

## Men's Track & Field Team Champions

<u>Conference Champions</u>	<u>Points</u>
1987 — Rancho Santiago	192
1988 — Orange Coast	143.5
1989 — Riverside	184
1990 — Riverside	224
1991 — Riverside	211
1992 — Riverside	256
1993 — Riverside	253
1994 — Riverside	212
1995 — Riverside	169
1996 — San Diego Mesa	144
1997 — Riverside	179
1998 — Riverside	201.5
1999 — Riverside	185
2000 — Santa Ana	124
2001 — Orange Coast	181
2002 — Riverside	236
2003 — Orange Coast	251
2004 — Orange Coast	219
2005 — Riverside	203
2006 — Orange Coast	256
2007 — Riverside	310
2008 — Riverside	347
2009 — Riverside	317
2010 — Riverside	358.5
2011 — Riverside	346

## OEC Track & Field Championships – Men's Event Records

100 meters	Kevin Lawson, Riverside	10:28	1992
200 meters	Chris Williams, Riverside	20.34	1999
400 meters	Felix Sanchez, San Diego Mesa	46.83	1997
800 meters	Gilmar Santos, Cuyamaca	1:48.86	1994
1,500 meters	Daniel Das Neves, Cuyamaca	3:47.20	1994
5,000 meters	Wilhelm Gidabuday, Riverside	14:20.2	1994
10,000 meters	Cosmas Nguku, Riverside	30:11.0	1995
3000 SC	Ricardo Godoy, San Bernardino	9:13.20	1999
110-meter HH	Craig Howard, Riverside	14.39	1994
400-meter IH	Gregory Hinds, Fullerton	52.05	1999
400-meter Relay	Riverside (Blackburn, Meite, Curry, Williams)	40.20	1999
1600-meter Relay	Riverside (Lewis, Williams, Loum, Loum)	3:11.50	1998
High Jump	Brian McCurdy, Riverside	7-0	1989
	T.J. Cody, Fullerton	7-0	1993
Pole Vault	Travis Vandrovec, Orange Coast	17-0	1999
Shot Put	Steve Daugherty, Saddleback	56-1	1989
Discus	Dag Solhaug, Riverside	192-6	1991
Hammer	Dave Loshonkohl, San Diego Mesa	205-0	1993
Long Jump	Charles Smith, Riverside	25-6	2010
Triple Jump	Chris Benard, Riverside	50-10	2010
Javelin	Roberto Vasquez, Saddleback	211-7	1989
Decathlon	Shelton Davis, Santa Ana	6520	2000

## Year-By-Year Individual Champions

### Decathlon (not contested until 1993)

1993 — Chris Weilert, Riverside	6000 points
1994 — Ty Wynn, Rancho Santiago	6076 points
1995 — Rick Zumwalt, Golden West	6404 points
1996 — Bill Brown, Saddleback	5469 points
1997 — Robert Griffin, Fullerton	5445 points
1998 — Ray Bardone, Orange Coast	5931 points
1999 — Ray Bardone, Orange Coast	6234 points
2000 — Shelton Davis, Santa Ana	6520 points
2001 — Steven Taeleman, Orange Coast	5245 points
2002 — Will Hills, Riverside	5364 points
2003 — Jason Imhoof, Saddleback	5743 points
2004 — Elliott Fowler, Riverside	5058 points
2005 — Erik Johnson, Golden West	5490 points
2006 — Lance Gonzales, Orange Coast	5876 points
2007 — Kyle Peterson, Orange Coast	5956 points
2008 — Lance Gonzales, Riverside	6466 points
2009 — Sean Robinson, Riverside	6036 points
2010 — Keegan Cooke, Orange Coast	6034 points
2011 — Billy Britt, Riverside	5755 points

1992 — Albert Avila, Rancho Santiago	154-10
1993 — Dave Loshonhohl, SD Mesa	160-11
1994 — Richey Koch, Grossmont	157-3
1995 — Javar SanFilippo, SD Mesa	156-2
1996 — Jesse MacDonald, Saddleback	161-3
1997 — Jesse MacDonald, Saddleback	152-11
1998 — Ken Bracy, Riverside	151-9
1999 — Alan Heidrich, Riverside	153-1
2000 — Serge Doh, Riverside	155-3
2001 — Brandon Harris, Riverside	137-10
2002 — Brandon Harris, Riverside	152-3
2003 — Ian Banez, Riverside	145-11
2004 — Scott Hutchison, Fullerton	130-02
2005 — Dwayne Peck, Golden West	153-9
2006 — Caeron Clavin, Orange Coast	154-3
2007 — Andres Rossini, Orange Coast	154-11
2008 — Andres Rossini, Orange Coast	172-3
2009 — Ray Lian, Saddleback	156-3
2010 — Austin Elmore, Riverside	156-01
2011 — Dillon Bales, Saddleback	146-11

