

SANTA TERESA GIRLS VARSITY TRACK & FIELD RECORDS - 2006

EVENT	NAME	MARK	YEAR
100m	GINNY GIAMMONA	12.1	1980
200m	KRISTEN DOWELL	25	1982
400m	KRISTEN DOWELL	55.8	1984
800m	KRISTEN DOWELL	2.08.3	1984
1600m	KRISTEN DOWELL	4.49.7	1985
3200m	EVIE BARRY	11.14.7	1988
100m H	KERI SANCHEZ	13.6	1989
300m LH	KERI SANCHEZ	42.4	1989
SHOT PUT (4k)	DIANE STEWART	37' 5"	1986
DISCUS	DIANE STEWART	129' 0"	1986
HIGH JUMP	RENEE CAPARELLI	5' 6"	1989
LONG JUMP	KERI SANCHEZ	19' 9 1/2"	1989
TRIPLE JUMP	KERI SANCHEZ	40' 4 1/2"	1988
POLE VAULT	CORBIN HENAULT	8'	2006
400m RELAY	IVY PRIOR	49.6	1993
	COURTNEY EDWARDS		
	LASHANA JOHNSON		
	ZAKIA SULLIVAN		
1600m RELAY	KAREN DOWELL	3.54.6	1982
	VELANA FERRO		
	LAURA HENRY		
	KRISTEN DOWELL		

SANTA TERESA BOYS VARSITY TRACK & FIELD RECORDS - 2006

EVENTS	NAME	MARK	YEAR
100m	MIKE WILLIAMS	10.5	1987
200m	MIKE WILLIAMS	21.4	1987
400m	CRAIG MAGNESS	47.9	1990
800m	CRAIG MAGNESS	1.51.5	1990
1600M RELAY	ROBERT ANDERSON	4.19.0	1981
3200m	ROBERT ANDERSON	9.18.1	1982
110m HH	MIKE CHUKES	14.4	1979
300m IH	RALPH AGUILAR	39.2	2002
SHOT PUT	MIKE BURNS	52' 10"	1982
DISCUS	MIKE BURNS	169' 1"	1982
HIGH JUMP	STEVE CORNETT	6' 2"	1976
	JEFF WAGNER		1977
	DOUG HEADRICK		1978
	BOYD PETT		1982
	ERIK JOHNSON		2006
LONG JUMP	STEVE TAYLOR	22' 8"	1986
TRIPLE JUMP	PAUL MATEOC	45' 5"	2002
POLE VAULT	JOHN CHAMBERS	14' 0"	1980
400m RELAY	MIKE WILLIAMS	42.9	1985
	JOE BRINK		
	JOHN SCARPACE		
	FRED RODRIGUEZ		
	1600m RELAY	BISMARCK TORRESS	3.20.6
	RYAN SHARROTT		
	TROY JENSEN		
	CRAIG MAGNESS		

SANTA TERESA GIRLS FROSH SOPH TRACK & FIELD RECORDS - 2006

EVENT	NAME	MARK	YEAR
100m	KRISTEN DOWELL	12.2	1983
	KERI SANCHEZ		1988
	KERI SANCHEZ		1989
	COURTNEY EDWARDS		1991
200m	KRISTEN DOWELL	25	1982
400m	KRISTEN DOWELL	56.1	1982
800m	KRISTEN DOWELL	2.08.4	1983
1600m	EVIE BARRY	5.18.8	1987
3200m	EVIE BARRY	11.37.1	1986
100m H	KERI SANCHEZ	13.6	1988
300m LH	KERI SANCHEZ	42.4	1989
SHOT PUT (4k)	SHERRY KOUNS	34' 7 1/2"	1985
DISCUS	SHERRY KOUNS	124' 4"	1985
HIGH JUMP	TERESA MACALOLOY	5' 2"	1978
	LISA HOLIDY		1992
LONG JUMP	KERI SANCHEZ	19' 9 1/2"	1989
TRIPLE JUMP	KERI SANCHEZ	40' 4 1/2"	1988
POLE VAULT	MARY BLAKE	7'	2006
400m RELAY	IVY PRIOR	51.6	1991
	COURTNEY EDWARDS		
	ZAKIYA SULLIVAN		
	MELANIE UKANWA		
1600m RELAY	LAURA HENRY	4.13.6	1982
	CATHY NYDAM		
	KAREN DOWELL		
	KRISTEN DOWELL		

