

### Top track & field marks

Top five times in Central Coast Section (only the best time for each individual athlete is represented by event; based on reported meets):

#### BOYS:

#### RUNNING EVENTS (all distances in meters)

400 relay  
 CCS best: Del Mar (Johnson, Wiggins, Gillespie, Napoleon) ..... 42.7  
 2, Milpitas ..... 43.84  
 3, Los Gatos ..... 43.86  
 4, Bellarmine ..... 43.8  
 5, St. Francis (Tanforan, Stuart, Karzag, Elliott) ..... 44.21  
 MVAL best: Logan 43.34.

100  
 CCS best: Napoleon (Del Mar) ..... 10.65  
 2, Tinsley (Gilroy) ..... 10.70  
 3, Hesse (Cupertino) ..... 10.7  
 3, Jones (Yerba Buena) ..... 10.7  
 5, Naivalu (Fremont) ..... 10.82  
 MVAL best: Rawsorn (Logan) ..... 10.8.

200  
 CCS best: Napoleon (Del Mar) ..... 21.5  
 2, Tinsley (Gilroy) ..... 21.7  
 3, Jordan (Bellarmine) ..... 22.21  
 4, Hamm (Milpitas) ..... 22.1  
 4, Naivalu (Fremont) ..... 22.1.  
 MVAL best: Rawsorn (Logan) ..... 22.0.

400  
 CCS best: Napoleon (Del Mar) ..... 48.7  
 2, Hogg (Riordan) ..... 49.8  
 3, K.Morrell (San Jose) ..... 50.66  
 4, Hoard (Riordan) ..... 50.84  
 4, Stuart (St. Francis) ..... 50.84  
 MVAL best: Dean (Washington) ... 51.37.

800  
 CCS best: Sikiric (Leland) ..... 1:52  
 2, K.Morrell (San Jose) ..... 1:54.93  
 3, Rutledge (Los Gatos) ..... 1:56.10  
 4, Newman (Los Gatos) ..... 1:57.5  
 5, Torres (Silver Creek) ..... 1:57.77  
 MVAL best: Stevens (Mission S.J.).

1,600  
 CCS best: Sikiric (Leland) ..... 4:13  
 2, Torres (Silver Creek) ..... 4:16  
 3, Wulf (Bellarmine) ..... 4:21.11  
 4, Collin (St. Francis) ..... 4:24.68  
 5, Smith (Mills) ..... 4:25.82c  
 MVAL best: Stevens (MSJ) ..... 4:17.89c.

3,200  
 CCS best: Torres (S. Creek) ..... 9:16  
 2, Passanisi (Aptos) ..... 9:53.5  
 3, Kessler (Santa Cruz) ..... 9:56  
 4, Dominguez (Overfelt) ..... 10:01.6c  
 5, Cheung (St. Francis) ..... 10:15.9c  
 MVAL best: Rodriguez (Mission S.J) ..... 9:25.27c.

100 HH  
 CCS best: Naivalu (Fremont) ..... 14.0  
 2, Bull (Mountain View) ..... 14.58  
 3, Mauga (Independence) ..... 14.8  
 4, Moreno (Riordan) ..... 15.1  
 5, Nguyen Vong (Silver Creek) ..... 15.4

300 IH  
 CCS best: Naivalu (Fremont) ..... 38.8  
 2, Hocker (Silver Creek) ..... 40.54  
 3, Lucero (Westmont) ..... 41.1  
 4, Austin (Los Gatos) ..... 41.40  
 5, Seymour (San Lorenzo Valley) ... 41.2

1,600 relay  
 CCS best: Del Mar (Johnson, Gillespie, Wiggins, Napoleon) ..... 3:24.3c  
 2, St. Francis ..... 3:25.3c  
 3, Los Gatos (Lipp, Conley, Newman, Rutledge) ..... 3:26.52  
 4, Gunn ..... 3:28.3c  
 5, Milpitas ..... 3:29.1c  
 MVAL best: Logan ..... 3:28.07.

#### FIELD EVENTS (all distances in feet and inches)

Shot  
 CCS best: Howard (Los Altos) .. 55-10½  
 2, Giruard (Los Altos) ..... 50-9  
 3, Young (Piedmont Hills) ..... 50-4  
 4, Asher (St. Francis) ..... 49-7  
 4, Young (Salinas) ..... 49-7  
 MVAL best: Ransom (Logan) ..... 52-9.

Discus  
 CCS best: Howard (Los Altos) ..... 160-3  
 2, McGilvray (Los Gatos) ..... 153-3  
 3, Young (Piedmont Hills) ..... 152-7  
 4, Fought (Del Mar) ..... 149-3  
 5, Tulpuloto (San Mateo) ..... 148-9  
 MVAL best: Ransom (Logan) ..... 153-2.

