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CIFSDS TEACHING SPORTSMANSHIP SINCE 1960

1960s — A most memorable mile

A huge crowd at Balboa Stadium in 1966 watched Chula Vista's Tim Danielson become just the second high schooler to run a mile in under four minutes. Competing in the San Diego Invitational, conditions were perfect for fast times. The temperature was in the 60s for the evening race, there was no wind and the runners were racing on a new all-weather track. Pushed by some of the finest milers in the country at the time, Danielson crossed the finish line in 3:59.4. Kansas' Jim Ryun (3:59.0 in 1964) was the first to break four minutes, doing it five times while in high school. Only two other prep runners — New Jersey's Marty Liqouri (3:59.8 in 1967) and Virginia's Alan Webb (3:53.43 in 2001) — have accomplished the feat since.

1970s — Lincoln legend's amazing football finals performance

Lincoln's Marcus Allen would win a Heisman Trophy at USC and become an NFL Hall of Famer as a running back, but it was his performance as a quarterback and safety in the 1977 CIF championship game at San Diego Stadium that left the most lasting impression here. Allen scored all five of the Hornets' touchdowns in a 34-6 victory over Kearny. He rushed for TDs of 30, 85, 20 and 10 yards. The fifth score came on a 60-yard interception return.

1980s — The Sultans of swat

The Santana baseball team belted balls over the fence over and over and over again — nine times in all — to set a section record in a 22-3 victory over El Cajon Valley in 1985. The performance, which was one shy of the state record, included four home runs by the Sultans' Jim Tatum, whose effort set the section's individual record for homers in a game.

1990s — Shocking shot wins Christian a state title

Christian's Stephanie Shadwell hit a half-court three-pointer as time expired to give the Patriots a dramatic 49-47 victory over Ripon Christian in the 1995 girls' Division V state championship game played in Oakland. Ripon had taken a 47-46 lead three seconds earlier on a pair of free throws, when Shadwell got the ball and put up a shot that just beat the buzzer.

2000s — Bonita Vista's springboard to national volleyball title

The Bonita Vista girls volleyball team interrupted perennial power Torrey Pines' streak of championships in 2000 when the Barons won a spirited Division I championship match at San Diego State's Peterson Gym. Bonita Vista lost the opening game 12-15 before storming back with 15-8, 16-14 and 15-10 wins to take the title. It was perhaps the season's toughest test for the Barons, who went on to beat Stockton St. Mary's for the state title. That completed a 40-0 season that earned Bonita Vista a national championship as the No. 1-ranked team in the nation.