SANTA TERESA BOYS FROSH SOPH TRACK & FIELD RECORDS- 2006

EVENT	NAME	MARK	YEAR
100m	JOE BRINK	10.9	1983
200m	JERRY WILEY	22.1	1976
400m	CRAIG MAGNESS	49.8	1988
800m	CRAIG MAGNESS	1.53.4	1988
1600m	CRAIG MAGNESS	4.22.5	1988
3200m	DAN STEFANISKO	9.27.4	1979
110m HH	TRAVIS KNOX	14.6	1982
300m IH	GREG FITZGERALD	40.5	1986
SHOT PUT (10k)	JEFF REED	52' 8 1/2"	1980
DISCUS	MIKE COMER	146' 10 1/2"	1987
HIGH JUMP	JESSE HURLEY	6'	1995
LONG JUMP	JOE ESCOBEDO	21' 3 3/4"	1993
TRIPLE JUMP	PAUL MATEOC	42' 2 1/2"	2000
POLE VAULT	JOHN CHAMBERS	13'	1978
400m RELAY	JEFF FONTAINE	43	1976
	TERRY WILEY		
	TAO BARNES		
	JERRY WILEY		
1600m RELAY	PETER PAULSON	3.29.3	1985
	FRANK BAUTISTA		
	LUIS HERNANDEZ		
	TIM WALTERS		

SANTA TERESA GIRLS VARSITY NON-STANDARD TRACK EVENT RECORDS- 2006

EVENT	NAME	MARK	YEAR
60 METERS	KERI SANCHEZ	6.80	1990
100 YARDS	GINNY GIAMONNA	11.20	1979
1500 METERS	KRISTEN DOWELL	4.25.4	1985
3000 METERS	EVIE BARRY	10.39.2	1988
60 METER HURDLES	KERI SANCHEZ	8.30	1990
400M LOW HURDLES	KERI SANCHEZ	63.30	1989
PENTATHLON	KERI SANCHEZ	3236 PTS	1990
INDOOR 500M	KERI SANCHEZ	70.10	1991
INDOOR 800M	KIMIK ANDERSON	2.18.5	1990
INDOOR 1600M	EVIE BARRY	5.15.2	1990
INDOOR 50M HURDLES	KERI SANCHEZ	7.20	1990
INDOOR LONG JUMP	KERI SANCHEZ	18' 1 1/2"	1990
INDOOR TRIPLE JUMP	KE	39' 3 1/2"	1989
4x 200M RELAY	TAMMY ROWE KISHI ANDERSON KIMIK ANDERSON KERI SANCHEZ	1.50.6	1990
4x 800M RELAY	KHRISTINA BERQUIST KARNA SOOY EVIE BARRY KERI SANCHEZ	9.38.2	1988
4x 1600M RELAY	KISHI ANDERSON DEVON MOATES KIMIK ANDERSON JULIE RUCKERIEGEL	21.59.6	1991
4x 3200M RELAY	RACHAEL GIBSON CARRIE BURMAN ALLISON MOATES TERESA RURY	55.12.9	1991
SPRINT MEDLEY (100-300-200-200)	ANDREE HARRIS KERI SANCHEZ KISHI ANDERSON KIMIK ANDERSON	1.53.9	1991
SPRINT MEDLEY (200-200-400-800)	KAREN DOWELL MONIQUE STEVENS HEIDI BRINK KRISTEN DOWELL	4.15.5	1984
DISTANCE MEDLEY (1200-400-800-1600)	KHRISTINA BERQUIST KISHI ANDERSON KIMIK ANDERSON EVIE BARRY	12.18.7	1989
4 X 60M HURDLES	DONI GOZZO KELLY MOYNAHAN RACHAEL GIBSON MIYA SULLIVAN	43.70	1989
4 X 100M HURDLES	NATASHA THOMAS LISA RIVERA JEANA SHIPP NANCY DYER	74.70	1985

INDOOR 4 X 800M RELAY	KERI SANCHEZ KHRISTINA BERQUIST KISHI ANDERSON KIMIK ANDERSON	9.42.5	1990
3x SHOT PUT	STEPHANIE PETRALIA ERICA LAMPE SHERRY KOUNS	79' 1"	1987
3X DISCUS	SANDY DAHL SHERRY KOUNS YUONNE STANGE	265' 3"	1984
3X LONG JUMP	WENDY KOHLER RENEE CAPARELLI KERI SANCHEZ	47' 3"	1988
3X TRIPLE JUMP	WENDY KOHLER RENEE CAPARELLI KERI SANCHEZ	102' 5 1/2"	1988
3X HIGH JUMP	TERRY PASIAN WENDY KOHLER RENEE CAPARELLI	13' 6"	1988
4X LONG JUMP	IVY PRIOR ANDREE HARRIS SHANNON SCHULDIES	50' 7 1/2"	1991
4X SHOT PUT	ZAKIYA SULLIVAN MIYA SULLIVAN JAMIE LOCKE SUSIE MENDOZA	82' 1 1/2"	1991
4 X TRIPLE JUMP	BRITTNEY HOLTORF	121' 11 1/4"	2006