Long jump  
 CCS best: Washington (Mt. Pleas.) ..... 21-9¼  
 2, Bull (Mountain View) ..... 21-7¾  
 3, McClintock (Lick) ..... 21-5  
 3, Portman (Burlingame) ..... 21-5  
 5, Nealy (Yerba Buena) ..... 21-2½  
 MVAL best: Dixon (Logan) ..... 20-3½.

Triple jump  
 CCS best: Washington (Mt. Pleas.) 44-4  
 2, Stone (Yerba Buena) ..... 43-9  
 3, Charles (Los Altos) ..... 43-2  
 4, Quinn (Gunderson) ..... 42-8½  
 5, Johnson (Fremont) ..... 42-5½  
 MVAL best: Mackey (Logan) ..... 43-6¼.

High jump  
 CCS best: Bull (Mountain View) ..... 6-8;  
 2, Portman (Burlingame) ..... 6-6  
 3, Marble (Los Altos) ..... 6-3  
 4, Moreno (Riordan) 6-2  
 4, McMillan (Bellarmine) ..... 6-2  
 4, Frick (Redwood Christian) ..... 6-2  
 MVAL best: Dixon (Logan) ..... 6-4.

Pole vault  
 CCS best: Harris (Del Mar) ..... 14-6  
 Vong (Silver Creek) ..... 14-6  
 3, Lippman (NMC) ..... 13-0  
 3, Bodner (Del Mar) ..... 13-0  
 3, Grijalua (NMC) ..... 13-0  
 MVAL best: Johnson (Logan) ..... 14-0.

#### MVAL best: Townsend (Logan) ..... 5-4.

Pole vault  
 CCS best: Haut (Harbor) ..... 10-0  
 2, Sarn (Mitty) ..... 9-6  
 3, Martin (Soquel) ..... 9-0  
 4, Consorti (St. Francis) ..... 8-6  
 4, Badillo (Mt. Pleasant) ..... 8-6  
 4, Furniss (St. Ignatius) ..... 8-6  
 4, Swanson (Gilroy) ..... 8-6  
 MVAL best: Lopez (Newark Memorial) ..... 10-0.

c—converted  
 To report top times or make any changes, please call Scott M. Johnson at (408) 920-5354 or leave your changes on voice mail at (408) 920-5814.

**GIRLS****RUNNING EVENTS (all distances in meters)****400 relay**

CCS best: St. Francis (Craig, Steingart, Blaschke, Klem) .....	48.1
2, Los Gatos .....	49.9
3, Independence .....	50.33
4, Gunn .....	50.58
5, St. Ignatius .....	50.4

MVAL best: Logan .....

**100**

CCS best: Craig (St. Francis) .....	11.90
2, Ponder (Del Mar) .....	12.18
3, Coleman (Gunn) .....	12.41
4, Chavez (Los Gatos) .....	12.42
5, B.Jones (Westmoor) .....	12.45

MVAL best: Wright (Logan) and Estes (Logan) .....

**200**

CCS best: Craig (St. Francis) .....	24.1
2, Ponder (Del Mar) .....	24.7
3, Jennings (Woodside) .....	25.6
4, B.Jones (Westmoor) .....	25.9
5, Gross (Independence) .....	26.10

MVAL best: Estes (Logan) .....

**400**

CCS best: Jennings (Woodside) .....	57.8
2, Sczawinski (Los Gatos) .....	58.2
3, Wrenn (Palo Alto) .....	59.6
4, Williams (Sacred Heart Cathedral) ...	59.96
5, Lombardi (Los Gatos) .....	1:00.40

MVAL best: Estes (Logan) .....

**800**

CCS best: McPherson (Silver Creek) ...	2:21.77
2, Appenrodt (St. Ignatius) .....	2:22.03
3, Holt (Menlo-Atherton) .....	2:22.65
4, Biber-Ferro (Los Gatos) .....	2:22.91
5, Bleisch (Silver Creek) .....	2:23.0

MVAL best: Bridgeman (Logan) 2:18.05

**1,600**

CCS best: Bleisch (Silver Creek) .....	5:12.13c
2, Topete (Silver Creek) .....	5:15.3c
3, McPherson (Silver Creek) .....	5:16.14
4, A.Ricketts (Saratoga) .....	5:16.74c
5, M.Ricketts (Saratoga) .....	5:17.94c

MVAL best: Hotchkiss (Mission San Jose) .....

