

Coronado High School  
Hall of Fame

Boys

100m Dash			110m Hurdles		
1. DeShawn Smith	10.60	2005	1. Shane Phelan	14.74	2005
2. Tim Downer	10.70	2003	2. Kody Rock	15.89	2009
3. Aaron Milmiester	10.80	2004	3. Jake Krukowski	16.09	2009
4. Sean Nelson	10.80	2004	4. Aaron Harwell	16.59	2009
5. John Johnson	10.90	2008	5. Kurt Johnson	16.62	2008
200m Dash			300m Hurdles		
1. DeShawn Smith	21.70	2004	1. Shane Phelan	38.81	2005
2. Tim Downer	22.20	2003	2. Kody Rock	41.86	2009
3. John Johnson	22.30	2008	3. Kurt Johnson	41.99	2008
4. Sean Nelson	22.70	2004	4. Jake Krukowski	42.33	2009
4. Daniel Bosworth	22.70	2011	5. Sean Stoops	42.60	2008
400m Dash			800m Run		
1. Tim Downer	49.60	2003	1. Sean Stoops	1:59.63	2008
2. DeVone Riley	50.41	2009	2. Wilcox, Alex	2:00	2003
3. A'Ryan Jonson	51.70	2009	3. Andrew Mantle	2:02	2010
4. Angelo Giordano	51.75	2010	4. Andrew Green	2:03	2006
5. Jordan Diuguid-Koen	52.24	2011	5. Justin Denney	2:05	2007
1600m Run			3200m Run		
1. Alex Wilcox	4:28	2003	1. Tucker Stokes	9:58.37	2006
2. Tucker Stokes	4:30.13	2006	2. Matt Dalrymple	10:02.10	2007
3. Sean Stafford	4:33	2003	3. Garron Combs	10:05	2003
4. Garron Combs	4:34	2003	4. Sean Stafford	10:09	2003
5. Alex Carrasco	4:34.04	2011	5. Alex Wilcox	10:11	2003
High Jump			Long Jump		
1. Vega, Johnathon	6 '0"	2003	1. Cory Yslas	21' 7.25"	2011
1. Kyle Washington	6 '0"	2004	2. Vega, Johnathon	20'8"	2003
3. Royce Lagarde	5' 10"	2006	3. Sebastian Pycior	20' 4.25"	2009
3. Cory Yslas	5' 10"	2011	4. Dallin Waters	20' 2.75"	2011
5. John Macejak	5' 9"	2008	5. Kyle Washington	19' 11.5"	2004

### Triple Jump

1. Garrett Rowe	42' 0.25"	2009
2. Lagard, Royce	41'8.25"	2005
3. Kyle Washington	41' 7"	2004
4. Sebastian Pycior	41' 0.25"	2009
5. Dallin Waters	40' 2"	2011

### Shot Put

1. Dylan Soester	44' 6.5"	2005
2. Jelani Kamal	44' 4"	2009
3. Cam Harris	43' 5.5"	2007
4. Sylvester St. Cyr	43' 2"	2005
5. Noke Taumalolo	41' 11"	2008

### Pole Vault

1. Trevor Varwig	14' 6"	2008
2. Kerry Klien	13' 0"	2003
3. Travis Varwig	12' 6"	2010
4. Barry MacNiell	12' 0"	2011
5. Andrew Chang	11' 6"	2003
5. Tyler Simmons	11' 6"	2009
5. Matt Timnak	11' 6"	2010

### Discus

1. Matt Poleski	127' 8"	2005
2. Jelani Kamal	118' 2"	2009
3. Cam Harris	117' 3"	2007
4. Jake Freeman	112' 7.5"	2011
5. Sam Alex	110' 8"	2010

### Javelin

1. Daniel Esparza	123' 0.5"	2008
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### Relays

#### 4x100m

1. Sean Nelson Aaron Milmiester Lance Esther DeShawn Smith	44.10	2004
2. Danny Wilkinson Sean Nelson Mark Thomas DeShawn Smith	44.20	2005
3. Kenny Lanzalaco RJ Newton Avery Brown Matt Chavarria	44.30	2010
4. Kyle Hemenway DeVone Riley Kenny Lanzalaco John Johnson	44.50	2008
5. Carl Chapman TJ Mertikas Avery Brown Ofir Ben Moshe	44.60	2011

