14.02
2017	Rancho Verde	3:15.15
2018	Murrieta Mesa	3:16.22

HS BOYS 4X800 METERS

1959	Bellflower	8:01.5y
1960	Alhambra	8:03.3y
1961	Alhambra	8:05.2y
1962	Orange	7:55.1y
1963	Magnolia	7:55.1y
1964	Bonita	7:56.2y
1965	Tustin	7:48.0y
1966	John Muir	7:58.1y
1967	Chino	8:14.6y
1968	Redlands	8:04.2y
1969	La Canada	8:10.2y
1970	Lakewood	7:59.8y
1971	Garden Grove	8:00.6y
1972	San Marcos	7:53.4y
1973	Arcadia	7:46.2y
1974	La Canada	7:49.6y
1975	Notre Dame	7:49.2y
1976	Notre Dame	7:58.4y
1977	Notre Dame	7:58.6y
1979	Valhalla	7:49.5
1980	Dos Pueblos	7:53.2
1981	El Modena	7:48.4
1982	Pasadena	7:51.4
1983	La Canada	7:45.97
1984	Montebello	8:01.8
1985	Mission Viejo	7:52.25
1986	Los Gatos	7:52.23
1987	Thousand Oaks	7:45.78
1988	Crea Mexico	7:45.1
1989	Eisenhower	7:49.37
1990	Eisenhower	7:48.59
1991	Westlake	7:56.15
1992	Amador Valley	7:55.60
1993	Bakersfield	7:55.0
1994	Gunn Palo Alto	7:57.64
1995	Alta Loma	8:03.27
1996	Hemet	7:52.14
1997	De La Salle	7:48.60
1998	Tulare	7:55.39
1999	West Hills	7:53.25
2000	Don Lugo	7:45.55
2001	Long Beach Poly	7:56.98
2002	Long Beach Poly	7:56.16
2003	Long Beach Poly	7:52.19
2004	Upland	7:52.75
2005	Upland	7:54.04
2006	El Toro	7:52.83
2007	Silverado	7:54.92
2008	Ventura	8:00.73
2009	Dana Hills	7:40.30
2010	Long Beach Poly	7:47.14
2011	Torrey Pines	7:48.39
2012	Loyola	7:44.35
2013	Vista Murrieta	7:41.20
2014	Great Oak	7:42.81
2015	Centennial	7:53.28
2016	Great Oak	7:37.61
2017	Great Oak	7:47.69
2018	Loyola	7:45.77

HS BOYS 4X1500 METERS

1980	Dos Pueblos	16:22.8
1981	Compton	16:13.4

1982	Glendale	16:25.5
1983	Arroyo	17:01.1
1984	Arroyo	16:37.4
1985	University Irvine	16:33.3

HS BOYS 4X1600 METERS

1979	Santa Barbara	17:42.8
1986	Los Gatos	17:52.1
1987	Corona Del Mar	17:38.9
1988	Arroyo	17:37.7
1989	Walnut	17:35.61
1990	Camarillo	17:41.91
1991	San Pasqual	17:56.7
1992	Madera	17:48.20
1993	Hart	17:33.72
1994	Thousand Oaks	17:42.54
1995	Scripps Ranch	17:55.67
1996	De La Salle	17:34.59
1997	De La Salle	17:41.79
1998	Long Beach Poly	17:54.25
1999	Katella	17:51.39
2000	De La Salle	18:01.66
2001	Canyon (CC)	17:44.06
2008	Arcadia	17:47.71
2009	Loyola	17:35.88
2010	Arcadia	17:37.15
2012	Rancho Cucamonga	17:17.99
2013	Carlsbad	17:24.49
2014	Cal (WHit)	17:23.66
2015	Palos Verdes	17:23.21
2016	Great Oak	16:52.95
2017	Great Oak	17:29.53
2018	Great Oak	17:52.02

HS BOYS 4XMILE

1960	Santa Fe	18:47.7
1961	Santa Ana Valley	18:46.0
1962	Los Altos	18:45.6
1963	Western	18:18.8
1964	Crespi	18:13.8
1965	Crespi	17:50.6
1966	Westminster	17:56.9
1967	Duarte	19:36.2
1968	Camarillo	18:06.0
1969	Pt. Loma	17:52.1
1972	Dos Pueblos	17:39.6
1973	Lompoc	17:13.2
1974	Glendale	17:42.6
1975	San Geronio	17:34.4
1976	Crescenta Valley	17:43.0
1977	Granada Hills	17:59.0
2002	Canyon	17:46.33
2003	Murrieta Valley	17:40.74
2004	Campolindo	17:59.96
2005	Upland	18:02.01
2006	Royal Simi Valley	18:32.93
2007	Carlmont	17:39.31
2011	Arcadia	17:32.35

HS BOYS SPRINT MEDLEY

1960	Orange	3:36.0y
1961	La Habra	3:27.4y
1962	Harvard	3:49.9y
1963	Orange	3:34.0y
1964	Pomona	3:32.6y
1965	Valencia	3:35.6y
1966	La Habra	3:34.3y
1967	Troy	3:39.6y
1968	Loara	3:35.9y
1969	Los Angeles	3:28.4y
1970	Los Angeles	3:31.2y
1971	Buena Park	3:36.0y
1972	Gardena	3:31.5y
1973	San Marcos	3:34.0y
1974	Morse San Diego	3:31.4y
1975	San Geronio	3:29.4y
1976	San Geronio	3:30.0y
1977	El Modena	3:31.8y
1979	Walnut	3:32.6
1980	Compton	3:23.5
1981	Compton	3:24.9
1982	El Modena	3:27.33
1983	Compton	3:28.96
1984	Compton	3:32.5
1985	Long Beach Poly	3:32.45
1986	Centennial	3:32.29
1987	Amador Valley	3:30.06
1988	Eisenhower	3:30.49

1989	EDM Canada	3:29.36
1990	El Modena	3:36.61
1991	Centennial	3:30.47
1992	John Muir	3:30.93
1993	Bakersfield	3:32.74
1994	St. Mary's	3:31.31
1995	Hesperia	3:33.46
1996	Dorsey	3:31.74
1997	Ventura	3:34.79
1998	St. Francis	3:31.52
1999	Chino	3:24.22
2000	Long Beach Wilson	3:30.26
2001	Rancho Cucamonga	3:30.65
2002	Birmingham	3:27.30
2003	Rio Mesa	3:30.15
2004	Dorsey	3:32.61
2005	Dorsey	3:27.81
2006	Upland	3:32.23
2007	St. Mary's Albany	3:34.52
2008	Sheldon	3:32.18
2009	Serra/Gardena	3:31.29
2010	Redwood	3:28.76
2011	Long Beach Poly	3:29.62
2012	Great Oak	3:26.37
2013	Beverly Hills	3:29.79
2014	Rio Mesa	3:30.45
2015	Centennial	3:28.91
2016	Cathedral Catholic	3:31.52
2017	Centennial	3:32.73
2018	Servite	1:02.28

HS BOYS DISTANCE MEDLEY

1960	La Habra	10:36.5y
1961	St. Francis	10:42.8y
1962	La Habra	10:35.9y
1963	Lowell	10:29.4y
1964	Montebello	10:24.8y
1965	Westminster	10:24.0y
1966	Valencia	10:40.7y
1967	Westminster	10:21.1y
1968	Redlands	10:33.4y
1969	Redlands	10:21.2y
1970	Long Beach Poly	10:14.0y
1971	Los Angeles Wilson	10:20.6y
1972	Garden Grove	10:20.8y
1973	La Canada	10:21.6y
1974	La Canada	10:15.0y
1975	Patrick Henry	10:19.6y
1976	Laguna Beach	10:26.6y
1977	Eisenhower	10:27.3y
1979	Eisenhower	10:02.3
1980	Thousand Oaks	10:12.2
1981	Compton	10:10.4
1982	Eisenhower	10:17.48
1983	El Modena	10:16.21
1984	El Modena	10:19.4
1985	Villa Park	10:21.71
1986	Villa Park	10:18.73
1987	Rosemead	10:25.66
1988	Walnut	10:15.58
1989	Walnut	10:19.3
1990	Carpenteria	10:22.37
1991	Canyon	10:16.05
1992	San Pasqual	10:19.73
1993	San Pasqual	10:27.50
1994	Thousand Oaks	10:29.41
1995	Huntington Beach	10:28.67
1996	Clovis	10:34.99
1997	Mission San Jose	10:13.64
1998	Brea Olinda	10:34.04
1999	Katella	10:29.23
2000	Vista	10:18.76
2001	Los Gatos	10:12.09
2002	Royal	10:13.28
2003	Long Beach Poly	10:26.78
2004	Royal	10:22.56
2005	Loyola	10:05.12
2006	Royal Simi Valley	10:08.65
2007	Carlmont	10:27.93
2008	Loyola	10:16.46
2009	University City	10:04.43
2010	Loyola	10:05.15
2011	Loyola	10:02.23
2012	Centennial/Corona	10:05.84
2013	Vista Murrieta	10:07.73
2014	Arcadia	10:05.36
2015	Great Oak	10:05.35
2016	Great Oak	10:01.71

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2017 Claremont 10:01.90
2018 Great Oak 10:10.85