SANTA TERESA TRACK & FIELD GIRLS VARSITY CLASS RECORDS

<u>EVENT</u>	<u>FRESHMAN</u>	<u>SOPHOMORE</u>	<u>JUNIOR</u>	<u>SENIOR</u>
100m	KERI SANCHEZ 12.2 (1988)	KRISTEN SANCHEZ KERI SANCHEZ COURTNEY EDWARDS 12.2 (1983, '89, '91)	GINNY GIAMMONA 12.1 (1980)	KERI SANCHEZ 12.2 (1991)
200m	KRISTEN DOWELL 25 (1982)	KRISTEN DOWELL 25.9 (1983)	KRISTEN DOWELL 25.3 (1984)	GINNY GIAMMONA 25.6 (1981)
400m	KRISTEN DOWELL 56.1 (1982)	KRISTEN DOWELL 56.2 (1983)	KRISTEN DOWELL 55.8 (1984)	KRISTEN DOWELL 57.9 (1985)
800m	KRISTEN DOWELL 2.14.6 (1982)	KRISTEN DOWELL 2.08.4 (1983)	KRISTEN DOWELL 2.08.3 (1984)	KRISTEN DOWELL 2.09.8 (1985)
1600m	JULIE RUCKEIGEL 5.19.6 (1991)	EVIE BARRY 5.18.8 (1987)	EVIE BARRY 5.07.8 (1988)	KRISTEN DOWELL 4.49.7 (1985)
3200m	EVIE BARRY 11.37.1 (1986)	LORI BENEVENTO 11.52.5 (1978)	EVIE BARRY 11.21.9 (1988)	SHERI OPP 11.45.6 (1984)
100m H	KERI SANCHEZ 13.6 (1988)	KERI SANCHEZ 13.7 (1989)	KERI SANCHEZ 13.8 (1990)	VELANA FERRO 15.6 (1982)
300m IH	KERI SANCHEZ 42.8 (1984)	KERI SANCHEZ 42.4 (1989)	KERI SANCHEZ 43.2 (1990)	VELANA FERRO 46.4 (1982)
SHOT PUT	SHERRY KOUNS 31' 10" (1984)	SHERRY KOUNS 34' 7 1/2" (1985)	LISA FERREIRA 36' 8" (1980)	DIANE STEWART 37' 5" (1986)
DISCUS	SHERRY KOUNS 107' 8" (1984)	SHERRY KOUNS 124' 4" (1985)	SHERRY KOUNS 120' 4" (1986)	DIANE STEWART 129' (1986)
LONG JUMP	KERI SANCHEZ 17' 9" (1984)	KERI SANCHEZ 19' 9 1/2" (1989)	KERI SANCHEZ 18' 9 1/2" (1990)	KERI SANCHEZ 18' 1 1/4" (1991)
TRIPLE JUMP	KERI SANCHEZ 40' 4 1/2" (1988)	KERI SANCHEZ 40' 3 1/2" (1989)	KERI SANCHEZ 38' 5" (1990)	RENEE CAPARELLI 34' 5 1/2" (1989)
HIGH JUMP	KERI SANCHEZ 5' (1988)	TERESA MACALOLOY LISA HOLIDAY 5' 2" (1978, '92)	KERI SANCHEZ 5' 1" (1990)	RENEE CAPARELLI 5' 6" (1989)
POLE VAULT	-----	MARY BLAKE 7' (2006)	CORBIN HENAULT 8' (2006)	-----

SANTA TERESA HIGH SCHOOL TRACK & FIELD-GIRL'S ALL TIME TOP 10 LIST-2005

100 METERS

GIAMMONA	12.1
KR.DOWELL	12.2
SANCHEZ	12.2
EDWARDS	12.2
KING	12.3
MILLNER	12.4
HARRIS	12.7
UKANWA	12.7
KA.DOWELL	12.8
BRINK	12.9

200 METERS

KR.DOWELL	25.0
EDWARDS	25.5
GIAMMONA	25.6
KA.DOWELL	25.7
SANCHEZ	25.8
MAHONEY	25.8
KM.ANDERSON	26.2
KING	26.3
HARRIS	26.6
MILLNER	26.9

400 METERS

KR.DOWELL	55.8
KA.DOWELL	56.8
SANCHEZ	56.9
MAHONEY	58.5
KM.ANDERSON	59.9
FERRO	60.5
BARRY	60.7
RUCKRIEGEL	60.8
SOOY	60.9
STEARNS	60.9

