

Hillsdale Boys Frosh/Soph Records			Hillsdale Boys Varsity Records			Hillsdale Girls Varsity Records			Hillsdale Girls Frosh/Soph Records			
Name	Mark	Year Set	Name	Mark	Year Set	Event	Name	Mark	Year Set	Name	Mark	Year Set
Reggie Rogers '81	11.13	1979	Reggie Rogers '81	10.87	1981	100m	Debbie Dyson '84	12.06	1983	Debbie Dyson '84	12.55	1982
Nathaniel Mata '30	22.74	2018	Reggie Rogers '81	22.04	1981	200m	Brenda Brewer '82	24.38	1982	Brenda Brewer '82	25.89	1979
Michael Green '82	50.94	1980	Mike Green '82	48.74	1982	400m	Brenda Brewer '82	54.74	1982	Aaliyah Schinaman '21	1:00.14	2019
Brian Bandy '77	2:02.44	1975	Bob Crawford '61	1:56.74	1961	800m	Martha Brown '76	2:20.34	1979	Martha Brown '76	2:20.34	1979
Demian Schatt '22	4:42.62	2020	Ralph Likens Sr. '63	3:57.54	1963	1500m	Vickie Chappell '81	5:03.54	1980	Clare Lucey '22	5:21.69	2020
Rob Tally	4:34.54	1972	Ralph Likens Sr. '63	4:18.14	1963	1600m	Melissa Hastings '10	5:04.03	2008	Melissa Hastings '10	5:04.03	2008
Rob Tally	4:36.14	1972	Ralph Likens Sr. '63	4:19.64	1963	1 mile	Melissa Hastings '10	5:11.55	2009	Allison Freeman '77	5:50.54	1975
Bob Barnett '75	9:36.34	1972	Bob Barnett '74	9:11.44	1974	3200m	Melissa Hastings '10	11:09.37	2009	Melissa Hastings '10	11:34.55	2007
Bob Barnett '75	9:39.74	1972	Bob Barnett '74	9:14.64	1974	2 mile	Vickie Chappell '81	11:49.34	1980	Tina Batara '80	12:00.14	1978
Brendon Shreve '20	18.90	2018	Reggie Hawkins '81		1981	110mh/100mh	Debbie Dyson '84	15.09	1984	Julie Herron '81	16.29	1979
Harold Ross '77	39.44	1975	John Zukowsky '80	14.34	1980		300m hurdles	Rochelle Carter '01	46.05	2000	Rochelle Carter '01	47.38
Gilbert, Green, Hawkins, Rodgers	44.31	1979	M. Green, R. Rogers, R. Hawkins, A. Seaman	42.54	1981	4x100m Relay	P. Edmunds, D. Dyson, D. Edmundson, B. Brewer	48.13	1982	Ariana Raphael '21, Christie Yee '22, Tianna Waring '22, Grace Snodgrass '22	52.55	2019
Beltrame, Ragland, Swain, Brown	3:32.44	1977	Beltrame, Zukowsky, Fobbs, Green	3:23.24	1980	4x400m Relay	P. Toti, B. Corley, P. Healy, B. Brewer	4:06.04	1979	Girls F/S Relay Team	4:28.17	2004
			Boys Varsity Relay	1:29.54	1969	4x200m Relay						
			Harnish, Garrigan, Likens, Hetu	8:11.04	1963	4x800m Relay						
F/S relay team	11:47.84	1995	Langsdorf, Crawford, Winward, Singleton	10:23.04	1961	Distance Medley Relay (4000m)	Girls Varsity Relay	13:33.85	2004	Nina Schmier Colleen Lucey Morgan Robinson Maggie Sena	14:01.39	2019
Mike Honeycutt '78	53' 3.5"	1976	Mark Reynolds '75	56' 6.5"	1975	Shot Put	Diane Williams '98	37' 10"	1997	C. C. Taylor	35' 5"	1988
Mike Davis '70	175' 0"	1968	Mike Davis '70	185' 7"	1969	Discus	Quinta Ekong '10	140' 5"	2010	Quinta Ekong '10	122' 3"	2008
Dan Clark '71	20' 8.5"	1969	Roger Grimes '84	23' 1.5"	1984	Long Jump	Brenda Brewer '82	18' 2.5"	1981	Brenda Brewer '82	17' 5"	1980
Bob McKenney '74	43' 7"	1972	Chuck Radovich '80	44' 11.75"	1980	Triple Jump	Adriana Stack '05	35' 2.5"	2005	Beth Mandel '84	32' 0"	1982
Chris Rochester '03	6' 1.5"	2001	Steve Kelly '65	6' 5.25"	1965	High Jump	Rochelle Carter '01	5' 1"	2000	Rochelle Carter '01	5' 0"	1999
Robert Cattarin '82	12' 6"	1980	Amit Barkan '91	15' 1"	1991	Pole Vault						

