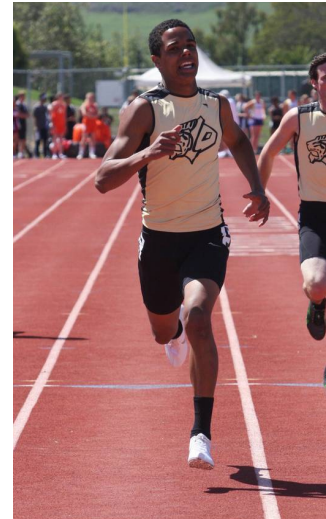


Alumni

<u>Callum Bolger: 2013-2017</u> • State Champion - 3200m run - 2017 • State Champion - Cross Country D. IV - 2016 • School record holder - 1600m run - • School record holder - 3200m run - • Cross country . . .	
<u>Will Ernst: 2012-2015</u> • Two time PAC-8 XC Individual Champion (2013, 2014) • One time school record holder 1600m (4:10.xx)	 A photograph of a male athlete, Will Ernst, running on a track. He is wearing a yellow tank top with a black logo and black shorts with the number 2. He is captured in a running stride, looking forward with a focused expression. The background shows a blurred track and some spectators.

Ray Smith: 2012-2015

- School record holder 4x100m relay (43.xx)
- School record holder 4x400m relay (3:20.xx)
- League wins . . .
- CIF qualifiers . . .
- League championship teams . . .



Abrianna Torres: 2008 - 2011

- School record holder in long jump (19' 11.5")
- Triple Jump (School Record 39' 6.5"),
- 100 H (School Record 14.45),
- 300 H, Hepthalon (School Record & 2011 US National Leader 4,826pts)



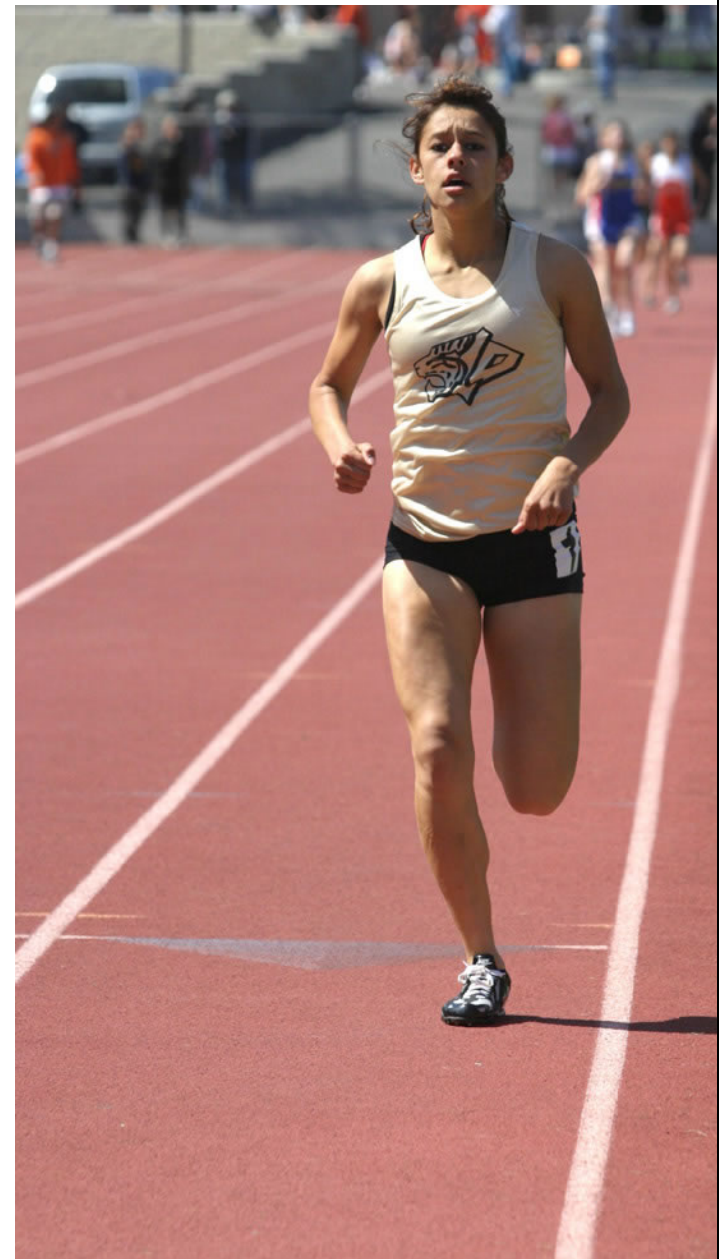
Vivien Devaney: 2007-2010

- **Best High School Marks: Shot Put (37' 8")**
- **Discus Throw (161' 3" - School Record)**
- **Eight-time varsity letter recipient in soccer and track & field.**
- **Helped her track team to four PAC-7 and two CIF Championships.**
- **Team captain in track her junior season, and a captain in both track and soccer her senior year.**
- **CIF Champion in the discus and took second at the California State Meet her senior year.**
- **Finished off the 2010 outdoor season ranked 9th in the nation.**
- **Competed for University of Notre Dame Fighting Irish Track and Field Class of 2014**



