

1995 Prep Best Performance – Boys

100m			
Jamyer Walters	Indiana	11.0	
Paul Whetstone	South Carolina	11.0	
Thomas Johnson	Missouri	11.1	
Carlos Stennett	Texas	11.1	
Harvard	Texas	11.1	
	California – Fremont		
3 Tied	California – Fremont	11.2	
	South Carolina		
200m			
Williams	Texas	22.5	State Champion
Thomas Johnson	Missouri	22.7	
Raheam Jesse	Marie Katzenbach	22.8	
Geter	South Carolina	22.9	
Harvard	Texas	22.9	
Chate	South Carolina	23.2	
400m			
Greg Baylis	Ohio	51.0	
Jamyer Walters	Indiana	51.5	
Pope	Model	51.9	
Paul Whetstone	South Carolina	52.1	
Barnes	California – Fremont	52.3	
Larry Daniels	Washington	53.2	
800m			
Jason Hardy	California – Fremont	2:02.6	
Greg Baylis	Ohio	2:07.9	
Jamyer Walters	Indiana	2:08.0	
Jesus Rosales	Texas	2:08.2	
Gutierrez	California – Fremont	2:09.1	
Preston Ponder	Missouri	2:13.0	
Munroe	Louisiana	2:13.0	
1600m			
Jason Hardy	California – Fremont	4:40.8	
James Lister	Washington	4:47.0	
Gutierrez	California – Fremont	4:50.5	
Byron Sincox	Louisiana	4:51.9	
Jesus Rosales	Texas	4:55.2	
Adam Moyer	Western Pennsylvania	4:58.7	
3200m			
James Lister	Washington	10:19.4	
Byron Sincox	Louisiana	11:00.0	
David McFee	Western Pennsylvania	11:10.6	
John Martikainen	American	11:13.0	
Comeaux	Louisiana	11:22.1	
Gutierrez	California – Fremont	11:25.0	

110m Hurdles

Commerson	Model	15.8
Antoine McCullough	South Carolina	16.6
Rivers	Louisiana	17.4
Mangham	Ohio	17.6
Smith	Indiana	17.8
Preston Ponder	Missouri	17.8
Delfin Mercado	Lexington	17.8

300m Hurdles

Jason Hardy	California – Fremont	42.1
Adam Moyer	Western Pennsylvania	42.6
Derrick Parker	Texas	42.6
Commerson	Model	42.7
Jamie Nygaard	Wisconsin	43.0
Mangham	Ohio	43.2

High Jump

Andy Gabel	Illinois	6' 4"
Jamyer Walters	Indiana	6' 4"
Chris Rawlins	Wisconsin	6' 2"
Orlando Berry	Mississippi	6' 0"
Adam Moyer	Western Pennsylvania	6' 0"
Williams	Texas	6' 0"
Thomas Darden	Rhode Island	6' 0"

Long Jump

Greg Baylis	Ohio	21' 7 ³ / ₄ "
Smith	Model	21' 6 ³ / ₄ "
Adrian Johnson	Texas	20' 8"
D. Braxton	Louisiana	20' 4 ¹ / ₄ "
Binion	Illinois	20' 4"
George Heinen	Western Pennsylvania	20' 3"

Triple Jump

Thomas Darden	Rhode Island	44' 5"	State Champion
Smith	Model	43' 9 ¹ / ₂ "	
Adrian Johnson	Texas	41' 4 ³ / ₄ "	
Dee Brown	Marie Katzenbach	41' 5 ¹ / ₄ "	
Winfert	Illinois	40' 8"	
Gabel	Indiana	39' 6 ¹ / ₂ "	

Pole Vault

Vincent	Indiana	9' 6"
Julio Montemayor	Maryland	8' 0"
Jeff Oswald	Maryland	8' 0"
Mike Barreca	St. Mary's	8' 0"
Andus	Louisiana	8' 0"
Anthony Brucato	St. Mary's	6' 9"

Shot Put

Dee Brown	Marie Katzenbach	48' 6"
Dean	Mississippi	45' 7"
Lowe	Illinois	44' 4"
Carey Goodwin	Wisconsin	42' 3 ½"
Glenn	California – Fremont	41' 9 ½"
John Castrese	Texas	40' 9"

