

LOS ALTOS HIGH SCHOOL TRACK AND FIELD RECORDS

Boy's Record Holders

Event	Mark	Name	Year	Comments
100 yd	9.6	Brad Lyman	1968	
100 m	10.94	Kenneth Hamel	2016	SCVAL Finals (3rd)
200 m	21.62f	Brad Lyman Doug Hill*	1968 1974	220 yard hand time of 21.5 converts to 21.62 200 meters FAT. *Hill's time was extrapolated down from a "full turn" 220 started from the 50 yard line (no longer run).
400 m	46.96f	Rick Brown	1970	440 yard hand time of 47.1 at CCS Finals (1 st) per CCS All Time Marks converts to 46.96 400 meters FAT.
800	1:50:10f	Rick Brown	1970	880 yard 1:50.6 at CCS (1 st) and State (1 st) hand times converts to 1:50.10 800 meters FAT.
1600	4:15:65f	David Boore	1960	Mile 4:17.0 hand time Angell Field All Comer Meet Feb/Mar.
3200	8:59.99f	Jeff Curran	1974	2 mile 9:03.0 Postal (2 nd) hand time
110H	13.84F (w2.3) 13.95F	Eric Hersey Eric Hersey	2007	State Finals (5 th) State Trials (heat 1, 2 nd)
300H	37.67F	Eric Hersey	2007	CCS Finals (1 st)
4x100	42.19	Dennis Kimball, Mike Sanford, Dave Jakle, Doug Hill	1973	440 yard hand time of 42.3 at CCS Finals (1 st) converts to 42.19.
4x400	3:14.60f	Bob Thompson, Rick Brown Larry Davis, Jim Andrew	1970	Mile Relay, State (1 st) 3:15.6
DMR	10:18.04	Robin Ruble, Ron Potter, Chris Miller, Dave Boore	1960	El Cerrito Relays, 10:21.5 hand time in yards, 1st place
4x1600	17:59.78	Austin Bowie, Terence Rabuzzi, Dane Kreisman, Josh Cohen	2012	Mt. Sac Relays, 10th place Invitational Section
4x800	7:55.03	Rick Brown, Larry Davis, Kurt Gruen, Dan Slavin	1970	Carlmont Invite, 7:57.8 hand time in yards, 2nd place
4x200	1:28.63f	Walt Lamb, Tom Thomas, Dave Wohler, Bill Frost	1962	1:29.0 hand time in yards, NCS Championships 3rd place
SMR	3:37.87	Will Scheetz, Francis Hackett, Kelly McConnell, Kevin Anawalt	2014	Arcadia Invite, 6th place seeded section
Postal 5x3200	48:58.61	Brian Allen, Kirk Johnson Rick Brown, Jim McCarth, Jody Wilder	1968	1968 Postal Nationals, 9 th place, converted from 5x2mile hand timed. Brian Allen 9:42, Kirk Johnson 9:43, Rick Brown 9:47 Jim McCarth 9:59, Jody Wilder 10:04
HJ	6'10.25	Darren Marble	1998	North Subsection (1 st)
PV	15'0	Todd Arnett	1986	CCS Finals (3 rd)
LJ	24'2.5 23'11	Jeff Nord Jeff Nord	1995 1995	Verified - TFN CCS Finals (1 st)
TJ	48'7.5 49'10	Denny Rogers Dan Nord	1996 1995	Verified legal per TFN, #2 wind-aided per TFN
SP	62'9.25 61'11.5	Chris Adams Chris Adams	1970 1970	Dual Meet vs Buchser (1 st) State (3 rd)
Disc	204'05 201'03	Scott Overton Chris Adams	1972 1970	SCVAL Finals (1 st) Sloped field (best legal 200.01) State (1 st)

Notes:

- 1985 – changed from yards to meters
- "F" after a time means that it is fully automatic
- "f" after a time means that it has been converted to a fully automatic time from a hand time
- "W" after a time indicates wind speed, if available. Legal wind is 2.0 meters/second or less
- TFN – Track and Field News – "the Bible of the Sport since 1948" – www.trackandfieldnews.com
- As of 4/14/2014

