

**CENTRAL
COAST
SECTION**

**ALL TIME
TRACK & FIELD
RECORDS**

CENTRAL COAST SECTION TRACK & FIELD TEAM CHAMPIONS

YEAR	BOYS	GIRLS
1966	N.C.S BEFORE 1966	
1967	BURLINGAME	
1968	LOS ALTOS	
1969	HOMESTEAD	
1970	LOS ALTOS	
1971	LOS ALTOS	
1972	CUPERTINO	
1973	SILVER CREEK	
1974	CUPERTINO	
1975	SERRAMONTE	KING CITY/MENLO-ATHERTON
1976	MT.PLEASANT	HARBOR
1977	SILVER CREEK	HARBOR
1978	MT.PLEASANT	SILVER CREEK
1979	CUBBERLY	ANDREW HILL
		INDEPENDENCE/ SALINAS/ FREMONT
1980	WOODSIDE	FREMONT
1981	INDEPENDENCE	FREMONT
1982	INDEPENDENCE	SAN CARLOS
1983	INDEPENDENCE	MILLS
1984	INDEPENDENCE	WOODSIDE
1985	INDEPENDENCE	ST.FRANCIS
1986	INDEPENDENCE	LOS GATOS
1987	RIORDAN	ST.FRANCIS
1988	INDEPENDENCE	ST.FRANCIS
1989	OAK GROVE	ST.FRANCIS
1990	BELLARMINE	SANTA TERESA
1991	ST.IGNATIUS	LYNBROOK
1992	MT.PLEASANT	MT.PLEASANT
1993	NORTH SALINAS	ST.FRANCIS
1994	BELLARMINE	LOS GATOS
1995	LOS ALTOS	ST.FRANCIS
1996	DEL MAR	ST.FRANCIS
1997	OAK GROVE	ST. IGNATIUS
1998	SILVER CREEK	ST. IGNATIUS
1999	MT.PLEASANT	MITTY
2000	BELLARMINE	MT.PLEASANT
2001	BELLARMINE	MT.PLEASANT
2002	BELLARMINE	LOS GATOS
2003	SERRA	MT.PLEASANT
2004	SANTA CLARA	MITTY
2005	RIORDAN	MT.PLEASANT
2006	ST.FRANCIS	MT.PLEASANT
2007	BELLARMINE	MT.PLEASANT
2008	MONTERRY	VALLEY CHRISTIAN
2009	ST.FRANCIS	LELAND
2010	BELLARMINE	MT.PLEASANT
2011	GILROY	MT.PLEASANT
2012	PALO ALTO	PIEDMONT HILLS
2013	BELLARMINE	LOS GATOS
2014	SANTA CRUZ	GUNN
2015	BELLARMINE	LOS GATOS
2016	BELLARMINE	ST.FRANCIS
2017	BELLARMINE	MT.VIEW
2018	SERRA	SILVER CREEK
2019	LOS GATOS	MENLO
2020	Covid	Covid
2021	BELLARMINE	ST.FRANCIS
2022	LOS ALTOS	SILVER CREEK
2023	LOS GATOS	LOS ALTOS
2024	ST. IGNATIUS	MITTY

FORWARD

The C.C.S. top marks list was originally compiled by **Fran Errota** and taken over by **Howard Wilman** in 1974 . Willman continued to update the marks till 1981. The updated lists were researched by **Steve Nelson (Mt.Pleasant)**, **Hank Lawson (Lynbrook)**, **Willie Harmatz (Los Gatos)**, **Bill Hotchkiss (Leigh)**, **Ernie Lee (Gunn)**, **Walt Van Zandt (Wilcox)**, **Dan Cruz (Del Mar)**, **Plato Yanicks (Menlo Atherton)**, **Augie Argabright (S.J.Cindergals-S.J.S.U.)**, **Bob Slover (Del Mar)**, **Joe Myoshi (Soquel)**. Special mention to **Bob Womack's** California Top marks lists, **Doug Speck (Cal Track)** and the people at **Track and Field News**. These marks are those achieved by C.C.S. athletes in legitimate competition (ALL SANCIOED MEETS) and under fair conditions outlined by rules governed by **The National Federation of High Schools, U.S.A. Track and Field** and the **I.A.A.F.** Marks recorded by **Willman** up to 1981 are considered to be accurate, and can be verified by Track and Field News end of the year top marks lists. All sprints jump marks after that point must be fully automatic and wind legal (**2.0 meters per second**) or less to be accepted into the top 10 or to be accepted as an all time record. The top 10 marks are as deep as this compiler **Steve Nelson** feels are legitimately able to be verified (especially in the sprint/Jumps where wind and F.A.T can be a factor). In both the Track and Field News lists and **Bob Womack's** Calif. Top marks, The athlete's year in school, venue and meet name were not mentioned. For the purpose of this list they will not be included. **Also included is a list of outstanding marks that did not make the top 10 due to illegal conditions.** If you feel that you or your athlete has been missed from these lists or slighted please e-Mail STEVE NELSON at sn0038@aol.com

TIMING

Fully automatic times (FAT) are listed in 100ths. These times are considered faster than hand times on the following basis.

Races of less than 1 lap are considered .24 faster than hand. (100,200, HH, IH)

Races of 1 lap are considered .14 faster than hand.

Races of more than 1 lap is considered .09 faster than hand.

CONVERSIONS

Most of the records from the Pre metric days can and are converted to the present day metric marks. The 100yds:girls 100H at 30"; the boy's 300M/330Yd low hurdles and the girls 8lb shot have been placed in separate lists. Many track and field purists feel that these events are completely different from their present day events and should not be converted. However these marks have been converted to present day marks using the accepted conversions accepted by **U.S.A. Track and Field** listed below. All marks with a C next to them have been converted from yards to meters in the following events 200meters, 400meters 800meters, 4x100 relay, 4x400 relay. The 1600meter/Mile and 3200meter/2mile have both marks listed. The conversion used is the adjustable table found in **Track and Field News Little Red Book** (some of you don't like this conversion but it is the one accepted by our governing body. **U.S.A. Track and Field**. The distance between the 120ydHH to the 110meterHH is only 10.7 inches and not considered a significant difference except when converting a relay. Also a mark with an **(A)** next to it signifies that it was accomplished at altitude.