Discus

Carey Goodwin	Wisconsin	130' 3"
Lowe	Illinois	125' 6"
Raheam Jesse	Marie Katzenbach	119' 9"
Harvell	South Carolina	119' 6"
Dean	Mississippi	118' 0"
Cedric Moore	Maryland	116' 3"

Javelin (insufficient entries)

Eric LeFors	Louisiana	139' 3"
George Southard	Marie Katzenbach	122' 2"
Rivers	Louisiana	111' 10"

400m Relay

	Texas	43.9	State Champion
	South Carolina	44.2	
Carl Joshua	Missouri	44.2	State Champion
Preston Ponder			
Robert Parker			
Thomas Johnson			
	Mississippi	46.3	
	Indiana	46.3	
	Louisiana	46.3	

800m Relay

Preston Ponder	Missouri	1:32.2	State Champion
Carl Joshua			
Robert Parker			
Thomas Johnson			
	South Carolina	1:32.4	
	Illinois	1:36.6	
	Louisiana	1:37.4	
	Mississippi	1:37.8	
	Maryland	1:40.3	

1600m Relay

	South Carolina	3:33.6
	Texas	3:34.8
J. Temby	Wisconsin	3:43.17
Jamie Nygaard		
Matt Fowler		
Chris Rawlings		
	Model	3:43.5
	Illinois	3:47.3
	Missouri	3:48.0

3200m Relay

	California – Fremont	8:52.9
	Illinois	9:18.1
C. Asleson J.B. Hartmann C. Schield Danny Bauer	Wisconsin	9:25.71
	Western Pennsylvania	9:38.0
	Missouri	9:41.2
	St. Mary's	10:01.0
	Florida	10:01.0

Team Scores

Texas	64.7
South Carolina	54.3
California – Fremont	53.6
Indiana	46.3
Illinois	43
Model	40
Louisiana	35.8
Wisconsin	34
Missouri	33.5
Ohio	33
Marie Katzenbach	28
Western Pennsylvania	20.7
Washington	19
Mississippi	16
Maryland	12
Rhode Island	11.7
St. Mary's	6.5
American	4
Lexington	1
Florida	0.5
Arizona, Colorado, Montana, New York, Oregon, California – Riverside, & Tennessee	0

1995 Prep Best Performance – Girls

100m		
Jones	South Carolina	12.6
Carolyn Ramiz	Mississippi	13.0
Natasha Hospedales	Lexington	13.0
Patrick	Tennessee	13.1
Smith	South Carolina	13.3
Mitchell	Louisiana	13.3
200m		
Jones	South Carolina	26.8
Patrick	Tennessee	27.9
Carolyn Ramiz	Mississippi	28.0
Regina Miles	Marie Katzenbach	28.6
Chaya Adams	American	28.7
Johnson	Illinois	28.8
400m		
Jones	South Carolina	1:03.8
Smith	South Carolina	1:05.1
Maria Petrova	Model	1:08.2
Anderson	Florida	1:09.3
Jessica Whitney	American	1:10.0
Amy Reed	Nebraska	1:10.0
Diana Rodriquez	Oregon	1:10.0
800m		
Stacey DeLaune	Louisiana	2:40.5
Misty Morris	Missouri	2:44.7
Latoya King	Mississippi	2:47.1
Helton	Tennessee	2:47.5
Nada Thomas	Missouri	2:48.4
Sylvie Marc-Charles	Lexington	2:51.0
1600m		
Misty Morris	Missouri	6:01.2
Stacey DeLaune	Louisiana	6:05.1
Gober	Florida	6:28.0
Amber Stanton	Western Pennsylvania	6:31.9
Rae	Louisiana	6:35.6
Jessica Whitney	American	6:38.3
3200m		
Stacey DeLaune	Louisiana	13:41.1
Bailey	Illinois	15:08.5
Amy Weber	St. Mary's	15:27.1
Bethany Wade	Western Pennsylvania	15:27.6
Jaime Markle	American	15:36.2
Yesenia Ramirez	Lexington	15:37.3