Hillsdale Boys Track and Field Event Top Ten Lists

ALL TIME LIST - VARSITY BOYS				ALL TIME LIST FROSH/SOPH BOYS			
400 meter relay				400 meter relay			
<i>Name</i>	List Mark	Year Set		<i>Name</i>	List Mark	Year Set	
1 Green, Rogers, Hawkins, Seaman	42.54	1981		1 Gilbert, Green, Hawkins, Rodgers	44.31	1979	
2 Tompkins, Clark, Kamin, Peters	42.59	1969		2 Gilbert, T. Sherman, Byson, Seaman	44.74	1980	
3 Gilbert, Seaman, Green, Tepoorten	42.84	1982		3 Swain, Lawyer, Brown, Sykes	44.74	1977	
4 Norwood, Lawyer, Ross, Sykes	43.14	1977		4 Sykes, Swain, Brown, Lawyer	45.04	1976	
5 Swain, Brown, Lawyer, Sykes	43.34	1978		5 Ellison, Mingin, Eden, Ross	45.54	1974	
6 Redwood, Fobbs, Rodgers, Green	43.54	1979		6 James, OHara, Grimes, Berglund	45.74	1982	
7 Boys Varsity relay	43.54	1988		7 Rodgers, Fobbs, Beltrame, Jackson	45.84	1978	
8 Boys Varsity relay	43.74	1976		8 Port, Jackson, Metter, Ross	45.94	1975	
9 Boys Varsity relay	43.83	1983		9 Willis, Adams, Yee, Lynch	46.14	1972	
10 Redwood, Brown, Swain, Bortolin	43.94	1979		10 OHara, Grimes, Becker...	46.74	1981	
1600 meter relay				1600 meter relay			
<i>Name</i>	List Mark	Year Set		<i>Name</i>	List Mark	Year Set	
1 Beltrame, Zukowsky, Fobbs, Green	3:23.24	1980		1 Beltrame, Ragland, Swain, Brown	3:32.44	1977	
2 Moore, McCalla, Jacobson, Peters	3:23.24	1969		2 Beltrame, Ragland, Swain, Brown	3:34.14	1976	
3 Brown, Sykes, Lawer, Ross	3:23.74	1977		3 Boys F/S Relay Team	3:37.44	1972	
4 Grimes, Seaman, Gilbert, Green????	3:24.14	1982		4 Rogers, Fobbs, Green,...	3:37.54	1979	
5 Boys Varsity Relay	3:24.24	1984		5 Dyson, Gilbert, Seaman...	3:37.34	1980	
6 Castro, Brown, Lawyer, Sykes	3:25.94	1978		6 Berglund, Ohara, James, Grimes	3:37.04	1982	
7 Harnish, Talbot, Hall, Reczek	3:27.54	1964		7 Port, Ross, Sykes, Toti	3:41.34	1975	
8 Boys Varsity Relay	3:27.64	1987		8 Fobbs, Beltrame, Jackson, Rodgers	3:41.84	1978	
9 Beltrame, Bortolin, Swain, Brown	3:27.94	1979		9 Grimes	3:42.74	1981	
10 Boys Varsity Relay	3:28.14	1988		10 Boys F/S Relay Team	3:43.65	2008	
110M Hurdles				110M Hurdles (started F/S in 2014, previously was 65m/70yrd)			
<i>Name</i>	List Mark	Year Set		<i>Name</i>	List Mark	Year Set	
1 Reggie Hawkins '81	14.34	1981		1 Brendon Shreve '20	18.90	2018	
2 John Zukowsky '80	14.34	1980		2 Andrew Arzaga '18	19.66	2016	
3 Steve Sykes '78	14.46	1978		3 Lance Chong Kit '18	21.77	2016	
4 Terry Webb '71	14.55	1971		4 Lee Osaki '17	22.79	2015	
5 Harold Ross '77	14.76	1977		5 Jose Navarette '18	23.06	2016	
6 Luther Jackson '74	14.76	1973/1974		6 Tyler Chong-kit '21	23.25	2018	
7 Ernest Stifel '77	14.79	1977					
8 David Bortolin '79	14.83	1979					
9 Jeff Metter '78	14.95	1978					
10 Chuck Lucas '72	15.35	1972					
300M Low Hurdles				300M Low Hurdles			
<i>Name</i>	List Mark	Year Set		<i>Name</i>	List Mark	Year Set	
1 Harold Ross '77	37.62	1977		1 Harold Ross '77	39.44	1975	
2 Steve Sykes '78	38.12	1978		2 Steve Sykes '78	39.74	1976	
3 John Zuhowsky '80	38.21	1980		3 Charles Brown '79	41.24	1977	
4 Charles Brown '79	39.12	1978		4 Dave Bortolin '79	41.64	1977	
5 Jon DeSilva '96	39.83	1996		5 Bill Fobbs '81	42.24	1978	
6 Sean Carino '01	40.16	2001		6 John Murphy '82	42.94	1980	
7 Mike Pignataro	40.20	1993		7 John Zuhowsky '80	43.44	1978	
8 Bill Fobbs '81	40.41	1980		8 James Ellis '85	43.64	1982	
9 Dave Bortolin '79	40.81	1979		9 John Grillos '84	43.74	1982	
10 Jim Geylani	40.90	1992		10 Zachary Leighton '22	44.20	2020	

100 meters			
<i>Name</i>	List Mark	Year Set	
1 Reggie Rodgers '81	10.87	1981	
4 Nathaniel Mata '20	11.15	2018	
5 Shane Boyett '87	11.18	1987	
2 Bill Rocamora '61	11.24	1961	
3 Bob Sprague '63	11.24	1963	
8 Don Peters '69	11.24	1969	
9 Joe Tompkins	11.24	1969	
7 Harold Ross '77	11.24	1978	
6 Michael Lawyer '78	11.24	1978	
10 Eric Redwood '80	11.24	1980	

