

Paraclete High School All-Time Track & Field

Latest revision: June 5, 2017

All hand times (HT) will be converted to automatic time (AUT) equivalent for comparison purposes, but will list the original HT mark immediately to the right of the = sign. Times that have been converted will be listed in italics. Standard HT conversion is +.24 for 200m or less, and +.14 for greater than 200m. Other conversion factors, such as yards (y) to meters (m), will be listed at the very bottom of the final page. Wind readings (w) will also be converted if +2.0 or greater (illegal wind), but the chart for positive and negative wind factors will not be included due to multiple variants depending on gender and altitude.

Girls 4x100

- 46.61 = Chelsey Washington, Ashley Woodford, Mariah Gibson, Melanise Chapman, 5-23-09 CIF Finals @ Cerritos 3rd place DIV
46.74 = 6-6-09 State Finals @ Buchanon High School, 6th (Woodford, Washington, Gibson, Chapman)
46.82 = 6-5-09 State Prelims @ Buchanon High School (Woodford, Washington, Gibson, Chapman)
46.97 = 5-29-09 Masters @ Cerritos, 6th place
47.17 = 4-18-09 Mt. SAC, 1st place seeded
47.57 = 5-16-09 CIF Pre 3rd place
- 47.63 = Chelsey Washington, Saedra Wright, Mariah Gibson, Melanise Chapman, 5-23-08 Masters, 7th place
- 48.39 = Ashley Woodford, Saedra Wright, Chelsey Washington, Melanise Chapman, 3-7-09 H Wyre, 1st place
- 48.47 = Megan Robertson, Chelsey Washington, Mariah Gibson, Melanise Chapman, 5-19-07 CIF Finals, 4th place
- 49.62 = Amanda Cecil, Brianna Smith, Destiny Ramsey, Taylor Richardson, 5-20-17 CIF Finals @ Arcadia, 4th place

Boys 4x100

- 41.46 = Allunzoe Jones, Branden Smith, Bobby Brown, Zack Nelson, 5-20-17 CIF Finals @ Arcadia, 2nd place
41.47 = 4-15-17 Mt. SAC Invite, 2nd place Invitational
41.51 = 5-5-17 Gold Coast League Finals @ Santa Monica College, 1st place
41.54 = 5-26-17 Masters Meet @ Arcadia, 4th place
41.56 = 6-2-17 State Prelims @ Buchanon High School, 1st place/heat
41.57 = 6-3-17 State Finals @ Buchanon High School, 5th place
41.62 = 4-1-17 Michelle Perry Invite @ QH, 1st place
41.82 = 5-13-17 CIF Prelims @ Carpinteria, 1st place
41.85 = 4-8-17 Arcadia Invitational, 1st place seeded
- 42.28 = Allunzoe Jones, Branden Smith, Russell Dace, Zack Nelson, 3-25-17 Santa Barbara Easter Relays, 1st place
- 42.41 = Branden Smith, James Holland, Micah Robinson, Triston Brown, 5-24-14 CIF Finals @ Cerritos, 1st place Division IV
- 42.90 = Braxtin Wilson, Branden Smith, Russell Dace, Treyvon Green, 4-4-15 Michelle Perry Invite @ QH, 1st place
- 43.09 = Rob Orwat, David Nottoli, Daryl Stewman, Mike Orwat, 5-23-87 CIF Finals @ Cerritos, 1st place
(Originally finished 8th place, but race was "re-run" after officials determined team was interfered with resulting in dropped baton.)

Girls 1600

- 5:15.73 = Melissa Bauer, 5-10-08 CIF Prelims @ Carpinteria, 6th place
- 5:16.27 = Madison Grenier, 4-14-12 Russell Cup, 1st place junior/senior
- 5:16.54 = Heidi Rocha, 5-21-05 CIF Finals @ Cerritos, 4th place
- 5:16.90 = Mariah Theologidy, 5-5-16 Gold Coast League Finals @ Santa Monica College, 1st place
- 5:19.20 = Jenny Keever, 5-24-86 CIF Finals @ Cerritos, 2nd place 1A
- 5:20.36 = Jean Harvey, 5-19-90 CIF Finals @ Cerritos, 7th place
- 5:25.74 = Liz Phelan, 5-15-98 CIF Prelims, 2nd place
- 5:28.66 = Kaitlin Huerta, 5-13-06 CIF Prelims @ Carpinteria, 6th place
- 5:31.12 = Haley Kennedy, 5-12-07 CIF Prelims @ Carpinteria, 15th place
- 5:32.23 = Sabrina Huelga, 4-17-10 Russell Cup, 10th place

Boys 1600

- 4:26.43 = Edwin Flores, 4-18-08 Mt. SAC Invite, 6th place seeded
- 4:27.14 = (4:27.0 HT) Joe Tamas, 5-17-97 CIF Prelims @ Arcadia. (4:35.63 @ Finals, 9th place)
- 4:28.94 = (4:28.8 HT) Wesley Washington, 4-23-09 dual w/Campbell Hall @ Birmingham, 1st place
- 4:32.56 = (4:34.0y HT for mile) Vince Burton, 5-8-75 Santa Fe League Finals @ Glendale College, 2nd place
- 4:36.01 = Tyler Schatz, 4-9-14 tri w/Campbell Hall/Brentwood @ Brentwood, 1st place
- 4:36.74 = Brett Siddle, 5-14-05 CIF Prelims @ Carpinteria, 14th place
- 4:38.31 = Scott Bauer, 4-18-09 Russell Cup, 12th place junior/senior
- 4:38.52 = (4:40.0y HT for mile) Frank Griboski, 5-7-76 Santa Fe League Finals @ Glendale College, 2nd place
- 4:39.56 = Philip Weary, 4-16-05 Russell Cup, 10th place
- 4:41.14 = (4:41.0 HT) Todd Kerzie, 4-19-86 Valencia Invite