### Shot Put

1987 — Demy Mourani, Orange Coast	49-6
1988 — Donald Frazee, Riverside	46-3.5
1989 — Steve Daugherty, Saddleback	56-1
1990 — Gary Kirchoff, Saddleback	55-2.5
1991 — Gary Kirchoff, Saddleback	55-9
1992 — William Tabron, Orange Coast	45-7.75
1993 — Dave Loshonkohl, SD Mesa	49-9
1994 — Frank Hoffman, SD Mesa	46-8.75
1995 — Javar SanFilippo, SD Mesa	49-8.5
1996 — Coleman Johnson, Riverside	51-1.5
1997 — Chris Modoc, Fullerton	54-0
1998 — Tony Kimball, Santa Ana	47-5
1999 — Robert Ewanio, SD Mesa	54-1
2000 — Juan Colubie, Golden West	49-0.5
2001 — Robert Hulliger, Orange Coast	44-9.75
2002 — Justin Patton, Riverside	44-10
2003 — Ian Banez, Riverside	48-5.50
2004 — Blake Dorman, Orange Coast	47-3
2005 — Dwayne Peck, Golden West	51-1.25
2006 — Dwayne Peck, Golden West	50-8.5
2007 — Keneti Faagata, Orange Coast	49-0
2008 — Rick Johnson, Fullerton	42-3.25
2009 — Ryan Gleason, Santa Ana	45-8.5
2010 — Chris Yates, Golden West	48-11
2011 — Rich Nelson, Orange Coast	46-6

### Hammer

1987 — Demy Mourani, Orange Coast	146-4
1988 — Martin McNair, Citrus	152-2
1989 — Gary Garcia, Orange Coast	115-1
1990 — Scott Sorenson, Orange Coast	138-11
1991 — Matt Wiley, Fullerton	166-3
1992 — Steve Malloy, Fullerton	118-11
1993 — Dave Loshonkohl, SD Mesa	205-0
1994 — Jacob Sada, SD Mesa	168-6
1995 — Josh Liberty, SD Mesa	146-4
1996 — Josh Liberty, SD Mesa	151-11
1997 — Chris Modoc, Fullerton	146-3
1998 — Thomas Dawson, Cuyamaca	148-3
1999 — Robert Ewanio, SD Mesa	149-8
2000 — Howdy Atkinson, Cuyamaca	148-0
2001 — Jason Carpenter, Santa Ana	145-2
2002 — Isaias Reyes, Santa Ana	138-2
2003 — Isaias Reyes, Santa Ana	147-11
2004 — Scott Hutchison, Fullerton	140-88
2005 — Shaun McGinley, Santa Ana	154-00
2006 — Eric Bustos, Santa Ana	141-6
2007 — Luis Guzman, Santa Ana	151-11
2008 — Ryan Gleason, Santa Ana	156-10
2009 — Sione Fonua, Riverside	138-4
2010 — A.B. Shaheen, Saddleback	169-7
2011 — Remy Conatser, Saddleback	181-4

### Discus

1987 — Joe Timo, Saddleback	140-6
1988 — Donald Freeze, Riverside	156-11
1989 — Ziad Khozam, Rancho Santiago	154-10
1990 — Greg Thurston, Orange Coast	161-2
1991 — Dag Solhaug, Riverside	192-6

### Javelin

1987 — Jamie Nelson, Rancho Santiago	198-2
1988 — Richard Doering, Riverside	189-11
1989 — Roberto Vasquez, Saddleback	211-7
1990 — Adam Bryant, Orange Coast	194-1