100 meters			
<i>Name</i>	List Mark	Year Set	
1 Reggie Rodgers '81	11.13	1979	
2 Nathaniel Mata '20	11.15	2018	
3 Anthony Huni '11	11.326	2009	
4 Roy Rose	11.34	1970	
5 Dan Gilbert '82	11.44	1980	
6 Alan Seaman '82	11.44	1980	
7 Bill Swain '79	11.54	1977	
8 Corranzo Ragland '79	11.64	1977	
9 Latrell Thayer '15	11.78	2012	
10 Lavell McNutt	11.84	1973	

200 meters			
<i>Name</i>	List Mark	Year Set	
1 Reggie Rodgers '81	22.04	1981	
2 Michael Lawyer '78	22.24	1978	
3 Bob Sprague '63	22.47	1963	
4 Joe Tompkins	22.64	1969	
5 Don Peters '69	22.74	1969	
6 Michael Green '82	22.74	1982	
7 Nathaniel Mata '20	22.74	2018	
8 David Castro '78	22.84	1977	
9 Shane Boyett '87	22.84	1987	
10 Bruce Kamin '69	23.01	1969	

200 meters			
<i>Name</i>	List Mark	Year Set	
1 Nathaniel Mata '20	22.74	2018	
2 Reggie Rogers '81	22.91	1979	
3 Roy Rose	23.14	1971	
4 Anthony Huni '11	23.16	2009	
5 Reggie Hawkins '81	23.50	1979	
6 Bill Swain '79	23.64	1976	
7 Corranzo Ragland '79	23.74	1977	
8 Latrell Thayer '15	23.81	2013	
9 Roger Grimes '84	24.14	1982	
10 Jim Castro '84	24.24	1982	

400 meters			
<i>Name</i>	List Mark	Year Set	
1 Michael Green '82	48.74	1982	
2 Don Peters '69	49.65	1969	
3 Tony Cattali '04	50.00	2004	
4 Steve Sykes '78	50.24	1978	
5 Roger Grimes '84	50.49	1984	
6 Brad Berglund '84	50.54	1984	
7 Wilson Castro '06	50.63	2006	
8 Rick Cotter	50.64	1974	
9 David Castro '78	50.84	1978	
10 Steve Reczek '64	50.94	1964	

400 meters			
<i>Name</i>	List Mark	Year Set	
1 Michael Green '82	50.94	1980	
2 Tom Jacobson '70	50.94	1968	
3 Dean Moore '70	51.74	1968	
4 Roger Grimes '84	51.94	1982	
5 Jim Mangin '76	52.14	1974	
6 Shawn Cotton Jr. '20	52.30	2018	
7 Gary Jackson '80	52.54	1978	
8 Val Beltrame '80	52.74	1978	
9 Brad Berglund '84	53.04	1982	
10 Lorenzo Hernandez '22	53.51	2020	

800 meters			
<i>Name</i>	List Mark	Year Set	
1 Bob Crawford '61	1:56.74	1961	
2 John Merslich '71	1:56.84	1971	
3 Rick Passanisi '75	1:57.64	1974	
4 Marcel Hetu '63	1:58.54	1963	
5 Bob Friedenthal '67	1:58.64	1967	
6 John Vance '83	1:59.14	1982	
7 Ralph Likens, Sr. '63	1:59.64	1963	
8 Doug Kling '70	1:59.84	1970	
9 Brent Harnish '64	1:59.94	1964	
10 Brian Bandy '77	2:00.34	1977	

800 meters			
<i>Name</i>	List Mark	Year Set	
1 Brian Bandy '77	2:02.44	1975	
2 Rick Passanisi '75	2:03.14	1973	
3 John Merslich '71	2:03.54	1969	
4 Mike McCrary '79	2:04.24	1977	
5 Bill Benck '72	2:06.74	1970	
6 Perry George '79	2:08.14	1977	
7 Ron Reid	2:08.14	1972	
8 Pedran Aram '84	2:08.34	1982	
9 Steve DuCharme '83	2:08.44	1980	
10 Joel Martin '81	2:08.44	1979	

1600 meters		
<i>Name</i>	List Mark	Year Set
1 Ralph Likens Sr. '63	4:18.14	1963
2 Dick Singleton '61	4:20.54	1961
3 Bob Barnett '75	4:20.74	1974
4 Don Pemberton '72	4:24.64	1972
5 Mike Duncan '67	4:26.74	1967
6 John Vance '83	4:26.94	1982
7 Marcel Hetu '63	4:27.54	1963
8 Gene Robinson '74	4:29.64	1974
9 Walter Johnson '65	4:29.74	1965
10 Robert Brown '82	4:31.14	1982

1600 meters		
<i>Name</i>	List Mark	Year Set
1 Rob Tally	4:34.54	1972
2 Marty Botham '72	4:36.34	1969
3 Perry George '79	4:40.54	1977
4 Bob Barnett '75	4:44.34	1972
5 David Anderson	4:44.84	1972
6 Robert Miller	4:45.04	1975
7 Mike McCrary '79	4:45.64	1977
8 Dominic Marquez '22	4:47.33	2019
9 Scott Gahagen	4:47.44	1971
9 Robert Walker	4:47.44	1971
9 David Weikel '77	4:47.44	1975
9 Jim Wilker	4:47.44	1970