100yds to 100 meters add .85 electric .9 hand

220yds to 200 meters subtract .1

440yds to 400 meters subtract .3

880yds to 800 meters subtract .6

330ydsH to 300H subtract .2

100H 30' to 100H 33" add .3

300LH to 300IH add .5

4x110yd relay to 4x100meter relay subtract .2

4x440yd relay to 4x400meter relay, subtract 1.1

4x880yd relay to 4x800 meter relay subtract 2.5

4xmile relay to 4x1600meter relay subtract 5.5

sprint medley subtract 1.2

Distance medleys subtract 3.3

4x120yh to 4x110H subtract .1

ELIGIBILITY

T&FN's Policy with certain adjustments is considered best. **Any athlete from any school currently or formerly in the C.C.S. is eligible for these lists as long as they do not exceed 4 years of eligibility** and have not reached their 20th birthday. This means that an athlete may represent their school, or club or can compete unattached and still qualify for the inclusion of these lists This allows inclusion in these lists of female athletes from C.C.S. schools who competed before programs were formed. Acceptable competition can range from high school duel meets, invitational, all comer meets to state, and national and international competition. Some indoor marks have been added to these lists (if noteworthy) and are noted by a (I). Each season begins Sept 1 and ends Aug 31 of the athletes graduating year. Spring graduates remain eligible till Aug.31 of there graduating year.

CENTRAL COAST SECTION

ALL TIME

TRACK & FIELD RECORDS SOURCE (TRACK & FIELD NEWS)

WOMEN

EVENT	MARK	ATHLETE	SCHOOL	YEAR
100	11.24	JENEBA TARMOH	MT.PLEASANT	2006
200	23.14	JENEBA TARMOH	MT.PLEASANT	2006
400	52.83	LESLIE MAXIE	MILLS	1984
800	2:04.37	ANN REAGAN	CAMDEN	1977
1600	4:39.45	ASHLYN BOOTHBY	SCOTTS VALLEY	2023
3200	10:04.2	CORY SCHUBERT	DEL MAR	1983
100HH	13.03	VASHTI THOMAS	MT.PLEASANT	2007
300LH	40.18	LESLIE MAXIE	MILLS	1984
HIGH JUMP	6'2 1/4"	WENDY BROWN	WOODSIDE	1984
LONG JUMP	20'9 3/4"	WENDY BROWN	WOODSIDE	1984
TRIPLE JUMP	43' 1 1/2 "	VASHTI THOMAS	MT.PLEASANT	2008
POLE VAULT	14'2 1/2"	TOREY ANTHONY	CASTILLEJA	2007
SHOT PUT	54'7"	ELENA BRUCKNER	VALLEY CHRISTIAN	2016
DISCUS	186'10"	ELENA BRUCKNER	VALLEY CHRISTIAN	2016
400 RELAY	46.05		MT.PLEASANT	2007
1600 RELAY	3:41.14		PIEDMONT HILLS	2013

MEN

100	10.41	TONY MILLER	RIORDAN	1987
200	20.57	CALVIN HARRISON	NORTH SALINAS	1993
400	45.25	CALVIN HARRISON	NORTH SALINAS	1993
800	1:50.10. c	RICK BROWN	LOS ALTOS	1970
1600	4:05.1c	MARK STILLMAN	WILLOW GLEN	1977
3200	8:48.72C	NOLAN TOPPER	BELLARMINE	2021
110HH	13.67	ISAAC CARSON	JEFFERSON	1991
300IH	36.28	JOEVESA NAIVALU	FREMONT	1996
HIGH JUMP	7'4 1/2"	DARIUS CARBIN	MT.PLEASANT	2016
LONG JUMP	26'0"	JOHNNY CLEVELAND	SOQUEL	1984
TRIPLE JUMP	50'11 1/2"	HAROLD RUCKER	SILVER CREEK	1986
POLE VAULT	17' 6 1/4"	NICO WEILER	LOS GATOS	2007
SHOT PUT	65'10"	STEVE WILHELM	FREMONT	1967
DISCUS	204'10"	NIK KAY	LOS GATOS	2003
400 RELAY	41.13		MITTY	2024
1600 RELAY	3:13.97 .		LOS GATOS	2023

*Wind aided (more than 2.0 meters per second) and hand timed sprint-jump marks marks not accepted as records) See [forward](#) for further explanation.
(National Federation, and TRACK AND FIELD U.S.A. Rule)

Miscellaneous C.C.S. Track & Field Records

Men

Event	Mark	Athlete	School	Year
100Yds	9.56	Bill Green	Cubberly	1979
110HH(42")	13.91	Jovesa Naivalu	Fremont	1996
180LH(D.N.I.)	18.8	Tom Stevens	Menlo	1961
180LH(Straight)	18.9	Scott Skillman	Campbell	1971
180LH(Turn)	18.9	Gene Delk	Andrew Hill	1967
220 LH	23.1	Bill Smith	San Mateo	1944
220(Straight)	21.0	Hal Davis	Live Oak	1939
		David Jenke	Los Altos	1974
300LH	36.22	Erick Montgomery	Independence	1982
400IH	51.81	Coke Edmon	Bellarmine	1994
1500	3:54.6	Jeff Purrington	Willow Glen	1981
	3:54.78	Daniel Sikirik	Leland	1996
	3:52.09 in rout)	Jeremy Kain	Scotts Valley	2022
3000	8:21.3	Jessie Torres	Independence	1981
3mile	13:56.4	Mitch Kingery	San Carlos	1973
5000	14:38.8	Mike Ryan	Wilcox	1965
1600 Steeplechase	4:53.6	Russ Hill	Andrew Hill	1986
2000 Steeple chase	6:15.00	Nathan Huerta	N. Monterrey County	2004
3000 Steeplechase	9:35.99	Nathan Huerta	N.Monterry County	2004
6 Mile	30:07.2	Rich McCandless	Westmont	1973
10,000	30:18.41	Brent Goucher	Aptos	2002
1hour	11mi 550y	Jack Bellah	Leigh	1972
Marathon	2:23.47.0	Mitch Kingery	San Carlos	1973
4x110LH/HH	59.8c	1 & 3 rd runner HH 2nd & 4 th runner L.H	Cupertino	1971
4x110HH	1:02.19		Bellarmine	2006
4x120ydLH	56.5c		Hollister	1946
4x70HH	35.2		Mt.Pleasant	1976
4X200	1:27.03/1:27.4hy		Menlo Atherton	1960
Sprint Medley	3:26.8		Independence	1988
200-200-400-800				
800 Medley	1:33.97		Hollister	2011
100-100-200-400			Bellarmine	
4x800	7:39.10		Menlo	2023
4X1600	17:19.22		Menlo	2023
4x2mile	36:54.73yc		Bellarmine	2021
5x2mile	46:32.65Yc		Bellarmine	2021
Distance Medley	10:03.67		Bellarmine	2017
1200-400-800-1600				
Shot Put(16lbs.)	54'7"	Bruce Wilhelm	Fremont	1963
Shot Put(6k)	52'8 1/4"	Nik Kay	Los Gatos	2003
Discus(Coll)	169'0"	Chris Adams	Los Altos	1970
Hammer(12lbs)	219'2"	Kevin McMahan	Bellarmine	1990
Hammer(16lbs)	178'6"	Marc Mazzoni	Bellarmine	1995
Javelin(New)	214'7"	Greg Johnson	Menlo School	1990
25lb weight throw	55'2"	Nik Kay	Los Gatos	2003
Octathalon	5646	Dion Shattuck	Santa Cruz	2013
Decathlon(Coll.)	6384	Shawn Collins	Los Gatos	1986
Decathlon(H.S)	6971	Tom McGraw	Los Gatos	1981
(new Jav)	6798	Dion Shattuck	Santa Cruz	2014
Pentathlon (100y-HJ-SP-LJ-880)	369	Lynn Swann	Serra	1969
		Vince Plunkebaum	Los Gatos	

