

ALL-TIME TOP VISTA MEN and WOMEN

GUAJOME PARK 5k HONOR ROLL

Men's Honor Roll (under 17:00)				Women's Honor Roll (under 20:00)			
1	Jarod Dias	15:48	2014	1	Kira Jorgensen	17:36*	1986
2	Mike Regis	16:00	1986	2	Ashley Cope	18:09**	2013
3	Justin Neuroth	16:03	1998	3	Alisia Barajas	18:11*	2007
4	Alejandro Vargas	16:03	2005	4	Michelle Cruz	18:16*	2008
5	Graham Hettinger	16:09	2008	5	Andrea Jacobs	18:18*	2006
6	Jovanny Garcia	16:13	2017	6	Courtney Corradetti	18:45*	2011
7	Jared Emmons	16:22	1999	7	Robin Eager	18:54*	1985
8	Marcus Owens	16:26	2014	8	Sonia Rodriguez	18:58*	1995
9	Jared Threw	16:29	2006	9	Kelly Thompson	18:58*	2008
10	Tyler Laventuna	16:29	2010	10	Sara Macey	19:00*	2007
11	Ryan Montez	16:30	1999	11	Riley Chapman	19:01**	2013
12	Nicholas Salomone	16:30	2002	12	Erica Martineau	19:04*	2002
13	Gonzalo Rodriguez	16:32	1985	13	Mariah Slack	19:14*	2009
14	Valente Villalobos	16:32	2007	14	Allison Frontera	19:16*	2007
15	Juan Oribe	16:41	1985	15	Natalie Carver	19:16*	2007
16	Steve Ketchum	16:41	1996	16	Daniella Rodebush	19:21*	2009
17	Vincent Garcia	16:41	2013	17	Fatima El-Farrah	19:30*	1995
18	Trevor Sybert	16:42	1994	18	Sammi Frontera	19:33*	2007
19	Joey Acosta	16:42	2019	19	Marina Ghabbour	19:33*	2007
20	Matt Van Dyke	16:43	2006	20	Ciera Corradetti	19:35*	2011
21	Steve Maher	16:43	2009	21	Emma Ashley	19:37*	1993
22	Raymond Levister	16:44	1990	22	Erica Lopez	19:40*	1999
23	Ryan Richer	16:48	2002	23	Kelsey Motyl	19:40*	2009
24	Jason Land	16:49	1995	24	Jenna Hansink	19:42*	2010
25	Ben Valdez	16:50	1988	25	Brooke Arvidson	19:42*	2011
26	Joe Aguilar	16:50	1999	26	Rachel Reoh	19:43*	1986
27	Miguel Villareal	16:50	2001	27	Florice Mendez	19:44	2015
28	Mario Trasvina	16:50	2015	28	Olympia Olguin	19:47*	2001
29	Gonzalo Garcia	16:51	1996	29	Kiara Edgel	19:48	2016
30	Mark Baddas	16:52	2000	30	Tiffany Lee	19:49*	2016
31	Joe Garcia	16:52	2015	31	Aurora Ramirez	19:49*	2016
32	Eric Hernandez	16:53	2000	32	Gabby Ruelas	19:59	2017
33	JB Martineau	16:54	2002	*= converted 2.48 course time			
34	Stuart Kirchmeir	16:55	1983	**= converted 2.75 course time			
35	Illias Arroyo	16:55	2014				
36	Joshua Milnes	16:55	2019				
37	Fernando Lopez	16:56	2013				
38	Leonardo Alcaraz	16:56	2012				
39	Jesus Villareal	16:58	2019				
40	Mike Meadows	16:59	1985				

Vista Cross Country 3 Mile Records (since 2008)