HS BOYS SHUTTLE HURDLES

1965 Monrovia 56.2y
1966 Santa Ana Valley 56.7y
1967 San Bernardino 58.1y
1968 Crespi 58.0y
1969 Pomona 57.8y
1970 Long Beach Poly 57.2y
1971 Crawford San Diego 57.0y
1972 Centennial 56.5y
1973 John Muir 57.4y
1974 San Bernardino 56.4y
1975 Pomona 56.9y
1976 John Muir 1:00.9y
1977 John Muir 1:00.6y
1979 West Covina 1:01.6y
1980 West Covina 1:01.0
1981 John Muir 1:01.7T
Pomona 1:01.7T
1982 Hawthorne 1:01.0
1983 Milliken 59.17
1984 Hawthorne 58.6
1985 Pomona 1:01.4
1986 Estancia 1:00.4
1987 Ganesha 1:00.47
1988 Claremont 1:01.6
1989 Hawthorne 1:02.9
1990 John Muir 1:00.67
1991 Huntington Beach 1:02.46
1992 John Muir 1:01.43
1993 John Muir 59.85
1994 Ventura 1:04.55
1995 John Muir 1:02.07
1996 John Muir 1:00.24
1997 Mullen 1:03.40
1998 Upland 1:02.63
1999 Dorsey 1:00.04
2000 Long Beach Poly 1:02.35
2001 Long Beach Poly 1:01.87
2002 John Muir 1:03.21
2003-2006 Event Not Held
2007 Diamond Ranch 1:01.75
2008 Notre Dame/SO 1:01.29
2009 John Muir 1:02.91
2010 Damien 1:02.01
2011 Damien 1:02.73
2012 Notre Dame/SO 1:02.11
2013 Vista Murrieta 1:01.02
2014 Long Beach Wilson 1:02.29
2015 Walnut 1:01.60
2016 Hoover 1:03.01
2017 MLK Riverside 1:02.93
2018 Servite 1:02.28

HS BOYS HIGH JUMP

1959 Joe Faust Culver City 6- 5 1/2
1960 Gary McDaniels Chaffey 6- 0 3/4
1961 Lew Hoyt San Marino 6- 7 1/8
1962 Tom Quast San Jacinto 6- 4 1/4
1963 Greg Heet Lowell 6- 2
1964 Larry Fischer Notre Dame 6- 4
1965 Larry Fischer Notre Dame 6- 8 1/4
1966 Tim Rohner Inglewood 6- 6
1967 Ed Clark Salesian 6- 4
1968 Jim Arnold San Marino 6- 7
1969 John Liddle Whittier 6- 4
1970 Dean Owens El Cajon 6- 6
1971 Bill Heitchew Alhambra 6- 8
1972 Greg Fries San Geronio 6- 7 3/4
1973 Gene Bernard Chino 6- 8 3/4
1974 Lowell Anderson Lon Beach Poly 6- 6
1975 Imre Santha Arcadia 6- 8
1976 Kevin Hall Notre Dame 6- 6 3/4
1977 Kelly Gordien Claremont 6- 8
1979 Frank Schiefer Madison 6-10
1980 Charles Mayfield John Muir 6- 6
1981 Chris Bonner Inglewood 6- 8 3/4
1982 Jon Martin Serra San Diego 6- 6
1983 Doug Dreibelbis Foothill 6-11 3/4
1984 Darren Braithwaite Australia 6-11
1985 Eric Wheelwright Edison 6- 8
1986 Derrick Moore Millikan 6- 8
1987 Dave Swanson Alemany 6-10
1988 Mark Wilson Charter Oak 6- 6
1989 Jim O'Sullivan Sir Francis Drake 7- 0
1990 Ruben Hendrix South Bakersfield 6- 8

1991 Kevin Carlson Katella 6-10
1992 Jeremy Fischer Camarillo 6-10
1993 Jeremy Fischer Camarillo 7- 2
1994 Jeremy Fischer Camarillo 7- 3
1995 Patrick Leonard Piner 6- 9 3/4
1996 Kevin Wilkinson Arroyo Grande 7- 0
1997 Joe Charlesworth Torrance 6- 6
1998 Quincy Brown Gardena 6-10
1999 Jerrick Holmes Palmdale 6-10
2000 Chad Smith Camarillo 6-10
2001 Chuka Enih-Snell Great Britain 7- 1 3/4
2002 T.J. Fakehinde Eastside Christian 6-10
2003 Zack Ryan Garces Memorial 6- 8
2004 Matthew Turner Chaffey 6- 4T
Terrance Austin Long Beach Poly 6- 4T
Michael Mason Ballenas Canada 6- 4T
David Klech Calif San Ramon 6- 4T
2005 Nathan Gwozdz La Jolla 6- 8
2006 Terrence Austin Long Beach Poly 6-10
2007 Jonathan Clark Loyola 6- 9 3/4
2008 Gerardo Rivera MX International 6-10
2009 Jules Sharpe Oaks Christian 6-10
2010 Deante Kemper Serra/Gardena 6-08
2011 Deante Kemper Serra/Gardena 6-08
2012 Noel Frazier California 6-10
2013 Randall Cunningham Bishop Gorman 7-03
2014 Randall Cunningham Bishop Gorman 7-02
2015 Michael Burke Lemoore 6-08
2016 Sean Lee Trabuco Hills 6-10
2017 Kamar Wilson Pacifica (onx) 6-06
2018 Sean Lee Trabuco Hills 7-02

HS BOYS POLE VAULT

1959 Dallas Buchanan San Marino 13- 0
1960 Jerry Mulkins California 13- 6
1961 Mike Graves El Cajon 13- 6
1962 Mike Lindsay Santa Ana 13- 6 1/4
1963 Mark Savage Claremont 14- 6 1/2
1964 Paul Wilson Warren 15- 7 1/2
1965 Paul Wilson Warren 15- 0
1966 Paul Hegler John Muir 16- 2 1/4
1967 Victor Dias Rubidoux 14- 0
1968 Tim Cochran El Cajon 14- 6
1969 Dennis Gingrich Rosemead 14- 6
1970 Mike Hill Mayfair 14- 1 1/2
1971 Mark Wilczynski Notre Dame 14- 0
1972 Al Sandoval West Covina 15- 0
1973 Tim Curran Crespi 15- 6
1974 Brian Goodman Agoura 14- 6
1975 Keith Schimmel Villa Park 16- 3 1/4
1976 John Switzer Burroughs 15- 7
1977 Anthony Curran Crespi 16- 1
1979 Tim McIntyre Los Alamitos 15- 1
1980 Greg Stull Troy 15- 5 3/4
1981 Paul Peters Villa Park 14- 7 1/4
1982 Eric White Northview 14- 6
1983 Ron Decker Clovis 14- 6
1984 George Bassett Saratoga 15- 0
1985 Simon Arkell Australia 15- 0
1986 Steve Williams Servite 15- 6
1987 Brent Burns Acalanes 16- 6
1988 Lance White Tolleson Arizona 15- 0
1989 Jason Henlon Lynwood 15- 0
1990 Erik Rameson Dos Pueblos 15- 6
1991 David Cox Hoover 15- 6
1992 Clarence Phelps Christian Brothers 15- 6
1993 Brandon Vance Los Gatos 15- 9
1994 Scott Slover Leland San Jose 16- 6 3/4
1995 Mike Brown Torrey Pines 15- 7
1996 Steve Michels Brethren Christian 14- 9
1997 Luke Stokes Edison 14- 9
1998 Dan Kassas Peninsula 15- 0
1999 Jason Lueck St. Ignatius 15- 7
2000 Logan Odden Marina 16- 4
2001 Makisi Haleck Thousand Oaks 15- 7
2002 David Moore Miramonte 15- 2
2003 Graham Bockmiller Miramonte 15- 0 3/4
2004 Josh Lubeck Royal 15- 0
2005 Jeff Coover La Jolla 15- 9
2006 Scott Roth Granite Bay 16- 7
2007 Casey Roche St. Francis Mt V 16- 8
2008 Mike Arnold Carson 15-02
2009 Michael Woepse Mater Dei 16-00
2010 Clint Rossor Loyola 15-01
2011 Peter Chapman Murrieta Valley 15-09
2012 Peter Chapman Murrieta Valley 15-06
2013 Cole Walsh Brophy College 16-07
2014 Jake David Ventura 16-04

2015 Steven French Cabrillo(lompoc) 15-06
2016 Jett Gordon Marina (HB) 16-00
2017 Armondo Duplantis Lafayette 18-03
2018 Pablo Zaffaroni Supe 17-03