3200 Meters		
<i>Name</i>	List Mark	Year Set
1 Bob Barnett '75	9:11.44	1974
2 Larry Winward '62	9:21.64	1961
4 Marcel Hetu '63	9:24.84	1962
3 Ralph Likens Sr. '63	9:26.04	1963
5 Don Pemberton '72	9:34.74	1972
6 David Weikel '77	9:42.64	1977
7 Les Botham '67	9:42.94	1967
8 Gene Robinson '74	9:45.44	1974
9 Mitchell Lee '10	9:47.92	2009
10 Randy Wetteland '71	9:47.94	1969

3200 Meters		
<i>Name</i>	List Mark	Year Set
1 Bob Barnett '75	9:36.34	1972
2 Randy Wetteland '71	9:47.94	1969
3 Martin Botham '72	10:03.64	1970
4 Roger Marcus '79	10:04.14	1977
5 Steve McMurray '72	10:05.84	1970
6 Brad Lanza '76	10:12.34	1974
7 Mike Harper '85	10:15.14	1983
8 Carl Swanberg '78	10:18.74	1976
9 Mitchell Lee '10	10:28.48	2008
10 Don Pemberton '72	10:33.44	1970

Discus		
<i>Name</i>	List Mark	Year Set
1 Mike Davis '70	185' 7"	1969
2 Mike Hickey '64	174' 11"	1964
3 Steve Ralston '70	171' 0"	1970
4 Allen Griffin '87	158' 9"	1987
5 Thomas 'Skip' House '72	156' 10"	1972
6 Scott Gordon '73	155' 6"	1973
7 James Bair '60	154' 0"	1960
8 Phil Floria '70	153' 7"	1970
9 Kyle Regan '04	149' 6"	2004
10 Mike Hughes '65	148' 7"	1965

Discus		
<i>Name</i>	List Mark	Year Set
1 Mike Davis '70	175' 0"	1968
2 Donald Ray '81	146' 1"	1979
3 Greg Smith '72	135' 6"	1970
4 Victor Gaitan '10	132' 6"	2008
5 Hugh Eden '76	124' 1"	1974
6 Richard Fobbs '81	128' 4"	1979
7 Mike Hughes '65	127' 6"	1963
8 Craig Stevenson '78	126' 6.5"	1976
9 Brian Jones '83	126' 4"	1981
10 Rick Murphy	125' 8.5"	1973

#12 Shot Put Varsity		
<i>Name</i>	List Mark	Year Set
1 Mark Reynolds '75	56' 6.5"	1975
2 Don O'Hair '64	56' 1"	1964
3 Phil Florea '70	55' 5.75"	1970
4 Renato Grizelj '91	54' 6.25"	1990
5 James Bair '60	53' 0"	1960
6 Mike Honeycutt '78	52' 5"	1977
7 Bob Seright '69	51' 7.5"	1969
8 Mike Matisi '79	50' 11.25"	1979
9 Mike Hughes '65	50' 11"	1965
10 Matthew Campbell '96	50' 5.5"	1996

#10 Shot Put -Frosh-Soph		
<i>Name</i>	List Mark	Year Set
1 Mike Honeycutt '78	53' 03.5"	1976
2 Hugh Eden '76	51' 7"	1974
3 Mike Matisi '79	51' 4"	1977
4 Rob Dean '71	50' 1"	1969
5 Donald Ray '81	49' 4"	1979
6 Paul Brandt '75	48' 10"	1973
8 Craig Stevenson '78	47' 6"	1976
7 Donald Mack '77	46' 9"	1975
9 Darryl Dobbins '78	46' 8"	1975
10 Tim O'Neill '76	46' 7"	1974

Long Jump		
<i>Name</i>	List Mark	Year Set
1 Roger Grimes '84	23' 01.5"	1984
2 Dan Young '76	22' 8.25"	1976
3 Alan Seaman '82	22' 7.5"	1982
4 Dan Clark '71	22' 2"	1971
5 Bob Tavenner '65	21' 10"	1965
5 Rick Collett '82	21' 8"	1982
7 John Zukowsky '80	21' 6"	1980
8 Hung Huyhn '88	21' 4.5'	1987
9 Bob McKenney '74	21' 2.25"	1973
10 Carl Krohn '63	21' 0"	1963

Long Jump		
<i>Name</i>	List Mark	Year Set
1 Dan Clark '71	20' 8.5"	1969
2 Dan Young '76	20' 6.75"	1974
3 Rick Lynch	20' 3"	1972
4 Bob McKenney '74	20' 2.25"	1972
5 Alan Seaman '82	19' 7"	1980
6 Ron Walton '76	19' 5.5"	1974
7 Anti Buljan '81	19' 3"	1979
7 Gary Ellison '76	19' 3"	1974
9 Tony Ciocia '17	19' 2"	2015
10 James Ellis '85	19' 1.75"	1982

Triple Jump		
<i>Name</i>	List Mark	Year Set
1 Chuck Radovich '80	44' 11.75"	1980
2 Hugh Eden '76	44' 9.5"	1976
3 Bob McKenney '74	44' 7.5"	1973
4 Robert Brantley '82	44' 5"	1982
5 Dan Clark '71	44' 4"	1971
6 Rick Collett '82	44' 2"	1982
7 Hung Huyhn '88	44' 2"	1987
8 Bill Santiago '79	44' 1"	1979
9 Jeff Metter '78	43' 10"	1977
10 Bud Radovich '77	43' 5"	1977