1991 — Mike McClintock, Golden West	189-0
1992 — Chris Perry, Orange Coast	199-5
1993 — Mike McClintock, Golden West	200-0
1994 — Dan Davis, SD Mesa	190-0
1995 — Craig Dunn, Saddleback	184-1
1996 — Ryan Hollander, Saddleback	183-6
1997 — Rafael Amaya, Cuyamaca	184-0
1998 — Ray Bardone, Orange Coast	175-9
1999 — Bobby Masters, Saddleback	183-9
2000 — Kevin Francis, Golden West	190-11
2001 — Donnie Deschenes, Orange Coast	173-3
2002 — Shaun Walker, Orange Coast	179-0
2003 — Stephen Norris, Riverside	172-1
2004 — Elliott Fowler, Riverside	163-01
2005 — Chris Burbach, Orange Coast	186-01
2006 — Chris Burbach, Orange Coast	204-1
2007 — Scott Burbach, Orange Coast	193-2
2008 — Lance Gonzales, Riverside	181-8
2009 — Ray Lian, Saddleback	194-2
2010 — Zachary Pio, Santiago Canyon	169-6
2011 — Lindon Voglezon, Riverside	184-5

### **Pole Vault**

1987 — Doug Webber, Riverside	14-0
1988 — Scott Hanes, Riverside	15-0
1989 — Scott Hanes, Riverside	16-1.5
1990 — Joel Cardenas, Rancho Santiago	14-6
1991 — Scott Wigglesworth, Saddleback	14-6
1992 — Scott Wigglesworth, Saddleback	15-0
1993 — Luis Apalategui, Southwestern	14-6
1994 — Gary Van Sluis, Rancho Santiago	15-6
1995 — Jerry Sanchez, Fullerton	15-0
1996 — Brian McLaughlin, Cuyamaca	15-4
1997 — Brian McLaughlin, Cuyamaca	16-0
1998 — Travis Vandrovec, Orange Coast	15-7
1999 — Travis Vandrovec, Orange Coast	17-0
2000 — Troy Becker, Orange Coast	15-0
2001 — Logan Odden, Golden West	16-0
2002 — B.J. Vandrovec, Golden West	15-6
2003 — B.J. Vandrovec, Golden West	16-1
2004 — Tim Burnham, Orange Coast	15-11
2005 — Brandon Mora, Golden West	14-06
2006 — Robert Talley, Saddleback	15-0
2007 — Kyle Peterson, Orange Coast	14-6
2008 — Andy Miller, Saddleback	16-0.75
2009 — Griffin Simmons, Saddleback	15-6
2010 — Nick Jennings, Saddleback	16-0
2011 — Cameron Savage, Saddleback	16-6

### **High Jump**

1987 — Darren Wallsmith, Saddleback	6-6
1988 — Brian McCurdy, Riverside	6-9
1989 — Brian McClerry, Saddleback	7-0
1990 — George Woods, Riverside	6-6

1991 — Chris Stumfell, Orange Coast	6-8
1992 — T.J. Cody, Fullerton	6-6
1993 — T.J. Cody, Fullerton	7-0
1994 — Kevin Carlson, Fullerton	6-8
1995 — Troy Langley, Orange Coast	6-6
1996 — Eric Mellem, Fullerton	6-6
1997 — Paul Ruvolo, Riverside	6-8
1998 — Paul Ruvolo, Riverside	6-8
1999 — Matt Davis, Golden West	6-8
2000 — Matt Primous, Santa Ana	6-8
2001 — Matt Primous, Santa Ana	6-6
2002 — Hunter Orahood, Saddleback	6-4
2003 — Hunter Orahood, Saddleback	6-8
2004 — Brian Sipkovich, Golden West	6-8
2005 — Justin Allen, Saddleback	6-10
2006 — Lance Gonzales, Orange Coast	6-9
2007 — Dominick Hemphill, Riverside	6-6
2008 — Danny Savoie, Golden West	6-6.75
2009 — Wayne West, Riverside	6-8
2010 — Skylar LaCour, Riverside	6-6
2011 — Michael Albrecht, Riverside	6-8