HS BOYS LONG JUMP

1959 John Howard San Bernardino 24- 1 3/4
1960 Larry Rheams Lompoc 23- 6
1961 Joe Williamson Riverside Poly 23-10 1/4
1962 Spencer Williams Chaffey 22- 5
1963 Dave Appleton San Gabriel 22- 4 1/2
1964 William Spencer Chaffey 23- 2
1965 Fred Dangerfield Oxnard 23- 6 1/4
1966 Stan Edmonds Kennedy 23-11
1967 Jerry Proctor John Muir 24- 4
1968 Steven Sutton Excelsior 23- 4 1/2
1969 Benson Reed John Muir 23- 5 3/4
1970 James McAlister Blair 24- 2 1/2
1971 Tony Brown Long Beach Poly 24- 7
1972 Derek Robinson John Muir 22-10 3/4
1973 Cecil Swindell Lincoln San Diego 22-10 1/4
1974 Willie Banks Oceanside 24- 1 1/4
1975 Paul Wilson Fontana 22- 8
1976 Paul Wilson Fontana 24- 5w
1977 Gary Williams John Muir 23- 0
1979 M.T. Lee Taiwan 25-0 3/4
1980 Charles Mayfield John Muir 23- 5 3/4
1981 Ed Tave John Muir 24- 5 1/2
1982 Niki Tarver Santa Barbara 22- 4
1983 Joe Richardson Pasadena 23- 2
1984 Joe Richardson Pasadena 24- 5 1/4
1985 Larry Nelson Simi Valley 22-11 3/4
1986 Eric Dorn Estancia 22- 9 1/2
1987 Percy Knox Antelope Valley 23- 6
1988 Derrick Baker Cerritos 22- 2 3/4
1989 Pat Scott Long Bch Wilson 23- 0 1/4
1990 Jerome Price University 25- 4 3/4w
1991 Tyrone Edwards Nogales 23-10 1/2
1992 Edward Turner Morningside 24- 0
1993 Edward Turner Morningside 24- 1 3/4
1994 Jamaal Chase Quartz Hill 23- 4 3/4
1995 Ron Jenkins Hueneme 23-10 1/2
1996 Clarence Scott Dorsey 24- 5 3/4w
1997 Jerry Wells South Bakersfield 22- 9 1/4
1998 Li Xiaolong China 23- 9 1/2
1999 Jason Oliver Royal 24- 4 3/4
2000 Ya Peng Sheng China 24- 9 3/4
2001 Ron Hill Walnut 23- 4
2002 Vernon Covington Covina 23- 0w
2003 Demetr. Westbrooks Morse 23- 0
2004 Rashaad Nunnally Sheldon 23- 6 1/2
2005 Alex Pearlstone Sir Francis Drake 22- 1
2006 Emmanuel Neizer Rancho 22- 6 1/2
2007 Terry Prentice Diamond Ranch 23- 7 1/2
2008 Kenny Phillips Central/Fresno 23-09.75w
2009 Hamed Suleman Deer Valley 23-07.25
2010 Sean Combs Deer Valley 23-08
2011 Dillon Root Redwood 23-07.25
2012 Walter Jones Redlands 24-5.50
2013 Walnter Jones Redlands 23-10
2014 Nate Moore Castro Valley 25-10
2015 Derrick Monroe Cibola 23-10.75
2016 Michael Mitchell Tesoro 23-10.50
2017 CJ Stevenson Great Oak 23-02
2018 CJ Stevenson Great Oak 23-09.25

HS BOYS TRIPLE JUMP

1960 Larry Rheams Lompoc 44-3 1/2
1961-1971 Event Not Held
1972 Xavier McAfee Madison SD 45-11 1/4
1973 Alfredo Domasin Alhambra 44-5
1974 Willie Banks Oceanside 50- 7 1/4
1975 Jeff Clingen Warren 46-10 1/2
1976 Tom Lomax Workman 48- 1 1/2
1977 Cary Tyler Washington 48- 0 3/4
1979 Y. Wu Taiwan 47- 0 1/2
1980 Freeman Miller Fremont 48-10 3/4
1981 Ed Tave John Muir 49- 7 3/4
1982 Ken Williams Troy 50-11 1/2
1983 Bill Martinez Claremont 45- 7
1984 Joe Richardson Pasadena 50- 8 3/4
1985 Terrance Strong Bakersfield 47- 7
1986 Dario Robinson Covina 48- 2 3/4
1987 Dario Ruiz Mexico 49- 6 1/2
1988 Chris Shelton Duarte 45-11
1989 Phouphe Singbandith Magnolia 49-10 1/2
1990 Phouphe Singbandith Magnolia 50- 0w
1991 DeAndre Wadlinton John Muir 48- 0 3/4

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

1992	Jose Aguilar	Mexico	47- 1 3/4
1994	Jamaal Chase	Quartz Hill	48- 2 1/2
1995	Reggie Curry	Tustin	47- 5 1/4
1996	Ike Olekaibe	Cimarron Nevada	50- 8 1/4
1997	Jerrold Mack	St. Mary's	46- 2
1998	Edell Shepherd	Dorsey	49- 2 3/4
1999	Royce Jennings	Bakersfield	47- 9 1/2
2000	Ya Penh Sheng	China	49- 6 1/4
2001	Li Jing Yuan	China	47- 4 1/2
2002	Jovan Grady	Rancho Verde	47- 3 3/4w
2003	Rayland Currie	Cimarron Nevada	47- 4
2004	Lanz Epps	Reseda	46- 6
2005	Scott Tsuda	Notre Dame	46-11 1/2
2006	Marquan Jackson	Long Beach Poly	46- 9 1/2
2007	Jonathan Clark	Loyola	48- 7 1/2
2008	Steve Crouse	Colonie	48-00
2009	Hammed Suleman	Deer Valley	50-04
2010	Ignacio Rodriguez	Paramount	46-02.75
2011	Jaylen Spencer	Sultana	47-10.75
2012	Klyvens Delaunay	Claremont	48-07
2013	Ildres Bernard	Agoura	45-11.50
2014	Nate Moore	Castro Valley	49-04.25
2015	CJ Alumbres	Vista Murrieta	48-02.50
2016	Morrell Osling	Antelope Valley	48-00
2017	CJ Stevenson	Great Oak	48-04.25
2018	Luciano Mendez	Uzzi	49-09

HS BOYS SHOT PUT

1959	Charles Buehler	Whittier	54- 5 1/4
1960	Dennis Wynn	Lakewood	58- 3 3/4
1961	Larry Richards	Riverside Poly	56- 4 1/2
1962	Bernard Zwick	Rosemead	57- 7
1963	Dennis Crane	Colton	56-10 3/4
1964	Mike Pringle	Dominguez	57- 2 3/4
1965	Brodie Dunn	Mayfair	58- 7 1/2
1966	Dave Murphy	Sunny Hills	65- 1
1967	Mark Ostoich	San Bernardino	62- 5 1/2
1968	Pete Shmock	San Dieguito	59- 3 1/4
1969	Steve Lauriano	Lakewood	59- 4
1970	Roger Freberg	San Marino	62- 8 1/4
1971	Mark Stevens	Newport Harbor	63- 5 1/2
1972	Terry Albritton	Newport Harbor	66- 9 1/4
1973	Dave Doupe	Inglewood	65- 8 1/2
1974	Dave Kurrasch	Santa Ana	63- 0
1975	Dave Laut	Santa Clara	64- 5 1/2
1976	John McKenzie	Hart	64- 0 1/4
1977	Steve DeForrest	Katella	58- 2 1/2
1979	Scott Garnett	John Muir	61- 2
1980	Scott Garnett	John Muir	62- 4 1/2
1981	John Frazier	Antelope Valley	64- 2 1/2
1982	Angelo Cesari	Blair	57- 4
1983	Stewart Gyngell	Australia	60-10 1/2
1984	Brian Blutrieck	Capistrano Valley	63- 5 1/2
1985	Brian Blutrieck	Capistrano Valley	65- 0
1986	Brian Boggess	El Capitan	59- 7
1987	Kami Keshmeri	Reno	63-11 1/2
1988	Jason Miller	Clovis West	55- 8 1/2
1989	Brent Noon	Fallbrook	66- 3 1/2
1990	Rene Bustamante	Schurr	60- 1 1/2
1991	Mark Parlin	Esperanza	64- 7 3/4
1992	Jeff Buckley	Bakersfield	60- 2 1/2
1993	Tyson Lingenfelter	Upland	59- 9 1/2
1994	J.D. Martin	Madera	57- 3
1995	John Davis	LB Wilson	58- 7 1/4
1996	Jason Hammond	Fowler	65- 2
1997	Van Mounts	Bakersfield	63- 5 3/4
1998	Van Mounts	Bakersfield	67-11
1999	Joe Weber	Pacific	60- 6
2000	Rhuben Williams	Eagle Rock	63- 0 1/4
2001	Sean Shields	Arroyo Grande	59- 5 1/2
2002	Noah Bryant	Carpenteria	62- 7
2003	Gabe Long	Esperanza	58-10
2004	Chad Smith	University Irvine	60- 7 1/2
2005	Danny Rohr	Arroyo Grande	59- 6 1/4
2006	Robinson Nick	El Toro	62- 0
2007	Joe Canavan	Palm Desert	63- 5 1/2
2008	Justin Cutler	Templeton	57-02
2009	Daniel Swarbrick	Saugus	58-09.25
2010	Nicholas Scaruelis	Dos Pueblos	58-04.75
2011	Nicholas Scaruelis	Dos Pueblos	64-05.50
2012	Garrett Weinreich	Newport Harbor	59-09.25
2013	Marty Taylor	Newport Harbor	59-10.00
2014	Dotun Ogundeji	Madison (SD)	65-05.50
2015	Matt Katnik	St. John Bosco	66-06.50
2016	Bronson Osborn	Esperanza	71-07.25
2017	Kyle Tsu	Marina	60-04.75
2018	Carlos Aviles	Ventura	63-09