#### 4x200m

1. Sean Nelson Aaron Milmiester Lance Esther DeShawn Smith	1:31.20	2004
2. Cody Taylor A'Ryan Johnson David Taylor DeVone Riley	1:32.23	2009
3. Cory Yslas Chris Laliberte TJ Mertikas Daniel Bozworth	1:32.24	2011
4. Matt Chavarria Angelo Giordano Cory Yslas RJ Newton	1:33.26	2010
5. Sean Nelson Aaron Milmiester Nick Huff Johnathon Vega	1:34.32	2003

4x400  
1. David Lowery                    3:27.57    2009  
Cody Taylor  
A'Ryan Johnson  
DeVone Riley

2. Mark Thomas                    3:28.40    2005  
Danny Wilkinson  
Peter Armenta  
Shane Phelan

3. Kenny Lanzalaco                3:28.91    2008  
A'Ryan Johnson  
Sean Stoops  
DeVone Riley

4. Cory Yslas                      3:29.34    2011  
Chris Laliberte  
Daniel Bosworth  
Jordan Diuguid-Koen

5. Lance Esther                    3:29.5     2004  
Chris Aarskaug  
Aaron Milmiester  
Shane Phelan

4x1600  
1. Alex Wilcox                      18:23     2003  
Garron Combs  
Lance Esther  
Sean Stafford

4x800  
1. DeVonne Riley                    8:14.49    2008  
Sean Stoops  
Dustin Lee  
Justin Denney

2. Nick Bosse                      8:27.20    2011  
Alejandro Montesinos  
Matt Aguinaga  
Alex Carrasco

3. Alex Wilcox                      8:35       2003  
Sean Stafford  
Garron Combs  
Chris Aarskaug

4. Justin Denney                    8:41       2006  
Andrew Barton  
Andrew Green  
Matt Dalrymple

5. DeVone Riley                    8:45.20    2009  
Nathan Terrones  
Cody Taylor  
Andrew Mantle

2000 Steeplechase  
Justin Denney                      7:14.4     2008

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Girls

100m Dash			100m Hurdles		
1. Haley Bice	12.30	2007	1. Cat Davis	16.48	2003
2. Kiya Zarley	12.50	2006	2. Annabelle Liston	17.34	2011
3. Linda Straus	12.60	2004	3. Madeline Foutz	17.54	2011
4. Brooke Ruppert	12.80	2009	4. Zara Colthart	17.74	2011
5. Jessica Zaliwski	12.90	2007	5. Amy Mettke	17.84	2011
200m Dash			300m Hurdles		
1. Haley Bice	25.40	2007	1. Breanna Robinson	47.00	2011
2. Kiya Zarley	25.63	2006	2. Mary Quilter	47.70	2004
3. Brooke Ruppert	26.40	2011	3. Cat Davis	48.95	2003
4. Linda Straus	26.64	2004	4. Haley Bice	49.16	2006
5. Kelsi Koe	27.10	2007	5. Haliah Moody	49.59	2007
400m Dash			800m Run		
1. Gabby Morris	59.67	2011	1. Michaelanne Laurent	2:15.92	2009
1. Shayee Swaine	59.67	2011	2. Lauren Lucas	2:24.49	2010
3. Haley Bice	60.09	2007	3. Erin Smith	2:26.0	2010
4. Michaelanne Laurent	60.30	2009	4. Sara Dort	2:27.70	2011
5. Nia Moreno	61.10	2010	5. Logan Lucas	2:28.76	2011
1600m Run			3200m Run		
1. Michaelanne Laurent	5:06.09	2009	1. Michaelanne Laurent	11:14.02	2009
2. Lauren Lucas	5:20.88	2010	2. Lauren Lucas	11:54	2010
3. Sara Dort	5:26.00	2011	3. Emma Czerwinski	12:12.63	2011
4. Emma Czerwinski	5:30.0	2011	4. Erin Smith	12:24.0	2010
5. Logan Lucas	5:33.0	2011	5. Sara Dort	12:35.60	2011
High Jump			Long Jump		
1. Nicole Billette	4' 10"	2010	1. Mary Quilter	16' 9"	2004
1. Ceciley Hitchens	4' 10"	2004	2. Rachael Moore	15' 8"	2003
1. Urszula Milewicz	4' 10"	2008	3. Elise Conlin	15' 7.25"	2011
2. Krista Nielsen	4' 8"	2003	4. Taylar Walz	15' 5.25"	2011
2. Melissa Flores	4' 8"	2004	5. Urszula Milewicz	15' 5"	2007
2. Emily Kashka	4' 8"	2009	2000m Steeplechase		
			1. Emily Burch	9:07.20	2011