### **Long Jump**

1987 — Terry Lilly, Riverside	22-5.5
1988 — Kevin Adkins, Riverside	24-0.5
1989 — Lamont Lewis, Riverside	23-3.75
1990 — Lamont Lewis, Riverside	23-9.5
1991 — J.R. McCoy, Riverside	23-4
1992 — Jason Duff, Riverside	25-1
1993 — Kenny Johnson, Riverside	23-1
1994 — Adrian Brown, Saddleback	23-1.5
1995 — Walter Russell, Riverside	23-4.25
1996 — Mac McKeaver, Cuyamaca	25-5.5
1997 — Mickey Grimes, Riverside	23-7
1998 — C.J. Bell, Riverside	23-4
1999 — C.J. Bell, Riverside	23-2
2000 — Matt Primous, Santa Ana	23-4.25
2001 — Butch Lerma, Saddleback	23-2.5
2002 — Tim Taylor, Irvine Valley	21-10.5
2003 — Stuart Richmond, Saddleback	23-0.75
2004 — Raphael McFarlane, Saddleback	23-4.75
2005 — Raphael McFarlane, Saddleback	24-1
2006 — Damon Dees, Riverside	23-3
2007 — Vince Bolin, Santa Ana	22-10
2008 — David Girten, Riverside	23-7.5
2009 — Giorgio Bryant, Riverside	24-1
2010 — Charles Smith, Riverside	25-6
2011 — Spencer Gray, Riverside	23-7.5

### **Triple Jump**

1987 — Ryan Gillette, Rancho Santiago	45-0.5
1988 — Jason Nunez, Rancho Santiago	47-11.5
1989 — Charlie Tyler, Orange Coast	44-8
1990 — Lawrence Hatch, Orange Coast	48-3

1991 — J.R. McCoy, Fullerton	49-0	1991 — Kevin Lawson, Riverside	20.76
1992 — Kenny Johnson, Riverside	49-4.25	1992 — Kevin Lawson, Riverside	20.79
1993 — Kenny Johnson, Riverside	44-11	1993 — Kerchavel Patterson, Riverside	20.93
1994 — Sean Williams, Grossmont	46-4.5	1994 — Charles Gates, Riverside	21.60
1995 — Kyjoine Jack, Riverside	47-11	1995 — Chris Keane, Riverside	21.06
1996 — Zachary Haupt, SD Mesa	48.4.75	1996 — Chris Williams, Riverside	21.22
1997 — Simo Tagoa'i, Saddleback	46-7	1997 — Vince Williams, SD Mesa	21.20
1998 — Tyriff Rudder, SD Mesa	48-11	1998 — Oumar Loum, Riverside	20.97
1999 — CJ Jones, Golden West	48-10	1999 — Chris Williams, Riverside	20.34
2000 — Ian Jennings, Golden West	46-6	2000 — Jean-Olivier Zirignon, Riverside	21.09
2001 — Matt Primous, Santa Ana	45-2.5	2001 — Brandon Huey, Golden West	21.59
2002 — Tim Taylor, Irvine Valley	45-5	2002 — Will Hills, Riverside	22.14
2003 — Keinan Briggs, Orange Coast	49-6.25	2003 — David Angulo, Riverside	21.73
2004 — Raphael McFarlane, Saddleback	48-2.75	2004 — David Angulo, Riverside	21.37
2005 — Raphael McFarlane, Saddleback	45-4	2005 — Stirley Jones, Golden West	21.85
2006 — TJ Hopson, Fullerton	45-10	2006 — Ceasar Guyot, Orange Coast	22.24
2007 — Joshua Como, Riverside	47-11	2007 — Ennis Jones, Riverside	21.25
2008 — Joshua Como, Riverside	48-5.5	2008 — Ennis Jones, Riverside	21.35
2009 — George Bui, Riverside	46-2.5	2009 — Daniel Auberry, Riverside	21.60
2010 — Chris Benard, Riverside	50-10	2010 — Marquis Pilchur, Riverside	21.57
2011 — Curtis Wilson, Riverside	50-7.5	2011 — Tanner Terry, Saddleback	21.21

#### 100 Meters

1987 — John Hollis, Rancho Santiago	10.74
1988 — Bryant Gloston, Riverside	10.44
1989 — James Andrews, Riverside	10.62
1990 — Artis Williams, Fullerton	10.77
1991 — Kevin Lawson, Riverside	10.35
1992 — Kevin Lawson, Riverside	10.28
1993 — Kerchavel Patterson, Riverside	10.52
1994 — Chris Keane, Riverside	10.68
1995 — Chris Keane, Riverside	10.46
1996 — Mickey Grimes, Riverside	10.5 (ht)
1997 — Mickey Grimes, Riverside	10.67
1998 — Vince Williams, SD Mesa	10.34
1999 — Ibrahim Meite, Riverside	10.42
2000 — Jean-Olivier Zirignon, Riverside	10.31
2001 — Brandon Huey, Golden West	10.75
2002 — Will Hills, Riverside	10.90
2003 — David Angulo, Riverside	10.62
2004 — David Angulo, Riverside	10.54
2005 — Jared Ware, Riverside	10.59
2006 — Maurice Chappell, Riverside	11.02
2007 — Stirley Jones, Golden West	10.75
2008 — Duke Greer, Riverside	10.74
2009 — Daniel Auberry, Riverside	11.00
2010 — Duke Greer, Riverside	10.71
2011 — Tanner Terry, Saddleback	10.55