HS BOYS DISCUS

1965	Hadley James	Santiago	151- 4 1/2
1966	Tom Colich	Inglewood	177- 7
1967	Fred DeBernardi	Hart	178- 5
1968	Jim Ulma	Kennedy	169- 1
1969	Howard Montgomery	Glenn	170- 8
1970	Billy Joe Winchester	Mt. Miguel	166-10
1971	Fred Huston	Camarillo	171- 2
1972	Fred Huston	Camarillo	177- 9
1973	Marcus Gordien	Claremont	182- 3
1974	Bob McGuire	Foothill	166- 7
1975	Richard Stewart	La Quinta	176- 4
1976	Mark Malone	El Cajon	183- 1
1977	David Thomson	Santa Ynez	182-11
1979	Charlie Gillan	Long Bch Wilson	173- 6
1980	Phil Cookson	Grossmont	167- 1
1981	Kevin Jefferies	Newport Harbor	172- 9
1982	Rick Luiten	Monrovia	179-10
1983	Kurt Holden	Hart	176-11
1984	Kevin Richardson	Shafter	197- 6
1985	Brian Blutrieck	Capistrano Valley	191- 7
1986	Kami Keshmeri	Reno	203- 5
1987	Kami Keshmeri	Reno	224- 1
1988	Damian Jenkins	Saugus	160- 8
1989	Robert Clark	Walnut	178- 5
1990	Greg Hodel	Don Lugo	185- 1
1991	Mark Parlin	Esperanza	177- 5
1992	Jeff Buckley	Bakersfield	188- 8
1993	Chad Pearce	Trabuco Hills	179- 2
1994	Jeremy Staat	Bakersfield	180- 8
1995	John Davis	Wilson	186- 5
1996	John Bello	Ran Cucamonga	181- 0
1997	Scott Moser	Huntington Beach	192- 0
1998	Reedus Thurmond	Serra	189- 7
1999	Lucas Mackey	Hughson	195- 5
2000	Rhuben Williams	Eagle Rock	178- 1
2001	Sean Shields	Arroyo Grande	197- 5
2002	Jareed Morgan	La Quinta	194- 6
2003	Greg Garza	Indio	184- 0
2004	Eki Faagai	Huntington Beach	168- 3
2005	Danny Rohr	Arroyo Grande	192- 4
2006	Bo Taylor	Newport Harbor	194- 5
2007	Derek Johnson	Agoura	197- 2
2008	Jeremy Cutler	Lakewood	179-10
2009	Daniel Swarbrick	Saugus	176-05
2010	Brice Sandri	El Diamkante	176-04
2011	Ma'a Brown	Paramount	194-02
2012	Ethan Cochran	Newport Harbor	193-07
2013	Brendon Song	West Hills	188-02
2014	Reno Tuufuli	Liberty	185-11
2015	Michael Pertusati	Los Osos	192-08
2016	Bronson Osborn	Esperanza	204-04
2017	Robbie Otal	OKPK	196-01
2018	Corey Moore, Jr.	Liberty	187-11

HS BOYS HAMMER

1993	Wes Boudreau	Canada	215- 4
2007	Conor McCullough	Chaminade	231- 9

HS GIRLS 100 METERS

1979	Sharon Ware	Berkeley	11.8
1980	Zelda Johnson	Garey	12.10
1981	Gervaise McCraw	Ganesh	11.72
1982	Gervaise McCraw	Ganesh	11.5
1983	Faye Robinson	La Puente	12.16
1984	Paula Ready	Long Beach Poly	11.67w
1985	Chewaukii Knighten	Locke	12.24
1986	Tami Stiles	Hawthorne	11.7
1987	Janeene Vickers	Pomona	11.89
1988	Inger Miller	John Muir	12.21
1989	Angela Burnham	Rio Mesa	11.57
1990	Dena Burrows	Canada	12.13
1991	Marion Jones	Rio Mesa	11.29w
1992	Marion Jones	Thousand Oaks	11.44
1993	Heather Sumpter	John Muir	12.21
1994	Andrea Anderson	Long Beach Poly	11.86
1995	Madinah Ali	Canyon Springs	12.07
1996	Letroya Mucker	Hamilton	11.82
1997	Angela Williams	Chino	11.40
1998	Angela Williams	Chino	11.50
1999	Porchea Carroll	Rio Mesa	11.70
2000	Porchea Carroll	Rio Mesa	11.60
2001	Monique Henderson	Morse	11.68
2002	Shalonda Solomon	Long Beach Poly	11.66
2003	Allyson Felix	LA Baptist	11.24w
2004	Jasmine Baldwin	Bishop Amat	11.81
2005	Ebony Collins	LB Wilson	11.57w

2006	Ebony Collins	LB Wilson	11.55
2007	Shelise Williams	LB Wilson	11.66
2008	Yasmin Woodruff	St. Marys Academy	11.86w
2009	Ashley Woodford	Paraclete	11.83
2010	Jenna Puterbaugh	Santa Fe Christian	11.76
2011	Kylie Price	Bishop amat	11.82
2012	Brena Andrews	Independence	11.87
2013	Arianna Washington	Long Beach Poly	11.51
2014	Jade Lewis	Long Beach Poly	11.91
2015	Zaria Francis	Rio Mesa	11.45w
2016	Zaria Francis	Rio Mesa	11.50
2017	Jasmin Reed	Serra (Gard)	11.59
2018	Ariyonna Augustine	Long Beach Poly	11.67

HS GIRLS 200 METERS

1979	Kim Webster	Berkeley	24.9
1980	Diane Pullins	John Muir	24.9
1981	Gervaise McCraw	Ganesh	24.0
1982	Gervaise McCraw	Ganesh	23.68w
1983	Faye Robinson	La Puente	24.51
1984	Kathy Roberts	Cerritos	23.52
1985	Tesha Giddens	Locke	24.17
1986	Tami Stiles	Hawthorne	23.89
1987	Janeene Vickers	Pomona	24.17
1988	Simone Cain	Hueneme	24.65
1989	Karen Clark	Calgary	24.32
1990	Shanequa Campbell	Alta Loma	24.35
1991	Tara Penny	Vancouver BC	24.77
1992	Camille Noel	Magee	23.69
1993	Andrea Anderson	Long Beach Poly	24.36
1994	Aminah Haddad	Long Beach Poly	24.11
1995	Madinah Ali	Canyon Springs	24.42
1996	Angela Williams	Chino	23.56
1997	Atia Weekes	Calgary	24.10
1998	Angela Williams	Chino	23.64
1999	Monique Henderson	Morse	23.65w
2000	Aisha Margain	Berkeley	23.10w
2001	Monique Henderson	Morse	23.16
2002	Allyson Felix	LA Baptist	23.05
2003	Deana Lawrence	Sheldon	23.60w
2004	Carol Rodriguez	Long Bch Wilson	25.21
2005	Tianna Hood	LB Wilson	23.97
2006	Elizabeth Olear	Louisville	23.75w
2007	Shelise Williams	LB Wilson	23.73
2008	Akawkaw Ndigabov	Long Beach Poly	24.11w
2009	Jessica Davis	Highland	24.10
2010	Jenna Puterbaugh	Santa Fe Christian	23.70
2011	Akawkaw Ndigabov	Long Beach Poly	24.20
2012	LaTroya Franklin	LB Jordan	24.05w
2013	Gabriella Cantrell	San Leandro	23.97
2014	Arianna Washington	Long Beach Poly	23.50
2015	Lauren Rain Williams	Oaks Christian	23.19
2016	Lauren Rain Williams	Oaks Christian	23.07
2017	Jasmin Reed	Serra (Gard)	23.59
2018	De'Anna Nowling	Calabasas	24.03

HS GIRLS 400 METERS

1979	Kim White	Berkeley	55.2
1980	Linda Ransom	Pasadena	57.8
1981	Gayle Kellon	Walnut	55.62
1982	Andrea Rolfe	Dorsey	55.22
1983	Gayle Kellon	Walnut	53.4
1984	Janice Farwell	Millikan	54.90
1985	Princess Bennett	Compton	55.68
1986	Janeene Vickers	Pomona	53.28
1987	Angela Rolfe	Dorsey	53.68
1988	Cheryl Allen	Canada	56.28
1989	Angela Burnham	Rio Mesa	54.09
1990	Marion Jones	Rio Mesa	54.21
1991	Marion Jones	Rio Mesa	53.84
1992	Seanna Stansford	Australia	57.15
1993	Ja'Launa Gilford	Long Beach Poly	56.96
1994	Myesha Williams	Long Beach Poly	56.73
1995	Angela Williams	Chino	54.79
1996	Aisha Washington	Long Beach Poly	56.44
1997	Angelita Green	Long Beach Poly	55.27
1998	Nakiya Johnson	Ayala	55.36
1999	Nakiya Johnson	Ayala	53.45
2000	T'Carra Penick	Berkeley	55.54
2001	Gabriela Medina	Mexico	55.79
2002	Keisha Gaines	Stockdale	55.36
2003	Jasmine Lee	Long Beach Poly	53.98
2004	Myra Hasson	Gardena	54.17
2005	Valencia Wilson	Cheyenne	55.60
2006	Brianna Atkins	Rancho	54.47
2007	Joy Eaton	St. Lucy's	55.65
2008	Carlyle Davis	Marlborough	55.74
2009	Akawkaw Ndigabov	Long Beach Poly	54.51

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2010	Vanessa Jones	Etiwanda	54.13	2011	Jennifer Owen	West Ranch	4:55.43	2010	Kori Carter	Claremont	13.65w
2011	Chimere Ezumdh	Serra	54.55	2012	Mariel Mendoza	J.W. North	4:51.98	2011	Melia Cox	Long Beach Poly	13.54
2012	Ellisha Bryant	Piedmont Hills	55.27	2013	Emma Abrahamson	La Costa Canyon	4:51.44	2012	Tracie Hicks	Long Beach Poly	13.22w
2013	Nia Dorner	Cordova	54.37					2013	Sasha Wallace	Castro Valley	13.43
2014	Simone Buchanan	Eleanor Roos	55.87					2014	Tiana Bonds	Centennial	13.62
2015	Jasmine Stauffacher-Gray	North Canyon	54.85					2015	Jasmyne Graham	Roosevelt(cor)	13.29w
2016	Madison Aldred	Arbor View	55.08					2016	Brittley Humphrey	Hoover	13.24
2017	Shae Anderson	Norco	51.99					2017	Jurnee Woodward	Vacaville	13.84
2018	Milayah Medley	El Toro	54.71					2018	Jada Hicks	Upland	13.54

