

## Past CCS Champions

### Boys Track

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  
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  
1968 Chris Carey, Carlmont, 2 mile  
1968 Jim Miller, Carlmont, 120 high hurdles  
1968 Menlo-Atherton, 440 relay  
1968 Jim Penrose, Carlmont, discus  
1969 Crestmoor, mile relay  
1969 Vince Renetto, Capuchino, high jump  
1969 Alonzo Emery, San Mateo, long jump  
1969 Mike Davis, Hillsdale, discus  
1970 Chuck Bommarito, Crestmoor, 100  
1970 Chuck Bommarito, Crestmoor, 220  
1970 Jay May, Sequoia, high jump  
1970 Carl Goldstone, San Mateo, pole vault  
1971 Chuck Bommarito, Crestmoor, 100  
1971 Chuck Bommarito, Crestmoor, 220  
1971 Bill Kahn, Mills, high jump  
1972 Steve Miller, Carlmont, mile  
1974 Don Mackenzie, Menlo-Atherton, 440  
1974 Mitch Kingery, San Carlos, 2 mile  
1974 Phil Robinson, Woodside, long jump  
1975 Woodside, 440 relay  
1975 Serramonte, mile relay  
1975 Brad Dillard, Mills, high jump  
1975 Myrt Easley, Woodside, triple jump  
1976 Ken Vasquez, Mills, long jump  
1976 Mike Smith, San Mateo, shot put

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  
1978 San Carlos, mile relay  
1978 Steve Bruce, Menlo-Atherton, long jump  
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  
1980 Woodside  
1980 Eric Washington, Woodside, 200m  
1980 Reggie Hawkins, Hillsdale, 110 high hurdles  
1980 Greg Ellis, Menlo-Atherton, pole vault  
1981 Kerry Threats, Westmoor, 400m  
1982 Carlmont, 440 relay  
1982 Dan Katches, Mills, discus  
1983 Anthony Hodges, Menlo-Atherton, 100m  
1983 Bob Shenk, Menlo-Atherton, discus  
1984 Matt Guisto, San Mateo, mile  
1984 Matt Guisto, San Mateo, 2 mile  
1984 David Ceraglolli, Terra Nova, triple 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  
1986 Jeff Novitsky, Mills, high jump  
1987 Brett Mack, Carlmont, 3200m  
1988 Brett Mack, Carlmont, 3200m  
1990 John Hannon, Woodside, 3200m  
1990 Jimmy Pryor, Aragon, high jump  
1990 Kevin Duffy, Aragon, discus  
1990 Lee Adkins, Westmoor, triple jump  
1991 Issac Carson, Jefferson, 110 high hurdles  
1991 Amit Barkan, Hillsdale, pole vault  
1992 Westmoor, 400m relay  
1994 Felton Charlse, Westmoor, 200m  
1994 Felton Charles, Westmoor, 400m  
1994 Westmoor, 400m relay  
1994 Westmoor, 1600m relay  
1999 Menlo-Atherton, 400m relay  
2001 Brian Laupua, Jefferson, shot put  
2001 Adam Trafalis, Mills, discus  
2002 Jeremy Leibs, Aragon, 110m high hurdles  
2002 Adam Trafalis, Mills, discus  
2003 Jeremy Mineau, Menlo-Atherton, 3200m  
2004 Jeremy Mineau, Menlo-Atherton, 3200m

2004 Mathew Wirgler, Aragon, 300m intermediate hurdles  
2004 Julian Eison, Westmoor, high jump  
2005 Evan Anderson, Menlo-Atherton, 1600m  
2005 Jamie Gonzalez, Westmoor, long jump  
2006 Matt Wheeler, Menlo-Atherton, 300m intermediate hurdles  
2007 Brad Suhr, Carlmont, 1600m  
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  
2010 John Paul Williams, Westmoor, 100m high hurdles  
2010 Erik Kramer, Mills, discus  
2011 Stas DellaMorte, Menlo-Atherton, long jump  
2011 Chris Waschura, Woodside, 800m  
2011 Chris Washura, Woodside, 1600m  
2012 George Baier, Menlo-Atherton, 1600m  
2012 Elliott Survell, Carlmont, 400m  
2013 Michael Berry, San Mateo, 400m  
2014 Jeremy Wright, Terra Nova, 400m  
2015 Johain Owadjela, Carlmont, 1600m