

CCS REGION I TRACK AND FIELD RECORDS

thru 1975

FROSH/SOPH

Event	Record Holder	School	Record	Year
4 x 110 Yd Relay		Aragon	45.0	1971
✓ 70 Yd H H	Harold Ross	Hillsdale	8.8	1975
✓ 880 Yd Run	Steve Vasquez	Mills	2:01.6	1973
100 Yd Dash	Espina	Westmoor	10.2	1972
✓ 440 Yd Dash	Asa Hilliard	So San Francisco	52.0	1975
✓ 2 Mile Run	Steve Allara	Capuchino	9:52.0	1975
✓ 330 Yd LH	Harold Ross	Hillsdale	40.0	1975
220 Yd Dash	Bob Hickok Ken Terrell	St Ignatius Serramonte	23.3 23.3	1970 1975
✓ 1 Mile Run	Jeff Maxwell	Westmoor	4:27.5	1975
4 x 440 Yd Relay		Aragon	3:33.3	1971
✓ Shot Put	Bob Wiley	St Francis	56' 1½"	1975
✓ Discus	Dale Curry	San Mateo	147' 8"	1970
✓ High Jump	Don Ackerland	San Mateo	6' 6"	1975
✓ Pole Vault	Ryan Paton	San Mateo	13' 0"	1971
✓ Long Jump	Steve Vasquez	Mills	22' 9"	1973
✓ Triple Jump	Andy Gustafson	San Mateo	44' 2 3/4"	1973

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VARSITY

EVENT	RECORD HOLDER	SCHOOL	RECORD	YEAR
4 x 110 Yd R		Serramonte	42.8	1975
120 Yd HH	Ike Allmend	Serramonte	14.0	1973
✓ 880 Yd Run	Mike Kasser	St Francis	1:54.4	1974
100 Yd Dash	Mike Gill	Mitty	9.8	1972
✓ 440 Yd Dash	Ron Kennedy	Serramonte	48.8	1975
✓ 2 Mile Run	Ian Barnett	Mills	9:22.4	1973
✓ 330 Yd LH	Tony Hicks	Serramonte	37.6	1975
220 Yd Dash	Chuck Bommarito	Crestmoor	22.2	1970
✓ 1 Mile Run	Bill La Forge	Oceana	4:18.8	1974
4 x 440 Yd R		San Mateo	3:19.9	1975
✓ Shot Put	John Rossini	St Francis	60' 0 $\frac{1}{2}$ "	1975
✓ Discus	Craig Watkins	Mitty	180' 11"	1974
✓ High Jump	Bob Dillard	Mills	6' 8"	1975
✓ Pole Vault	Jim Lydon	San Mateo	15' 2"	1969
✓ Long Jump	Lynn Swann	Serra	24' 1 $\frac{1}{2}$ "	1970
✓ Triple Jump	Alton Page	St Francis	45' 8 $\frac{1}{2}$ "	1974