Girls 100 HH (beginning 1993)

- 15.11 = Zenzile Johnson, 1993 CIF Finals, 1st place.
- 15.45 = Brianna Smith, 5-21-16 CIF Finals @ Cerritos, 4th place
- 16.38 = Saedra Wright, 5-12-07 CIF Prelims @ Carpinteria, 7th place

4. 16.58 = Jenni Jacoby, 3-5-94 Quartz Hill Relays, 2nd place
5. 16.82 = Madelyn Johnson, 4-28-17 Gold Coast League Prelims @ Santa Monica College, 2nd place (nwi)
6. 16.89 = (16.96 with -1.0w) Kristine Mendoza, 5-16-15 CIF Prelims @ Carpinteria, 14th place
7. 17.00 = Amanda Cecil, 4-28-17 Gold Coast League Prelims @ Santa Monica College, 4th (nwi)
8. 17.71 = Mariah Gibson, 4-4-09 Michelle Perry Invite @ QH, 4th place
9. 17.74 = Shelby Mann, 5-3-13 Alpha League Finals @ Heritage Christian, 3rd place
10. 18.04 = (17.8 HT) Paige Vogenthaler, 4-14-11 dual w/Campbell Hall @ Birmingham, 1st place.

Boys 110 HH

1. 14.74 = Zack Nelson, 4-15-17 Mt. SAC Invite, 8th place Invitational (+1.3w)
 14.82 = (14.69 w +2.9w) 3-25-17 Santa Barbara Easter Relays, 1st place
 14.82 = 4-1-17 Michelle Perry Invite @ QH, 2nd place (nwi)
2. 14.89 = (14.6y HT for 120yd HH) Andy Dumas, 1981 Russell Cup, 1st place
3. 15.00 = David Bunevacz, 4-10-87 tri w/Rosamond/Mojave @ AVC, 1st place
4. 15.02 = Lamar Cole, 5-18-02 CIF Finals, 2nd place (+0.0w)
5. 15.34 = (15.1 HT, +1.6w) Aadonis Solomon, 3-10-16 Gold Coast Cluster @ Santa Monica College, 1st place
6. 15.77 = Husan Thompson, 5-11-96 CIF Prelims @ Arcadia, 2nd place
7. 15.78 = (15.5y HT for 120yd HH) Andy Andreolli, 4-3-76 El Dorado Invite, 2nd place
8. 16.04 = (15.8 HT) John Taylor, 3-21-02 dual w/Marshall @ AVC, 1st place
8. 16.04 = (15.8 HT) Scott Otterson, 4-11-02 dual w/VC @ AVC, 1st place
10. 16.10 = (16.12 w -0.4w) Cash Kearns, 5-17-14 CIF Prelims @ Carpinteria, 8th place
 (Nick Jacoby 16.00 AV Press Season Leaders '97?)

Girls 400

1. 56.74 = (56.6 HT) Melanise Chapman, 3-24-09 dual w/LAB @ QHill, 1st place
2. 57.05 = Chelsey Washington, 4-12-08 Arcadia Invite, 2nd place open
3. 58.15 = Linsey Kelly, 4-7-12 Michelle Perry Invite @ QH, 1st place
4. 58.96 = Mariah Gibson, 5-10-08 CIF Prelims @ Carpinteria, 7th place
5. 59.41 = Saedra Wright, 3-22-08 Percy Knox Invite @ College of Canyons, 8th place
6. 60.30 = Alexis Powell, 5-3-13 Alpha League Finals @ Heritage Christian, 1st place
7. 60.57 = Trina Guoan, 5-24-86 CIF Finals @ Cerritos, 5th place 1A
8. 60.66 = Sabrina Huelga, 5-1-08 Alpha League Finals @ LAB, 3rd place
9. 61.01 = Kirsten Word, 5-6-10 Alpha League Finals @ LAB, 1st place
10. 61.14 = (61.0 HT) Jenna Novelli, 4-7-05 dual w/Village Christian @ AVC, 1st place

Boys 400

1. 49.12 = James Holland, 5-17-14 CIF Prelims @ Carpinteria, 2nd place
 49.31 = 5-18-13 CIF Finals @ Mt. SAC, 3rd place Division IV
 49.44 = 5-24-14 CIF Finals @ Cerritos, 2nd place Division IV
 49.44 = 5-9-14 Alpha Finals @ Heritage Christian, 1st place
 49.45 = 4-20-13 Mt. Sac Invite, 7th place Invite
 49.74 = (49.6 HT) 4-30-14 tri w/Marshall/Brentwood @ QH, 1st place
 49.76 = 3-15-14 Tri County Invite @ Moorpark, 1st place
 49.77 = (*unattached) 2-15-14 Arcadia All Comer, 1st place
 49.92 = 3-29-14 Pasadena Games, 8th place Varsity
2. 49.71 = Micah Robinson, 5-24-14 CIF Finals @ Cerritos, 4th place Division IV
3. 49.95 = (50.1y HT for 440y) Andre' Miller, 4-18-80 Southern Desert Inyo League Finals @ Desert, 1st place
4. 50.23 = Darian Thompson, 3-26-11 Percy Knox Invite, 2nd place
5. 50.64 = Robbie Thompson, 5-23-09 CIF Finals @ Cerritos, 7th place
6. 50.64 = (50.5 HT) Chris Wehan, 5-6-00 Alpha League Finals, 1st place
7. 51.15 = Chance Childs, 5-6-15 Gold Coast League Finals @ Heritage Christian, 2nd place
8. 51.24 = (51.4y HT for 440y) Alvin Miller, 5-8-80 Desert Inyo League Finals @ Desert, 3rd place
9. 51.28 = Alvin Marzan, 5-24-97 CIF Finals @ Cerritos, 3rd place (50.51 AV Press Season Leaders '97?)
10. 51.42 = Aaron Cooper, 5-5-16 Gold Coast League Finals @ Santa Monica College, 1st place