#### 200 Meters

1987 — Donovan Stevens, Saddleback	21.51
1988 — Bryant Gloston, Riverside	20.98
1989 — Patrick Drake, Riverside	21.43
1990 — Mark Shores, Rancho Santiago	21.77

#### 400 Meters

1987 — Walt Williams, Rancho Santiago	48.04
1988 — Milton Henderson, Riverside	48.64
1989 — Dant Kusleika, Riverside	48.68
1990 — David Rockward, Riverside	49.59
1991 — Kendale Wesley, Rancho Santiago	48.94
1992 — Andre Steele, Riverside	46.87
1993 — James Redd, Riverside	47.29
1994 — Andre Mosley, Rancho Santiago	49.79
1995 — Hector Flores, Rancho Santiago	46.91
1996 — Chris Williams, Riverside	47.65
1997 — Felix Sanchez, SD Mesa	46.83
1998 — Terrence Williams, Santa Ana	47.02
1999 — Chris Williams, Riverside	47.14
2000 — Shelton Davis, Santa Ana	49.66
2001 — Daniel Kincade, Riverside	49.01
2002 — Daniel Kincade, Riverside	48.88
2003 — Anthony Daniels, Orange Coast	48.80
2004 — Peter Bas, Orange Coast	49.24
2005 — Mario Hughley, Riverside	47.06
2006 — Sam Morton, Santa Ana	49.46
2007 — Ennis Jones, Riverside	47.61
2008 — Ennis Jones, Riverside	47.19
2009 — Marquis Pilchur, Riverside	47.54
2010 — Marquis Pilchur, Riverside	47.37
2011 — Chris Chamness, Riverside	48.33

#### 800 Meters

1987 — John Cornin, Saddleback	1:51.63
1988 — Jim Sorensen, Rancho Santiago	1:54.54
1989 — Keith Thibodeaux, Riverside	1:52.99
1990 — Frank Sharpe, Riverside	1:54.74

1991 — Melford Homela, Riverside	1:52.03	1991 — Eric Polonski, Riverside	14:56.75
1992 — Melford Homela, Riverside	1:54.04	1992 — Passmore Furusa, Riverside	14:33.7
1993 — Alemayehu Jimma, Riverside	1:53.55	1993 — Muchapiwa Mazano, Riverside	15:07.50
1994 — Gilmar Santos, Cuyamaca	1:48.86	1994 — Wilhelm Gidabuday, Riverside	14:20.2
1995 — Mike Hancock, Orange Coast	1:54.46	1995 — Cosmas Nguku, Riverside	14:58.10
1996 — Mike Hancock, Orange Coast	1:54.08	1996 — Adalberto Sanchez, Saddleback	14:59.9
1997 — Angel Romero, Riverside	1:56.85	1997 — Neil Smart, Riverside	15:49.48
1998 — Jason Hunter, Riverside	1:52.97	1998 — Dan Gaston, Saddleback	15:21.68
1999 — Jason Hunter, Riverside	1:51.56	1999 — Gabriel Hernandez, San Bernardino	15:03.70
2000 — Bryon Lamorandier, Cuyamaca	1:53.69	2000 — Gabriel Hernandez, San Bernardino	14:58.0
2001 — John Morgan, Saddleback	1:56.44	2001 — Jose Herrera, Santa Ana	15:08.08
2002 — John Morgan, Saddleback	1:57.07	2002 — Ramon Chavez, Riverside	15:42.76
2003 — Jason Graney, Golden West	1:58.39	2003 — Art Diaz, Orange Coast	15:40.11
2004 — Humberto Rojas, Orange Coast	1:57.55	2004 — J.D. Krawczyk, Santiago Canyon	15:57.17
2005 — Humberto Rojas, Orange Coast	1:55.16	2005 — Humberto Rojas, Orange Coast	15:13.43
2006 — Stephen Tippett, Saddleback	1:52.66	2006 — Kyle Hughes, Saddleback	15:28.07
2007 — Brandon Babiracki, Orange Coast	1:55.18	2007 — Mike Munoz, Riverside	15:30.74
2008 — Rafael Toscano, Riverside	1:56.57	2008 — Jersain Torres, Santa Ana	15:40.56
2009 — Stephen May, Riverside	1:54.94	2009 — Matt Van Dyke, Saddleback	15:36.06
2010 — Alberto Camacho, Riverside	1:56.19	2010 — Jeffery Pelarde, Riverside	15:11.92
2011 — Ruben Danielsen, Riverside	1:57.01	2011 — Jake Dawson, Orange Coast	15:18.90

