

# 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)				
<b>1</b>	<b>Jarod Dias</b>	<b>15:48</b>	<b>2014</b>	<b>1</b>	<b>Kira Jorgensen</b>	<b>17:36*</b>	<b>1986</b>
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	<b>Jovanny Garcia</b>	<b>16:13</b>	<b>2017</b>	6	Courtney Corradetti	18:45*	2011
7	Jared Emmons	16:22	1999	7	Robin Eager	18:54*	1985
8	<b>Marcus Owens</b>	<b>16:26</b>	<b>2014</b>	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	<b>Jesus Villarreal</b>	<b>16:39</b>	<b>2020</b>	15	Natalie Carver	19:16*	2007
16	Juan Oribe	16:41	1985	16	Daniella Rodebush	19:21*	2009
17	Steve Ketchum	16:41	1996	17	Fatima El-Farrah	19:30*	1995
18	Vincent Garcia	16:41	2013	18	Sammi Frontera	19:33*	2007
19	Trevor Sybert	16:42	1994	19	Marina Ghabbour	19:33*	2007
20	<b>Joey Acosta</b>	<b>16:42</b>	<b>2019</b>	20	Ciera Corradetti	19:35*	2011
21	Matt Van Dyke	16:43	2006	21	Emma Ashley	19:37*	1993
22	Steve Maher	16:43	2009	22	Erica Lopez	19:40*	1999
23	Raymond Levister	16:44	1990	23	Kelsey Motyl	19:40*	2009
24	Ryan Richer	16:48	2002	24	Jenna Hansink	19:42*	2010
25	Jason Land	16:49	1995	25	Brooke Arvidson	19:42*	2011
26	Ben Valdez	16:50	1988	26	Rachel Reoh	19:43*	1986
27	Joe Aguilar	16:50	1999	27	<b>Florice Mendez</b>	<b>19:44</b>	<b>2015</b>
28	Miguel Villareal	16:50	2001	28	Olympia Olguin	19:47*	2001
29	<b>Mario Trasvina</b>	<b>16:50</b>	<b>2015</b>	29	<b>Kiara Edgel</b>	<b>19:48</b>	<b>2016</b>
30	Gonzalo Garcia	16:51	1996	30	Tiffany Lee	19:49*	2016
31	Mark Baddas	16:52	2000	31	Aurora Ramirez	19:49*	2016
32	<b>Joe Garcia</b>	<b>16:52</b>	<b>2015</b>	32	<b>Gabby Ruelas</b>	<b>19:59</b>	<b>2017</b>
33	Eric Hernandez	16:53	2000	* = converted 2.48 course time			
34	JB Martineau	16:54	2002	** = converted 2.75 course time			
35	Stuart Kirchmeir	16:55	1983				
36	<b>Illias Arroyo</b>	<b>16:55</b>	<b>2014</b>				
37	<b>Joshua Milnes</b>	<b>16:55</b>	<b>2019</b>				
38	Fernando Lopez	16:56	2013				
39	Leonardo Alcaraz	16:56	2012				
40	Mike Meadows	16:59	1985				

# Vista Cross Country 3 Mile Records (since 2008)

## TOP 20 official times from an eligible 3.0 mile course

Men				Women					
	Time	Yr	Course		Time	Yr	Course		
1	<b>Jarod Dias</b>	<b>15:14</b>	<b>2015</b>	Woodbridge-OCG Park	1	<b>Ashley Cope</b>	<b>17:22</b>	<b>2013</b>	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	<b>Edwin Vargas</b>	<b>15:39</b>	<b>2019</b>	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	<b>Kaitlyn Rojero</b>	<b>19:20</b>	<b>2019</b>	Woodbridge- Silverlakes
14	Tyler Lavenuta	16:18	2009	Woodbridge High School	14	Natalie Taylor	19:24	2013	Dana Hills
15	<b>Marcus Owens</b>	<b>16:23</b>	<b>2014</b>	Dana Hills	15	Annie Taylor	19:31	2009	Woodbridge High School
16	<b>Christian Gonzalez</b>	<b>16:25</b>	<b>2016</b>	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	<b>Jonatan Flores</b>	<b>16:33</b>	<b>2019</b>	Woodbridge- Silverlakes	18	Griselda Rivera	19:52	2009	Woodbridge High School
19	<b>Jesse Lopez</b>	<b>16:33</b>	<b>2015</b>	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
<b>Freshman Record:</b>				<b>Freshman Record:</b>					
	Steve Maher	16:56	2008	Dana Hills		Mariah Slack	18:20	2009	Woodbridge High School



# "THE GRAFTER"

since 2017

"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.

Name	PR	Year
<b>Edwin Vargas</b>	<b>5:58</b>	<b>2019</b>
<b>Jesus Villarreal</b>	<b>6:15</b>	<b>2021</b>
Jonatan Flores	6:25	2018
Joe Acosta	6:28	2019
Jovanny Garcia	6:29	2017
<b>Jagi Cruz</b>	<b>6:29</b>	<b>2021</b>
<b>Mark DeHaro</b>	<b>6:40</b>	<b>2021</b>
Erick Alvarado	6:42	2017
Josh Milnes	6:53	2018
<b>Aidan Stover</b>	<b>6:55</b>	<b>2021</b>
Jayden Martinez	6:58	2018
Eden Buentello	6:59	2019
<b>Zach Schmid</b>	<b>6:59</b>	<b>2021</b>
Francisco Dolores	7:07	2017
<b>Kaleb Kaye</b>	<b>7:11</b>	<b>2021</b>
Isaiah Vargas	7:15	2017
<b>Liam Jones</b>	<b>7:17</b>	<b>2021</b>
John Anguiano	7:18	2019
<b>Xavier Villegas</b>	<b>7:20</b>	<b>2021</b>
Nick Zimbardi	7:21	2018
<b>Luke Buentello</b>	<b>7:22</b>	<b>2021</b>
Kevin Diaz	7:24	2018
Brandon Aguado	7:27	2017
<b>Melissa Estrada</b>	<b>7:47</b>	<b>2021</b>
Cassandra Ramos	8:10	2017
Gaby Ruelas	8:13	2017
Bianca Luna	8:20	2017
Angela Nunez	8:37	2019
<b>Melina Lopez</b>	<b>8:48</b>	<b>2021</b>
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