Antonia (Tonie) Williams: 2005 - 2008

- 4 x 100, 4 x 400 (School Record), 100 M (School Record 11.9), 200M, 400 M (School Record 55.04), 800M (School Record 2:10.41)
- Four-time CIF state meet qualifier.
- Placed 3rd in both 200 (24.78) and 400 (55.04) in Southern Section finals as a senior and helped 4x400 relay capture Division III crown, running a 53.8 anchor split to take the victory
- Helped the Tigers win team title at section championship.
- Placed 6th in 400, 7th in 4x400 at state meet.
- Advanced to CIF-SS Masters meet in 400, placing 5th (56.05).
- Won Athlete of the Meet honors at SLO County championships for three straight years, winning 400 and 800 titles each time



Scott Anderson: 2001 - 2004

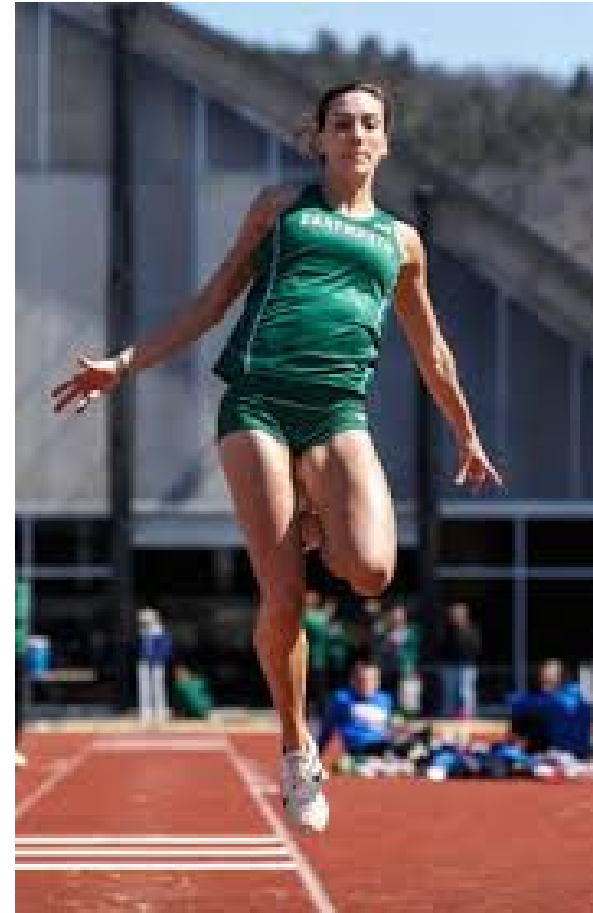
- Anderson finished second in the discus and third in the shot put at the 2004 CIF-SS Div. 3 Finals.
- Best High School Marks: Discus 173' 0.5", Shot Put 59' 1"

College

- Discus Throw (School Record 173' 0.5"), Shot Put 2007 NCAA Regional Qualifier
- Broke a 39 year-old record in the shot put with a throw of 58' 2" at the Northridge Invitational
- Ranked as high as 17th in the entire NCAA in the shot put.
- Went to Regionals for the third year in a row
- Took fourth place in the shot at the Big West Championships.
- Competed in the discus at Conference and came away with a fifth-place result.
- He moved up from ninth to eighth on the all-time discus list with a toss of 165' 4" at the Ben Brown Invitational.
- In his first year, Anderson solidified himself as one of UCSB's strongest throwers. He led the team in the shot put (55' 11.75"), qualifying for NCAA Regionals while finishing seventh in a tough throws Conference.
- He won the Big West Challenge Cup and the Northridge Open, where achieved a personal best.
- His victory at the Challenge Cup was also the first collegiate meet of his career.