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Girl's Record Holders

Event	Mark	Name	Year	Comments
100	12.10F (w 3.6) 12.29F	Martina Mickos Alyssa Biondi	2008 2007	CCS Trials (3 rd) Great Western Invite (1 st)
200	25.10 25.09F (w2.7) 25.38F (w.04)	Kate Brew Martina Mickos Martina Mickos	1983 2007 2008	Not sure yards/meters/hand time? CCS Trials (6 th) CCS Trials (1 st)
400	56.34f	Kate Brew	1983	56.2 hand time, NorCal Finals
800	2:11.74f	Kerry Brogan	1980	2:11.6 hand meters
1600	4:51.24f	Vicky Bray	1977	4:52.8 hand at State (2 nd)
3200	10:42.59f	Kerry Brogan	1978	10:46.2 2 miles hand
100H	14.77F	Allie Miller	2004	CCS Finals (1 st)
300H	44.17F	Allie Miller	2004	CCS Finals (1 st)
4x100	47.86F	Kirsten Rowsey, Alyssa Biondi, Martina Mickos, Bria Nelson	2007	CCS Trials (2 nd)
4x400	-03:54.87f (3:56.1hy)	Rachel Bray, Shari Rodgers, Hilary Bray, Kate Brew	1983	CCS Finals (1 st)
DMR	12:33.62	Britt DeVisser, Anneliese Gallagher, Katie Klein, Lauren Jacob	2014	Dublin Distance Fiesta, 2 nd place
4x1600	21:52.53	Lauren Jacob, Britt DeVisser, Annli Tico, Anneliese Gallagher	2014	Arcadia Invite, 16th place Seeded Section
4x800	9:36.78	Anneliese Gallagher, Lauren Jacob, Britt DeVisser, Annli Tico	2014	Stanford Invite, 6th place
4x200	1:42.90	Alyssa Biondi, Bria Nelson, Kristen Rowsey, Martina Mickos	2007	Arcadia Invite, 1st place Rated Section
SMR	4:22.22	Ivy Gates, Grace Lo, Kalyn Nakano, Serina Rye	2009	Arcadia Invite, 6th place Rated Section
Postal 5x3200	58:49.25	Lauren Jacob, Katia Gibson, Katie Klein, Britt DeVisser, Annli Tico	2014	Lauren Jacob 10:45.99, Katia Gibson 11:48.90, Katie Klein, 11:59.73, Britt DeVisser 12:05.50, Annli Tico 12:09.13
HJ	5'9.25	Allie Miller Allie Miller	2003 2004	CCS (1 st) State (1 st)
PV	11'6	Diamara Planell	2010	Golden West
LJ	18'5	Hilary Bray	1982	Reg 2 (2 nd)
TJ	38'5.75(nwi)	Catherine Li	2012	Vs. Gunn, 4/16/12
SP	44'02 43'07	Melinda Beckenhauer Melinda Beckenhauer	1985 1984	Not verified State (3 rd) per TFN
Disc	137'01	Joy De Amero	1996	CAL (1 st)

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LOS ALTOS HIGH SCHOOL CROSS COUNTRY RECORDS

Boy's Record Holders

Location	Time Record	Year	Individual Record	Team Time Record	Year	Team Record Members
Crystal Springs	14:52	1998	Andrew Hill	1:20:58 (16:11 top 5 average)	2011	Austin Bowie 15:38 Terence Rabuzzi 16:09 Alex Carr 16:23 John Beutter 16:23 Josh Cohen 16:25 Gregory Lee 16:28 Dane Kreisman 16:34
Toro Park	15:36	2015	Ben Zaeske	1:21:05 (16:13 top 5 average)	2012	Terence Rabuzzi 15:47 Ben Zaeske 15:56 Josh Cohen 16:03 Alex Carr 16:12 Dane Tippett 17:07 Konrad Niemiec 17:14 John Beutter 17:24
Woodward Park	15:43	1998	Andrew Hill	1:21:54 (16:22 top 5 average)	2012	Terence Rabuzzi 15:47 Josh Cohen 16:14 Alex Carr 16:17 Ben Zaeske 16:33 Dane Tippett 17:03 Konrad Niemiec 17:28 John Beutter 18:05
Mt. SAC	15:20.6	1998	Andrew Hill	1:22.28 (16:30 top 5 average)	2013	Ben Zaeske 16:18 Andreas Godderis 16:22 Dave Tippett 16:32 Konrad Niemiec 16:36 Kevin Anawalt 16:40 Kevin Glass 16:41 Alex Fache 17:08

Girl's Record Holders

Location	Time Record	Year	Individual Record	Team Time Record	Year	Team Record Members
Crystal Springs	17:20	2013	Lauren Jacob	1:37.22 (19:28 top 5 average)	2013	Lauren Jacob 17:20 Katie Klein 19:16 Kristen Adams 20:03 Tatiana Gibson 20:17 Britt DeVisser 20:26 Wendy Wu 20:38 Katie Gibson 22:05
Toro Park	17:49	2012	Lauren Jacob	1:39:43 (19:56 top 5 average)	2012	Lauren Jacob 17:49 Claire Bowie 19:47 Louise Stephan 20:04 Wendy Wu 20:59 Anneliese Gallagher 21:04 Kristen Adams 21:20 Sierra Townsend 21:20
Woodward Park	17:52	2013	Lauren Jacob	1:40:21 (20:04 top 5 average)	2013	Lauren Jacob 17:52 Katie Klein 20:09 Wendy Wu 20:41 Tatiana Gibson 20:49 Kristen Adams 20:50 Anneliese Gallagher 21:17 Katia Gibson 21:49
Mt. SAC	17:40	2013	Lauren Jacob	1:39:51 (19:58 top 5 average)	2013	Lauren Jacob 17:40 Katie Klein 19:42 Kristen Adams 20:34 Tatiana Gibson 20:52 Katia Gibson 21:01 Wendy Wu 22:05 Elizabeth Bishop 22:21