HS GIRLS 800 METERS

1979	Y. D. Wang	Taiwan	2:22.0
1980	Mei-Feng Deng	Chung Hwe China	2:16.5
1981	Donna Curtis	Culver City	2:10.6
1982	Michelle Taylor	Ganessa	2:11.78
1983	Kerri Zaleski	Millikan	2:08.75
1984	Trena Hull	Compton	2:11.49
1985	Leslie Noll	Mt. Carmel	2:15.36
1986	Darcy Arreola	Grossmont	2:10.0
1987	Kim McAllister	Locke	2:14.19
1988	Kristin Hand	Fallbrook	2:18.9
1989	Kathy Roldan	Mt. Whitney	2:12.16
1990	Irma Betancourt	Mexico	2:08.05
1991	Kamara Mayberry	St. Bernard	2:13.45
1992	Christie Engesser	Ocean View	2:12.45
1993	Christie Engesser	Ocean View	2:13.2
1994	Monica Medina	Mexico	2:13.05
1995	Saleena Roberts	Australia	2:08.99
1996	Karla Bettancourt	Mexico	2:09.20
1997	Molly Austin	Mullen	2:13.27
1998	Lauren Fleshman	Canyon	2:11.87
1999	Liz Morse	Corona Del Mar	2:13.29
2000	Fabiola Saenz	Mexico	2:14.60
2001	Gabriela Medina	Mexico	2:13.58
2002	Brandi Armstrong	Saskatoon	2:13.55
2003	Kelly McCann	La Costa Canyon	2:12.51
2004	Kelly McCann	La Costa Canyon	2:12.58
2005	Kelly McCann	La Costa Canyon	2:11.31
2006	Cristina Esteban	Mexico	2:09.18
2007	Kate Grace	Marlborough	2:10.18
2008	Camilla Dencer	West Valley Ch	2:09.61
2009	Carlyle Davis	Marlborough	2:09.57
2010	Tiffany Lollar	Paramount	2:11.91
2011	Kaela Edwards	Littleton (Co)	2:13.35
2012	Kaela Edwards	Littleton (Co)	2:09.16
2013	Kayla Ferron	Redondo Union	2:12.67
2014	Amber Gore	Redondo Union	2:12.19
2015	Dani Jones	Desert Vista	2:08.85
2016	Cassie Durgy	Huntington Beach	2:11.50
2017	Allie Schadler	Rio Rico	2:08.56
2018	Mikaela Ramirez	Ayala	2:11.89

HS GIRLS 1500 METERS

1979	Cindy Schmandt	Santa Barbara	4:29.1
1980	Polly Plumer	University Irvine	4:29.9
1981	Shelly Hazlett	Saugus	4:41.35
1982	Vickie Cook	Alemany	4:34.2
1983	Michelle Lyons	Australia	4:25.9
1984	Kathy Jarvis	Havre Montana	4:38.5
1985	Krishna Wood	Australia	4:36.01
1986	Laura Chapel	University City	4:28.96
1987	Kira Jorgenson	Vista	4:30.88
1988	Christy Bache	University City	4:31.01
1989	Tammy Solomon	Calgary	4:58.1
1990	Nikki Shaw	Fillmore	4:36.1
1991	Robin Snowbeck	University SD	4:38.47
1992	Nikki Shaw	Fillmore	4:31.32
1993	Angie Froese	Canada	4:32.97
1994	Amy Teer	Valley Royals	4:39.97
1995	See HS Girls 1600 Meters		
1996	Jenifer Martin	Norco	5:24.26
1997	Fabiola Saenz	Mexico	4:38.97
1998	Emily Kroschus	Calgary Spartans	4:38.47
1999	Emily Kroschus	Calgary Spartans	4:31.07
2000	Sara Bei	Montgomery	4:30.43
2001	Amber Steen	Newport Harbor	4:28.00
2002	Jacqueline Zeigle	Bingham	4:34.02
2003	Claire Rethmeier	San Pasqual	4:34.96

HS GIRLS 1600 METERS

1995	Monica Martell	Mexico	4:59.29
2004	Claire Rethmeier	San Pasqual	5:02.89y
2005	Marie Lawrence	Reno	4:52.05y
2006	Marie Lawrence	Reno	4:53.38y
2007	Justine Fedronic	Carlmont	4:51.40
2008	Dynasty Gamage	Long Beach Poly	5:06.07
2009	Carlyle Davis	Marlborough	5:02.46
2010	Stephanie Bulder	Saugus	4:58.06

HS GIRLS MILE

2014	Sydney Badger	Centennial	4:52.16
2015	Marissa Williams	Palisades Charter	4:54.52
2016	Rylee Bowen	Sonoma Academy	4:47.26
2017	Rylee Bowen	Sonoma Academy	4:48.44
2018	Mariah Castillo	Saugus	4:45.24

HS GIRLS 3000 METERS

1982	Tanya Fischer	Chaminade	9:48.4
1983	Tanya Fischer	Chaminade	9:37.1
1984	Kathy Jarvis	Havre Montana	9:54.8
1985	Gloria Corona	Mexico	9:56.0
1986	Maria Carmen Diaz	Mexico	9:41.6
1987	Kira Jorgenson	Rancho Buena Vis	9:36.51
1988	Kira Jorgenson	Rancho Buena Vis	9:56.47
1989	Gisela Vallejo	Mexico	9:48.64
1990	Karen Hecox	South Hills	10:00.3
1991	Maria De La Luz	Mexico	9:58.00
1992	Juana Sanchez	Mexico	9:57.56
1993	Dolores Valencia	Mexico	9:46.37
1994	Laura Flores	Mexico	10:00.16
1995	Marta Garces	Mexico	10:40.70 [3200]
1996	Kim Mortensen	Thousand Oaks	9:15.89
1997	Andrea Neipp	Highland	9:28.25
1998	Yvonne Liebig	Kennedy Sacram	9:58.94
1999	Sara Bei	Montgomery	9:46.27
2000	Sara Gorton	Mountain Pointe	9:36.24
2001	Zhao Yuan	China	9:54.60
2002	Laura Zeigle	Bingham	9:48.59
2003	Amber Harper	Orem Utah	9:54.44
2004-2006	Event Not held		

HS GIRLS 3200 METERS

2007	Stephanie Felix	La Mirada	10:52.39
2008	Meghan Marvin	Clovis	10:46.57
2009	Karlee Owens	Arroyo Grande	10:48.05
2010	Jennifer Owen	West Ranch	11:01.39
2011	Hanna Peterson	ML King	10:52.48
2012	Keli Sugimoto	Mira Costa	10:54.92
2013	Danielle Shanahan	Bishop Montg	10:39.23
2014	Amanda Gehrich	Tesoro	10:38.72
2015	Claire Graves	Citrus Valley	10:39.05
2016	Lannah Tobin	El Toro	10:36.07
2017	Hannah Gregory	Fort Collins	10:08.31
2018	Maddy Denner	Oak Ridge	10:08.01

HS GIRLS 5000 METERS

2004	Lindsay Flacks	Harvard Westlake	16:51.64
2005	Marie Lawrence	Reno	16:59.92
2006	Marie Lawrence	Reno	17:14.19

HS GIRLS 100 METER HURDLES

1979	Judy Young	Berkeley	14.19
1980	Marilyn Harmon	San Marcos	14.19
1981	Laura Mills	University	14.13
1982	Cece Chandler	Elsinore	14.30
1983	Chewaukii Knighten	Locke	14.40
1984	Leslie Maxie	Mills Millbrae	13.79w
1985	Chewaukii Knighten	Locke	14.23
1986	Janeene Vickers	Pomona	13.56
1987	LaShawn Simmons	El Monte	13.81
1988	Latanya Davenport	Locke	14.59
1989	Latanya Davenport	Locke	14.09
1990	Kim Dill	Poway	14.58w
1991	Erin Blunt	San Pasqual	14.26
1992	Kim Warner	West Bakersfield	14.16
1993	Susana Quevedo	Mexico	14.85
1994	Andrea Wasden	Rio Mesa	14.64
1995	Felicia Stone	Kennedy	14.64
1996	Nicole Hoxie	John W. North	13.89
1997	Michelle Perry	Quartz Hill	14.54
1998	Dana Bethel	Mission Viejo	14.47
1999	Dana Bethel	Mission Viejo	14.24
2000	Daneeka Torrey	Taft	13.99
2001	Lashinda Demus	LB Wilson	13.61
2002	Virginia Powell	Rainer Beach	13.62
2003	Tiffany McDonald	Peoria Arizona	13.94
2004	Dashanta Harris	Long Beach Poly	14.03
2005	Kira Robinson	Mullen	13.74
2006	Ebony Collins	LB Wilson	13.79
2007	Natalie Roy	Mission Viejo	14.26w
2008	Ashtyn Baltimore	Marlborough	14.16
2009	Kori Carter	Claremont	13.96