Triple Jump		
<i>Name</i>	List Mark	Year Set
1 Bob McKenney '74	43' 07"	1972
2 Chuck Radovich '80	41' 8.25"	1978
3 Bill Santiago '79	41' 8.25"	1977
4 Hung Huyhn '88	41' 0.5"	1986
5 Jeff Metter '78	40' 8.75"	1976
6 Paul Tuohy '76	40' 7"	1974
7 Dave Bortolin '79	40' 5"	1977
8 John Zukowsky '80	40' 1.25"	1978
9 Anti Buljan '81	38' 8"	1979
10 Rob Hennum '77	38' 5"	1975

High Jump		
<i>Name</i>	List Mark	Year Set
1 Steve Kelly '65	6' 5.25	1965
2 Al Winfield '63	6' 5"	1962
3 Marcus Dunlap '08	6' 4.25"	2007
4 Jeff Metter '78	6' 4"	1977
4 Chris Rochester '03	6' 4"	2003
4 Bill Kleppe '76	6' 4"	1975
7 Charlie Wong '82	6' 2"	1982
7 Bob Burton '81	6' 2"	1981
7 Troy Lewis '80	6' 2"	1980
7 Ron Walton '76	6' 2"	1975

High Jump		
<i>Name</i>	List Mark	Year Set
1 Chris Rochester '03	6' 1.5"	2001
2 Bill Kleppe '76	6' 1"	1974
3 Roger Grimes '84	6' 0"	1982
3 John Adamson '76	6' 0"	1974
5 Luther Jackson	5' 10"	1972
5 Hung Huyhn '88	5' 10"	1986
7 Bill Toti '78	5' 9"	1975
8 Troy Lewis '80	5' 8"	1977
8 Ernest Stifel '77	5' 8"	1975
8 Ron Walton '76	5' 8"	1974
8 Ryan Lane '21	5' 8"	2019
8 Joseph Ciardella '22	5' 8"	2020
8 Tommy Vaughan '20	5' 8"	2017, 2018

Pole Vault		
<i>Name</i>	List Mark	Year Set
1 Amit Barkan '91	15' 1"	1991
2 Terry Webb	14' 6"	1971
3 Shon Ribera	14' 0"	1992
4 Robert Cattarin '82	13' 6"	1982
4 Kim Batchelder '81	13' 6"	1981
6 Rich Park '67	13' 1"	1967
7 Randy Park '73	13' 0"	1973
8 Bart Thiltgen '61	12' 7 3/4"	1960
9 John Tepoorten '82	12' 6"	1982
9 Henry Rios '79	12' 6"	1979
9 Jim Pombo '71	12' 6"	1970
9 Dave Hinckley '64	12' 6"	1964
9 Pat O' Brien '64	12' 6"	1964

Pole Vault		
<i>Name</i>	List Mark	Year Set
1 Robert Cattarin '82	12' 6"	1980
2 Neal Schram	12' 3"	1964
3 Kim Batchelder '81	11' 6"	1979
4 Randy Park '73	11' 6"	1971
5 Jim Kay	11' 0"	1972
6 Rick Amend '70	10' 6"	1968
7 Art Morimoto '79	10' 0"	1977
7 Dean Robertson	10' 0"	1974
7 Robert Diaz	10' 0"	1973
7 Mick Cox '80	10' 0"	1978

Hillsdale Girls Track and Field Event Top Ten Lists

ALL TIME LIST - VARSITY GIRLS

400 meter relay		
Name	List Mark	Year Set
1 Edmonds, Dyson, Edmonson, Brewer	48.13	1982
2 Herron, Dyson, Edmondson, Brewer	48.74	1981
3 Edmondson, Corley, Healy, Brewer	50.44	1980
4 Campbell, Griffith, Healy, McKenna	50.64	1978
5 Girls Varsity Relay	50.94	1979
6 Girls Varsity Relay	51.21	2000
7 Robertson, Ritchie, Reithmeier, McKenna	51.34	1977
8 Girls Varsity Relay	51.39	1983
9 Girls Varsity Relay	51.42	2007
10 Emily Loo*, Devan Spence**, Erin Russell**, Stacy Hanawa*	51.44	2010

ALL TIME LIST FROSH/SOPH GIRLS

400 meter relay		
Name	List Mark	Year Set
1 Ariana Raphael**, Christie Yee?***, Tianna Waring***, Grace Snodgrass***	52.55	2019
2 Girls F/S relay	52.87	2016
3 Girls F/S relay	53.58	2015
4 Girls F/S Relay	53.88	2003
5 Girls F/S Relay	54.00	2004
6 Girls F/S Relay	54.24	2013
7 Loretta Haysbert***, Fe Campbell ***, Jenny Rosales**, Nicole Crump***	54.40	2005
8 Girls F/S Relay	54.79	2006
9 Girls F/S Relay	55.04	2002
10 Girls F/S Relay	55.10	2009

1600 meter relay

Name	List Mark	Year Set
1 Toti, Corley, Healy, Brewer	4:06.04	1979
2 Toti, Corley, Healy, Brewer	4:07.64	1980
3 Herron, Brewer	4:13.24	1981
4 Chaney, Bowers, Drew, Carter	4:14.24	2000
5 Girls Varsity Team	4:17.87	2004
6 Healy, Houghton, Griffith, S. Edmondson	4:18.54	1978
7 Emily Loo*, Stacy Hanawa*, Lemons, Spence**	4:19.39	2010
8 Varsity Girls Relay Team	4:20.24	1977
9 Allen, Edmondson, Netherby, Edmunds	4:22.24	1982
10 Varsity Girls Relay Team	4:25.84	1987