100m Hurdles

Bethlay	Louisiana	18.2
Sylvie Marc-Charles	Lexington	18.5
LaToya Plummer	Maryland	19.1
Toronja Williams	American	19.7
Heather Finke	Missouri	19.8
Jennifer DeFazio	Western Pennsylvania	20.3

300m Hurdles

Shannon Ellis	Tennessee	49.0
LaToya Plummer	Maryland	56.0
Heather Finke	Missouri	57.1
Toronja Williams	American	57.3
Nicky Bingham	Marie Katzenbach	57.5
Sylvie Marc-Charles	Lexington	57.7

High Jump

Shannon Ellis	Tennessee	5' 6"	State Champion
Audris Harris	Maryland	5' 0"	
Rashanda Edwards	Missouri	5' 0"	
Nada Thomas	Missouri	4' 10"	
Amanda Kovacs	Western Pennsylvania	4' 9"	
Nealia Blakely	Lexington	4' 8"	

Long Jump

Shannon Ellis	Tennessee	18' 2"	State Champion
Tysha Battle	Lexington	15' 10"	
Smith	South Carolina	15' 9"	
Nicole O'Bryan	Louisiana	15' 5"	
Daniel	Louisiana	14' 6 ³ / ₄ "	
Jennifer DePaolis	Western Pennsylvania	14' 6"	

Triple Jump

Nicole O'Bryan	Louisiana	32' 5 ¹ / ₂ "
Rashanda Edwards	Missouri	31' 10 ¹ / ₂ "
Tysha Battle	Lexington	31' 8"
Amanda Kovacs	Western Pennsylvania	29' 3"
Christina Liddle	Maryland	29' 1"
Anderson	Florida	28' 11"

Shot Put

Nickeya Brown	Lexington	34' 4"
Tina Bracey	South Carolina	33' 7"
Patrice Patterson	Michigan	32' 8"
Latoya King	Mississippi	32' 1"
Jones	Louisiana	31' 0"
Cassey Ellis	Learning Center	30' 10"

Discus

Nickeya Brown	Lexington	90' 3"
Tina Bracey	South Carolina	87' 11"
Michelle Hamilton	St. Mary's	87' 7"
Jones	Louisiana	84' 4 ³ / ₄ "
Patrice Patterson	Michigan	81' 0 ¹ / ₄ "
Randee Pascal	St. Mary's	80' 10"
Clark	St. Mary's	80' 10"

Javelin

Nicole O'Bryan	Louisiana	126' 5"	State Champion
Jones	Louisiana	76' 6"	
Gaffney	Washington	71' 3 ¹ / ₂ "	
Chistine Banko	Marie Katzenbach	52' 8"	
Harris	Washington	50' 8"	

400m Relay

Tennessee	52.7
Mississippi	53.3
Lexington	53.6
Louisiana	53.9
Missouri	55.4
Florida	55.8

800m Relay

Mississippi	1:52.6
Louisiana	1:57.5
Maryland	2:01.0
American	2:03.6
Idaho	2:03.7
Michigan	2:07.3

1600m Relay

	Florida	4:44.0
	Missouri	4:52.0
	Idaho	4:55.4
Toronja Williams Akemia George Milagros Negrón Chaya Adams	American	4:59.4
	Mississippi	5:00.8
	Lexington	5:01.7

3200m Relay

Missouri	11:49.2
Illinois	13:06.4
Michigan	13:32.1
Florida	13:38.0
Western Pennsylvania	13:47.0
American	14:53.0

Team Scores

Louisiana	93.5
Missouri	67
South Carolina	61.5
Lexington	60
Tennessee	56
Mississippi	43
Maryland	29
Florida	26
American	23
Western Pennsylvania	18
Illinois	17
Michigan	15
St. Mary's	13
Marie Katzenbach	10
Idaho	8
Washington	8
Model	6
Learning Center	1
Nebraska	1
Oregon	1
Arizona, California – Fremont, Indiana, Ohio, Rhode Island, & California - Riverside	0