Miscellaneous C.C.S. Track & Field Records

Women

Event	Mark	Athlete	School	Year
100 Yds.	10.4	Kelia Bolton	Hill	1978
100LH	13.59	Wendy Brown	Woodside	1984
400LH	55.20	Leslie Maxie	Mills	1984
1500	4:16.8	Francie Larrieu	Fremont	1969
3000	9:11.8	Cory Shubert	Del Mar	1983
3Mile	17:00.0	Doris Graham	Carlmont	1975
5000	16:49.5	Rebecca Chamberlin	Leigh	1986
2000steeple	7:11.70	Jessie Petersen	Carlmont	2010
3000steeple	10:53.69	Jessie Petersen	Carlmont	2011
10,000	34:54.8	Roxanne Bier	Independence	1978
Marathon	2:45:52.0	Rebecca Chamberlin	Leigh	1986
4x100LH	1:01.47		MITTY	2024
Sprint Medley	3:59.65		Piedmont Hills	2014
200-200-400-800				
4x200	1:39.14		Mt.Pleasant	2007
800 Medley	1:44.97		St. Francis	1988
100-100-200-400				
4x800	9:04.03		St. Francis	2023
4x1600	20:30.02		Aptos	2013
5x1600	57:19.27c		St. Francis	1982
4x3200	43:34.68		Los Altos	2023
5x2mile	54:59.43		Los Altos	2023
Distance Medley	11:41.28		San Lorenzo Valley	2000
Javelin(Old)	196'1"	Cathy Sulinski	El Camino	1976
Javelin (New)	113'1"	Jessica Swalve	Westmont	2019
Heptathlon	5130	Caice Lanovaz	Los Gatos	2016
Youth. Implements	5181	Caise Lanovaz	Los Gatos	2015
Pentathlon	3300	Wendy Brown	Woodside	1982
Hammer	156'9"	Lindsey McKee	Santa Teresa	2012
Baseball Toss	195'6"	Helen Howell	San Jose	1922

C.C.S.

**ALL TIME
TOP 10
MARKS**

**NOTABLE MARKS NOT ACCEPTED
BY TRACK AND FIELD NEWS**

***THE FOLLOWING MARKS WERE NOT ACCEPTED BY TRACK AND FIELD NEWS DUE TO: UNFAIR CONDITIONS, WIND IN EXCESS OF 2.0 METERS PER SECOND, OR NO WIND GAUGE PRESENT. THESE MARKS ARE NOT ACCEPTED BY THE NATIONAL FEDERATION OF HIGH SCHOOLS, U.S.A. TRACK AND FIELD OR THE I.A.A.F. THESE MARKS ARE TOP MARKS THAT WOULD HAVE MADE THE C.C.S. TOP MARKS LIST IF LEAGAL. ALL ARE LISTED AS ILLEGAL IN TRACK AND FIELD NEWS END OF TH E YEAR MARKS.

		GIRLS		
GURTHA POUNDS	100 METERS	LIVE OAK	11.81	1981
KAREN TURNER	100METERS	OVERFELT	11.92	1982
JULIE Middleton	100 METERS	SAN MATEO	11.96	1982
ANETTE COLEMAN	100 METERS	CARLMONT	11.66 no mark under 12.10 legal	1988
STEPHANIE LAMKIN	100METERS	INDEPENDENCE	11.7	1988
DEMISHA CRAIG	100METERS	MENLO	11.3	1997
VERONICA WALKER	100 METERS	OAK GROVE	11.86(2.9w) 11.99(2.5)	2003
NICOLE THEUS	100 Meters	CARLMONT	11.98(2.5wi)11.92(2.7w)	2004
KRYSTAL CARTER	100 METERS	VALLEY CHRISTIAN	11.43(4.1 wind)	2006
ALEXANDERA DIAZ	100 METERS	PIEDMONT HILLS	11.95(2.4 WIND)	2011
REONNA COLLIER	100 METERS	PIEDMONT HILLS	11.82((Wind +3.6)2014	
			11.79(+2.2)	2014
GRETТА WAGNER	100 METERS	LOS GATOS	11.87(+2.2)	2014
KRYSTAL CARTER	200 Meters	VALLEY CHRISTIAN	23.44(2.9 wind)	2005
JADE HARRISON	200 METERS	CUPERTINO	23.91)+3.2)	2015
HANNAH RUTHERFORD	200 meters	MT.VIEW	23.88(+2.7)	2024
ELOISE MALLORY	100YDS	SILVER CREEK	10.8	1977
KEILA BOLTON	100YDS	HILL	10.5	1979
ANGEL KELLEN	100 LH	LELAND	13.9	1978
UNDINE BECKER	100H	MT.PLEASANT	13.66 (2.4)wind	2001
KATIE KNELMS	100H	LELAND	13.70(Questionable Timing)	2009
JAZLYNN SHEARER	100H	SILVER CREEK	13.24(2.9)wind	2019
CHRISTINA HARDEMAN	200 METERS	WILCOX	24.26(2.1)wind	2002
NANCY NORBERG	DISCUS	CUBBERLY	151'2"(SLOP FIELD)	1964
KAREN LAWSON	LONG JUMP	ST.FRANCIS	19'9"	1984
KERI SANCHEZ	LONG JUMP	SANTA TERESA	19'9"	1989
ELZUNIA WOJECA	LONG JUMP	SAN BENITO	20'7"	2001
TISHA PONDER	LONG JUMP	DEL MAR	20'7"	1996
SHANIQUE WALKER	LONG JUMP	MT.PLEASANT	20'(NO GAUGE)	2011
JAZLYNN SHEARER	LONG JUMP	SILVER CREEK	20' (DOWN HILL)	2018
MEGAN RONAN	LONG JUMP	ST.IGNATIUS	19'6 ½(Downhill)	2018

MARISA KWIAKOWSKI	TRIPLE JUMP	WILCOX	41'2/12"(No Gauge)	2014
KERI SANCHEZ	TRIPLE JUMP	SANTA TERESA	40'3 1/2"	1989
TISHA PONDER	TRIPLE JUMP	DEL MAR	40'10"	1996
ARIANA FISHER	SILVER CREEK		42' 9" down hill	2018

