

INVITATIONAL RECORDS - BEST INDIVIDUAL TIMES

OVERALL BEST INDIVIDUAL GIRLS' TIMES

Senior	Kim Mortensen	Thousand Oaks	16:49	1995
Junior	Melena Glusac	Fallbrook	16:49	1991
Sophomore	Carrie Garritson	Sunny Hills (Fullerton)	16:53	1991
Freshman	Heather Garritson	Buena Park	17:41	1994

BEST INDIVIDUAL GIRLS' TIMES BY DIVISION

Division 1				
Senior	Kim Mortensen	Thousand Oaks	16:49	1995
Junior	Melena Glusac	Fallbrook	16:49	1991
Sophomore	Melena Glusac	Fallbrook	17:15	1990
Freshman	Akemi Von Scherr	La Quinta (La Quinta)	17:47	2016
Division 2				
Senior	Shelly Taylor	Edison (Huntington Beach)	17:09	1991
Junior	Haley Herberg	Capistrano Valley	17:26	2016
Sophomore	Carrie Garritson	Sunny Hills (Fullerton)	16:53	1991
Freshman	Moriah Munyan	Sultana	17:54	2011
Division 3				
Senior	Annie St. Geme	Corona del Mar (Newport Beach)	17:15	2005
Junior	Diane Molina	Costa Mesa	17:53	2018
Sophomore	Nadia Tabrizi	Jserra	18:17	2016
Freshman	Heather Garritson	Buena Park	17:41	1994

OVERALL BEST INDIVIDUAL BOYS' TIMES

Senior	Eddie Lavelle	Corona del Mar (Newport Beach)	14:48	1988
Senior	Kevin Ramos	Rubidoux	14:48	2018
Junior	Kevin Ramos	Rubidoux	14:50	2017
Sophomore	Kevin Ramos	Rubidoux	15:05	2016
Freshman	Anthony Grover	Jserra	15:51	2016

BEST INDIVIDUAL BOYS' TIMES BY DIVISION

Division 1				
Senior	Eddie Lavelle	Corona del Mar (Newport Beach)	14:48	1988
Junior	Ammar Mousa	Arcadia	14:57	2009
Sophomore	Brandon Palacios	Santa Ana	15:11	2018
Freshman	Jake Ogden	Dana Hills	15:58	2012
Division 2				
Senior	David Napper	Cypress	14:53	2002
Junior	Kevin Ramos	Rubidoux	14:50	2017
Sophomore	Kevin Ramos	Rubidoux	15:05	2016
Freshman	Michael Haddan	Woodbridge (Irvine)	15:59	2000
Division 3				
Senior	Kevin Ramos	Rubidoux	14:48	2018
Junior	Mebrahtom Keflezighi	San Diego	15:02	1992
Sophomore	Anthony Grover	Jserra	15:12	2017
Freshman	Anthony Grover	Jserra	15:51	2016