TOP 20 times from ANY eligible 3.0 mile course

Men				Women					
	Time	Yr	Course		Time	Yr	Course		
1	Jarod Dias	15:14	2015	Woodbridge-OCG Park	1	Ashley Cope	17:22 2013	Dana Hills	
2	Graham Hettinger	15:29	2008	Woodbridge High School	2	Riley Chapman	17:56	2013	Dana Hills
3	Valente Villalobos	15:36	2008	Woodbridge High School	3	Michelle Cruz	18:19	2009	Woodbridge High School
4	Edwin Vargas	15:39	2019	Woodbridge- Silverlakes	4	Mariah Slack	18:20	2009	Woodbridge High School
5	Jovanny Garcia	15:44	2017	Woodbridge- Silverlakes	5	Courtney Corradetti	18:21	2011	Laguna Hills
6	Mario Trasvina	15:47	2015	Woodbridge-OCG Park	6	Ciera Corradetti	18:43	2011	Laguna Hills
7	Joe Acosta	15:49	2018	Woodbridge- Silverlakes	7	Gaby Ruelas	18:49	2017	Woodbridge- Silverlakes
8	Joshua Milnes	15:50	2019	Woodbridge- Silverlakes	8	Kiara Edgel	18:53	2017	Woodbridge- Silverlakes
9	Ilias Arroyo	15:54	2015	Woodbridge-OCG Park	9	Florice Mendez	18:56	2015	Dana Hills
10	Jesus Villareal	16:03	2019	Woodbridge- Silverlakes	10	Nicole Giberson	19:06	2014	Dana Hills
11	Joe Garcia	16:10	2015	Woodbridge-OCG Park	11	Cassandra Ramos	19:10	2017	Woodbridge- Silverlakes
12	Joshua Copeland	16:13	2008	Woodbridge High School	12	Veronica Silva	19:13	2015	Dana Hills
13	Steve Maher	16:17	2009	Woodbridge High School	13	Kaitlyn Rojero	19:20	2019	Woodbridge- Silverlakes
14	Tyler Lavenuta	16:18	2009	Woodbridge High School	14	Natalie Taylor	19:24	2013	Dana Hills
15	Marcus Owens	16:23	2014	Dana Hills	15	Annie Taylor	19:31	2009	Woodbridge High School
16	Christian Gonzalez	16:25	2016	Woodbridge- Silverlakes	16	Daniella Rodebush	19:41	2009	Woodbridge High School
17	Adrian Mangoba	16:29	2011	Laguna Hills	17	Brooke Arvidson	19:46	2011	Laguna Hills
18	Jonatan Flores	16:33	2019	Woodbridge- Silverlakes	18	Griselda Rivera	19:52	2009	Woodbridge High School
19	Jesse Lopez	16:33	2015	Woodbridge-OCG Park	19	Vanessa Floyd	19:53	2009	Woodbridge High School
20	Vincent Garcia	16:36	2013	Kit Carson NCC Finals	20	Sydney Ruelas	19:55	2011	Kit Carson NCC Finals
Freshman Record:				Freshman Record:					
	Steve Maher	16:56	2008	Dana Hills		Mariah Slack	18:20	2009	Woodbridge High School

"THE GRAFTER"	since 2017		
			<i>"The Grafter" is a 1.2 mile hill climb, ascending Melrose Blvd from N Santa Fe Ave to Oceanside Blvd. Boys who run under 7 minutes 30 seconds, and girls under 9 minutes earn the Grafter t-shirt.</i>
Name	PR	Year	
<i>Edwin Vargas</i>	5:58	2019	
Jonatan Flores	6:25	2018	
<i>Joe Acosta</i>	6:28	2019	
Jovanny Garcia	6:29	2017	
Jesus Villareal	6:40	2018	
Erick Alvarado	6:42	2017	
Josh Milnes	6:53	2018	
Jayden Martinez	6:58	2018	
<i>Eden Buentello</i>	6:59	2019	
<i>Jagi Cruz</i>	7:03	2019	
Francisco Dolores	7:07	2017	
<i>Mark DeHaro</i>	7:14	2019	
Isaiah Vargas	7:15	2017	
<i>John Anguiano</i>	7:18	2019	
Nick Zimbardi	7:21	2018	
Kevin Diaz	7:24	2018	
Brandon Aguado	7:27	2017	
<i>Cassandra Ramos</i>	8:10	2017	
Gaby Ruelas	8:13	2017	
Bianca Luna	8:20	2017	
<i>Angela Nunez</i>	8:37	2019	
Kaitlyn Rojero	8:50	2018	
Loreli Pena	8:55	2018	
Kiara Edgel	8:57	2017	
Jordyn Arechiga	8:57	2018	
Charlize Wolf	9:00	2017	