



CENTRAL COAST SECTION
2024 Track & Field Championships
Gilroy High School
Saturday, May 18, 2024



Meet Schedule				
RUNNING EVENTS			FIELD EVENTS	
Time	Gender	EVENT	Time	EVENT
4:45	Girls	4x100 M Relay	3:00	Girls Pole Vault
4:50	Boys			
5:00	Girls	1600 M	3:05	Girls Discus
5:10	Boys			
5:25	Girls	100/110 M Hurdles	3:10	Boys Long Jump
5:35	Boys			
5:45	Para/Am	400 M	3:15	Girls Long Jump
5:50	Girls			
5:55	Boys		3:20	Boys Shot Put
6:05	Girls			
6:10	Boys	100 M	4:30	Unified Shotput
6:15	Para/Am.			
6:20	Girls	800 M	3:25	Girls High Jump
6:30	Boys			
6:40	Girls	300 M Hurdles	5:30	Boys Pole Vault
6:50	Boys			
7:00	Unified	4x100 M Relay	5:35	Boys Discus
7:10	Girls	200 M		
7:15	Boys		4x 800 M Relay	5:40
7:20	Para/Am			
7:25	Girls	100 M	5:40	Girls Triple Jump
7:40	Boys			
7:55	Unified	3200 M	5:45	Boys Triple Jump
8:05	Girls	4x400 M Relay		
8:25	Boys		5:55	Girls Shot Put
8:40	Girls			
8:50	Boys			

IMPLEMENT CERTIFICATION: 2:00-3:20 & 4:35-5:55

State Meet Qualifying		
<p>The Top 3 finishers in each of the following events advance automatically to the CIF State Meet:</p> <ul style="list-style-type: none"> 100, 200, 400, 800, 1600, 3200, 100/110H, 300H, 4x100 Relay, 4x400 Relay, LJ, TJ, HJ, PV, SP and DT <p>The Top 2 finishers in the following event advance automatically to the CIF State Meet:</p> <ul style="list-style-type: none"> 4x800 Relay <p>The Top finisher in the following events advance automatically to the CIF State Meet:</p> <ul style="list-style-type: none"> Unified 100, Unified 4x100 Relay, Unified Shotput <p>Additional at-large qualifiers will advance if the CIF At-Large Standard is achieved in an event at the CCS Finals. There are no at-large entries in the 4x800 or Unified Events</p>		
CIF At-Large Standards		
	Boys:	Girls:
100	10.61	11.94
200	21.51	24.62
400	48.50	56.22
800	1:54.10	2:13.79
1600	4:13.24	4:51.10
3200	9:04.22	10:32.50
100/110H	14.40	14.48
300H	38.45	43.77
4x100R	41.77	48.11
4x400R	3:19.91	3:53.70
LJ	22-08	18-05
TJ	45-07.75	38-00.25
HJ	6-06	5-06
PV	15-00	12-03
Shot Put	55-11.50	40-05
Discus	171-06	142-11

Central Coast Section Track & Field Meet Records

Event	Boys	Girls
4 x 100 Relay	Bellarmine (Devon Buenrostro, Kyle Macauley, Troy Martig, Earvin DaSilva), 41.37, 2016	Mt. Pleasant (Vashti Thomas, Jeneba Tarmoh, Marshay Brown, Diedre Pettigruie), 46.55, 2006
1600 M	Mark Stillman, 4:07.22c, Willow Glen, 1977	Anna Maxwell, 4:42.57, San Lorenzo Valley, 2013
110HH/100HH	Arend Watkins, 13.84c, Silver Creek, 1997	Vashti Thomas, 13.52, Mt. Pleasant, 2008
400 M	Calvin Harrison, 46.23, North Salinas, 1993	Leslie Maxie, 53.92, Mills, 1982
100 M	Tony Miller, 10.41, Archbishop Riordan, 1987	Khrystal Carter, 11.57, Valley Christian, 2005
800 M	Rick Brown, 1:50.7, Los Altos, 1970	Alicia Follmar, 2:07.79, Saratoga, 2005
300 IH/300LH	John Montgomery, 36.60, Independence, 1988	Leslie Maxie, 41.15c, Mills, 1984
200 M	Rubin Williams, 20.84, Valley Christian-SJ, 2002	Khrystal Carter, 23.69, Valley Christian, 2005
4 x 800 Relay	Menlo School, (Justin Pretre, William Hauser, Landon Pretre, Aiden Deffner) 7:50.88, 2023	Saint Francis, (Katie Mullane, Hinako Yamamoto, Anna Fawcett, Sabirna Zanetto) 9:12.05, 2023
3200 M	Gordon MacMitchell, 8:58.7c, Gunn, 1973	Cory Shubert, 10:09.5, Del Mar, 1983
4 x 400 Relay	Los Altos (Bob Thompson, Larry Davis, Jim Andrews, Rick Brown), 3:15.8, 1970	Piedmont Hills (Timarya Baynard, Ellisa Bryant, Alexandra Diaz, Bianca Bryant), 3:48.98, 2012
Long Jump	Johnny Cleveland, 25'0, Soquel, 1984	Tisha Ponder, 20'06, Del Mar, 1996
Triple Jump	Harold Rucker, 50'11.5, Silver Creek, 1986	Vashti Thomas, 43'01.5, Mt. Pleasant, 2008
High Jump	Jeff Rogers, 7'3, Overfelt, 1985	Jenna Grimaldi, 6'0, St. Ignatius, 2001 Wendy Brown, 6'0, Woodside, 1984
Pole Vault	Nico Weiler, 17'06.25, Los Gatos, 2007	Erika Malaspina, 13'9, Pacific Collegiate, 2016
Discus	Nik Kay, 204'10, Los Gatos, 2003	Elena Bruckner, 168'8, Valley Christian, 2016
Shotput	Steve Wilhelm, 63' 8.5, Fremont, 1967	Elena Bruckner, 53'8.25, Valley Christian, 2016

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<i>Para/Amb 100</i>	Ashton Pluckhan, 14.96, Christopher, 2022	Ella Rodrigues, 16.10, Christopher, 2022
<i>Para/Amb 200</i>	Ashton Pluckhan, 34.18, Christopher, 2022	Isabella Browne, 40.53, Christopher, 2022
<i>Para/Amb 400</i>	Ashton Pluckhan, 1:20.08, Christopher, 2022	Isabella Browne, 1:37.00, Chistopher, 2023
<i>Para/Amb Shot</i>	Ashton Pluckhan, 16'8, Christopher, 2022	Ella Rodriguez, 29'5, Christopher, 2022
<i>Wheelchair 100</i>	Brandon Louie, 21.52, Los Altos, 2022	
<i>Wheelchair 200</i>	Brandon Louie, 38.32, Los Altos, 2023	
<i>Wheelchair 400</i>	Brandon Louie, 1:15.80, Los Altos, 2023	
<i>Wheelchair Shot</i>	Brandon Louie, 18'7.5, Los Altos, 2023	
<i>Unified 100</i>	Gabriel Heredia & Blake Roberto, 28.96, Christopher, 2023	Zoe Wassem & Brenna Caves, 29.56, Santa Teresa 2023
<i>Unified 4x100</i>	Christopher, 1:03.92 Gabriel Heredia, Blake Roberto, Martin Picazo, Matthew Rickard	
<i>Unified Shotput</i>	Julian Roriguez & Trystan Robero-Blaney, 74'0, Christopher, 2023	