BOYS

KEITH TAYLOR	100YDS	PIEDMONT HILLS	9.4	1981
JOHN FIGUEROA	100YDS	SUNNYVALE	9.5	1964
CHUCK BOMMARITO	100YDS	CRESTMOR	9.5	1971
ROD DAWKINS	100YDS	MT.PLEASANT	9.5	1977
MIKE SKINNER	100YDS	SANTA CLARA	9.6	1976
KEN TERRELL	100YDS	SERRAMONTE	9.6	1976
DWAYNE GREEN	100YDS	AYER	9.6	1977
MAURICE WHITE	100YDS	GUNDERSON	9.6	1981
EVAN JOHNSON	100 Meters	STEVENSON	10.41(2.4)	2022
BERNARI BOURROUGHS	100 METERS	INDEPENDENCE	10.42	1988
Nathaniel Guillory	100 Meters	Los Altos	10.51(3.2)	2024
BRANDON CROUTS	100METERS	YERBA BUENA	10.53	1987
HENRY BARBA	100METERS	LICK	10.54	1987
BRANDON BAINS	100 METERS	ST.FRANCIS	10.55NWI	2017
MILLARD HAMPTON	100METERS	SILVER CREEK	10.3	1974
SHAWN LEWIS	100 Meters	WILCOX	10.3(no gauge)	1992
CURTIS LEE	100 Meters	EVERGREEN VALLEY	10.51(NWI)	2019
CARL MONTGOMERY	200 METERS	SOUTH CITY	20.7	1974
RUBIN WILLIAMS	100METERS	VALLEY CHRISTIAN	10.37(2.2 wind)	2002
BERNARI BOURROUGHS	200METERS	INDEPENDENCE	21.10	1988
Nathaniel Guillory	200 Meters	LOS ALTOS	21.11(w+3.3)	2024
GLENN CANNON	200 METERS	MT.PLEASANT	20.9(5.5 WIND)	1976
DWAIN GREEN	220 YDS	AYER	21.0	1977
JOHN FIGUEROA	220 STRAIGHT	SUNNYVALE	20.4	1964
GARY MAHON	220 STRAIGHT	FREMONT	20.5	1964
LEE EVENS	220 STRAIGHT	OVERVELT	20.7	1965
EDDIE KING	220 STRAGHT	SALINAS	21.0	1955
JIM MARSHALL	220 STRAIGHT	RAVENSWOOD	21.0	1966
CALVIN HARRISON	400 METERS	NORTH SALINAS	45.07	1993
ASHTYN DAVIS	110HH	SANTA CRUZ	13.78(+2.2)	2014
KAMARA BIAWOGI	110HH	PROSPECT	14.00 (2.3W)	2013
ERIC MONTGOMERY	110HH	INDEPENDENCE	13.3	1983
DON FINLEY	120HH	CUPERTINO	13.8	1975
SCOTT OVERTON	DISCUS	LOS ALTOS	204'5 (SLOP FIELD)	1972
BOB STOECKER	DISCUS	LOS ALTOS	196'3	1962

CHARLIE JOHNSON	LONG JUMP	SEQUOIA	24'7"	1967
CRAIG CONWAY	LONG JUMP	CUPERTINO	24'4"	1971
DON FINLEY	LONG JUMP	CUPERTINO	24'3 1/2"	1975
MARK THORP	LONG JUMP	CUPERTINO	24'2"	1971
J.P.HEINRICH	LONG JUMP	BELLARMINE	23'11 1/2"	1989
RAMON TISDALE	LONG JUMP	WESTMOOR	24'8 1/2"	1985
HAROLD RUCKER	LONG JUMP	SILVER CREEK	24'9"	1986
VINCE IBIA	LONG JUMP	SILVER CREEK	24'3"	1999
KENNY MCKELVEY	LONG JUMP	INDEPENDENCE	24'1	1988
JOEL TUOSTO	LONG JUMP	GREENFIELD	24'3 1/4"(No Gauge)	2004
JASON SMITH	LONG JUMP	RIORDAN	24'(Wind +2.1)	2016
			23'8" best Legal	
ALEX ENOS	LONG JUMP	ST IGNATIUS	25' (Downhill)	2018
Tyson Bonilla	Long Jump	Wilcox	24'3 1/4"(+3.0)	2024
HARRY FREEMAN	TRIPLE JUMP	SANTA CLARA	50'7 3/4"	1969
PETE MORENO	TRIPLE JUMP	LICK	50' 1 1/4"	1976
LARRY WELDON	TRIPLE JUMP	SILVER CREEK	50'	1982
JUNIOR ROJAS	TRIPLE JUMP	OVERFELT	49'5	1976
DAN NORD	TRIPLE JUMP	LOS ALTOS	49'10"	1995

100 METERS

BOYS

1. TONY MILLER	RIORDEN	10.41	1987
2. RUBIN WILLIAMS	VALLEY CHRISTIAN	10.42	2002
3. BILL GAINES	SAN JOSE	10.44c	1968
4. ANDREW ABURANO	VALLEY CHRISTIAN	10.48	2024
5. ANDREW FU	HARKER	10.50	2023
5. EVEN JOHNSON	STEVENSON	10.50	2022
5. PATRICK HOLMS	JEFFERSON	10.50	2005
8. RONNIE DRUMMER	NORTH SALINAS	10.51	2004
8. ARRON BRYANT	WILCOX	10.51	1997
10. E.J FLOREAL	PALO ALTO	10.52	2012

GIRLS

1. JENEBA TARMOH	MT.PLEASANT	11.24	2006
2. SANI ROSEBY	MONTEREY	11.42	1999
3. ELLIE MC CUSKEY-HAY	ST. IGNATIUS	11.52	2023
4. KRYSTAL CARTER	VALLEY CHRISTIAN	11.57	2005
5. KEILA BOLTON	HILL	11.63.a	1978
6. ELAIN PARKER	OCEANA	11.64c	1978
7. ANGELA GRADISKA	PINEWOOD	11.67	2009
8. DEMISHA CRAIG	MENLO	11.79	1997
9. ROMETRA CRAIG	MITTY	11.86	1999
10. CHARLENE DEARDORFF	MT.PLEASANT	11.88	2000

200 METERS

BOYS

1. CALVIN HARRISON	NORTH SALINAS	20.57	1993
2. RUBIN WILLIAMS	VALLEY CHRISTIAN	20.83	2002
3. MILLARD HAMPTON	SILVER CREEK	21.04c	1974
4. ATO BOLDEN	PIEDMONT HILLS	21.07	1991
5. BILL GREEN	CUBBERLEY	21.09	1979
6. HAL DAVIS	LIVE OAK	21.14cS	1939
6. DICK BROWN	SAN JOSE	21.14cS	1956
8. E.J.FLOREAL	PALO ALTO	21.16	2012
8. RONNIE DRUMMER	NORTH SALINAS	21.16	2003
10. NATHANIEL GUILLORY	LOS ALTOS	21.18	2024

