

EVENT	3200 METERS	4x400 METER RELAY	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT	DISC THRO
PAL VARSITY BOY'S RECORD (established at PAL Finals) (established by TN athlete)	9:17.80 (1984)	3:21.10 (1983)	23'06" (2009)	46'00" (1999)	6'08" (1986) (1990)	55'4.75" (1986)	173'0 (1986)
2011 PAL FINALS VARSITY BOY'S QUALIFYING STANDARD	11:00.80	none	17'11"	36'04.75"	4'11.5"	37'04"	109'1
Top 5 PAL medalists qualify for CCS ... or Meet 2015 CCS AT-LARGE STANDARD	9:30.79	3:27.35	21'04.75"	43'09.75"	6'02"	48'04.25"	143'1
Top 3 CCS medalists qualify for CIF ... or Meet 2015 CIF AT-LARGE STANDARD	9:07.38	3:18.01	22'10"	46'11"	6'07"	57'03"	169'1

FAQs:

How do I contact the Head Track & Field Coach?

Coach Bokamper can be contacted at (650) 550-7647 / 550-7652 or mnoeth@juhsd.net

Will team members be expected to participate in fund raising activities?

Yes ... each team member is expected to eagerly, enthusiastically and efficiently participate in fund behalf of the Athletic Department in general and more specifically on behalf of their individual team. coach may promote fund raising activities for their specific team. 100% of the team specific funds raise team that generated them.

Fund raising is an integral part of being a team member. Failure to participate in Athletic Department Raisers at an appropriate level places the entire Athletic Program and specific teams in jeopardy. To participate and equally share in the burden of fund raising will result in loss of playing time or dismissal from the team.

What is Sportsmanship Night ... and why is it mandatory?

Terra Nova is a proud member of the California Interscholastic Federation program "PURSUING VICTORY WITH HONOR". The "PURSUING VICTORY WITH HONOR" program is a mandatory parent/athlete/coaching staff meeting near the start of the school year. Therefore the Terra Nova Athletic Department presents three different Sportsmanship Nights during the school year: fall, winter and spring. This meeting is mandatory for each participating athlete and at least one parent.

Parents will be asked to register upon their arrival at Sportsmanship Night to verify their attendance. At registration, each parent is asked to make a voluntary \$40 donation to the TNHS Athletic Department ... 70% of each donation will go to funding the Athletic Department and the remaining 30% will go to the specific team that generated the funds.

Athletes whose parents are absent from Sportsmanship Night will be provided an **ALTERNATE SPORTSMANSHIP NIGHT** form and signed by both the athlete and parent ... and then submitted to the head coach of athlete's team prior to continuing to practice.

The Sportsmanship Night agenda provides an opportunity for the athlete and family to learn about CIF, CCS, PAL & TNHS regarding high school athletics ... including, but not limited to academic and residential eligibility, grading periods & eligibility and practice attendance, behavior & discipline expectations, athletic department budget & funding, fund raising opportunities, athlete communication protocol, the relationship, differences and potential conflicts between high school sports and other activities or club teams and finally ... high school sportsmanship expectations for athletes and spectators.

Following the conclusion of the general Sportsmanship Night agenda ... each team will have the opportunity for a brief meeting with the head coach.

History:

TNHS BOY'S VARSITY TRACK & FIELD RECORDS			
A Terra Nova record can be a better than a PAL record but not listed as a PAL record because it was set prior to 1996, the year that the old North Peninsula League joined the PAL. Those marks are indicated with an asterisk *.			
EVENT	RECORD HOLDER	YEAR	MARK
100 meters	T. Ficken	1969	10.94
200 meters	J. Wright	2014	22.28
400 meters	J. Wright	2014	47.01
800 meters	D. Vincent	1963	1:57.90
1600 meters	A. Peterson	1979	4:23.70
3200 meters	D. Vincent	1963	9:26.80

110 meter High Hurdles	M. Brown	1979	14.32 *
300 meter Intermediate Hurdles	B. McKittrick	1982	38.50 *
High Jump	S. Cooper R. Hunter D. Reed	1984 1984 1984	6' 6.5"
Long Jump	D. Ceragoli	1984	23' 6.75" *
Triple Jump	D. Ceragoli	1984	46' 7.75" *
Discus	M. Vauntner	1965	154' 4.5"
Shot Put	C. Casperson	1965	51' 11.5"
Pole Vault	J. Garrubba	1984	14' 2"
4x100 meter Relay	D. Garcia P. Derogatis T. Best B. McKittrick	1980	43.60
	M. Bacon H. Wynn J. Thomas T. Harris	1992	
4x400 meter Relay	B. Stuhr J. Reed R. Tisdale D. Ceragoli	1984	3.19.10 *

2014	Head Coach: Michelle Bokamper PAL Record: 1-5 (6th place) PAL Finals: 7th place Most Valuable Player: Alex Ayag	Result
3/13	Aragon	Lost: 19-116
3/20	Westmoor	Lost: 51-88
3/27	Carlmont	Lost: 58-79
4/17	San Mateo	Won: 76-48
4/24	Sequoia	Lost: 45-86
5/1	Menlo-Atherton	Lost: 45-77
5/17	PAL Finals Team Scores: 1. Mills (80) 2. Carlmont (69) 3. Menlo-Atherton (63) 4. Burlingame (52) 5. Aragon (45) 6. Woodside (39) 7. Terra Nova (37) 8. El Camino (35) 9. Half Moon Bay (20) 10. Hillsdale (15) 11. Sequoia (13) 12. Westmoor (11) 13. South San Francisco (7) Jefferson (7) 15. Capuchino (2) 16. San Mateo (1)	PAL Medalists: Jeremy Wright (200m - 22.53 - 1st) Jeremy Wright (400m - 47.61 - 1st) Ryan McGannon (300m IH - 42.16 - 3rd) 4x100m Relay - 45.62 - 5th 4x400m - 3:31.78 - 2nd Ryan McGannon (High Jump - 5'04" - 7th) Ryan McGannon (Triple Jump - 40'10" - 6th)
5/30	Central Coast Section Championship 12th Place Team	CCS Medalists: Jeremy Wright (200m - 22.28 - 4th) Jeremy Wright (400m - 47.01 - 1st)
6/6	CIF State Championship	CIF Medalist: Jeremy Wright (400m - 47.10 - 3rd)
2013	Head Coach: Michelle Bokamper PAL Record: 1-4 (5th place) PAL Finals: 6th place MVP's: Clark Tolero & Michael Ward	Result
3/7	Menlo-Atherton	Lost: 39-91
3/14	Aragon	Lost: 48-87
3/21	Westmoor	Lost: 48-93
3/28	San Mateo	Won: 67-54
4/11	Carlmont	Lost: 39-94