**3,200**

CCS best: Bleisch (Silver Creek) ...	10:54
2, Sandoval (St. Ignatius) .....	11:02
3, Driscoll (St. Ignatius) .....	11:15.0c
4, Lucido (Homestead) .....	11:40c
5, Swiryn (St. Francis) .....	11:57.9c

**100 LH**

CCS best: Ponder (Del Mar) .....	14.94
2, Allen (North Salinas) .....	15.18
3, Steingart (St. Francis) .....	15.35
4, Duncan (Mitty) .....	15.3
5, Downey (Los Altos) .....	16.48

MVAL best: Balumbo (Logan) .....

**300 LH**

CCS best: Steingart (St. Francis) ...	45.99
2, Slater (Pioneer) .....	46.09
3, Carver (Harbor) .....	46.2
4, Allen (North Salinas) .....	46.44c
5, Ponder (Del Mar) .....	47.7

MVAL best: McGraw (Mission SJ) .....

**1,600 relay**

CCS best: St. Francis 4:01.3c	
2, Los Gatos ) .....	4:02.78
3, St. Ignatius 4:05.6c	
4, Independence 4:08.36	
5, Menlo-Atherton 4:12.96	

MVAL best: Logan 3:51.22.

**FIELD EVENTS (all distances in feet and inches)****Shot**

CCS best: Tulua (Carmel) .....	47-7
2, Sahourich (Westmoor) .....	37-7
3, Nilmeyer (Burlingame) .....	37-11
4, Santos (Mountain View) .....	37-2
5, Vloo (Mt. Pleasant) .....	37-0

MVAL best: Reis (Logan) .....

**Discus**

CCS best: Tulua (Carmel) .....	146-1
2, Hotchkiss (Overfelt) .....	122-0½
3, Martinez (Live Oak) .....	120-0
4, Sahourich (Westmoor) .....	118-10
5, DeAmoro (Los Altos) .....	117-11

MVAL best: Ries (Logan) .....

**Long jump**

CCS best: Ponder (Del Mar) .....	20-0¾
2, Burnham (Los Altos) .....	17-5
3, Livers (Independence) .....	17-1½
4, K.Elarms (Piedmont Hills) .....	17-1
5, Sterbentz (Silver Creek) .....	16-10

MVAL best: Wright (Logan) .....

**Triple jump**

CCS best: Ponder (Del Mar) .....	40-3½
2, Badillo (Mt. Pleasant) .....	36-6½
3, Burnham (Los Altos) .....	36-5
4, Shi (Gunn) .....	35-4
5, Roberts (St. Ignatius) .....	34-8

MVAL best: Bayer (Mission SJ) .....

**High jump**

CCS best: Gualco (Notre Dame-Belmont) .....	5-6
2, McLain (Milpitas) .....	5-4
2, Mahar (Terra Nova) .....	5-4
4, Deely (St. Ignatius) .....	5-2
4, Owen (St. Francis) .....	5-2
4, Lee (St. Ignatius) .....	5-2

# Best CCS track times

## Boys

Top five times in Central Coast Section (only the best time for each individual athlete is represented by event; based on reported meets):

### RUNNING EVENTS

400 relay — Del Mar 43.41; 2, Milpitas 43.84; 3, Bellarmine 43.8; 4, Yerba Buena 44.26; 5, Fremont (Bynum, Naivalu, Johnston, Pasibe) 44.2. Mission Valley best: Logan 43.34.

100 — Jones (Yerba Buena) 10.7; 2, Pasibe (Fremont) 10.8; 3, Naivalu (Fremont) 10.8; 4, Jordan (Bellarmine) 10.9; 5, Hesse (Cupertino) 10.9. Mission Valley best: Rawsom (Logan) 10.8

200 — Tinsley (Gilroy) 21.7; 2, Napoleon (Del Mar) 21.9; 3, Hamm (Milpitas) 22.1; 4, Naivalu (Fremont) 22.1; 5, Jordan (Bellarmine) 22.2. Mission Valley best: Rawsom (Logan) 22.0.

400 — Napoleon (Del Mar) 49.58; 2, K.Morrell (San Jose) 50.66; 3, Hoard (Riordan) 50.84; 4, Stuart (St. Francis) 50.84; 5, Rutledge (Los Gatos) 51.26. Mission Valley best: Dean (Washington) 51.37.

800 — K.Morrell (San Jose) 1:54.93; 2, Rutledge (Los Gatos) 1:56.10; 3, Immel (Bellarmine) 2:00.8; 4, Adkins (Wilcox) 2:02; 5, Fitzgibbon (St. Ignatius) 2:02.55. Mission Valley best: Stevens (Mission SJ).