GIRLS

1. JENEBA TARMOH	MT.PLEASANT	23.14	2006
2. LESLIE MAXIE	MILLS	23.40	1984
3. SANI ROSBEY	MONTEREY	23.52	1999
4. KRYSTAL CARTER	VALLEY CHRISTIAN	23.61	2005
5. ANGELA GRADISKA	PINEWOOD	23.64	2009
6. KEILA BOLDEN	HILL	23.75	1978
7. DEMISHA CRAIG	MENLO	23.87	1996
8. MADALINE PRICE	MENLO	23.97	2014
9. JADE HARRISON	CUPERTINO	23.98	2016
10. HANNAH RUTHERFORD	MT. VIEW	23.99	2024

400 METERS

BOYS

1. CALVIN HARRISON	NORTH SALINAS	45.25	1993
2. BILL GREEN	CUBBERLY	45.51	1979
3. ALVIN HARRISON	NORTH SALINAS	46.25	1993
4. RICHARD DUPREE	MT.PLEASANT	46.72	1992
5. LEE EVANS	OVERFELT	46.84c	1965
6. JEREMY WRIGHT	TERRA NOVA	47.01	2014
7. RICK BROWN	LOS ALTOS	47.04c	1970
8. BENNY BROWN	SUNNYVALE	47.14c	1971
9. FELTON CHARLES	WESTMOOR	47.17	1994
10. KERRY THREATS	WESTMOOR	47.33	1983

GIRLS

1. LESLIE MAXIE	MILLS	52.83	1984
2. MADELIN PRICE	MENLO	53.20	2014
3. HANNAH RUTHERFORD	MT. VIEW	53.70	2024
4. CHRISTINA HARDEMAN	WILCOX	53.72	2002
5. ROSLYN MACK	ST FRANCIS	54.21	1988
6. MARQUITA BELK	SILVER CREEK	54.2c	1975
7. TIMAYRA BAYNARD	PIEDMONT HILLS	54.38	2015
8. SHERRILL MILLER	FREMONT	54.38	1980
9. CLARA ADAMS	NORTH SALINAS	54.46	2024
10. ELISSIA BRYANT	PIEDMONT HILLS	54.49	2012

800 METERS

BOYS

1. RICK BROWN	LOS ALTOS	1:50.0c	1970
2. JASON GOMEZ	WESTMONT	1:50.21	2018
3. NATHAN STRUM	PIONEER	1:50.43	2010
4. CONRAD SUHR	LEIGH	1:50.49	1975
5. ALEX SCALES	BELLARMINE	1:50.64	2017
6. JOE AMEDT	LICK	1:50.75	1988
7. NEIL FITZGERALD	ST.IGNATIUS	1:50.83	1986
8. YUTAKA ROBERTS	EL CAMINO	1:51.04	2022
9. DANIEL SIKIRIC	LELAND	1:51.32	1996
9. JEREMY KAIN	SCOTTS VALLEY	1:51.32	2022

GIRLS

1. ANN REGAN	CAMDEN	2:04.37	1977
2. FRANCIE LARRIEU	FREMONT	2:05.9	1970
3. LIBBY JENKE	MENLO	2:07.47	2005
4. HEATHER HENNESY	LOS GATOS	2:07.73	2000
5. ALICIA FOLMAR	SARATOGA	2:07.79	2005
6. JUSTINE FEDRONIC	CARLMONT	2:08.08	2007
7. ANNA MAXWELL	S.L.V.	2:08.32	2014
8. KRISTEN DOWELL	SANTA TERESA	2:08.45	1984
9. KYLIE HOORNAERT	PROSPECT	2:08.48	2024
10. SHANNON ROWBURY	SACRED HEART	2:08.52	2001

1600 METERS/MILE

	BOYS	1600/MILE		
1.	MARK STILLMAN	WILLOW GLEN	4:05.5/4:06.9	1977
2.	STAN ROSS	SERRA	4:06.8/4:08.2	1977
3.	BENJAMIN BOUIE	CRYSTAL SPRINGS	4:06.92/4:08.32	2024
4	CARSON HEDLUND	PIONEER	4:07.36/4:08.76	2024
5.	GRANT MORGANFIELD	PALO ALTO	4:07.36/4:08.76	2024
6.	JEREMY KAIN	SCOTTS VALLEY	4:07.77/4:09.17	2022
7.	SCOTT ROBINSON	BELLARMINE	4:07.95/4:09.35	1987
8.	NOLAN TOPPER	BELLARMINE	4:07.97/4:09.37	2021
9.	IDEN TAYLOR	MITTY	4:08.05/4:09.45	2021
10.	AYDON STEPHANOPOLI	LOS GATOS	4:08.06/4:09.44	2024

	GIRLS	1600/MILE		
1.	ASHLYN BOOTHBY	SCOTTS VALLEY	4:39.45/4:41.05	2023
2.	ANNA MAXWELL	S.L.V.	4:41.63/4:43.27	2014
3.	NIKKI HILTZ	APTOS	4:42.45/4:44.05	2012
4.	ALEJANDRA BARRIENTOS	S.L.V.	4:43.24/4:44.84	2001
5.	SARA ROBINSON	GUNN	4:44.07/4:45.67	2014
6.	TRACY WEBBER	LYNBROOK	4:44.76/4:46.46	1981
7.	CORY SHUBERT	DEL MAR	4:44.93/4:46.63	1983
8.	ALICIA FOLMAR	SARATOGA	4:46.77/4:48.37	2004
9.	LAURIE CHAPMAN	GUNDERSON	4:46.80/4:48.50	1986
10.	NANETTE GARCIA	SILVER CREEK	4:46.74/4:48.44	1983

3200 METERS/2 MILE

	BOYS	3200/2 MILE		
1.	GRANT MORGANFIELD	PALO ALTO	8:44.40/8:47.80	2024
2.	LANDON PRETRE	MENLO	8:48.11/8:51.21	2024
3.	NOLAN TOPPER	BELLARMINE	8:48.72/8:51.82	2021
4.	JESSIE TORRES	INDEPENDENCE	8:52.11/8:55.22	1981
5.	BEN SITLER	ST.FRANCIS	8:53.47/8:56.58	2006
6.	MITCH KINGERY	SAN CARLOS	8:54.3/8:57.4	1975
7.	MIKE RYAN	WILCOX	8:54.7/8:57.8	1965
8.	BRETT GOTCHER	APTOS	8:55.09/8:58.31	2002
9.	GARRET ROWE	MT.VIEW	8:55.71/8:58.81	2009
10.	WESTON STRUM	PIONEER	8:55.96/8:59.06	2010