Girls 100

1. 11.79 = (+.08w) Melanise Chapman, 5-29-09 Masters @ Cerritos, 3rd place
 11.81 = (11.66 AUT with +2.8w) Melanise Chapman, 5-23-09 CIF Finals @ Cerritos, 1st place
2. 11.83 = (+0.0w) Ashley Woodford, 4-18-09, Mt. SAC Invite, 1st place Inv
 11.91 = (11.76 AUT with +2.8w) Ashley Woodford, 5-23-09 CIF Finals @ Cerritos, 3rd place
3. 12.14 = (11.9 HT) Chelsey Washington, 3-24-09 dual w/LAB @ QH, 2nd place
4. 12.37 = Monica Griffiths, 3-5-94 Quartz Hill Relays, 2nd place
5. 12.43 = Saedra Wright, 3-8-08 Tri County Invite @ Moorpark, 2nd place Inv
6. 12.63 = Brittany Cooper, 6-16-12 AAU Area 24 Qualifier @ QH, 1st place Intermediate
7. 12.64 = (12.4 HT) Alexis Powell, 4-30-14 tri w/Marshall/Brentwood @ QH, 1st place
8. 12.66 = Kirsten Word, 5-7-09 Alpha League Finals @ LAB, 3rd place
9. 12.79 = (12.86 with -1.1w) Zenzile Johnson, 1992 CIF Finals @ Cerritos, 6th place
10. 12.89 = Taylor Richardson, 5-13-17 CIF Prelims @ Carpinteria, 19th place (+1.7w)

Boys 100

1. 10.44 = (10.2 HT) Mike Orwat, 5-2-87 Desert Inyo League Prelims @ AVC, 1st place
10.45 = 4-2-87 tri w/Kern Valley/Boron @ AVC, 1st place
10.54 = 5-23-87 CIF Finals @ Cerritos, 1st place
2. 10.67 = (NWI but negative wind) Branden Smith, 4-2-16 Michelle Perry, 1st place
3. 10.82 = David Nottoli, 5-23-87 CIF Finals @ Cerritos, 3rd place
10.94 = (10.7 HT) 3-24-88 tri w/Kern Valley/Rosamond @ AVC, 2nd place
4. 10.84 = (10.6 HT) Triston Brown, 3-19-14 quad w/DC/Desert/Vasquez @ QH, 1st place
11.03 = (10.93 w +2.1w) 5-24-14 CIF Finals @ Cerritos, 4th place Division IV
5. 10.94 = (10.7 HT) David Bunevacz, 3-9-84 tri w/Trona/Boron @ QH, 1st place
6. 10.99 = (9.9y HT for 100y) Jim Nottoli, 4-11-80 Mojave Invitational, 1st place
7. 11.02 = Bobby Brown II, 5-5-17 Gold Coast League Finals @ Santa Monica College, 4th place (+1.3w)
8. 11.04 = (10.91 AUT with +2.8w) Harvey Thomas, 5-11-02 CIF Prelims, 2nd place
8. 11.04 = (10.8 HT) Marquis Chapman, 4-1-04 dual w/Village Christian @ QH, 1st place
8. 11.04 = (10.8 HT) Braydon Maish, 4-21-10 tri w/C. Hall/D. Christian @ QH, 2nd place
8. 11.04 = (10.8 HT) Roosevelt Davis, 4-6-11 dual w/Marshall @ QH, 1st place

Girls 800

1. 2:16.20 = Madison Grenier, 3-23-13 Pasadena Games, 1st place
2:17.08 = 5-18-13 CIF Finals @ Mt. SAC, 5th place Division IV
2. 2:17.10 = Jenna Novelli, 5-22-04 CIF Finals @ Cerritos, 1st place
3. 2:23.25 = Sabrina Huelga, 4-16-11 Russell Cup, 3rd place
4. 2:23.48 = Gayle Deisinger, 5-22-82 CIF Finals @ Cerritos, 6th place
5. 2:24.74 = (2:24.6 HT) Melissa Bauer, 4-23-09 dual w/Campbell Hall @ Birmingham, 1st place
6. 2:25.04 = (2:24.9 HT) Amanda Pollock, 3-28-96 dual @ Bishop, 1st place
7. 2:25.06 = Hannah Roberts, 5-17-14 CIF Prelims @ Carpinteria, 18th place
8. 2:25.92 = Mariah Theologidy, 4-15-15 Gold Coast League Cluster @ Brentwood, 1st place
9. 2:27.97 = Hanna Nason, 5-5-17 Gold Coast League Finals @ Santa Monica College, 1st place
10. 2:29.63 = Brianna Pagan, 4-28-07 Alpha League Finals @ Santa Monica College, 1st place
2:25.14 = (2:25.? HT) Jenny Keever, 1985, date and location not yet verified

Boys 800

1. 1:55.67 = Wesley Washington, 5-23-09 CIF Finals @ Cerritos, 2nd place
2. 1:56.75 = Bryan Beauchamp, 5-11-96 CIF Prelims @ Arcadia, 1st place
3. 1:57.64 = Chris Covert, 4-15-00 Russell Cup, 2nd place
4. 1:58.15 = (1:58.7y HT for 880y) Clay Starling, 5-22-76 CIF Finals @ Valencia, 2nd frosh/soph
5. 1:58.90 = Matthew Kern, 5-18-13 CIF Finals @ Mt. SAC, 5th place Division IV
6. 1:59.26 = Tyler Schatz, 5-17-14 CIF Prelims @ Carpinteria, 5th place
7. 2:00.08 = Chris Wehan, 4-15-00 Russell Cup, 4th place junior/senior
8. 2:00.14 = (2:00.0 HT) Jeremy Gocke, 1989 tri w/Kern Valley/Rosemead, 1st place
9. 2:01.11 = Ricky Ruelas, 5-6-10 Alpha League Finals @ LAB, 1st place
10. 2:02.62 = (2:03.2y HT for 880y) Ron Nielson, 5-8-75 Santa Fe League Finals @ Glendale College, 4th place