800 METERS

KR.DOWELL	2:08.3
KA.DOWELL	2:13.3
BARRY	2:14.7
KM.ANDERSON	2:16.3
STEARNS	2:17.9
KS.ANDERSON	2:18.4
SANCHEZ	2:18.8
SOOY	2:19.1
QUINET	2:19.6
RUCKRIEGEL	2:22.2

1600 METERS

KR.DOWELL	4:49.7
BARRY	4:58.6
STEARNS	5:02.2
TRAN	5:15.1
HOLMQUIST	5:19.4
RUCKRIEGEL	5:19.6
BENEVENTO	5:21.0
BUCKLAND	5:22.9
KS.ANDERSON	5:24.8
BURMAN	5:25.2

3200 METERS

STEARNS	11:14.7
BARRY	11:20.7
BURMAN	11:30.0
OPP	11:39.2
TRAN	11:42.8
KM.ANDERSON	11:45.8
BENEVENTO	11:52.5
BERQUIST	12:00.6
LOPEZ	12:03.4
KS.ANDERSON	12:06.0

100 METER HURDLES

SANCHEZ	13.6
Z.SULLIVAN	14.9
MACALOLOOY	15.3
FERRO	15.6
PENAFLO	15.7
THOMAS	15.7
MORALES	16.4
MARQUIZ	16.6
M.SULLIVAN	16.7
YOUNGS	16.8

300 METER HURDLES

SANCHEZ	42.4
Z.SULLIVAN	45.3
FERRO	46.4
MARQUIZ	48.2
C.TREMOUREUX	48.5
PENAFLO	49.5
THOMAS	50.1
SPASARO	50.9
GUNION	51.0
NYDAM	51.1

SHOT PUT

STEWART	37'5"
FERREIRA	36'8"
KOUNS	34'11.5"
MURRELL	34'2"
HUCKABY	33'2"
M.SULLIVAN	31'7"
LLOYD	31'7"
BELANGER	30'11"
BURK	30'7"
T.TREMOUREUX	30'4.5"

DISCUS

STEWART	129'6"
KOUNS	124'4"
LLOYD	124'0"
MURRELL	118'7"
BELANGER	113'10"
MICHEELE	113'2"
FERREIRA	109'9"
LAMPE	107'2"
JACKSON	103'3"
CLAUSEN	102'6"

LONG JUMP

SANCHEZ	19'9.5"
GIAMMONA	17'3"
CORTNEY	17'2"
DERFELT	16'9.5"
CAPARELLI	16'9"
UKANWA	16'8.5"
TOUM	16'2.5"
JOHNSON	16'1"
AJOKU	16'1"
MACALOLOOY	16'0.5"

TRIPLE JUMP

SANCHEZ	40'4.5"
JOHNSON	36'9.5"
DERFELT	35'10.5"
PRIOR	35'1.5"
AJOKU	34'11"
CAPARELLI	34'5.5"
UKANWA	34'1"
FERRO	33'9"
STEWART	33'4.5"
KOHLER	33'1.5"

HIGH JUMP

CAPARELLI	5'2"
MACALOLOOY	5'2"
HOLIDAY	5'2"
McQUAY	5'2"
AJOKU	5'2"
SANCHEZ	5'1"
C.TREMOUREUX	5'0"
T.TREMOUREUX	5'0"
COURTNEY	5'0"
COLLINS	5'0"

POLE VAULT

HENAULT	8'0"
BLAKE	7'0"
PEREZ	6'0"

400 RELAY

1991	49.8
1994	50.0
1992	50.3
1993	50.4
1981	51.6
1984	51.6
1980	51.9
1982	52.1
1989	52.1
1985	52.2

1600RELAY

1982	3:54.6
1984	4:00.6
1994	4:01.6
1991	4:02.9
1989	4:08.0
1988	4:10.0
2006	4:11.3
1985	4:12.3
1992	4:12.4
1980	4:13.3

SANTA TERESA HIGH SCHOOL TRACK & FIELD-BOY'S ALL TIME TOP 10 LIST-2005

100 METERS

M.WILLIAMS	10.5
BRINK	10.7
EAST	10.7
ANDERSON	10.8
STONE	10.8
SCARPACE	10.8
BANKS	10.8
J.WILEY	10.9
NEWLAND	10.9
NASH	10.9
TRAN	10.9

200 METERS

M.WILLIAMS	21.4
ANDERSON	21.9
T.WULEY	21.9
BRINK	22.0
J.WILEY	22.1
EAST	22.1
SCARPACE	22.2
NEWLAND	22.3
MAGNESS	22.4
PRIOR	22.4