HS GIRLS 300 METER HURDLES

1982	See HS Girls 400 Meter Hurdles		
1983	Gayle Kellon	Walnut	42.2
1984	Leslie Maxie	Mills	40.9
1985	Mia Gabbedy	Australia	44.2
1986	Janeene Vickers	Pomona	42.82
1987	Janeene Vickers	Pomona	42.3
1988	Michelle De Coux	Bishop O'Dowd	42.9
1989	Shanequa Campbell	Alta Loma	43.85
1990	Kim Dill	Poway	44.77
1991	Erin Blunt	San Pasqual	43.3
1992	Erin Blunt	San Pasqual	43.84
1993	Nicole Thomas	Morningside	43.86
1994	Nicole Thomas	Morningside	43.66
1995	Nueemah Withey	Long Beach Poly	44.69
1996	Hannah Cooper	Hawthorne	43.89
1997	Mandy Mazik	Capuchino	44.19
1998	Francis Santin	Taft	43.39
1999	Amanda Shanklin	Santa Margarita	43.41
2000	Tunisia Johnson	Long Beach Poly	44.13
2001	Tiffany Brown	Stockdale	43.39
2002	Tunisia Johnson	Long Beach Poly	42.58
2003	Eryn Mack	Santa Monica	43.20
2004	Kiani Profit	John Muir	43.71
2005	Ebony Collins	LB Wilson	41.80
2006	Ebony Collins	LB Wilson	40.97
2007	Turquoise Thompson	Long Beach Poly	41.74
2008	Jacinta Doyle	Meridien	42.27
2009	Kori Carter	Claremont	42.84
2010	Kori Carter	Claremont	42.14
2011	Candice McFarland	Legacy	42.48
2012	Jade Miller	Great Oak	42.14
2013	Jade Miller	Great Oak	41.31
2014	Tiana Bonds	Centennial	41.29
2015	Jasmyne Graham	Roosevelt(cor)	41.92
2016	Brittley Humphrey	Hoover	41.62
2017	Jurnee Woodward	Vacaville	41.81
2018	Kyla Robinson-Hubbard	Calabasas	42.31

HS GIRLS 400 METER HURDLES

1982	Gayle Kellon	Walnut	1:03.6
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HS GIRLS 4X100 METERS

1975	Chaffey	51.9y
1976	John Muir	48.1y
1977	Centennial	48.6y
1979	Berkeley	46.56
1980	John Muir	48.8
1981	Kennedy	46.5
1982	Dorsey	46.55
1983	Hawthorne	47.42
1984	Hawthorne	46.97
1985	Hawthorne	45.29
1986	Hawthorne	46.21
1987	Morse	46.89
1988	Ganessa	50.2
1989	St. Francis	48.08
1990	John Muir	47.35
1991	Morningside	46.71
1992	Morningside	45.83
1993	Long Beach Poly	45.94
1994	Long Beach Poly	46.61
1995	Long Beach Poly	45.60
1996	Long Beach Poly	47.19
1997	Long Beach Poly	46.15
1998	St. Bernards	45.96
1999	Long Beach Poly	47.85
2000	Mojave	47.06
2001	Long Beach Poly	46.59
2002	Long Beach Poly	45.83
2003	Long Beach Poly	45.36
2004	Long Beach Poly	45.24
2005	Long Beach Wilson	45.73
2006	Long Beach Wilson	45.22
2007	Long Beach Poly	46.53
2008	Long Beach Poly	46.92
2009	St. Mary's Academy	46.12

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2010	St. Mary's Academy	46.39
2011	Long Beach Poly	45.70
2012	Long Beach Poly	46.64
2013	Long Beach Poly	45.96
2014	Long Beach Poly	45.66
2015	Long Beach Poly	46.02
2016	Serra (Gardena)	46.01
2017	Serra (Gardena)	46.68
2018	Upland	45.71

HS GIRLS 4X200 METERS

1982	Manual Arts	1:39.1
1983	Hawthorne	1:39.80
1984	Hawthorne	1:40.5
1985	Hawthorne	1:36.87
1986	Hawthorne	1:37.8
1987	Hawthorne	1:40.67
1988	Hueneme	1:43.92
1989	Rio Mesa	1:42.48
1990	Rio Mesa	1:40.90
1991	Morningside	1:37.81
1992	Long Beach Poly	1:39.04
1993	John Muir	1:42.65
1994	Long Beach Poly	1:36.77
1995	Long Beach Poly	1:37.32
1996	Dorsey	1:40.26
1997	Long Beach Poly	1:37.32
1998	Long Beach Poly	1:39.89
1999	Long Beach Poly	1:39.60
2000	Berkeley	1:39.63
2001	Long Beach Wilson	1:38.15
2002	Long Beach Poly	1:37.20
2003	Long Beach Poly	1:37.80
2004	Long Beach Wilson	1:39.47
2005	Long Beach Wilson	1:38.74
2006	Collinwood Ohio	1:41.42
2007	Long Beach Wilson	1:38.60
2008	Long Beach Poly	1:40.08
2009	Serra/Gardena	1:38.15
2010	St. Mary's Academy	1:38.71
2011	Long Beach Poly	1:38.32
2012	LB Jordan	1:40.97
2013	Eleanor Roosevelt (Cor.)	1:39.75
2014	Long Beach Poly	1:40.00
2015	St. Mary's Academy	1:39.19
2016	Serra (Gardena)	1:38.07
2017	Carson	1:37.59
2018	Serra	1:38.76

HS GIRLS 4X400 METERS

1975	Arcadia	4:11.4y
1976	Pomona	4:03.9y
1977	Esperanza	4:01.0
1979	La Canada	4:03.0
1980	Thousand Oaks	3:57.8
1981	Kennedy Gran Hills	3:42.38
1982	Manual Arts	3:43.5
1983	Compton	3:50.85
1984	Millikan	3:45.95
1985	John Muir	3:45.10
1986	Mexico	3:50.20
1987	John Muir	3:50.88
1988	Canada	3:58.77
1989	St. Francis	3:49.83
1990	Morningside	3:48.6
1991	Morningside	3:49.20
1992	Morningside	3:50.87
1993	Morningside	3:44.97
1994	Long Beach Poly	3:49.67
1995	St. Bernard	3:56.30
1996	Dorsey	3:51.34
1997	Long Beach Poly	3:44.54
1998	St. Bernards	3:48.67
1999	Westchester	3:50.24
2000	Morningside	3:50.81
2001	Long Beach Poly	3:46.22
2002	Rancho Cucamonga	3:45.43
2003	Rancho Cucamonga	3:49.42
2004	Rancho Cucamonga	3:50.25
2005	Rancho Cucamonga	3:46.89
2006	Rancho Cucamonga	3:46.93
2007	Rancho Cucamonga	3:55.54
2008	Deer Valley	3:50.49
2009	Deer Valley	3:49.00
2010	Long Beach Poly	3:43.33
2011	Serra/Gardena	3:42.58
2012	Silverado	3:50.67
2013	Long Beach Poly	3:47.23

2014	Long Beach Poly	3:48.64
2015	Arcadia	3:48.90
2016	Oaks Christian	3:51.17
2017	Quartz Hill	3:51.22
2018	Dana Hills	3:47.68

HS GIRLS 4X800 METERS

1977	Injure Mexico	9:41.5y
1979	Valhalla	9:33.3
1980	Chung Hwa China	9:22.7
1981	Manual Arts	9:15.6
1982	Manual Arts	9:15.8
1983	Foothill	9:10.70
1984	Torrance	9:38.0
1985	Edison	9:41.9
1986	Hawthorne	9:36.5
1987	Australia	9:14.24
1988	Palos Verdes	9:23.3
1989	Hawthorne	9:41.25
1990	Mt. Carmel	9:25.99
1991	Santa Teresa	9:38.60
1992	Los Gatos	9:29.68
1993	Long Beach Poly	9:26.10
1994	Amador Valley	9:24.59
1995	Long Beach Poly	9:26.66
1996	Taiwan	9:09.23
1997	Long Beach Poly	9:17.68
1998	Mullen	9:18.01
1999	Long Beach Poly	9:25.11
2000	Long Beach Wilson	9:17.44
2001	Long Beach Wilson	9:18.64
2002	Long Beach Poly	9:13.03
2003	Long Beach Poly	9:06.00
2004	Long Beach Wilson	9:21.83
2005	Long Beach Poly	9:18.17
2006	Mission Viejo	9:31.44
2007	Ryton Australia	9:23.04
2008	El Modena	9:37.44
2009	Long Beach Poly	9:09.70
2010	Harvard Westlake	9:13.29
2011	Harvard Westlake	9:03.77
2012	Harvard Westlake	9:08.69
2013	Redondo Union	9:06.57
2014	Great Oak	9:14.43
2015	Serrano	9:33.59
2016	Palos Verdes	9:08.18
2017	Centennial	9:07.31
2018	Great Oak	9:03.31

HS GIRLS 4X1500 METERS

1980	Arcadia	21:06.1
1981	University Irvine	19:57.8
1982	University Irvine	18:52.5
1985	Edison	19:42.5

HS GIRLS 4X1600 METERS

1986	Mexico	20:49.6
1987	Mexico	20:34.1
1988	Palos Verdes	20:55.3
1989	Australia	21:08.24
1990	Agoura	21:26.18
1991	Agoura	20:35.05
1992	Agoura	20:29.15
1993	Mexico	20:23.41
1994	Mexico	21:05.6
1995	Mexico	20:58.98
1996	Mexico	20:35.34
1997	Yucaipa	20:57.13
1998	Yucaipa	20:57.73
1999	Santa Rosa	21:21.88
2000	Peninsula	21:21.68
2001	Peninsula	20:47.32
2007	Roosevelt Md	20:41.41
2008	Carondelet	20:46.02
2009	Saugus	20:45.61
2010	Redondo Union	20:03.48
2012	Redondo Union	20:01.38
2013	Saugus	20:21.47
2014	Davis	20:03.24
2015	Great Oak	19:53.81
2016	Great Oak	19:52.88
2017	Great Oak	20:14.29
2018	Great Oak	20:06.96