	GIRLS	3200/2MILE		
1.	CORY SCHUBERT	DEL MAR	10:04.2/10:07.7	1983
2.	ANNA MAXWELL	S.L.V.	10:04.81/10:08.31	2014
3.	ALEJANDRA BARRIENTOS	S.L.V.	10:11.19/10:14.76	2000
4.	SARA ROBINSON	GUNN	10:12.40/10:16.00	2014
5.	LAURIE CHAPMAN	GUNDERSON	10:12.86/10:16.44	1986
6.	LAUREN SOOBRIAN	LOS ALTOS	10:17.17/10:20.77	2022
7.	MARY MENDOZA	PRESENTATION	10:23.04/10:26.68	1987
8.	KAIYA BROOKS	CRYSTAL SPRINGS	10:23.66/10:27.26	2022
9.	REBECCA CHAMBERLIN	LEIGH	10:23.85/10:27.35	1985
10.	ELIZABETH LACY	MENLO	10:23.86/10:27.36	2015

110METER /120YD HIGH HURDLES

<u>BOYS</u>			
1. ISSACC CARSON	JEFFERSON	13.67	1991
2. JOEVESSA NAIVALU	FREMONT	13.68	1996
3. CARL FLORANT	PALO ALTO	13.6y	1973
4. ERIC MONTGOMERY	INDEPENDENCE	13.90	1983
5. JALEN WRIGHT	BELLARMINE	13.91	2013
6. ARRAND WATKINS	SILVER CREEK	13.92	1997
7. RON GREEN	PALO ALTO	13.93	1983
8. RON KENNEDY	SERRAMONTE	13.7y	1975
9. ERIC HERSEY	LOS ALTOS	13.95	2007
9. GUY MC GOWEN	LEIGH	13.95	1998

100 METER HIGH HURDLES

<u>33' GIRLS</u>			
1. VASHTI THOMAS	MT.PLEASANT	13.03	2007
2. JAZLYNN SHEARER	SILVER CREEK	13.36	2019
3. DAHLYS MARSHALL	VALLEY CHRISTIAN	13.66	2007
4. HANNA GORENSON	VALLEY CHRISTIAN	13.72	2010
4. SANI ROSBY	MONTERRY	13.72	2000
6. TAMERA GULLY	OAK GROVE	13.73	2000
7. REONNA COLLIER	PIEDMONT HILLS	13.76	2014
8. KATIE NELMS	LELAND	13.84	2010
9. UNDINE BECKER	MT.PLEASANT	13.85	2001
10. EFFIE DAETZ	LEIGH	13.89	1989

300 INTERMEDIATE HURDLES

<u>BOYS</u>			
1. ERIC MONTGOMERY	INDEPENDENCE	36.10c	1983
2. JOE NAIVALU	FREMONT	36.26	1996
3. JOHN MONTGOMERY	INDEPENDENCE	36.43	1988
4. ANDREE PHILLIPS	SILVER CREEK	36.72c	1977
5. RON SEANEZ	GILROY	36.75c	1981
6. MIKE KING	MENLO ATERTON	36.76	1985
7. BILLY GAINS	INDEPENDENCE	37.04c	1986
8. TROY DURIO	MT.PLEASANT	37.24C	1978
9. COKE EDMON	BELLARMINE	37.25	1994
10. GUY MC GOWAN	LEIGH	37.32	1998
10. TSANG,BEN KIN HO	INDEPENDENCE	37.32	2022

300 METER LOW HURDLES

<u>GIRLS</u>			
1. LESLIE MAXIE	MILLS	40.18	1984
2. REONNA COLLIER	PIEDMONT HILLS	40.90	2014
3. TISHA PONDER	DEL MAR	41.71	1996
4. EFFIE DAETZ	LEIGH	41.86	1987
5. KATIE NELMS	LELAND	42.06	2008
6. MANDY MAZIK	CAPUCHINO	42.14	1996
7. MAYA MIKLOS	GUNN	42.54	2014
7. HANNA CHEN	LOS GATOS	42.54	2014
9. KERI SANCHEZ	SANTA TERESA	42.60	1989
10. UNDINE BECKER	MT.PLEASANT	42.68	2001

**4x100 RELAY
BOYS**

1. MITTY	41.13	2024
2. MT.PLEASANT	41.15	1992
3. BELLARMINE	41.37	2016
4. INDEPENDENCE	41.54	1988
5. OAK GROVE	41.54	1997
6. WOODSIDE	41.4c	1975
7. BELLARMINE	41.56	2013
7. PALO ALTO	41.56	2012
9. GUNDERSON	41.60	1997
9. SACRED HEART PREP	41.60	2023

GIRLS

1. MT.PLEASANT	46.05	2007
2. MT.PLEASANT	46.42	2006
3. MITTY	46.84	1999
4. ANDREW HILL	46.88c	1978
5. ST.FRANCIS	46.95	1987
6. PIEDMONT HILLS	47.05	2011
7. ST.FRANCIS	47.07	1988
8. LOS GATOS	47.10	2014
9. ST.FRANCIS	47.22	1986
10. ST.FRANCIS	47.27	1989

4x400

1. LOS GATOS	3:13.97	2023
2. INDEPENDENCE	3:14.0	1988
3. NORTH SALINAS	3:14.19	1993
4. LOS ALTOS	3:14.5c	1970
5. MONTEREY	3:15.60	2006
6. SERRA	3:15.91	2018
7. INDEPENDENCE	3:16.25	1987
8. SILVER CREEK	3:16.33	1988
9. CUBBERLY	3:16.6c	1979
10. PIEDMONT HILLS	3:17.2c	1976

GIRLS

1. PIEDMONT HILLS	3:41.14	2013
2. PIEDMONT HILLS	3:43.63	2014
3. ST.FRANCIS	3:48.59	1989
4. ST. FRANCIS	3:48.62	1988
5. PIEDMONT HILLS	3:48.98	2012
6. ST.FRANCIS	3:49.1	1986
7. MT.PLEASANT	3:49.90	2005
8. VALLEY CHRISTIAN	3:50.16(I)	2008
9. MITTY	3:51.1	1988
10. LOS GATOS	3:51.98	1996

HIGH JUMP

BOYS

1. DARIUS CARBIN	MT.PLEASANT	7'4 1/2"	2016
2. JEFF ROGERS	OVERFELT	7'3"	1985
3. LUIS JUICO	PIEDMONT HILLS	7'1 1/4"	1987
4. AARON KIM	PALO ALTO	7'0"	2021
4. JEFF NOVITSKY	MILLS	7'0"	1986
4. DARIUS THOMAS	ST.FRANCIS	7'0"	2015
7. ADOLFO LOPEZ	GONZALEZ	6'11 1/2"	1990
8. TIM RUCKS	MILPITAS	6'11"	1991
8. DAVE BUSH	CAMPBELL	6'11"	1972
8. CRAIG BRANSTROM	HALF MOON BAY	6'11"	1983
8. MARK COULTER	GUNDERSON	6'11"	1984