1600 meter relay

Name	List Mark	Year Set
1 Girls F/S Relay Team	4:28.17	2004
2 Girls F/S Relay Team	4:29.55	2008
3 Caitlin Siler**, Clare Lucey***, Colleen Lucey***, Morgan Robinson**	4:29.79	2019
4 Geena Fiorucci**, Fe Campbell***, Jenny Rosales**, Jasmine Hilt***	4:31.27	2005
5 Girls F/S Relay Team	4:31.33	2009
6 Girls F/S Relay Team	4:33.88	2003
7 Girls F/S Relay Team	4:35.08	2008
8 Girls F/S Relay Team	4:37.14	2013
9 Girls F/S Relay Team	4:37.67	2007
10 Girls F/S Relay Team	4:39.56	2006

100MH

Name	List Mark	Year Set
1 Debbie Dyson '84	15.09	1984
2 Julie Herron '81	15.45	1981
3 Victoria Fleming '94	15.66	1994
4 Nicole Bowers '01	15.94	2000
5 Elise Raphael '19	16.59	2018
6 Lindsay Koeppen '05	17.15	2004
7 Ruka Sobajima '20	17.45	2019
8 Robin Bartholomew '82	17.64	1981
9 Lynn Reithmeier '79	17.64	1979
10 Terri Wade '06	17.76	2004

100MH

Name	List Mark	Year Set
1 Julie Herron '81	16.29	1979
2 Debbie Dyson '84	16.50	1982
3 Elise Raphael '19	17.31	2017
4 Terri Wade '06	17.76	2004
5 Ruka Sobajima '20	17.79	2017
6 Danelle Novales '07	17.91	2004
7 Lindsay Koeppen '05	17.93	2003
8 Allison Huxtable '04	18.29	2002
9 Natalie Mazlumian '18	18.51	2016
10 Ailish Kissane '22	18.73	2020

300 LH			
	Name	List Mark	Year Set
1	Rochelle Carter '01	46.05	2000
2	Nicole Bowers '01	48.24	2000
3	Lindsay Koeppen '05	48.41	2004
4	Debra Krumm '87	49.74	1984
5	Vicci Fleming '94	49.75	1993
6	Michelle Mason '97	49.98	1997
7	Zapp	50.84	1988
8	Elizabeth Froh '95	50.87	1995
9	Lisa Costa '89	51.04	1987
10	Allison Huxtable '04	51.15	2003

300 LH			
	Name	List Mark	Year Set
1	Rochelle Carter '01	47.38	1999
2	Nicole Bowers '01	48.36	1999
3	Debra Krumm '87	49.74	1984
4	Lindsay Koeppen '05	50.26	2003
5	Lisa Costa '89	51.04	1987
6	Elizabeth Froh '95	51.69	1993
7	Sofi Censoprano '00	51.88	1997
8	Jenny Rosales '07	52.03	2005
9	Danelle Novales '07	52.76	2004
10	Eileen Zhang '19	53.77	2016

100 meters			
Rank	Name	List Mark	Year Set
1	Debbie Dyson '84	12.06	1983
2	Brenda Brewer '82	12.14	1982
3	Jamila Drew '00	12.49	1999
4	Val. Fleming '94	12.54	1993
5	Val Backstrom '77	12.54	1976
6	Vici Fleming '94	12.64	1993
7	Cathy McKenna '78	12.74	1977
8	Debbie Edmondson '83	13.04	1981
9	Darlene Robertson '80	13.04	1977
10	Emily Loo '11	13.07	2011

100 meters			
Rank	Name	List Mark	Year Set
1	Debbie Dyson '84	12.55	1982
2	Debbie Edmondson '83	13.04	1981
3	Devan Spence '12	13.17	2010
4	Rochelle Carter '01	13.22	1998
5	Stacy Hanawa '11	13.30	2009
6	Grace Snodgrass '22	13.31	1998
7	Adriana Strack '05	13.33	2003
8	Quinta Ekong '10	13.57	2007
9	Natalie Mazlumian '18	13.58	2016
10	Elise Raphael '19	13.62	2017

200 meters			
	Name	List Mark	Year Set
1	Brenda Brewer '82	24.38	1982
2	Val Backstrom '77	26.14	1976
3	Cathy McKenna '78	26.34	1978
4	Debbie Dyson '84	26.44	1982
5	Melanie Griffith '78	26.74	1978
6	Devan Spence '12	26.86	2010
7	Jamila Drew '00	26.98	1999
8	Darlene Robertson '80	27.13	1977
9	Emily Loo '11	27.13	2011
10	Stephens	27.49	1990

200 meters			
	Name	List Mark	Year Set
1	Brenda Brewer '82	25.45	1979
2	Debbie Dyson '84	26.44	1982
3	Devan Spence '12	26.86	2010
4	Jamila Drew '00	27.09	1998
5	Victoria Fleming '94	27.74	1991
6	Darlene Robertson '80	27.74	1977
7	Quinta Ekong '10	27.99	2008
8	Debbie Edmonson '83	28.04	1981
9	Katherine Wright '09	28.09	2006
10	Emily Nepomuceno '16	28.17	2013

400 meters			
	Name	List Mark	Year Set
1	Brenda Brewer '82	54.74	1982
2	Rochelle Carter '01	57.46	2000
3	Aaliyah Schinaman '21	1:00.14	2019
4	Lisa Costa '88	1:00.74	1986
5	Darlene Robertson '80	1:00.88	1977
6	Devan Spence '12	1:01.22	2010
7	Katherine Wright '09	1:01.33	2007
8	Jamila Drew '00	1:01.95	1997
9	Cora Kanmeyer '12	1:02.26	2011
10	Lori Houghton '78	1:02.34	1978