### **1,500 Meters**

1987 — John Cronin, Saddleback	3:57.89
1988 — Jim Sorensen, Rancho Santiago	4:03.43
1989 — Noureddine Morceli, Riverside	3:49.50
1990 — Noureddine Morceli, Riverside	3:58.12
1991 — Melford Homela, Riverside	3:51.94
1992 — Desta Asgedom, Riverside	3:59.72
1993 — Alemayehu Jimma, Riverside	3:52.22
1994 — Daniel Das Nevas, Cuyamaca	3:47.20
1995 — Mike Hancock, Orange Coast	3:52.83
1996 — Mike Hancock, Orange Coast	3:55.90
1997 — Angel Romero, Riverside	4:03.01
1998 — Kris Bowditch, Riverside	3:50.68
1999 — Irving Moreno, Riverside	4:03.49
2000 — Mohamed Aden, SD Mesa	4:01.71
2001 — John Morgan, Saddleback	4:02.02
2002 — John Morgan, Saddleback	4:03.54
2003 — Jason Graney, Golden West	3:58.50
2004 — Humberto Rojas, Orange Coast	4:02.33
2005 — Humberto Rojas, Orange Coast	4:01.08
2006 — Joel Guzman, Orange Coast	4:06.19
2007 — Brandon Babiracki, Orange Coast	4:00.18
2008 — Jersain Torres, Santa Ana	3:58.78
2009 — Bobby Stangl, Saddleback	4:04.96
2010 — Alberto Camacho, Riverside	4:07.61
2011 — Hugo Gutierrez, Orange Coast	4:08.58

### **5,000 Meters**

1987 — Dave Parsel, Orange Coast	15:21.7
1988 — Julius Kariuki, Riverside	15:20.45
1989 — Pedro Garcia, Rancho Santiago	15:45.62
1990 — Noureddine Morceli, Riverside	14:23.69

### **10,000 Meters**

1987 — Dave Parsel, Orange Coast	32:08.28
1988 — Al Viguera, Orange Coast	32:02.03
1989 — Brad Sigler, Orange Coast	32:10.50
1990 — Chris Parmer, Orange Coast	32:38.99
1991 — Isaac Silva, Fullerton	32:02.63
1992 — Steve Lamon, Golden West	34:29.5
1993 — Fidel Zavala, Rancho Santiago	32:12.0
1994 — Eric Ricketts, Cuyamaca	32:08.4
1995 — Cosmas Nguku, Riverside	30:11.0
1996 — Adalberto Sanchez, Saddleback	31:29.3
1997 — Neil Smart, Riverside	33:23.27
1998 — Albar Insunza, San Bernardino	31:43.40
1999 — Don Gaston, Saddleback	32:15.0
2000 — Gabriel Hernandez, San Bernardino	32:06.7
2001 — Carlos Rojas, Fullerton	33:25.59
2002 — Bashir Hassain, Riverside	33:03.49
2003 — Art Diaz, Orange Coast	32:39.12
2004 — J.D. Krawczyk, Santiago Canyon	32:30.74
2005 — Jose Casillas, Orange Coast	31:34.47
2006 — Kyle Hughes, Saddleback	32:49.66
2007 — Corey Brown, Santa Ana	35:10.38
2008 — Juan Ruiz, Riverside	33:13.65
2009 — Matt Van Dyke, Saddleback	33:02.21
2010 — Jeffery Pelarde, Riverside	31:56.93
2011 — Jake Dawson, Orange Coast	32:38.68