### Triple Jump

1. Mary Quilter	33' 11.5"	2004
2. Elise Conlin	33' 2.25"	2011
3. Taylar Walz	33' 1.5"	2011
4. Rachael Moore	32' 11"	2003
5. Charlayne Patterson	32' 6"	2005

### Shot Put

1. Samantha Swanson	33' 0.5"	2008
2. Jessica Smith	30' 4"	2008
3. Jessica Buckley	29' 1"	2007
4. Jessica Wadsworth	29' 0.5"	2005
5. Carrington Gilbert	29' 0"	2007

### Pole Vault

1. Renee Kashka	11' 6"	2005
2. Emily Kashka	10' 9"	2009
3. Libby Sauter	9' 6"	2003
3. Victoria Nouna-Kountanis	9' 6"	2011
5. Stephanie Rhodes	9' 0"	2008

### Discus

1. Samanth Swanson	112' 10"	2008
2. Jessica Smith	104' 5"	2009
3. Y'von St. Cyr	91' 5"	2004
4. Jessica Buckley	89' 6"	2008
5. Ashley Kelly	87' 3"	2011

### Relays

#### 4x100m

1. Sandie Heholt-Leeds Jessica Zaliwski Kiya Zarley Haley Bice	49.07	2007
2. Linda Straus Jessica Zaliwski Kiya Zarley Haley Bice	49.60	2006
3. Breanna Robinson Santina Giordano Brooke Ruppert Kelsi Koe	50.05	2010
4. Breanna Robinson Kalina Rock Brooke Ruppert Santina Giordano	50.45	2011
5. Breanna Robinson Jessica Zaliwski Brooke Ruppert Kelsi Koe	50.66	2009

#### 4x200m

1. Kiya Zarley Haley Bice Jessica Zaliwski Sandie Heholt-Leeds	1:46.60	2007
2. Kalina Rock Gabby Morris Shayee Swaine Breanna Robinson	1:46.74	2011
3. Jessica Zaliwski Linda Straus Kiya Zarley Haley Bice	1:47.35	2006
4. Chandra Palow Kalina Rock Tori Stephenson Sandie Heholt-Leeds	1:50.15	2009
5. Brooke Ruppert Christine D'Addario Kalina Rock Kelsi Koe	1:51.09	2008

- 4x400m
1. Shaye'e Swaine                    4:05.86    2011  
Breanna Robinson  
Nia Moreno  
Gabby Morris
  2. Sam Swan                            4:07.45    2009  
Micahelanne Laurent  
Alexis Tucker  
Sandie Heholt-Leeds
  3. Lauren Lucas                    4:12.27    2008  
Sam Swan  
Callie Miller  
Sandie Heholt-Leeds
  4. Gabby Morris                    4:14.81    2010  
Breanna Robinson  
Jenna Tullis  
Shaye'e Swaine
  5. Lauren Lucas                    4:18.99    2007  
Christine D'Addario  
Sam Swan  
Sandie Heholt-Leeds

- 4x800m
1. Emma Czerwinski                    9:49.89    2011  
Taylor Lauten  
Logan Lucas  
Gabby Morris
  2. Lauren Lucas                    10:06.24    2009  
Sam Swan  
Jade-Lynn Kadian  
Alexis Tucker
  3. Shaye'e Swaine                    10:07    2010  
Jenna Tullis  
Ashley Godfrey  
Lauren Lucas
  4. Lauren Lucas                    10:07.07    2008  
Sam Swan  
Christine D'Addario  
Michaelanne Laurent
  5. Christine D'Addario                    10:32.59    2007  
Lauren Lucas  
Sam Swan  
Michaelanne Laurent