400 meters			
	Name	List Mark	Year Set
1	Aaliyah Schinaman '21	1:00.14	2019
2	Lisa Costa '88	1:00.74	1986
3	Darlene Robertson '80	1:00.88	1977
5	Devan Spence '12	1:01.22	2010
5	Katherine Wright '09	1:01.33	2007
6	Debbie Dyson '84	1:02.64	1981
7	Pam Edmunds '85	1:03.44	1982
8	Kira Wilmurt	1:03.47	2020
9	Emily Nepomuceno '16	1:03.84	2014
10	Cora Kanameyer '14	1:04.59	2010

800 meters			
<i>Name</i>	List Mark	Year Set	
1 Martha Brown '76	2:20.34	1974	
2 Wendy Allen '82	2:22.14	1980	
3 Melissa Hastings '10	2:22.79	2009	
4 Lori Houghton '78	2:24.04	1977	
5 Maggie Colgan '12	2:27.46	2009	
6 Morgan Robinson	2:27.64	2019	
7 Vickie Chappell '81	2:28.24	1980	
8 Kristina Low '06	2:28.80	2004	
9 Skyler Young '09	2:30.47	2008	
10 Amy Viall '89	2:30.84	1986	

800 meters			
<i>Name</i>	List Mark	Year Set	
1 Martha Brown '76	2:20.34	1974	
2 Wendy Allen '82	2:22.14	1980	
3 Maggie Colgan '12	2:27.46	2009	
4 Morgan Robinson '21	2:27.64	2019	
5 Kristina Low '06	2:28.80	2004	
6 Amy Viall '89	2:30.84	1986	
7 Emily Nepomuceno '16	2:31.54	2013	
8 Amy Viall '89	2:31.94	1986	
9 Colleen Lucey '22	2:31.98	2019	
10 Katie McCleary '97	2:32.51	1995	
Clare Lucey '22	2:33.04	2019	

1600 meters			
<i>Name</i>	List Mark	Year Set	
1 Melissa Hastings '10	5:04.03	2008	
2 Sarah Squire '98	5:19.92	1996	
3 Maggie Colgan '12	5:24.10	2010	
4 Vickie Chappell '81	5:25.84	1980	
5 Allison Hurst '06	5:29.63	2004	
6 Amy Viall '89	5:34.74	1986	
7 Samantha De la Cruz '06	5:36.22	2004	
8 Morgan Robinson '21	5:38.14	2019	
9 Allie Sweeney '02	5:42.64	1999	
10 Kristina Low '06	5:43:00	2003	

1600 meters			
<i>Name</i>	List Mark	Year Set	
1 Melissa Hastings '10	5:04.03	2008	
2 Sarah Squire '98	5:19.92	1996	
3 Maggie Colgan '12	5:24.10	2010	
4 Allison Hurst '06	5:29.63	2004	
5 Amy Viall '89	5:34.74	1986	
6 Samantha De la Cruz '06	5:36.22	2004	
7 Morgan Robinson '21	5:38.14	2019	
8 Allie Sweeney '02	5:42.64	1999	
9 Kristina Low '06	5:43:00	2003	
10 Nina Schmier '22	5:48.10	2020	

3200 meters			
<i>Name</i>	List Mark	Year Set	
1 Melissa Hastings '10	11:09.37	2009	
2 Vickie Chappell '81	11:45.94	1980	
3 Tina Batara '80	11:55.94	1978	
4 Maggie Colgan '12	11:56.17	2009	
5 Sarah Squire '98	12:05.24	1996	
6 Allison Hurst '06	12:08.46	2004	
7 Natalie Poon '05	12:19.65	2003	
8 Leighann Kemerer '10	12:35.29	2008	
9 Allie Sweeney '02	12:44.84	2000	
10 Kelly Ghilarducci '04	13:03.41	2001	

3200 meters			
<i>Name</i>	List Mark	Year Set	
1 Melissa Hastings '10	11:34.55	2007	
2 Tina Batara '80	11:55.94	1978	
3 Maggie Colgan '12	11:56.17	2009	
4 Sarah Squire '98	12:05.24	1996	
5 Allison Hurst '06	12:08.46	2004	
6 Natalie Poon '05	12:19.65	2003	
7 Leighann Kemerer '10	12:35.29	2008	
8 Allie Sweeney '02	12:44.84	2000	
9 Kelly Ghilarducci '04	13:03.41	2001	
10 Lillian Fahsel '21	13:04.84	2018	

Discus			
<i>Name</i>	List Mark	Year Set	
1 Quinta Ekong '10	140' 5"	2010	
2 Diane Williams '98	130'	1998	
3 Marie Dyer '82	113' 2"	1982	
4 Julie Paulus '91	109'	1991	
5 Janet Harrison '78	108' 11.75"	1977	
6 Betty Loumoli '02	108' 10"	2002	
7 J. Taylor '88	102' 1.5"	1988	
8 Sheila Conway '82	100' 10"	1980	
9 Gretchen Schiechl '80	97' 9"	1978	
10 M. Hogan '86	97' 5"	1986	