### **110-Meter High Hurdles**

1987 — Russell Jenkins, Saddleback	15.34
1988 — Russell Jenkins, Saddleback	14.67
1989 — Andrew Smith, Riverside	14.71
1990 — Andrew Smith, Riverside	14.53

1991 — Reggie Turner, Riverside	14.79	2002 — Mike Mudge, Saddleback	56.80
1992 — Ronnell Lawson, Riverside	14.93	2003 — Mike Mudge, Saddleback	54.62
1993 — Adrian Brown, Golden West	14.85	2004 — Ndiawar Diop, Riverside	55.63
1994 — Craig Howard, Riverside	14.39	2005 — Donald Hawthorne, Saddleback	55:48
1995 — Rick Zumwalt, Golden West	14.73	2006 — Nicholas Falcioni, Santa Ana	54.17
1996 — Ben Kearse, Riverside	14.60	2007 — Yuto Someya, Golden West	55.65
1997 — Ivan Orloff, Rancho Santiago	15.37	2008 — Samuel Jeter, Riverside	54.16
1998 — John Buffong, San Bernardino	14.74	2009 — Samuel Jeter, Riverside	52.71
1999 — Jermaine Spence, Riverside	14.68	2010 — Andrew Kokinakes, Saddleback	54.10
2000 — Raymond Wells, SD Mesa	14.56	2011 — Andrew Kokinakes, Saddleback	53.65
2001 — Shingo Suzumura, Golden West	14.82		
2002 — Chuck Loo, Orange Coast	15.72		
2003 — Keinan Briggs, Orange Coast	14.71		
2004 — Ndiawar Diop, Riverside	15.25		
2005 — Dupree Gant, Riverside	15:31		
2006 — Nicholas Falcioni, Santa Ana	15.54		
2007 — Dylan Nielson, Riverside	14.75		
2008 — Dylan Nielson, Riverside	14.72		
2009 — Samuel Jeter, Riverside	15.44		
2010 — Cordell Corder, Riverside	14.50		
2011 — Vince Fusco, Saddleback	14.78		

#### **400-Meter Intermediate Hurdles**

1987 — Keith Davis, Orange Coast	53.37
1988 — Russell Jenkins, Saddleback	53.81
1989 — James Shirley, Riverside	54.70
1990 — Fred Dunn, Fullerton	54.27
1991 — Myron Felix, Orange Coast	55.38
1992 — Aaron Webber, Riverside	53.12
1993 — Brad Cooper, SD Mesa	53.54
1994 — Craig Howard, Riverside	52.98
1995 — Oliver Boissy, Riverside	53.32
1996 — Mickey Grimes, Riverside	53.62
1997 — Ivan Orloff, Rancho Santiago	54.84
1998 — Torrence Wilson, Riverside	53:01
1999 — Gregory Hinds, Fullerton	52.05
2000 — Kevin Correnti, SD Mesa	54.85
2001 — Carl Olsson, Orange Coast	55.36

#### **400-Meter Relay**

1987 — Orange Coast	42.37
1988 — Riverside (Glostons, Wise, Adkins, Henderson)	41.37
1989 — Riverside (Smith, Drake, Henderson, Andrews)	40.80
1990 — Rancho Santiago (Steen, White, Noses, Shores)	41.92
1991 — Riverside (Fleming, Steele, McCoy, Lawson)	41.69
1992 — Riverside (Fleming, Steele, Ross, Lawson)	41.12
1993 — Riverside (Banks, Redd, Steele, Patterson)	41.11
1994 — R. Santiago (Hardaman, Mosley, Flores, Wilson)	41.25
1995 — R. Santiago (Daeley, Flores, Riggins, Wilson)	41.60
1996 — San Diego Mesa	41.16
1997 — San Diego Mesa	40.71
1998 — San Diego Mesa	40.61
1999 — Riverside (Blackburn, Meite, Curry, Williams)	40.20
2000 — Riverside (Curry, Zirignon, Davis, Clopton)	41.36