Girls 300 H

1. 46.28 = Brianna Smith, 5-21-16 CIF Finals @ Cerritos, 3rd place
2. 47.09 = Mariah Gibson, 4-4-09 Michelle Perry Invite, 3rd place
3. 47.12 = Jenni Jacoby, 5-14-94 CIF Prelims @ Arcadia, 1st place
46.96 = 1994 Not Verified (Arcadia?)
4. 48.00 = Saedra Wright, 4-14-07 Russell Cup, 2nd place
5. 48.78 = Trina Guoan, 5-16-87 CIF Prelims @ Arcadia, 2nd place/heat
6. 49.24 = (49.1 HT) Gayle Deisinger, 5-2-85 Desert Inyo League Finals @ Bishop, 1st place
7. 49.63 = Kristine Mendoza, 5-14-16 CIF Prelims @ Carpinteria, 12th place
8. 50.05 = Amanda Cecil, 5-5-17 Gold Coast League Finals @ Santa Monica College, 4th place
9. 50.32 = Kirsten Word, 4-4-09 Michelle Perry @ QH, 4th place
10. 51.26 = Ann Buchanon, 1986 Desert Inyo League Finals, 3rd place

Boys 300 H

1. 38.82 = Zack Nelson, 5-20-17 CIF Finals @ Arcadia, 1st place
2. 39.51 = (39.6y HT for 330y) Andy Dumas, 1980 SDIL Finals @ Desert, 1st place
3. 39.61 = (39.7y HT for 330y) Andy Andreolli, 5-17-75 CIF Prelims @ Valencia, 4th place/heat
4. 39.84 = Husan Thompson, 5-11-96 CIF Prelims @ Arcadia, 1st place
5. 40.44 = (40.3 HT) Lamar Cole, 4-24-02 dual w/Kilpatrick @ AVC, 1st place (40.25 auto?)
6. 40.70 = (40.8y HT for 330y) Eddie Roberto, 5-22-76 CIF Finals @ Valencia, 5th frosh/soph
7. 41.10 = (41.2y HT for 330y) Rolando Roberto, 1980 Desert Inyo League Finals @ Desert, 3rd place
8. 41.40 = David Bunevacz, 5-7-87 Desert Inyo League Finals @ AVC, 4th place
9. 41.74 = (41.6 HT) Sean Frohardt, 4-21-05 tri w/Kilpatrick/Marshall, 1st place

10. 41.79 = Cash Kearns, 5-16-15 CIF Prelims @ Carpinteria, 10th place

Girls 200

- 24.08 = Melanise Chapman, 5-7-09 Alpha League Finals @ LAB, 1st place
24.35 = (24.21 with +2.5w) 5-23-09 CIF Finals @ Cerritos, 2nd place
24.43 = (+1.9w) 6-5-09 State Prelims @ Buchanon High School
- 24.64 = Ashley Woodford, 5-7-09 Alpha League Finals @ LAB, 2nd place
24.79 = (+.09w) 3-14-09 Tri County Invite @ Moorpark, 1st place Inv
- 25.44 = (25.2 HT) Chelsey Washington, 4-17-08 dual w/Campbell Hall @ Birmingham, 1st place
- 25.89 = Saedra Wright, 3-8-08 Tri County Invite @ Moorpark, 1st place FS
- 26.02 = Monica Griffiths, 1994, date and location not yet verified (26.84, 5-21-94 CIF Finals @ Cerritos, 7th place)
- 26.03 = Alexis Powell, 5-9-14 Alpha Finals @ Heritage Christian, 1st place (nwi)
- 26.14 = Kirsten Word, 5-7-09 Alpha League Finals @ LAB, 4th place nwi (26.40 CIF Pre '09)
- 26.20 = Mariah Gibson, 5-12-07 CIF Prelims @ Carpinteria, 7th place
- 26.23 = Brittany Cooper, 4-14-12 Russell Cup, 3rd place frosh/soph
- 26.54 = (26.3 HT) Cherie Russell, 4-20-89 tri w/Trona, Desert, 1st place

Boys 200

- 21.71 = (21.57 w +3.0w) Branden Smith, 5-21-16 CIF Finals @ Cerritos, 3rd place
21.71 = 4-1-17 Michelle Perry Invite @ QH, 1st place (nwi)
21.76 = 4-16-16 Russell Cup, 1st place (+2.0w)
21.88 = 3-18-17 Mo Greene Invite @ Oaks Christian, 2nd place (+1.5w)
- 21.93 = Mike Orwat, 5-7-87 Desert Inyo League Finals @ AVC, 1st place
21.9? = 5-17-86 CIF Prelims @ Arcadia, 1st place
22.01 = 5-24-86 CIF Finals @ Cerritos, 1st place 1A
- 22.05 = David Nottoli, 3-19-88 Alemany Relays, 3rd place
- 22.10 = Bobby Brown II, 5-5-17 Gold Coast League Finals @ Santa Monica College, 3rd place (+0.0w)
- 22.16 = James Holland, 4-19-14 Russell Cup, 1st place (+1.4w)
- 22.31 = (22.19 with +2.6w) Harvey Thomas, 5-11-02 CIF Prelims, 2nd place/heat
- 22.54 = (22.3 HT) Darian Thompson, 3-30-11 tri w/Desert Christian/Boron @ QH, 1st place
- 22.55 = (22.64 w -1.5w) Zack Nelson, 4-19-17 Gold Coast League Cluster @ West LA College, 3rd place
- 22.69 = Triston Brown, 5-9-14 Alpha Finals @ Heritage Christian, 2nd place (nwi)
- 22.71 = Andre Hunt, 5-5-17 Gold Coast League Finals @ Santa Monica College, 4th place (+0.0w)