HS GIRLS 4XMILE

2002	San Pasqual	21:27.91
2003	Sultana	21:04.02
2004	College Park	20:33.97

2005	Corona del Mar	20:32.33
2006	Rocky Mtn Colorado	21:03.14
2011	Saugus	20:09.51

HS GIRLS SPRINT MEDLEY

1976	Pomona	1:49.2y
1977	Pomona	1:48.4y
1979	Berkeley	1:44.5
1980	John Muir	1:47.9
1981	Manual Arts	1:44.5
1982	Hawthorne	1:45.6
1983	Australia	1:47.3
1984	Dos Pueblos	1:50.8
1985	Redwood	1:48.8
1986	Compton	1:44.3
1987	Hawthorne	1:42.0
1988	Long Beach Poly	1:45.55
1989	St. Francis	1:44.97
1990	Alta Loma	1:47.60
1991	Hawthorne	1:46.40
1992	Bakersfield	1:44.67
1993	Channel Islands	1:51.93
1994	Eisenhower	1:51.20
1995	Edison	1:50.1
1996	Long Beach Poly	1:49.25
1997	Chino	1:46.66
1998	Eisenhower	1:51.45
1999	Birmingham LA	1:48.11
2000	Berkeley	1:42.08
2001	Event Not Held	
2002	Long Beach Poly	4:06.75
2003	Long Beach Wilson	3:53.28
2004	Long Beach Poly	3:57.10
2005	Rancho Cucamonga	4:05.25
2006	Long Beach Poly	4:11.20
2007	Deer Park Antioch	4:11.20
2008	Harvard Westlake	4:12.39
2009	Carson	4:05.12
2010	Long Beach Poly	3:56.03
2011	Harvard Westlake	3:57.23
2012	Littleton (Co)	4:04.41
2013	Murrieta Mesa	4:05.58
2014	Piedmont Hills	3:59.65
2015	Centennial	4:05.49
2016	Great Oak	4:01.69
2017	Centennial	4:04.35
2018	Chino Hills	4:04.48

HS GIRLS DISTANCE MEDLEY

1976	Madison	12:57.6
1977	Santa Barbara	12:58.8y
1979	Valhalla	12:17.6
1980	Santa Barbara	12:07.8
1981	El Capitan	12:25.2
1982	University Irvine	11:44.53
1983	University Irvine	12:21.1
1984	Poway	12:06.1
1985	Redwood	11:48.8
1986	Newbury Park	12:03.80
1987	Mexico	12:16.10
1988	South Hills	12:24.27
1989	Rancho Buena Vista	12:09.84
1990	Amador Valley	12:34.8
1991	Agoura	11:59.46
1992	Fallbrook	12:07.00
1993	Fallbrook	12:01.31
1994	Kalaeo Hawaii	11:48.38
1995	Thousand Oaks	12:28.75
1996	Pasadena	12:52.76
1997	St. Ignatius	12:21.74
1998	Yucaipa	12:13.48
1999	Clovis	12:33.69
2000	Foothill	12:19.86
2001	Glendale Hoover	12:25.61
2002	College Park	12:20.76
2003	San Marcos SB	12:11.76
2004	College Park	11:57.71
2005	Brea Olinda	12:25.89
2006	Penninsula	12:24.60
2007	Roosevelt Md	11:58.81
2008	Saugus	11:51.58
2009	Dana Hills	11:47.39
2010	Torrey Pines	11:41.84
2011	Harvard Westlake	11:45.74
2012	Simi Valley	11:59.68
2013	Simi Valley	11:47.74
2014	Great Oak	11:54.28
2015	Great Oak	11:46.92

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2016	Great Oak	11:41.54
2017	El Toro	11:52.99
2018	Great Oak	11:53.83

HS GIRLS SHUTTLE HURDLES

1976	Point Loma	1:10.2y
1981	Santa Barbara	1:04.6
1982	West Torrance	1:03.1
1983	Fountain Valley	1:07.02
1984	John Muir	59.6
1985	John Muir	1:00.3
1986	Hawthorne	1:01.8
1987	Thousand Oaks	1:02.45
1988	Locke	59.2
1989	San Pasqual	1:03.2
1990	San Pasqual	1:04.61
1991	San Pasqual	1:02.62
1992	John Muir	59.42
1993	Rio Mesa	1:07.44
1994	Rancho Bernardo	1:05.02
1995	John Muir	1:06.52
1996	Thousand Oaks	1:08.43
1997	John Muir	1:06.21
1998	John Muir	1:05.56
1999	El Modena	1:06.32
2000	Long Beach Wilson	1:02.15
2001	John Muir	1:03.85
2002	John Muir	1:03.62
2003-2006 Event Not Held		
2007	John Muir	1:02.37
2008	John Muir	1:05.27
2009	LB Wilson	1:05.62
2010	Murrieta Valley	1:03.82
2011	Clovis West	1:02.19
2012	Long Beach Poly	57.91
2013	Long Beach Poly	59.91
2014	Long Beach Poly	58.50
2015	Carson	1:02.85
2016	Hoover	57.89
2017	Centennial	1:00.34
2018	Centennial	1:03.87

HS GIRLS HIGH JUMP

1976	Patty Stafford	Claremont	5- 1 3/4
1977	Kari Gossweiler	Upland	5- 7
1979	Y C. Liu	Taiwan	5- 7
1980	Laura Mills	University	5- 8
1981	Laura Mills	University	5- 7
1982	Elisa Cooks	Long Bch Wilson	5- 6
1983	Elisa Cooks	Long Bch Wilson	5- 8
1984	Cathy Sharpe	Australia	5-10
1985	Jamie Houlton	San Dimas	5- 6
1986	Yleana Carrasco	Anaheim	5-10
1987	LaShawn McBride	Long Beach Poly	5- 9
1988	Jenny Morgan	Australia	5- 8
1989	Coralea Brown	Edmonton	5- 9 1/4
1990	Jennifer Stewart	Notre Dame	5- 2
1991	Kim Blenkinship	Torrance	5- 4
1992	Danielle Boswell	Bullard	5-10
1993	Tina Bowman	Newport Harbor	5- 9 1/4
1994	Shavent Williams	Long Beach Poly	5- 8
1995	Shavent Williams	Long Beach Poly	5- 8
1996	Tara Flaming	Immanuel	5- 8
1997	Liz Giltner	Chaminade	5- 7
1998	Schquay Brignac	Cleveland	5- 8
1999	Anmarie Turpin	Simi Valley	5- 8
2000	Erica Menzel	San Marcos	5- 6
2001	Schquay Brignac	Taft	5- 6
2002	Julia Pitts	North Torrence	5- 8
2003	Sharon Day	Costa Mesa	5-10
2004	Zhao Jing	Shanghai Yucai	5- 8
2005	Emily Sheppard	Norwesters Track	5-10
2006	Karly Neveu	Earl Marriott BC	5- 8
2007	Ashley Smith	LB Millikan	5- 8
2008	Adrienne Johnson	Carondelet	5-09
2009	Tara Richmond	Long Beach Poly	5-08
2010	Tara richmond	Long Beach Poly	5-10
2011	Alexus Dalton	Long Beach Poly	5-06
2012	Asia Chesley	Stockdale	5-06
2013	Claire Kieffer-Wright	South Pasadena	6-00
2014	Vashti Cunningham	Bishop Gorman	6-01
2015	Vashti Cunningham	Bishop Gorman	6-04.50
2016	Devyn Weisenberger	Rio Mesa	5-06
2017	Alexa Porpacy	Semiahoo Sed	5-10
2018	Alyshah Hickey	Coronado	5-10

HS GIRLS POLE VAULT

1997	Bridget Pearson	Hoover	11- 6
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1998	Katie Rorem	Marina	11- 6
1999	Kathleen Donoghue	Rancho Bernardo	12- 1
2000	Sarah Merino	Hayward	11- 6
2001	Melissa Astete	Birmingham	12- 8
2002	Chelsea Johnson	Atascadero	13- 4
2003	Kira Costa	San Joaquin Mem.	13- 1 3/4
2004	Monica Pacas	Atascadero	12- 6
2005	Kate Mattoon	Rancho Bernardo	12- 9T
	Allison Stokke	Newport Harbor	12- 9T
2006	Tori Anthony	Castilleja	13- 1
2007	Tori Anthony	Castilleja	13-10
2008	Kortney Ross	Westview	11-05
2009	Allison Koresse	Huntington Beach	12-02
2010	Sierra Hearne	Paraclete	12-05.50
2011	Angenae Monteverde	Clovis West	11-11.75
2012	Mimi Lian	Rancho Bernardo	12-06
2013	Gardenia Centanaro	Eleanor Roos	12-00
2014	Melissa Maneatis	Del Oro	12-00
2015	Rachel Baxter	Canyon(Anaheim)	12-06
2016	Rachel Baxter	Canyon(Anaheim)	13-08
2017	Rachel Baxter	Canyon(Anaheim)	14-00
2018	Reagann Leleux	Catholic, Nebraska	12-06