1600 — Torres (Silver Creek) 4:22.58c; 2, Wulf (Bellarmine) 4:24.48c; 3, Smith (Mills) 4:25.82c; 4, Kessler (Santa Cruz) 4:33; 5, D'Anjou (Live Oak) 4:32.94c. Mission Valley best: Stevens (Mission SJ) 4:17.89c.

3200 — Torres (Silver Creek) 9:23.94c; 2, Kessler (Santa Cruz) 9:56; 3, Dominguez (Overfelt) 10:04.6; 4, Cheung (St. Francis) 10:15.9c; 5, Cortez (San Jose) 10:23.6c. Mission Valley best: Rodriguez (Mission SJ) 9:25.27c.

100 HH — Naivalu (Fremont) 14.0; 2, Bull (Mountain View) 14.58; 3, Mauga (Independence) 14.8; 4, Moreno (Riordan) 15.1; 5, Carrasco (Overfelt) 15.6.

300 IH — Naivalu (Fremont) 38.8; 2, Austin (Los Gatos) 41.40; 3, Hocker (Silver Creek) 41.5c; 4, Magua (Independence) 41.84; 5, Eastham (Mountain View) 41.87.

1600 relay — Los Gatos (Lipp, Conley, Newman, Rutledge) 3:26.52; 2, Del Mar 3:27.94; 3, Gunn 3:28.3c; 4, Milpitas 3:29.1c; 5, San Jose 3:29.1c. Mission Valley best: Logan 3:28.07.

### FIELD EVENTS

Shot — Howard (Los Altos) 55-10½; 2, Young (Piedmont Hills) 50-4; 3, Asher (St. Francis) 49-7; 4, Callaghan (Bellarmine) 46-3½; 5, Donnelly (St. Ignatius) 46-2. Mission Valley best: Ransom (Logan) 52-9.

Discus — Howard (Los Altos) 160-3; 2, McGilvray (Los Gatos) 153-3; 3, Fought (Del Mar) 148-2; 4, Young (Piedmont Hills) 145-2; 5, Lambert (Valley Christian) 141-4¾. Mission Valley best: Ransom (Logan) 153-2.

Long jump — Wood (Riordan) 21-2¼; 2, Ferguson (Fremont) 21-1; 3, Gaston (Milpitas) 21-0; 4, Washington (Mt. Pleasant) 20-10¼; 5, Lua (Leigh) 20-8. Mission Valley best: Dixon (Logan) 20-3½.

Triple jump — Washington (Mt. Pleasant) 44-4; 2, Stone (Yerba Buena) 43-9; 3, Quarles (Los Altos) 43-2; 4, Johnston (Fremont) 42-5½; 5, Vong (Silver Creek) 42-3. Mission Valley best: Mackey (Logan) 43-6¼.

High jump — (tie) Bull (Mountain View) and Portman (Burlingame) 6-4¾; 3, Marble (Los Altos) 6-3; 4, Moreno (Riordan) 6-2; 5, McMillan (Bellarmine) 6-2; Mission Valley best: Dixon (Logan) 6-4.

Pole vault — Harris (Del Mar) 14-6; 2 (tie), Lippman (North Monterey County) and Grijalua (North Monterey County) 13-0; 4 (tie), Gavin (St. Ignatius) and Bakke (Del Mar) 12-6. Mission Valley best: Johnson (Logan) 14-0.

## Girls

### RUNNING EVENTS

400 relay — St. Francis 49.70; 2, Gunn 50.58; 3, Los Gatos (Sczawinski, Chavez, Lumby, Lombardi) 50.56; 4, Independence 51.11; 5, St. Ignatius 51.76. Mission Valley best: Logan 47.40.

100 — Craig (St. Francis) 11.99; 2, Ponder (Del Mar) 12.18; 3, Coleman (Gunn) 12.41; 4, Chavez (Los Gatos) 12.42; 5, McGowen (Leigh) 12.53. Mission Valley best: Wright, Estes (Logan) 11.08.

200 — Craig (St. Francis) 24.1; 2, Ponder (Del Mar) 24.7; 3, Jennings (Woodside) 25.6; 4, Sczawinski (Los Gatos) 26.30; 5, Gross (Independence) 26.10. Mission Valley best: Estes (Logan) 24.5

400 — McPherson (Silver Creek) 55.8; 2, Jennings (Woodside) 58.03; 3, Williams (Sacred Heart Cathedral) 59.96; 4, Lombardi (Los Gatos) 1:00.40; 5, Steingart (St. Francis) 1:00.60. Mission Valley best: Estes (Logan) 55.45.