Girls 3200

- 11:14.64 = Melissa Bauer, 4-17-09, Mt. SAC Invite, 9th place Invite
- 11:17.10 = Mariah Theologidy, 5-14-16 CIF Prelims @ Carpinteria, 5th place
- 11:28.22 = Jenny Keever, 5-25-86 CIF Finals @ Cerritos, 2nd place 1A
- 11:28.99 = Jean Harvey, 5-12-90 CIF Prelims @ Arcadia, 4th place
11:26.44 = (11:26.3 HT), 1989? Not Verified
- 11:32.93 = Heidi Rocha, 5-22-04 CIF Finals, 6th place
- 11:36.45 = Melanie Fujiwara, 5-12-12 CIF Prelims @ Carpinteria, 11th place
- 11:38.84 = (11:38.7 HT) Kaitlin Huerta, 4-28-05 Alpha League Finals @ Azusa Pacific, 2nd place
- 11:54.48 = Liz Phelan, 5-23-98 CIF Finals @ Cerritos, 1st place
- 11:58.32 = Kristin Monson, 3-16-13 Mo Greene Invite @ Oaks Christian, 8th place Varsity
- 11:59.98 = Haley Kennedy, 4-28-07 Alpha League Finals @ Santa Monica College, 1st place

Boys 3200

- 9:47.74 = (9:47.6 HT) Edwin Flores, 4-16-08 dual w/Campbell Hall @ Birmingham, 1st place
9:47.82 = 5-19-07 CIF Finals @ Cerritos, 7th place
9:50.70 = 5-10-08 CIF Prelims @ Carpinteria, 4th place
9:51.96 = 3-8-08 Tri County Invite, 2nd place Junior/Senior
- 9:48.53 = (9:51.8y HT for 2 miles) Todd Kerzie, 4-26-86 Kern Relays, 5th place
- 9:58.47 = (10:01.8y HT for 2 miles) Frank Griboski, 5-15-76 CIF Prelims @ Valencia, 8th place
- 10:01.35 = Dillon Murphy, 4-16-11 Russell Cup, 5th place
- 10:04.36 = Scott Bauer, 4-18-09 Russell Cup, 7th place
- 10:06.57 = Vince Burton Jr., 5-21-94 CIF Finals @ Cerritos, 5th place
- 10:11.14 = (10:11.0 HT) Brett Siddle, 4-28-05 Alpha League Finals, 1st place
- 10:12.00 = (10:15.4y HT for 2 miles) Vince Burton, 4-1-75 St. Paul Relays @ Santa Fe Springs, 5th place
- 10:16.39 = Wesley Washington, 3-8-08 Tri County Invite @ Moorpark, 5th junior/senior
- 10:19.19 = Matt Bauer, 5-1-13 Alpha League Finals @ Heritage Christian, 2nd place
10:17.0 = Chris Covert, 1998 Kern Relays @ Bakersfield?

Girls 4x400

- 3:49.33 = Melanise Chapman, Saedra Wright, Mariah Gibson, Chelsey Washington, 6-5-09 State Prelims (58.3, 58.7, 55.9, 56.0)
3:50.23 = 6-6-09, State Finals @ Buchanon High School, 8th place
3:50.47 = 5-23-09 CIF Finals @ Cerritos, 2nd place

- 3:53.94 = 5-29-09 Masters @ Cerritos, 9th place
- 3:54.18 = 4-12-08 Arcadia Invite, 7th place invite (Gibson, Chapman, Wright, Washington)
- 3:55.25 = 3-29-08 Pasadena Invite, 2nd (Gibson, Chapman, Wright, Washington)
- 3:55.41 = 5-16-09 CIF Prelims @ Carpinteria, 2nd place
- 2. 3:55.82 = Sabrina Huelga, Saedra Wright, Mariah Gibson, Chelsey Washington, 5-17-08 CIF Finals, 2nd place
- 3. 3:59.32 = Megan Robertson, Saedra Wright, Mariah Gibson, Melanise Chapman, 5-19-07 CIF Finals, 3rd place
- 4. 4:01.62 = Alexis Powell, Lauren Parish, Madison Grenier, Linsey Kelly, 5-19-12 CIF Finals @ Mt. SAC, 6th place
- 5. 4:04.26 = Ashley Woodford, Mariah Gibson, Sabrina Huelga, Chelsey Washington, 3-28-09 Pasadena, 3rd place

Boys 4x400

- 1. 3:24.68= Chance Childs, Tyler Schatz, Micah Robinson, James Holland, 4-19-14 Russell Cup, 1st place
(51.9, 53.6, 49.8, 49.2)
- 2. 3:25.29 = Chance Childs, Micah Robinson, James Holland, Matthew Kern, 5-18-13 CIF Finals @ Mt. SAC, 4th place Division IV
(53.5, 51.0, 49.8, 50.7)
- 3. 3:25.85 = Robbie Thompson, Angelo Dracopoulos, Ricky Ruelas, Wesley Washington 5-23-09 CIF Finals @ Cerritos, 2nd place
(50.4, 53.6, 51.1, 50.6)
- 4. 3:26.76 = Mike Orwat, Rob Orwat, Dennis Berry, David Nottoli, 5-23-87 CIF Finals @ Cerritos, 2nd place
- 5. 3:26.94 = Andre' Miller, Mike Toker, Andy Dumas, Alvin Miller, 5-17-80 CIF Pre@Aviation, 3rd place