Discus			
<i>Name</i>	List Mark	Year Set	
1 Quinta Ekong '10	122' 3"	2008	
2 Diane Williams '98	102' 5.5"	1996	
3 Sheila Conway '82	100' 10"	1980	
4 Julie Paulus '91	99' 00"	1989	
5 Gretchen Schiechl '80	97' 9"	1978	
6 Carol Ross '82	96' 8"	1980	
7 Sierra Greene '07	82' 10.5"	2004	
8 Michelle Counts	74' 01"	2004	
9 Leslie Phelps '07	73' 9.75"	2004	
10 Jenna Tobin '20	73' 4"	2017	

4kg Shot Put		
<i>Name</i>	List Mark	Year Set
1 Diane Williams '98	37' 10"	1997
2 Betty Loumoli '02	37' 04"	2001
3 C.C. Taylor '90	35' 5"	1988
4 Julie Paulus '91	32' 3"	1991
5 Sheila Conway '82	32' 2"	1980
6 Mary Ellen Loutas '91	32' 0.5"	1989
7 Marie Dyer '82	31' 10"	1981
8 Hogan	31' 8"	1986
9 Jenna Tobin '20	31' 7"	2020
10 Carol Ross '82	31'	1982

4kg Shot Put		
<i>Name</i>	List Mark	Year Set
1 C.C. Taylor '90	35' 5"	1988
2 Diane Williams '98	33' 1"	1996
3 Sheila Conway '82	32' 2"	1980
4 Mary Ellen Loutas '91	32' 0.5"	1989
5 Jenna Tobin '20	27' 3"	2018
6 Ashley Espin	27' 0.5"	2003
7 Fergoda Amelia '14	26' 7"	2012
8 Terri Wade	24' 07"	2003
9 Sydney Collins	24' 5"	2012
10 Caroline Mouna	24' 4"	2014

Long Jump		
<i>Name</i>	List Mark	Year Set
1 Brenda Brewer '82	18' 2.5"	1981
2 Kristin Ritchie '79	16' 11"	1979
3 Adriana Strack '05	16' 09"	2004
4 Lynn Reithmeier '79	15' 5.5"	1979
5 Leilani Martin '06	15' 2"	2004
6 Geena Fiorucci '07	15' 0"	2004
7 Julie Herron '81	14' 11.5"	1980
8 Patricia Chidyausiky '05	14' 11"	2004
8 Keeley Armstong '20	14' 11"	2018
10 Eileen Zhang '19	14' 10"	2017

Long Jump		
<i>Name</i>	List Mark	Year Set
1 Brenda Brewer '82	17' 5"	1980
2 Adriana Strack '05	15' 6"	2003
3 Leilani Martin '06	15' 2"	2004
4 Geena Fiorucci '07	15' 0"	2004
5 Keeley Armstong '20	14' 11"	2018
6 Eileen Zhang '19	14' 10"	2017
7 Ericka Jenkins	14' 09.25"	2013
8 Tianna Waring '22	14' 5.25"	2019
9 Diane Williams '98	14' 4.75"	1996
10 Jennifer Murcia	14' 4"	2004

Triple Jump		
<i>Name</i>	List Mark	Year Set
1 Adriana Strack '05	35' 2.5"	2005
2 Jamila Drew '00	32' 11"	1999
3 Kayla Burns '18	32' 9.5"	2017
4 Kathryn Knochenhauer '84	32' 9"	1984
5 Beth Mandel '84	32'	1982
6 Erica Jenkins '16	31' 11"	2014
7 Leilani Martin '06	31' 8.25"	2004
8 Geena Fiorucci '07	30-04.50	2004
9 Diane Williams '98	30' 09"	1997
10 Christina Thomas '18	29' 7.5"	2017

Triple Jump		
<i>Name</i>	List Mark	Year Set
1 Beth Mandel '84	32'	1982
2 Erica Jenkins '16	31' 11"	2014
3 Leilani Martin '06	31' 8.25"	2004
4 Kayla Burns '18	31' 3"	2016
5 Diane Williams '98	30' 6.25"	1996
6 Geena Fiorucci '07	30' 4.5"	2004
7 Leilani Martin '06	29' 10.25"	2003
8 Sherrean Knops '06	29' 9.25"	2003
9 Monika Vel '16	29' 7.25"	2014
10 Natalie Masarova '23	29' 0"	2020

High Jump		
<i>Name</i>	List Mark	Year Set
1 Rochelle Carter '01	5' 01"	2000
2 Cora Kanmeyer '12	5' 0.25"	2011
3 Nicole Crump '08	5' 0"	2005
3 Jennifer Murcia '06	5' 0"	2004
3 Julia Ratti '19	5' 0"	2017
6 Sheenah Campbell '79	4' 11"	1979
7 Bianca Belforte '20	4' 10"	2017
7 Issabella Ratti '17	4' 10"	2017
7 Sarah Riley '83	4' 10"	1982
7 Haley Haas '21	4' 10"	2020

High Jump		
<i>Name</i>	List Mark	Year Set
1 Rochelle Carter '01	5' 0"	1999
1 Nicole Crump '08	5' 0"	2005
1 Julia Ratti '19	5' 0"	2017
4 Jennifer Murcia '06	4' 10"	2004
4 Danika Ferguson '16	4' 10"	2013
4 Bianca Belforte '20	4' 10"	2017
7 Issabella Ratti '17	4' 8"	2014
7 Hailey Haas '21	4' 8"	2019
7 Nicole Bowers '01	4' 8"	1999
10 Becky Egan '13	4' 6"	2011
10 Michelle Nessel '99	4' 6"	1997