Cara Vernacchia: 2006 - 2009

- **Best High School Marks:**
 - High Jump (5' 5")
 - Long Jump (16' 10.5")
 - Triple Jump (36' 3")
- **Earned four varsity letters in track and was captain of the team for San Luis High School.**
- **Junior year:**
 - Pac-7 League Champion
 - Placed 3rd in Division 3 in high jump
 - Pac-7 League Champion in the triple jump.
- **Senior year:**
 - Pac-7 League Champion
 - 5th in Division 3 in the triple jump
 - Her team was Pac-7 League Champs and Division 3 Champs.
- **Recipient of many awards:**
 - SLOHS Rookie of the Year
 - Pac-7 League 1st Team in High Jump as a junior
 - Pac-7 League 1st Team in Triple Jump as a junior and senior
 - SLOHS Outstanding Clutch Performer as a senior.
- **Aside from athletics, Cara was a member of the NHS, SLOHS Newspaper, Interact Club, and was a National Merit and AP Scholar.**



Karen Freberg: 2000-2001

- **Best High School Marks:**
 - Shot Put (53' 7.5")
 - Discus Throw (145' 5")
- **Two time CIF Division III, Masters, and California State Champion in the Shot Put while attending SLOHS.**
- **2001, Karen was also the National Scholastic Indoor Champion & record holder at 52-04.25.**

"The best advice that I would give student-athletes today is to say that hard work and dedication will always pay off. It takes a little bit each day and if you keep your eye on the prize, you can accomplish your goals. Plus, if you work hard, you win easy - and that was what has helped me not only in my athletic activities with track, but also with my academics and professional career. I believe that track and field taught me the key skills that have helped me succeed in both the classroom and real world - focus, time management skills, and dedication and commitment. In addition, athletics opens a lot of doors - it allows you to travel and see new places, cities, and schools you might not have had the experience in seeing before. My experience in track and field was life changing for me, and I enjoyed my time competing for SLOHS tremendously."

- Karen Freberg



Dan Nunn: 2001 - 2004

- **Best High School Marks:**
 - 800 M (1:56.5)
 - 1600 M (4:17.1)
 - 3200 M (9:07.1)
- **GU PR's:**
 - Mile(r): 4:08.4
 - 3000m: 8:06.37
 - 5000m: 13:59.23
 - 10,000m: 28:51.96
- **High School**
 - California State Cross Country Champion
 - Led San Luis Obispo to state and CIF championship title in cross country.
 - CIF division III champion in the 1600 (4:18.83) & 3200 (9:11.06).
- **2004 - 05 Cross Country**
 - Placed 29th overall (4th among freshmen) at the BIG EAST Championship
 - Ran at the NCAA Championships
 - Indoor - Redshirted
 - Outdoor - Redshirted
 - Earned All-America honors by placing 2nd at the USA Jr. National Track & Field Championships in the 5000m in a time of 14:17
 - Pan-Am Jr. Champion in the 5000m.
- **2005-06 - Cross Country**
 - Finished 97th overall at the NCAA Championship
 - Named All-Mid-Atlantic Region



- All-BIG EAST honors placing 13th
- Indoor - Finished 2nd at the IC4A Championships in the 5000m in 14:12.86
- Placed 2nd at the Terrier Classic 5000m with a personal best of 13:59.23
- Outdoor - Placed 8th in the BIG EAST 5000m
- Finished 3rd at the IC4A Championships in the 5000m
- Competed at the NCAA East Regional Championships in the 5000m.
- 2006 - 07
 - Indoor - All Big East in the 5000m
 - Placed 5th at the Giegengack Invitational in the 3000m in 8:11.51
 - Finished 3rd in the IC4A Championship 5000m
 - Outdoor - Placed 6th at the BIG EAST in the 10,000m
 - Competed at the NCAA East Regional Championships in the 5000m
- 2007 - 08 Cross Country:
 - Led Georgetown's victorious team with a first-place finish at IC4A Championships
 - Placed 38th at BIG EAST Cross Country Championships
 - Indoor - Finished 4th in 5000m at BIG EAST Championship
 - Placed fifth in 3000m at the IC4A Championship
 - Outdoor - Became third fastest GU athlete of all-time in the 10,000m at Stanford Invitational (28:51.96)
 - IC4A Champion in 5000m
 - Placed fourth in 5000m at BIG EAST Championship.

<u>Kathleen Uyttewaal: 2008 - 2011</u> • 3200 M • 1600 M • 800 M • Cal Berkeley	
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Alessa Moscoso: 2007 - 2010

- **Best High School Marks:**
 - 200 m (26.00)
 - 400 m (58.83)
 - 300 H (44.63)
- **4 x 100 (School Record)**
- **4 x 400 (School Record)**

Alessa earned four varsity letters in soccer, four in track & field and one in cross country at San Luis Obispo High School as well as two-time All-Pac 7 League in soccer and was a two-time selection to the All-California Interscholastic Federation (CIF) team. She gained three all-league honors in track and earned a spot on the All-CIF team in 2008.

Alessa was the CIF Female Student-Athlete of the Year in 2010 and the Borah Female Athlete of the Year. She helped the soccer team to an undefeated season in 2007, winning the Pac 7.

She led the track team to four PAC 7 titles and holds the school record in 4x100 and 4x400 meters.

Alessa was the class valedictorian; AP Scholar with Honor; National Hispanic Recognition Program Scholar; recipient of the Golden Tiger Award; and achieved Honorable Merit Maxima Cum Laude for Outstanding Performance in the National Latin Examination.



