

Southwestern League Finals Records

Track & Field

Girls

100 METERS

11.59 Keelan Wright CHS 2025

200 METERS

23.79 Keelan Wright CHS 2025

400 METERS

55.42 Jade Miller GOHS 2013

800 METERS

2:14.05 Erika Reddish VMHS 2012

1600 METERS

4:49.94 Destiny Collins GOHS 2016

3200 METERS

10:20.34 Destiny Collins GOHS 2016

100 METER HIGH HURDLES

13.65 Danae Dyer TVHS 2018

300 METER LOW HURDLES

43.29 Jade Miller GOHS 2012

LONG JUMP

19'4.5" Alyssa Alumbres VMHS 2022

TRIPLE JUMP

42'0.5" Cynamon Stevens GOHS 2016

HIGH JUMP

5'5" Kelsey Rubeor MVHS 2005

POLE VAULT

13'2" Aspen Fears VMHS 2024

SHOT PUT

38'8" Kim Avila TCHS 2003

DISCUS

149'1" Jessica Bonner CHS 2007

400 METER RELAY

46.89 Rancho Verde 2006

1600 METER RELAY

3:54.32 Great Oak 2010

Boys

100 METERS

10.49 Javelin Guidry VMHS 2017

200 METERS

20.51 Michael Norman VMHS 2016

400 METERS

47.62 Michael Norman VMHS 2015

800 METERS

1:52.44 Jack Paradise GOHS 2025

1600 METERS

4:08.72 Issac Cortes GOHS 2016

3200 METERS

9:09.68 Spencer Dodds GOHS 2016

110 METER HIGH HURDLES

14.10 Cameron Simmons TVHS 2025

300 METER LOW HURDLES

37.66 Jeremiah Ruger GOHS 2017

LONG JUMP

23' 11.5" D.J. Lloyd VMHS 2008

TRIPLE JUMP

49' 0.75" CJ Stevenson GOHS 2017

HIGH JUMP

6' 10" Nick Ross VMHS 2008

POLE VAULT

16'0" Shane Atkinson GOHS 2013

SHOT PUT

64'4" Cade Moran MMHS 2022

DISCUS

198'6" Seth Knowlton GOHS 2016

400 METER RELAY

41.34 Murrieta Valley 2025

1600 METER RELAY

3:18.40 Vista Murrieta 2009