GIRLS

1. WENDY BROWN	WOODSIDE	6'2 1/4"	1984
2. JENNA GRIMALDI	ST.IGNATIUS	6'	2001
3. <i>CASSIE ACKEMANN</i>	S.L.V.	5'11"	2017
3. CHI JOHNSON	MENLO ATHERTON	5'11"	1991
5. MADALIN FAGAN	LOS GATOS	5'10 3/4"	2013
6. AMBER KAUFMAN	BRANHAM	5'10 1/4"	2006
7. PAM BLACKBURN	CUBBERLEY	5'10"	1975
7. BETH VIDOKOVITS	ST.FRANCIS	5'10"	1985
9. KIM STONE	YORK	5'9 1/2"	1997
10. ALLIE MILLER	LOS ALTOS	5'9 1/4"	2003/04
10. TRISH KING	MENLO ATHERTON	5'9 1/4"	1980

POLE VAULT

BOYS

1.NICO WEILER	LOS GATOS	17'6 1/4"	2007
2. CASEY ROCHE	ST.FRANCIS	17'5 1/4"	2006
3.SCOTT TONEY	ST.FRANCIS	17'4"	2020
4. STEVE HARRIS	DEL MAR	17'1"	1997
5. SCOTT SLOVER	LELAND	17' 3/4"	1994
6. MIKE KIBORT	SARATOGA	17'	1982
7. KYLE MILLS-BUNGI	ST.FRANCIS	16'7"	2006
8 BRANDON VANCE	LOS GATOS	16'3"	1993
9. IVAN MOEN	LOS GATOS	16'2"	1984
9. STEVE TONEY	MENLO ATHERTON	16'2"	1986

GIRLS

1. TORI ANTHONY	CASTILLEJA	14' 2 1/2" I	2007
2 ERICA MALASPINA	PACIFIC COLLIGIATE	13'9"	2016
3.TAYLORE JAQUES	PRESENTATION	13'4 1/4"	2012
4. LAUREL WONG	SANTA CATALINA	13'3"	2018
4. GRETA WAGNER	LOS GATOS	13' 2"	2014
6. <i>Isabella Grant</i>	Presentation	13'1"	2019
7. NATASHA BARTHEL	ST.FRANCIS	13'	2007
8. RACHEL BOLTON	HOMESTEAD	12'10"	2012
9. SAMANTHA OXFORD	SANTA TERESA	12'9"	2016
9. JONELLE SCOTT	SOQUEL	12'9"	2024

TRIPLE JUMP

BOYS

1. HAROLD RUCKER	SILVER CREEK	50' 11 1/2"	1986
2. PETER MORENO	LICK	50' 3/4"	1976
3. KEN TAYLOR	YERBA BUENA	50' 1/4"	1981
4. CRAIG CONWAY	CUPERTINO	49 11 1/2"	1971
5. VINCENT IBIA	SILVER CREEK	49 11 1/4"	1999
6. REGGIE JACKSON	RIORDEN	49' 10 1/2"	1987
7. MYRT ERASLY	WOODSIDE	49' 8"	1975
8. MYRON PORTER	WILLOW GLENN	49' 6 3/4"	1978
9. CHRIS MOORING	MT.PLEASANT	49' 5 1/4"	1982
10. DALE CREBS	GUNN	49' 4 1/2"	1971

GIRLS

1. VASHTI THOMAS	MT.PLEASANT	43' 1 1/2"	2008
2. WENDY BROWN	WOODSIDE	42' 10 1/2"	1984
3. ARIANA FISHER	SILVER CREEK	42' 1/2"(I)	2018
4. HAWA KAMARA	LEIGH	41' 8 1/2"	2018
5. SHANIQUE WALKER	MT.PLEASANT	41' 6"	2010
6. JAZLYNN SHEARER	SILVER CREEK	41' 3 3/4"	2019
7. UNDINE BECKER	MT.PLEASANT	40' 10 1/4"	2001
8. MARISA KWIATKOWSKI	WILCOX	40' 8 1/2"	2013
9. CYDNEY LEATH	MT.PLEASANT	40' 6"	2011
9. TISHA PONDER	DEL MAR	40' 6"	1996

LONG JUMP

BOYS

1. JONNY CLEVELAND	SOQUEL	26'	1984
2. JOHNNY JOHNSON	PACIFIC GROVE	25' 4 3/4"	1965
3. PHIL QUINET	HOMESTEAD	25' 2"	1968
4. LYNN SWANN	SERRA	24' 10"	1970
5. DENNY ROGERS	LOS ALTOS	24' 5"	1965
6. PAUL BATES	MENLO ATHERTON	24 4 3/4"	1977
7. REX WHITE	CAMDEN	24' 4"	1977
8. JEFF NORD	LOS ALTOS	24' 2 1/2"	1995
9. TYSON BONILLA	WILCOX	24' 1"	2024
10. ALEX ENOS	ST.IGNATIUS	24' 1/2"	2018
10.. VESTER ROBINSON	SILVER CREEK	24' 1/2"	1972

GIRLS

1. WENDY BROWN	WOODSIDE	20' 9 3/4"	1984
2. ANNETTE COLMAN	CARLMONT	20' 7"	1989
3. VASHTI THOMAS	MT.PLEASANT	20' 5"	2008
4. ELZUNIA WOJECA	SAN BENITO	20' 3 3/4"	2001
5. TISHA PONDER	DEL MAR	20' 2"	1996
6. UNDINE BECKER	MT.PLEASANT	20' 1 1/*4"	2001
7. JAZLYNN SHEARER	SILVER CREEK	19' 10 3/4"	2019
8. LISA COLLETT	LYNBROOK	19' 9 1/2"	1991
9. CAICE LANOVAZ	LOS GATOS	19 7 1/2"	2016
10. ELLIE MC CUSKEY-HAY	ST.IGNATIUS	19' 7 1/4"	2023

DISCUS

BOYS

1. NIK KAY	LOS GATOS	204'10"	2003
2. CHRIS ADAMS	LOS ALTOS	201'3"	1970
3. SCOTT OVERTON	LOS ALTOS	200'1"	1972
4. JOHN WIRTZ	LELAND	199'10"	1988
5. PETE SWANSON	SAN BENITO	197'7"	1992
6. KYLER HEADLEY	SILVER CREEK	197'6"	2024
7. CHRIS DE MARTINI	ST. IGNATIUS	195'6"	1994
8. BOB STOECKER	LOS ALTOS	195'4"	1962
9. TOM BIRTHWHISTLE	GUNN	195'4"	1969
10. TONY MIRANDA	SACRED HEART	194'4"	2000

GIRLS

1 ELANA BRUCKNER	VALLEY CHRISTIAN	186'10"	2016
2. DARLENE TULUA	CARMEL	165'10"	1996
3. RONNA STONE	VALLEY CHRISTIAN	161'9"	2015
4 LINDA LANGFORD	LEIGH	161'6"	1969
5. KARLEY WATTS	TERRA NOVA	157'4"	2019
6. JENNY PETERS	GUNN	156'1"	1989
7. CINDY DURCHSLAG	SAN CARLOS	155'6"	1981
8 AMY THEIL	FREMONT CHRISTIEN	154'10"	1997
9. MINDY WIRTZ	LELAND	154'5"	1990
10 JILLIAN WEIR	HOMSTEAD	151'11"	2010

