

## Past CCS Champions

### Boys Track

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2022	Jeremiah Earby, Menlo-Atherton, 400 Meters
2022	Luke Buddie, Woodside, High Jump
2021	Yutaka Roberts, El Camino, 400 Meters
2021	Yutaka Roberts, El Camino, 800 Meters
2015	Johain Owadjela, Carlmont, 1600m
2014	Jeremy Wright, Terra Nova, 400m
2013	Michael Berry, San Mateo, 400m
2012	George Baier, Menlo-Atherton, 1600m
2012	Elliott Survell, Carlmont, 400m
2011	Stas DellaMorte, Menlo-Atherton, long jump
2011	Chris Waschura, Woodside, 800m
2011	Chris Washura, Woodside, 1600m
2010	John Paul Williams, Westmoor, 100m high hurdles
2010	Erik Kramer, Mills, discus
2009	Kendall Spenser, San Mateo, 100m
2009	Kendall Spenser, San Mateo, 200m
2009	Kendall Spenser, San Mateo, long jump
2009	Frank Lima, Half Moon Bay, high jump
2007	Brad Suhr, Carlmont, 1600m
2006	Matt Wheeler, Menlo-Atherton, 300m intermediate hurdles
2005	Evan Anderson, Menlo-Atherton, 1600m
2005	Jamie Gonzalez, Westmoor, long jump
2004	Jeremy Mineau, Menlo-Atherton, 3200m
2004	Mathew Wirgler, Aragon, 300m intermediate hurdles
2004	Julian Eison, Westmoor, high jump
2003	Jeremy Mineau, Menlo-Atherton, 3200m
2002	Jeremy Leibs, Aragon, 110m high hurdles
2002	Adam Trafalis, Mills, discus
2001	Brian Laupua, Jefferson, shot put
2001	Adam Trafalis, Mills, discus
1999	Menlo-Atherton, 400m relay
1994	Felton Charlse, Westmoor, 200m
1994	Felton Charles, Westmoor, 400m
1994	Westmoor, 400m relay
1994	Westmoor, 1600m relay
1992	Westmoor, 400m relay
1991	Issac Carson, Jefferson, 110 high hurdles
1991	Amit Barkan, Hillsdale, pole vault
1990	John Hannon, Woodside, 3200m
1990	Jimmy Pryor, Aragon, high jump
1990	Kevin Duffy, Aragon, discus
1990	Lee Adkins, Westmoor, triple jump
1988	Brett Mack, Carlmont, 3200m

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1987	Brett Mack, Carlmont, 3200m
1986	Jeff Novitsky, Mills, high jump
1985	Mike King, Menlo-Atherton, 300m low hurdles
1985	William Tisdale, Westmoor, long jump
1985	Ramon Tisdale, Westmoor, long jump
1985	Steve Toney, Menlo-Atherton, pole vault
1984	Matt Guisto, San Mateo, mile
1984	Matt Guisto, San Mateo, 2 mile
1984	David Ceraglolli, Terra Nova, triple jump
1983	Anthony Hodges, Menlo-Atherton, 100m
1983	Bob Shenk, Menlo-Atherton, discus
1982	Carlmont, 440 relay
1982	Dan Katches, Mills, discus
1981	Kerry Threets, Westmoor, 400m
1980	Woodside
1980	Eric Washington, Woodside, 200m
1980	Reggie Hawkins, Hillsdale, 110 high hurdles
1980	Greg Ellis, Menlo-Atherton, pole vault
1979	Carl Montgomery, South San Francisco, 220
1979	Jim Walker, Aragon, 330 low hurdles
1979	Mesha Spivey, Woodside, high jump
1979	Steve Bruce, Menlo-Atherton, long jump
1979	Greg Ellis, Menlo-Atherton, pole vault
1978	San Carlos, mile relay
1978	Steve Bruce, Menlo-Atherton, long jump
1977	Byron Hawkins, Burlingame, 120 high hurdles
1977	San Carlos, mile relay
1977	Paul Bates, Menlo-Atherton, long jump
1977	Paul Bates, Menlo-Atherton, triple jump
1976	Ken Vasquez, Mills, long jump
1976	Mike Smith, San Mateo, shot put
1975	Woodside, 440 relay
1975	Serramonte, mile relay
1975	Brad Dillard, Mills, high jump
1975	Myrt Easley, Woodside, triple jump
1974	Don Mackenzie, Menlo-Atherton, 440
1974	Mitch Kingery, San Carlos, 2 mile
1974	Phil Robinson, Woodside, long jump
1972	Steve Miller, Carlmont, mile
1971	Chuck Bommarito, Crestmoor, 100
1971	Chuck Bommarito, Crestmoor, 220
1971	Bill Kahn, Mills, high jump
1970	Chuck Bommarito, Crestmoor, 100

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1970	Chuck Bommarito, Crestmoor, 220
1970	Jay May, Sequoia, high jump
1970	Carl Goldstone, San Mateo, pole vault
1969	Crestmoor, mile relay
1969	Vince Renetto, Capuchino, high jump
1969	Alonzo Emery, San Mateo, long jump
1969	Mike Davis, Hillsdale, discus
1968	Chris Carey, Carlmont, 2 mile
1968	Jim Miller, Carlmont, 120 high hurdles
1968	Menlo-Atherton, 440 relay
1968	Jim Penrose, Carlmont, discus
1967	Randy White, Mills, 440
1967	Chris Carey, Carlmont, 2 mile
1967	Randy White, Mills, 120 low hurdles
1967	Capuchino, 880 relay
1967	Charlie Johnson, Sequoia, long jump
1966	Burlingame
1966	Burlingame
1966	Jim Marshall, Ravenswood, 100
1966	Tom Lydon, San Mateo, 2 mile
1966	Ravenswood, 880 relay
1966	John Radetich, San Carlos, high jump
1966	Bob Jordan, San Mateo, long jump
1966	Randy Weil, Burlingame, 120 high hurdles
1966	Randy Weil, Burlingame, 180 low hurdles