Girls HJ

- 1. 5' 6" = Mariah Gibson, 4-4-09 Michelle Perry Invite @ QH, 1st place
- 2. 5' 4" = Gayle Deisinger, 5-3-84 Desert Inyo League Finals @ AVC, 1st place
- 3. 5' 1" = Brooklyn McAlpin, 3-14-12 dual w/Brentwood @ QH, 1st place JV
- 3. 5' 1" = Sara Avrit, 4-29-15 Gold Coast League Finals @ QH, 1st place
- 5. 5' 0" = Helen Mann, 4-20-16 Gold Coast League Cluster @ QH, 1st place
- 6. 4' 10" = Karen Kern, 3-6-76 tri w/Desert/Mojave @ Paraclete, 1st place
- 6. 4' 10" = Teresa Schmitt, 4-25-80 quad w/Trona/Mojave/@Tehachapi, 1st place
- 6. 4' 10" = Denise Marriott, 3-24-88 tri w/Kern Valley/Rosamond @ AVC, 1st place
- 6. 4' 10" = Zenzile Johnson, 5-2-90 Desert Inyo League Finals @ Tehachapi, 4th place
- 6. 4' 10" = Erin Perkowski, 3-10-10 dual w/AVHS @ AVHS, 1st place
- 6. 4' 10" = Linsey Kelly, 3-14-12 dual w/Brentwood @ QH, 1st place
- 6. 4' 10" = Kristine Mendoza, 3-1-14 Herb Wyre Invite @ Palmdale HS, 2nd place
- 6. 4' 10" = Cammi Norville, 3-28-15 Eastside Invite @ AV High, 3rd place

Boys HJ

- 1. 6' 4" = David Bunevacz, 4-23-87 tri w/Trona/Tehachapi @ AVC, 1st place
- 1. 6' 4" = John Taylor, 4-17-02 dual w/Los Angeles Baptist @ AVC, 1st place
- 3. 6' 2" = Mark Sisson, 5-6-82 Desert Inyo League Finals @ AVC, 2nd place
- 3. 6' 2" = Quincy Spry, 4-5-14 Michelle Perry, 2nd place
- 5. 6' 1" = Rellen Jones, 4-15-71, dual vs. Desert @ Edwards, 1st place
- 6. 6' 0" = Lamar Cole, 3-5-02 dual w/Lancaster @ AVC, 1st place
- 6. 6' 0" = Drew Engler, 5-4-10 Alpha League Finals @ LAB, 1st place
- 8. 5' 11" = Joe Schlientz, 4-27-85 Desert Inyo League Finals @ Bishop, 1st place frosh/soph
- 8. 5' 11" = Kenny Brown, 4-19-07 dual w/Campbell Hall @ Birmingham, 1st place
- 8. 5' 11" = Aaron Cooper, 5-5-17 Gold Coast League Finals @ Santa Monica College, 2nd place

Girls LJ

- 1. 17' 10" = Zenzile Johnson, 1993 Not Verified
- 2. 17' 8" = Siera Hearne, 3-16-07 dual w/Marshall @ QH, 1st place
- 3. 17' 4 ¾" = Jenni Jacoby, 5-21-94 CIF Finals @ Long Beach, 2nd place
- 4. 17' 1 ½" = Desiree Bunevacz, 5-13-89 CIF Prelims @ Arcadia, 2nd place
- 17' 0" = 5-20-89 CIF Finals @ Cerritos, 1st place
- 5. 16' 9" = Denise Marriott, date and location not verified (AV Press listed as School Record)
- 16' 4 ½" = 5-20-89 CIF Finals @ Cerritos, 3rd place
- 6. 16' 8 ½" = Brianna Smith, 5-21-16 CIF Finals @ Cerritos, 6th place (+3.2w)
- 7. 16' 7" = Gayle Deisinger, 3-12-85 tri w QH/Desert @ QH, 2nd place
- 8. 16' 6" = Ashley Velazquez, 5-22-10 CIF Finals @ Cerritos, 6th place
- 9. 16' 1 ½" = Ashley Woodford, 3-14-09 Tri County Invite @ Moorpark, 2nd place junior/senior
- 10. 16' ½" = Monica Griffiths, 5-20-95 CIF Finals @ Cerritos

Boys LJ

- 1. 22' 6" = Erick Jackson, 3-12-02 dual w/Marshall @ QH, 1st place (nwi)
- 2. 22' 1 ½" = David Bunevacz, 3-14-84 tri w/Quartz Hill/Desert @ QH, 1st place (nwi)
- 3. 21' 7 ½" = Branden Smith, 4-20-16 Gold Coast League Cluster @ QH, 1st place (nwi)
- 4. 21' 6 ½" = Allunzoe Jones, 5-5-17 Gold Coast League Finals @ Santa Monica College, 1st place
- 5. 21' 5" = Andy Keever, 3-12-85 tri w/Quartz Hill/Desert @ QH, 1st place (nwi)
- 6. 21' 1" = James Holland, 4-9-14 tri w/Campbell Hall/Brentwood @ Brentwood, 1st place (nwi)
- 7. 21' 0" = Taylor Levine, 5-2-06 Alpha League Finals @ Oaks Christian, 2nd place (nwi)

- 8. 20' 11" = Zack Nelson, 4-19-17 Gold Coast League Cluster @ West LA College, 1st place (nwi)
- 9. 20' 10 3/4" = Aaron Lederer, 3-14-15 Tri County Invite, 1st place junior/senior (nwi)
- 10. 20' 10 1/2" = Roosevelt Davis, 3-5-11 Herb Wyre Relays @ AVC, 2nd place (nwi)