SHOT PUT

BOYS

1. STEVE WILHELM	FREMONT	65'10"	1967
2. DON CASTLE	CUBBERLEY	65'7 3/4"	1961
3. BRUCE WILHELM	FREMONT	65'6"	1963
4. BRETT MANNON	LOS GATOS	63'11 1/2"	1972
5. BOB BRANNEN	LOS GATOS	63'9"	1964
6. COLIN QUIRK	LOS GATOS	63'6"	2008
7. SCOTT BUNNEL	GUNN	63'2 1/2"	1986
8. PETE SWANSON	SAN BENITO	63 1 1/4"	1992
9. NIK KAY	LOS GATOS	62'11"	2003
10. CHRIS ADAMS	LOS ALTOS	62'9 1/2"	1970

GIRLS

1. ELENE BRUCKNER	VALLEY CHRISTIAN	54'7"	2016
2 JULIE DUFRESNE	HARBOR	50'7 1/4"	2005
3. REBBECA MORRISON	PRESENTATION	48'1 3/4"	1996
4. DARLENE TULUA	CARMEL	47'7"	1996
5. CHRISTINA ETUALE	JEFFERSON	47'6 1/2"	1996
6. MEGAN MCKEE	SANTA TERESA	46'9"	2010
7. LATONIA FLOYD	OAK GROVE	46'9"	1984
8. KARLEY WATTS	TERRA NOVA	46'5"	2019
9. LAURA SAUAO	OVERFELT	45'9"	2000
10 AMY THEIL	FREMONT CHRISTIEN	45 7 1/2"	1998

100YARDS

(with conversion to 100 meters .85 electric .9 hand added for comparison)

		<u>BOYS</u>	<u>100yds 100m</u>	
1. BILL GREEN	CUBBERLEY	9.56	10.41	1979
2. BILLY GAINS	SAN JOSE	9.4	10.3	1968
3. MILLARD HAMPTON	SILVER CREEK	9.5	10.4	1974
3. GLENN CANNON	MT.PLEASANT	9.5	10.4	1976
5. CARL MONTGOMERY	SOUTH CITY	9.76	10.61	1980
6. HAL DAVIS	LIVE OAK	9.6	10.5	1939
6. JIM PETERSON	SAN JOSE	9.6	10.5	1939
6. DICK BROWN	LINCOLN	9.6	10.5	1956
6. JOHN FIGUEROA	SUNNYVALE	9.6	10.5	1964
6. JOE RICHARDS	WATSONVILLE	9.6	10.5	1965
6. JIM MARSHALL	RAVENSWOOD	9.6	10.5	1966
6. BRAD LYMAN	LOS ALTOS	9.6	10.5	1968
6. CHUCK BOMMARITO	CRESTMoor	9.6	10.5	1971
6. KEITH TAYLOR	PIEDMONT HILLS	9.6	10.5	1975
6. KEN MERIWETHER	MT.PLEASANT	9.6	10.5	1976
6. ANDRE WILKES	SANTA CRUZ	9.6	10.5	1977
6. MARK STEWART	CAMDEN	9.6	10.5	1978
6. KEN SMITH	PALO ALTO	9.6	10.5	1981

GIRLS

		<u>100yds 100m</u>		
1. KEILA BOLTON	HILL	10.5	11.4	1978
2. ELAIN PARKER	OCEANA	10.87	11.72	1978
3. VIVIAN RILEY	MT.PLEASANT	10.7	11.6	1982
3. KATHY SMALLWOOD	LICK	10.7	11.6	1969
5. LETICIA SHERRIL	MILPITAS	11.10	11.95	1977
5. SHEILA GREEN	HILL	11.10	11.95	1979
7. LOLA ROCKWELL	GUNN	10.9	11.8	1979
8. TINA LAWSON	HILL	11.0	11.9	1979
8. ELOISE MALLORY	SILVERCREEK	11.0	11.9	1978
8. TAMMIE SULIVAN	SAMUEL AYER	11.0	11.9	1978
8. JOANNE JACOBS	LICK	11.0	11.9	1979

100 HURDLES

GIRLS 30 "

		<u>33"conversion</u>		
1. WENDY BROWN	WOODSIDE	13.59	13.89	1984
2. KRIS COSTELLO	LYNBROOK	13.75	14.05	1978
3. EFFIE DAETZ	LEIGH	13.76	14.06	1987
4. KIM COSTELLO	EL CAMINO	13.87	14.17	1978
4. LESLIE MAXIE	MILLS	13.87	14.17	1984
6. JENNIFER ODEM	INDEPENDENCE	13.97	14.27	1992
7. KERI SANCHEZ	SANTA TERESA	13.99	14.29	1988
8. LORI FINERTY	PIEDMONT HILLS	14.05	14.35	1987
9. ANGEL KELLEN	LELAND	14.18	14.48	1978
10. STACY KUEHNIS	LOS GATOS	14.21	14.51	1986

300 LOW HURDLES

BOYS

(With conversion of .5 added to compare with intermediates)300IHC

1. ERIC MONTGOMERY	INDEPENDENCE	35.66	36.16	1983
2. ANDRE PHILLIPS	SILVER CREEK	36.22	36.72	1977
3. RON SEANEZ	GILROY	36.25	36.75	1981
4. TROY DURIO	MT.PLEASANT	36.5	37.0	1978
5. MARK CHAPMAN	YERBA BUENA	36.83	37.33	1977
6. RON GREEN	PALO ALTO	37.00	37.50	1983
7. TONY HICKS	SERRAMONTE	36.8	37.3	1975
7.DAVE JACKLE	LOS ALTOS	36.8	37.3	1975
7. RICK LUTTRELL	SAN CARLOS	36.8	37.3	1978
10. BRIAN MOTOOKA	GUNN	37.14	37.64	1977

SHOT 8 lbs. 3.6 Kilo

GIRLS

1. SUE SPRINGER	SALINAS	45'2 3/4"	1977
2. GALE ZPHIROPOULOS	HOMESTEAD	45'1"	1979
3. JODIE BAKER	SEQUOIA	44'7 1/4"	1979
4. LINDA LANGFORD	LEIGH	44'7"	1968
5. MARIA GARCIA	HARBOR	43'9	1976
6. SHEILA PINNELL	LELAND	42'11 1/2"	1976
7. WENDI MICHELLI	GUNDERSON	42'1 1/2"	1978
8. KATHY KUCHTA	KING CITY	41'8 1/2"	1976
9. GERALDINE THOMPSON	CAMPBELL	41'8"	1979
10.TAMMY WILLIAMS	HILL	41'7"	1977