HS GIRLS LONG JUMP

1976	Karen Taylor	Point Loma	17- 7 1/2
1977	Veronica Bell	Garey	17- 4
1979	Marlene Harmon	Thousand Oaks	18- 3 1/4
1980	Tsai Jouw	Corona Del Mar	17- 4 1/4
1981	Geri Golden	Carson	17- 7
1982	Gabriela Romero	Mexico	18- 1 3/4
1983	Jill Humphreys	Beverly Hills	18- 2 1/4
1984	Cheryl Henderson	Fountain Valley	18- 2 1/2
1985	Sandra Priestly	Australia	19- 1 1/4w
1986	Rosalyn Mitchell	Diamond Bar	18- 7 1/4
1987	LaShawn Simmons	El Monte	18-11 1/2
1988	April Nash	Ontario	17- 9 3/4
1989	Marlo Blissen	Australia	17- 6 1/2
1990	Juliana Yendork	Walnut	18-10 3/4
1991	Nicole Haynes	Bishop Montgom	18- 8 3/4
1992	Kim Warner	West Bakersfield	18- 6 3/4
1993	Amy Littlepage	Mt. Miguel	19- 1 1/2
1994	Jernae Wright	James Logan	19- 8 1/4
1995	Pam Simpson	Long Beach Poly	18-10 1/2
1996	Michelle Perry	Quartz Hill	18- 1 3/4
1997	Bunmi Ogunleye	Long Beach Poly	19- 3 1/4
1998	Moncayo Paola	Mexico	18- 3 1/4
1999	Porchea Carroll	Rio Mesa	19- 2
2000	Porchea Carroll	Rio Mesa	18- 4 1/2
2001	Candice Bauchman	Long Beach Poly	19- 4
2002	Gayle Hunter	King	18- 5 1/4
2003	Sparkle Anderson	Serra SD	19- 0 1/2
2004	Shana Woods	Long Beach Poly	19- 3
2005	Sabrina Nettey	Johnston Heights	20- 3 1/4
2006	Ashika Charan	Claremont	19- 8
2007	Christabel Netty	Canada	20- 1 1/4
2008	Karyn Dunn	Diamond Ranch	20-04.25w
2009	Ashtyan Baltimore	Marlborough	18-08
2010	Amaber Sanford	ML King	18-08.50
2011	Kylie Price	Bishop Amat5	19-10.50
2012	Alexis Faulkner	Serra	19-09.75
2013	Courtney Corrin	Harvard Westlake	20-11.00
2014	Courtney Corrin	Harvard Westlake	20-08.25
2015	Courtney Corrin	Harvard Westlake	20-08.50
2016	Destiny Longmire	Rancho Verde	18-09.25
2017	Zhane Smith	Long Beach Poly	18-05.75
2018	Indiah Turner	Carson	19-05.25

HS GIRLS TRIPLE JUMP

1985	Lynda Jones	Mt. Carmel	37- 5 1/4
1986	Debbie Orr	Ocean View	38- 8 1/4
1987	Jackie Anderson	Mt. Miguel	40- 7
1988	Stacey Thompson	Morse	38- 7 3/4
1989	Juliana Yendork	Walnut	41- 1 1/4w
1990	Juliana Yendork	Walnut	41-10 1/2w
1991	Danielle Brown	Sunny Hills	37- 9 1/2
1992	Amy Littlepage	Mt. Miguel	38- 5 3/4
1993	Amy Littlepage	Mt. Miguel	39- 3 1/2
1994	Sandra Friederich	Mexico	38- 1 1/4
1995	Kerry O'Bric	Edison	37- 5 1/4
1996	Rosalyn Grant	Ganesha	36-10 1/2
1997	Genein Jefferson	Eisenhower	37- 8 1/2
1998	Moncayo Paola	Mexico	40-10
1999	Blessing Ufodiama	Long Beach Poly	40- 4 1/2
2000	Blessing Ufodiama	Long Beach Poly	40- 4
2001	Lucilia Contreras	Mexico	40- 5 1/2
2002	Jade Myles	Mt. Pleasant	38-10w
2003	Sparkle Anderson	Serra SD	40- 4 1/2w
2004	Zhao Jing	Shanghai Yucai	39-11 1/2

2005	Sabrina Nettey	Johnston Heights	40- 6 1/4
2006	Ashika Charan	Claremont	40- 3 1/2
2007	Whitney Liehr	Palos Verdes	39- 7 1/2
2008	Rukayah Bent	St. Mary's Academy	38-09.50
2009	Jalesha Jarmon	Cincinnati Withrow	38-05.25
2010	Kerri Olanade	Beverly Hills	39-01
2011	Kiare Tanner	Stockdale	37-06.75
2012	Sasha Wallace	Holy Names	42-04.75
2013	Sasha Wallace	Castro Valley	40-04.00
2014	Ashley Anderson	Carson	41-02.50
2015	Cynamon Stevenson	Great Oak	40-03
2016	Cynamon Stevenson	Great Oak	39-08
2017	Zhane Smith	Long Beach Poly	39-07.25
2018	Jonon Young	Carson	38-07.50

HS GIRLS SHOT PUT

1976	Vonne Kadlubek	Santa Barbara	37- 7 1/4
1977	Paula Weisshoff	West Torrance	38- 9
1979	Tsai Litiu	China PRC	37- 0 3/4
1980	Jing-Vei Renn	Taiwan	48- 3
1981	Natalie Kaaiawahia	Fullerton	47-10 3/4
1982	Natalie Kaaiawahia	Fullerton	50-11 1/2
1983	Natalie Kaaiawahia	Fullerton	51- 5
1984	Greta Larsen	Australia	41- 4 1/4
1985	Heidi Adams	Mission Viejo	44- 4
1986	Tracy Crawford	Southwest	42-11
1987	Jennifer Whelchel	Agoura	42- 2
1988	Tracy Wilson	Taft	42- 0 1/4
1989	Annette Noel	Agoura	39-10
1990	Dawn Dumble	Bakersfield	48- 9 1/2
1991	Myra Smith	Workman	40- 9 3/4
1992	Lisa Misipek	Temecula Valley	43- 5 3/4
1993	Crystal Brownlee	Westlake	44- 8 3/4
1994	Dolores Tuimolouau	Channel Islands	47- 0 1/4
1995	Andria Brown	South Bakersfield	41-11 3/4
1996	Cynthia Ademiluyi	Long Beach Poly	40- 2
1997	Cynthia Ademiluyi	Long Beach Poly	47- 1
1998	Stephanie Brown	Arroyo Grande	47-11 1/2
1999	Karen Freberg	Arroyo Grande	45- 6 3/4
2000	Karen Freberg	San Luis Obispo	47- 3 3/4
2001	Karen Freberg	San Luis Obispo	49- 8 1/2
2002	Rachel Varner	Bakersfield	45- 7 1/2
2003	Billie Jo Grant	Arroyo Grande	46-10 3/4
2004	Zuo Donghui	Shanghai Yucai	49- 4 3/4
2005	Sarah Barber	St. Joseph Lake	43- 9
2006	Sarah Robles	San Jacinto	43- 0 1/2
2007	Steph Aliimatafatafi	Paramount	43- 0
2008	Kayla Kovar	Burroughs/Ridge	43-00.25
2009	Jasmine Burrell	JW North	41-08.50
2010	Jasmine Burrell	JW North	46-02.75
2011	Avione Allgood	Legacy	44-01.75
2012	Tanya Sapa	La Sierra	47-10.75
2013	Ashlie Blake	Liberty	51-03.50
2014	Stamatia Scavelis	Dos Pueblos	52-00.75
2015	Brandi French	Vacaville	46-08.75
2016	Michelle Altice	Del Norte (SDS)	44-02.50
2017	Faimalie Sale	Los Alamitos	45-08
2018	Jocelynn Budwig	Fowler	45-04

HS GIRLS DISCUS

1979	K. S. Hwang	Taiwan	119-11
1980	Leslie Deniz	Gridley	164- 1
1981	Natalie Kaaiawahia	Fullerton	137-10
1982	Natalie Kaaiawahia	Fullerton	169- 6
1983	Natalie Kaaiawahia	Fullerton	168- 6
1984	Celeste Paquette	Rancho Alamitos	140- 8
1985	Lil Ili	Nogales	139- 9
1986	Lori Parker	Ramona	151- 0
1987	Micheline Sheaffer	Carpenteria	137- 5
1988	Reeneeka Williams	Nogales	133- 0
1989	Debbie Cembellin	Amador Valley	144- 0
1990	Melisa Weis	Bakersfield	164- 4
1991	Celeste McVey	Redlands	146-10
1992	Soozie Shanley	Tulare	138- 3
1993	Andrea Bill	University	138- 0
1994	Nadia Lopez	Arroyo Grande	137- 7
1995	Mandy Buckley	Bakersfield	148- 4
1996	Mandy Buckley	Bakersfield	145- 8
1997	April Burton	Bakersfield	164- 2
1998	Chaniqua Ross	Laguna Creek	170- 7
1999	April Burton	Bakersfield	148- 2
2000	Sabrina Kirkwood	Mercy	134- 3
2001	Billie Jo Grant	Arroyo Grande	155- 8
2002	Billie Jo Grant	Arroyo Grande	171- 7
2003	Billie Jo Grant	Arroyo Grande	175- 7
2004	Zuo Donghui	Shanghai Yucai	131- 3
2005	Sola Jillian	Arroyo Grande	138- 2
2006	Jen Steed	Arroyo Grande	149- 3

MT. SAC RELAYS - PAST CHAMPIONS - UPDATED MARCH, 2019

2007	Hilary Fraser	El Toro	152- 0
2008	Alex Collatz	Stockdale	155-06
2009	Alex Collatz	Stockdalte	158-03
2010	Alex Collatz	Stockdale	165-11
2011	Alexa Evans	West Hills	145-08
2012	Nikki Okwelogu	Clovis West	153-09
2013	Stamatia Scarvelis	Dos Pueblos	160-07
2014	Stamatia Scarvelis	Dos Pueblos	167-04
2015	Lauaga Tausaga	Mount Miguel	137-09
2016	Hannah Hall	James Logan	142-05
2017	Jocelynn Budwig	Fowler	157-08
2018	Jocelynn Budwig	Fowler	152-11

HS GIRLS HAMMER

2007	Casey Kraychir	Unat	170- 2
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