Girls TJ

- 1. 37' 5 1/2" = Desiree Bunevacz, 4-15-89 Valencia Invite, 1st place
- 37' 2 1/2" = 5-13-89 CIF Prelims @ Arcadia, 2nd place
- 36' 10 1/2" = 5-20-89 CIF Finals @ Cerritos, 3rd place
- 36' 5 3/4" = 5-4-89 Desert Inyo League Finals @ Trona, 1st place
- 36' 1" = 4-20-89 tri meet w/Trona/Desert, 1st place
- 36' 0" = 1989 Arcadia 2nd place w/-0.1w
- 35' 5" = 3-24-88 Tri vs. Kern Valley/Rosamond @ AVC, 1st place
- 2. 35' 1/4" = Jenni Jacoby, 5-14-94 CIF Prelims @ Arcadia, 3rd place
- 3. 34' 8 1/2" = Becky Errea, 3-5-94 Quartz Hill Relays, 1st place
- 4. 33' 8 5/8" = Denise Marriott, 5-12-90 CIF Prelims @ Arcadia, 6th place
- 5. 33' 4 3/4" = Kelsey Wittig, 5-14-11 CIF Prelims @ Carpinteria, 11th place
- 6. 33' 4" = Siera Hearne, 4-23-08 dual w/Village Christian @ QH, 1st place
- 6. 33' 4" = Kristine Mendoza, 5-17-14 CIF Prelims @ Carpinteria, 16th place
- 8. 33' 2 1/4" = Ashley Velazquez, 4-14-12 Russell Cup, 3rd place junior/senior
- 9. 32' 11" = Christina Wilson, 4-25-96 dual @ Kern Valley, 1st place
- 10. 32' 8 3/4" = Jasmine McClendon, 5-15-04 CIF Prelims @ Moorpark, 16th place

Boys TJ

- 1. 43' 10" = Aaron Lederer, 5-23-15 CIF Finals @ Cerritos, 4th place Division IV
- 42' 5" = 5-16-15 CIF Prelims @ Carpinteria, 8th place
- 41' 11" = 3-21-15 Mo Greene Inv @ Oaks Christian, 3rd place
- 2. 41' 11" = Lamar Cole, 4-24-02 dual w/Kilpatrick @ AVC, 1st place
- 3. 41' 9" = John Taylor, 4-17-02 dual w/Los Angeles Baptist @ AVC, 1st place
- 4. 41' 4 1/2" = Erick Jackson, 4-12-00 dual w/Los Angeles Baptist @ AVC, 1st place
- 5. 41' 3 3/4" = Allunzoe Jones, 5-13-17 CIF Prelims @ Carpinteria, 7th place (+0.0w)
- 6. 40' 11" = KJ LaTu, 5-5-17 Gold Coast League Finals @ Santa Monica College, 2nd place
- 7. 40' 5 1/2" = Steve Black, 1981 Desert Inyo League Relays @ Bishop, 1st place
- 8. 40' 5 1/4" = Aadonis Solomon, 4-28-16 Gold Coast League Finals @ Santa Monica College, 3rd place
- 9. 40' 4 1/2" = Andre' Miller, 4-11-80 Mojave Invitational, 2nd place
- 10. 40' 2" = Daron Payne, 4-24-97 dual @ Desert, 1st place (41' 4" AV Press Season Leaders '97?)
(Taylor Levine 40'10" in '05?)

Girls PV

- 1. 12' 10" = Siera Hearne, 5-4-10 Alpha League Finals @ LAB, 1st place
- 12' 7" = 3-31-10 dual w/Marshall @ Q Hill, 1st place
- 12' 5 3/4" = 4-17-10 Mt. SAC Relays, 1st place Invitational
- 12' 1" = 3-6-10 Herb Wyre Relays @ AVC, 1st place
- 12' 0" = 3-10-10 dual @ AVHS, 1st place
- 12' 0" = 4-15-10 tri w/Village Christian/Los Angeles Baptist @ LAB, 1st place
- 2. 9' 6" = Elizabeth Errea, 5-22-99 CIF Finals @ Cerritos, 2nd place
- 2. 9' 6" = Angela Kalogeras, 4-14-12 Russell Cup, 1st place frosh/soph
- 4. 9' 0" = Heather Krahling, 5-3-11 Alpha League Finals @ Birmingham, 1st place
- 5. 8' 6" = Taylor Boehm, 5-19-07 CIF Finals @ Cerritos, 5th place
- 6. 7' 6" = Kelli Florez, 1998
- 7. 7' 0" = Kate Robinson, 4-25-96 dual @ Kern Valley, 1st place
- 7. 7' 0" = Ruta Bandziulis, 5-3-11 Alpha League Finals @ Birmingham, 3rd place
- 7. 7' 0" = Morgan Marvin, 3-31-12 Eastside Invite @ AV High, 1st place JV
*7' 0" minimum to be added to list

Boys PV

- 1. 15' 8" = Kurt Boehm, 5-28-04 Masters Meet @ Cerritos, 1st place
- 15' 6" = 5-1-04 Alpha Finals @ Azusa Pacific, 1st place
- 15' 4" = 5-30-03 Masters Meet @ Cerritos, 1st place
- 15' 0" = 5-24-03 CIF Finals @ Cerritos, 1st place
- 14' 9" = 5-8-03 Alpha Finals @ Oaks Christian, 1st place
- 14' 6" = 4-17-04 Russell Cup, 1st place
- 14' 1" = 4-10-04 Arcadia Invite, 3rd place
- 2. 12' 6" = Kyle Burkhardt, 2003?
- 3. 12' 2" = Keith Miller, 5-8-80 Desert Inyo League Finals @ Desert, 2nd place
- 4. 12' 0" = Neal Murphy, 3-6-82 Quartz Hill Relays @ Q Hill, 1st place
- 5. 11' 6" = David Wallis, 3-30-00 dual w/Village Christian @ AVC, 3rd place
- 6. 11' 0" = Phil Strack, 4-12-72 dual @ Harvard Westlake, 3rd place
- 6. 11' 0" = Kevin Miller, 5-7-76 Santa Fe League Finals @ Glendale College, 1st frosh/soph
- 6. 11' 0" = Jeffrey Hauge, 5-2-96 High Desert League Finals @ Kern Valley, 2nd place