400 METERS

MAGNESS	47.9
PRIOR	48.3
A.OLIVIER	48.8
AGUILAR	49.0
RODRIGUEZ	49.8
TORRES	49.8
M.WILLIAMS	50.1
CERVELLI	50.1
S.TAYLOR	50.5
NEWLAND	50.6
BAUTISTA	50.6

800 METERS

MAGNESS	1:51.5
CERVELLI	1:53.7
A.OLIVIER	1:54.5
BARNES	1:55.8
BAUTISTA	1:55.8
HOLST	1:57.0
VALLES	1:57.3
CHACKO	1:58.0
TORRES	1:59.1
ANDERSEN	1:59.7

1600 METERS

ANDERSEN	4:19.0
MAGNESS	4:19.3
HOLST	4:21.0
D.STEFANISKO	4:21.4
PHILLIPS	4:24.1
CERVELLI	4:24.2
BAUTISTA	4:25.7
A.OLIVIER	4:28.6
VALLES	4:29.9
ADAMS	4:30.1

3200 METERS

ANDERSEN	9:18.1
D.STEFANISKO	9:27.4
RUPPRECHT	9:36.0
SJOSTROM	9:41.0
MAGNESS	9:41.7
HOLST	9:47.6
PHILLIPS	9:48.5
P.STEFANISKO	9:54.2
KUKIES	9:55.1
DOCTOR	9:57.9

110 HURDLES

CHUKES	14.4
KNOX	14.6
RODRIGUEZ	15.3
PALMER	15.6
BALL	15.7
COWAN	15.7
PEEVEYHOUSE	15.9
ANTHONY	16.0
CARRANZA	16.1
HURLEY	16.1
YOUNG	16.1
SCHNEIDER	16.1

300 I-M HURDLES

AGUILAR	38.0
FITZGERALD	39.3
RODRIGUEZ	40.7
S.TAYLOR	42.0
CERVELLI	42.2
MARTINEZ	42.2
YOUNG	42.4
SCHNEIDER	42.4
FERNANDEZ	43.9
BIRETTA	44.0

SHOT PUT

BURNS	52'10"
CLAUSEN	51'0.5"
LIPARI	50'11"
REED	50'10"
HELTON	50'3"
LISLE	48'11.5"
WEAVER	47'2"
CAMBELL	47'2"
HOFFMAN	46'10"
SORCI	43'7"

DISCUS

BURNS	169'1"
HOFFMAN	166'11"
COMER	159'1"
BAILEY	153'3"
CLAUSEN	153'3"
PEASLEE	149'7"
LIPARI	148'8"
N.WILLIAMS	148'0"
CAMBELL	146'9"
CONROY	138'6"

LONG JUMP

S.TAYLOR	22'8"
BURNS	22'0.5"
LOFTON	21'6.5"
ESCBEDO	21'5"
RODRIGUEZ	21'4.5"
SILVA	21'2.5"
MATEOC	21'1.5"
PERSIANI	20'9"
RACHEFF	20'8"
HERNANDEZ	20'7.5"

TRIPLE JUMP

MATEOC	45'5"
BURNS	44'8"
PRIOR	43'10"
BO.PETT	43'6"
R.TAYLOR	43'3"
RODRIGUEZ	42'8"
WAGNER	42'7.5"
RACHEFF	42'7.5"
HURLEY	42'6"
CARLSON	42'2"

HIGH JUMP

CORNETT	6'2'
WAGNER	6'2'
HEADRICK	6'2'
BO.PETT	6'2'
JOHNSON	6'2'
PEEVEYHOUSE	6'0'
BUSS	6'0'
HURLEY	6'0'
BR.PETT	5'10"
EMMOREY	5'10"
RUSSELL	5'10"
SJOSTROM	5'10"

POLE VAULT

CHAMBERS	14'0"
HEFLIN	12'6"
McKENNA	12'6"
J.MALONE	12'6"
MARTINEZ	12'0"
MARSHALL	12'0"
KOEPKE	12'0"
WESTPHAL	12'0"
COWAN	12'0"
STEGENGA	11'6"
STOEBERL	11'6"

400 RELAY

1985	42.9
1976	43.0
1986	43.6
1984	43.7
1994	43.7
1995	43.7
1977	44.0
1982	44.2
1992	44.2
1993	44.4

1600RELAY

1989	3:20.6
1986	3:21.9
1990	3:22.4
1985	3:23.7
1987	3:25.2
1988	3:25.6
1982	3:28.0
1995	3:28.2
1991	3:29.2
1976	3:29.3
1994	3:29.3