#### **3,000-Meter Steeplechase**

1987 — Sal Alvaraz, Orange Coast	9:34.80
1988 — Bob Ervin, Rancho Santiago	9:29.49
1989 — Brad Sigler, Orange Coast	9:42.71
1990 — Joel Hunt, Orange Coast	9:46.5
1991 — Jerry Stewart, Orange Coast	9:26.96
1992 — Shawn Nichols, Fullerton	9:30.03
1993 — David Torres, Grossmont	9:42.49
1994 — Brian McCullum, Saddleback	9:39.71
1995 — Francisco Vazquez, Rancho Santiago	9:42.97
1996 — Bashir Hussain, Riverside	9:24.23
1997 — Neil Smart, Riverside	10:04.53
1998 — Josh Vincelet, Saddleback	9:31.01
1999 — Ricardo Godoy, San Bernardino	9:13.2
2000 — Gabriel Hernandez, San Bernardino	9:32.0
2001 — Caeser Marciales, Golden West	9:43.68
2002 — Ramon Chavez, Riverside	9:31.70
2003 — Gilbert Salas, Orange Coast	9:48.31
2004 — Phil Porter, Saddleback	9:52.46
2005 — Jason Valenzuela, Orange Coast	9:57.37
2006 — Kyle Hughes, Saddleback	9:52.17
2007 — Mike Munoz, Riverside	9:42.20
2008 — Alfonso Leon, Santa Ana	9:56.74
2009 — Daniel Cooper, Riverside	10:05.25
2010 — Eric Dyson, Orange Coast	9:24.67
2011 — Barron Maizland, Orange Coast	9:58.99

2001 — Golden West (Huey, Bertelson, Reynaga, Suzumura)	42.10
2002 — Riverside (Hill, Taylor, Hunt, Kincade)	42.10
2003 — Riverside (Fowler, Angulo, Humdy, Gonzalez)	42.29
2004 — Riverside (Robinson, Angulo, Humdy, Robinson)	41.84
2005 — Riverside (Johnson, Whaley, Ware, Hughley)	40.90
2006 — Orange Coast ( Strickland, Guyot, McIntyre, Knox)	42.86
2007 — Riverside (Nielson, Jones, Dees, Ewell)	41.98
2008 — Riverside (Nielson, Jones, Greer, Auberry)	41.19
2009 — Riverside (Danns, Curry, Bryant, Auberry)	41.13
2010 — Riverside (Smith, Pilchur, Greer, Lee)	40.91
2011 — Riverside (Recard, Merriweather, Moody, Chamness)	41.70

### **1600-Meter Relay**

1987 — R. Santiago (Williams, Porter, Sorensen, Hollis)	3:16.4
1988 — R. Santiago (Sorenson, Wright, Peters, Howard)	3:17.17
1989 — Riverside (Thibodeaux, Kuslieka, Drake, Andrews)	3:16.19
1990 — R. Santiago (Hosea, Shores, Steen, White)	3:17.28
1991 — Riverside (McCoy, Lawson, Fleming, Turner)	3:19.61
1992 — Riverside (Homela, Lawson, Steele, Webber)	3:15.83
1993 — Riverside (Redd, Carter, Steele, Webber)	3:15.06
1994 — Rancho Santiago (Wilson, Wynn, Mosley, Flores)	3:17.35
1995 — R. Santiago (Wynn, Riggins, Wilson, Flores)	3:15.61
1996 — SD Mesa (Walheim, Sanchez, Hill, Stephens)	3:14.72
1997 — Riverside (Butler, Wilson, Huntly, Williams)	3:19.30
1998 — Riverside (Lewis, Williams, S. Loum, O. Loum)	3:11.50
1999 — Riverside (Blackburn, Moreno, James, Hunter)	3:16.10
2000 — San Diego Mesa	3:19.67
2001 — Riverside (Taylor, Kincade, Finley, Hills)	3:22.16
2002 — Riverside (Hills, Taylor, Hampton, Kincade)	3:21.25
2003 — Orange Coast (Carey, Bas, Briggs, Daniels)	3:21.16
2004 — Riverside (Angulo, Robinson, Mayne, Johnson)	3:21.64
2005 — Riverside (Hughley, Johnson, Amy, White)	3:20.91
2006 — Saddleback (Howard, Tippett, Panteau, Castillo)	3:18.64
2007 — Riverside (Reynolds, Matsueda, Porter, Jones)	3:20.78
2008 — Riverside (May, Rodgers, Greer, Jones)	3:16.18
2009 — Riverside (Rickett, Jeter, Curry, Pilchur)	3:16.58
2010 — Riverside (Evans, Brown, Henry, Baxter)	3:16.88
2011 — Saddleback (Vazquez, Kokinakes, Poole, Terry)	3:15.81