Brian Medigovich: 2002 - 2005

- **Best High School Marks:**
 - 800m = 1:57.8
 - 1600m = 4:15.83
 - 3200m = 9:04.05
- **All-State performer in both cross-country and track**
- **League, CIF, and Master's champion in the 3200m run as a senior**
- **All-League, All-CIF, All-West Regional and All-State honors in cross country.**
- **Helped lead the cross-country team to D3 State Championship as a junior**



Spencer Lemons: 2008 - 2011

- **Best High School Marks:**
 - High Jump (6' 4")
 - Long Jump (21' 5.5")
 - Triple Jump (43' 5") - School Record
 - 100M (11.79)
 - 400M (53.72)
 - Pole Vault (9' 6.25")
 - 110 HH (16.71)
 - Shot Put (30' 10.75")
 - Discus (69' 3.5")
 - Decathlon (5,149 points)

2011-12

- Finished in 15th place in the long jump with a mark of 6.20 meters (20' 4.25") at the Harvard Open Dec. 10

High School

- Lettered all four years in track and field at San Luis Obispo High School.
- Named team MVP in 2010
- Second team all-league in long jump, triple jump and high jump in 2010
- Named Field Athlete of the Meet at 2010 county meet and Bearcat Relays
- Southern California section finalist in high jump in 2010
- School record holder in the triple jump!



Emily Allis: 2006 - 2009

- **Best High School Marks:**
 - **100 H (15.20)**
 - **300 H (43.58) - School Record**
 - **4 x 100 (48.12) - School Record**
 - **4 x 400 (3:51.24) - School Record**
- **Four-year letterwinner in track & field at San Luis Obispo High School**
- **Her team was CIF champions twice.**
- **Honors include:**
 - **CA state meet qualifier**
 - **Coaches' Award**
 - **Most Valuable Track Athlete**
- **Emily lists her biggest athletic thrill as making it to masters' meet for the 300 hurdles and making it up the killer sand dune 19 times.**

Maddie Allen: 2006 - 2009

- **Best High School Marks:**
 - High Jump (5' 4")
 - Triple Jump (33' 5")
 - Long Jump (16' 0.25")
- Redshirt-freshman from San Luis Obispo.
- Prior to attending CSU Chico, she was a 2009 graduate of San Luis Obispo High School, where she lettered in basketball and track.
- Earned all-league honors for high jump in 2007.

Sian Morgan: 2004 - 2007

- **Best High School Marks:**
- Pole Vault (11' 7")
- Triple Jump (35' 10")
- Long Jump (16' 4")

San Luis Obispo High School:

- 2005 SLO county meet outstanding performance
freshman/sophomore girls
- 2007 SLO county girls varsity Pole Vault champion
- 2005 & 2006 SLOHS most outstanding field event athlete
- 2007 SLOHS most valuable field athlete
- CIF Prelims 2004, 2005, 2006, 2007
- CIF Finals 2005, 2006
- Pac 5 All league, Pac 5 Champions, Pac 7 All league, Pac 7
Champions
- Golden tiger & Scholar/Honor roll athlete

- 2004 Freshman Pac 5 (Triple Jump: 2nd 34'8" Pole Vault: 6th 7'6" Long Jump: 5th 15'11.25")
- 2005 Sophomore Pac 5 (Triple Jump: 4th 33'3.5" Pole Vault: 1st 10' Long Jump: 3rd 16'00.75")
- 2006 Junior Pac 5 (Triple Jump: 3rd 34'1" Pole Vault: Tied 10' got 2nd Long Jump: 4th 16'2.5")
- 2007 Senior Pac 7 (Triple Jump: 4th 31'9.75" Pole Vault: 1st 10'9" Long Jump: 3rd 15'8.25")
- SLOHS school record in Pole Vault 11'7" between 2006-2010.

Cuesta College:

- Top Ten in Pole Vault, Long Jump, and Triple Jump
- 2008 2nd place Pole Vault at State meet, 2009 4th place Pole Vault at state meet.
- Current Pole Vault best 12'6"
- Signed with CSU Stanislaus for fall 2011

Steve Boaz:

This will be Coach Boaz's 29th year at SLOHS with 28 of those years coaching the Tiger track teams (10 years as the head coach). Coach Boaz is also the head cross country coach and the distance runners are his main focus during the track season. Over the years he has been a part of the many successes on all levels in both the girls and boys programs. Coach Boaz is a level I and level II USATF certified coach and has been a presenter at several AAF-CIF track & field clinics. He has coached numerous league champions, CIF champions, and state qualifiers. His main area of pride is the amount of improvement he sees in each athlete and the number of athletes that have gone on to compete in college. He lives in Los Osos with his wife Jill (an accomplished marathoner who has competed in 3 world championships) and their two boys Hayden and Hudson.

