

INLAND EMPIRE CHAMPIONSHIPS

TRACK & FIELD RECORDS - VARSITY

YEAR	SCHOOL	GIRLS	MARK	EVENTS	MARK	BOYS	SCHOOL	YEAR
2013	Centennial	Ebony Sutherland	11.81	100m	10.28	Michael Norman	Vista Murrieta	2016
2019	Murrieta Mesa	Chioma Okonkwo	24.19	200m	20.74	Michael Norman	Vista Murrieta	2016
2011	Great Oak	Jade Miller	55.06	400m	47.58	Connor Edwards	Chaparral	2016
2014	Megan Huebner	La Quinta	2:13.32	800m	1:53.40	Jeremiah Bias	Vista Del Lago	2014
2016	Great Oak	Destiny Collins	4:48.90	1600m	4:14.74	Ruben Ramirez	Don Lugo	2004
2014	Great Oak	Destiny Collins	10:46.94	3200m	9:02.30	Spencer Dodds	Great Oak	2016
2018	Temecula Valley	Danae Dyer	13.90	100/110m Hurdles	14.13	Torrey Atkins	Heritage	2014
2016	Roosevelt	Breanna Bernard-Joseph	42.43	300m Hurdles	37.47	Samuel Cameron	Rancho Verde	2017
2010	Rancho Cucamonga	Ashley Henry	5-9	HIGH JUMP	6-11	Nick Ross	Vista Murrieta	2009
2009	Rancho Verde	Alycia Herring	19-5.5	LONG JUMP	23-8	Nick Ross	Vista Murrieta	2009
2004	Redlands	Rachel Martin	39-1.5	TRIPLE JUMP	49-4	Nick Ross	Vista Murrieta	2009
2022	Vista Murrieta/ Murrieta Valley	A. Fears/M. Negro	13-2	POLE VAULT	15-5	Jakob Ernst	Roosevelt	2019
2013	La Sierra	Tanya Sapa	47-8.75	SHOT PUT	63-9	Joe Canavan	Palm Desert	2007
2017	Los Osos	Ashley Anumba	153-2	DISCUS	197-6	Seth Knowlton	Great Oak	2016
2007	Rancho Verde	P.Watkins, B.Bozeman	46.32	400m RELAY	40.74		Rancho Verde	2017
		J.Hornsby, A.King						
2018	Roosevelt	Crutchfield, Felix	3:51.19	1600m RELAY	3:14.95	I. Cunningham, R. House	Rancho Verde	2017
		Amos, Ford				C. Johnson, C. Samuel		

revised 4/9/2023