



# SAINT FRANCIS HIGH SCHOOL TRACK & FIELD



## GIRLS

DAMESHA CRAIG	11.70	1996
DAMESHA CRAIG	24.40	1996
ROSLYN MACK	55.01	1986
ISABELLE CAIRNS	2:12.83	2018
EMILY SKAHILL	4:52.47	2017
EMILY SKAHILL	10:44.97	2016
MICHA AUZENNE	13.92	2012
MICHELLE STEINGART	43.88	1996
SELA PAINI	148' 4"	2006
SHANNON PARKER	42' 2 1/2"	1989

## EVENT

100M DASH
200M DASH
400M DASH
800M RUN
1600M RUN
3200M RUN
100-110M HURDLES
300M HURDLES
DISCUS
SHOT PUT

## BOYS

BRANDON BAINS	10.55	2017
BRANDON BAINS	21.46	2017
MICHAEL DAVIDSON	47.49	1983
MIKE KASSER	1:52.40	1974
BEN SITLER	4:10.55	2006
BEN SITLER	8:53.47	2006
IAN KENWORTHY	14.20h	2001
KARL BROUSSARD	38.30	1979
CODY BICKHAM	184' 6"	2012
GIAN ROSSINI	60' 1/2"	1975

## GIRLS

KAREN LAWSON	19' 8 1/4"	1984
LAUREN JOHNSON	38' 6 1/2"	2012
BETH VIDAKOVITS	5' 10"	1984
NATASHA BARTHEL	13' 0"	2007
J. MACK / J. JACKSON	46.95	
R. MACK / K. LAWSON	1987	
L. LYNCH / J. MACK	3:48.59	
A. NURISSO / R. MACK	1989	
A. NURISSO / J. MACK	1:44.97	
K. DONNELL / R. MACK	1988	
G. KIM / A. CUTLER	12:17.69	
M. SEAMAN / E. SKAHILL	2016	

## EVENT

LONG JUMP
TRIPLE JUMP
HIGH JUMP
POLE VAULT
4x100M RELAY
4x400M RELAY
SPRINT MEDLEY 100, 100, 200, 400
DISTANCE MEDLEY 1200, 400, 800, 1600

## BOYS

KYLE MILLS-BUNJE	23' 8 3/4"	2006
ALTON PAGE	47' 6"	1974
DARIUS THOMAS	7' 0"	2015
CASEY ROCHE	17' 5"	2006
A. ANDRIGHETTO / G. BOREL	41.63	
M. MANOUKIAN / P. DePOND	2009	
M. REGIMABAL / R. DURKIN	3:19.30	
J. AWENDER / M. DAVIDSON	1983	
	1:36.22	2004
J. GARCIA / E. CAIRNS	10:16.67	
M. ELEFANT / E. ENG	2015	

## CCS CHAMPIONS

BOYS TRACK 06,09

GIRLS TRACK 93,95,96,16

BOYS XC 02,05,07,13,15,16,18

GIRLS XC 13,15,16,18

GIRLS TRACK 84,86,87,88,89

BOYS XC 91,92,94,97,98

GIRLS XC 80,81,82,95,98



# SAINT FRANCIS HIGH SCHOOL TRACK & FIELD



## GIRLS

AMESHA CRAIG	11.70	1996
AMESHA CRAIG	24.40	1996
OSLYN MACK	55.01	1986
ABELLE CAIRNS	2:12.83	2018
MILY SKAHILL	4:52.47	2017
MILY SKAHILL	10:44.97	2016
CHA AUZENNE	13.92	2012
CHELLE STEINGART	43.88	1996
LA PAINI	148' 4"	2006
ANNON PARKER	42' 2 1/2"	1989

## EVENT

100M DASH
200M DASH
400M DASH
800M RUN
1600M RUN
3200M RUN
100-110M HURDLES
300M HURDLES
DISCUS
SHOT PUT

## BOYS

BRANDON BAINS	10.55	2017
BRANDON BAINS	21.46	2017
MICHAEL DAVIDSON	47.49	1983
MIKE KASSER	1:52.40	1974
BEN SITLER	4:10.55	2006
BEN SITLER	8:53.47	2006
IAN KENWORTHY	14.20h	2001
KARL BROUSSARD	38.30	1979
CODY BICKHAM	184' 6"	2012
GIAN ROSSINI	60' 1/2"	1975

## GIRLS

KAREN LAWSON	19' 8 1/4"	1984
LAUREN JOHNSON	38' 6 1/2"	2012
BETH VIDAkovITS	5' 10"	1984
NATASHA BARTHEL	13' 0"	2007
J. MACK / J. JACKSON	46.95	
R. MACK / K. LAWSON	1987	
L. LYNCH / J. MACK	3:48.59	
A. NURISSO / R. MACK	1989	
A. NURISSO / J. MACK	1:44.97	
K. DONNELL / R. MACK	1988	
G. KIM / A. CUTLER	12:17.69	
M. SEAMAN / E. SKAHILL	2016	

## EVENT

LONG JUMP
TRIPLE JUMP
HIGH JUMP
POLE VAULT
4x100M RELAY
4x400M RELAY
SPRINT MEDLEY 100, 100, 200, 400
DISTANCE MEDLEY 1200, 400, 800, 1600

## BOYS

KYLE MILLS-BUNJE	23' 8 3/4"	2006
ALTON PAGE	47' 6"	1974
DARIUS THOMAS	7' 0"	2015
CASEY ROCHE	17' 5"	2006
A. ANDRIGHETTO / G. BOREL	41.63	
M. MANOUKIAN / P. DePOND	2009	
M. REGIMABAL / R. DURKIN	3:19.30	
J. AWENDER / M. DAVIDSON	1983	
	1:36.22	
	2004	
J. GARCIA / E. CAIRNS	10:16.67	
M. ELEFANT / E. ENG	2019	

## CCS CHAMPIONS

BOYS TRACK 06,09

GIRLS TRACK 93,95,96,16

BOYS XC 02,05,07,13,15,16,18

GIRLS XC 13,15,16,18

GIRLS TRACK 84,86,87,88,89

BOYS XC 91,92,94,97,98

GIRLS XC 80,81,82,95,98