- 9. 10' 6" = Oscar Rodriguez, 3-30-72 dual @ Los Angeles Baptist, 1st place B
- 9. 10' 6" = Dave Hicklin, 4-12-72 dual @ Harvard Westlake, 1st place C
- 9. 10' 6" = Joseph Reutter, 5-2-96 High Desert League Finals @ Kern Valley, 3rd place
- 9. 10' 6" = Robert Nelson, 3-30-11 tri w/Desert Christian/Boron @ QH, 1st place
- 9. 10' 6" = Phillip Grove, 5-14-11 CIF Prelims @ Carpinteria, 17th place

Girls SP

- 1. 41' 6 1/2" = Siera Hearne, 5-4-10 Alpha League Finals @ LAB, 1st place
- 2. 41' 1 3/4" = Saibra Noel, 4-4-09 Michelle Perry Invite @ QH, 1st place
- 3. 39' 4" = Cassandra Dumas, 5-12-84 CIF Prelims @ West Torrance, 2nd place
- 4. 33' 6" = Dana Borne, 5-17-80 CIF Prelims @ Aviation, 5th place
- 5. 32' 10" = Kim Whisler, 4-18-96 dual w/Desert @ Paraclete, 1st place
- 6. 32' 1 1/2" = Alexa Gaddis, 4-2-11 Michelle Perry Invitational, 1st place
- 7. 31' 10" = Beverly Wright, 5-14-75 Mission League Finals @ Alemany, 2nd place
- 7. 31' 10" = Amiee Phelan, 5-13-00 CIF Prelims, 14th place
- 9. 31' 1 1/4" = Dominic DeSantis, 4-4-09 Michelle Perry Invite @ QH, 5th place
- 10. 30' 11" = Alejandra Aguilar, 4-29-15 Gold Coast League Finals @ QH, 1st place

Boys SP

- 1. 53' 0" = Matt Phelan, 3-18-95 Herb Wyre Relays, 1st place three person shot put relay
- 53' 11" = previously listed record on "board" as of yet unverified date and location.
- 2. 52' 6 1/2" = Branden Owen, 4-16-10 Mt. SAC Invite, 1st place open
- 3. 51' 3 1/2" = John Dagata, 3-25-96 dual w/Crespi @ Sherman Oaks, 1st place
- 53' 5" = 5-11-96 CIF Prelims @ Arcadia, 3rd place NEEDS VERIFICATION
- 4. 50' 10" = Adam Boehm, 3-29-07 tri w/Kilpatrick/Desert @ QH, 1st place
- 5. 50' 5 3/4" = Rennie Hensley, 1983 Russell Cup, 1st place (51' 6" school record in 1983?)
- 6. 50' 2" = Mike Cantacessi, 3-30-72 dual @ Los Angeles Baptist, 1st place
- 7. 49' 7" = Mike Wilson, 4-20-72 dual @ Chaminade, 1st place
- 8. 47' 5 1/2" = Alex Williams, 5-19-01 CIF Finals, 6th place
- 9. 47' 3" = Rick Willey, 5-8-75 Santa Fe League Finals @ Glendale College, 2nd place
- 10. 47' 2" = John Farhar, 5-6-75 Santa Fe League Prelims @ Glendale College, 2nd place frosh/soph

Girls DT

- 1. 121' 5" = Ashley Velazquez, 5-3-12 Alpha League Finals @ QH, 1st place
- 118' 3 1/2" = 3-31-12 Eastside Invite @ AV High, 1st place
- 117' 5" = 4-7-12 Michelle Perry Invite @ QH, 1st place
- 115' 5" = 4-18-12 dual w/CAMS @ QH, 1st place
- 113' 7" = 4-14-12 Russell Cup, 1st place junior/senior
- 111' 3" = 4-27-12 dual w/Marshall @ Pasadena High, 1st place
- 2. 109' 9 1/2" = Cassandra Dumas, 5-3-84 Desert Inyo League Finals @ AVC, 1st place
- 3. 106' 5" = Saibra Noel, 5-5-09 Alpha League Finals @ LAB, 1st place
- 4. 106' 3" = Siera Hearne, 3-10-10 dual w/Antelope Valley High @ AVHS, 1st place
- 5. 99' 0" = Michaela Reese, 4-20-16 Gold Coast League Cluster @ QH, 1st place
- 6. 96' 1" = Tara Monaghan, 1989 quad w/Kern Valley/Rosemead/Littlerock, 1st place
- 7. 95' 6" = Chamille Mendoza, 5-11-13 CIF Prelims @ Carpinteria, 16th place
- 8. 93' 8 1/2" = Kasiri Landon, 3-22-07 dual w/Village Christian @ QH, 2nd place
- 9. 89' 7" = Alexa Gaddis, 3-12-11 Tri County Invite, 3rd place junior/senior
- 10. 88' 6" = Edan Lindamen, 5-13-00 CIF Prelims, 17th place

Boys DT

- 1. 161' 9" = John Dagata, 3-28-96 dual @ Bishop, 1st place
- 160' 11 3/4" = 5-11-96 CIF Prelims @ Arcadia, 1st place
- 160' 3" = all other marks below verified by LA Times, July 13, 1996 Div IV Leaders List
- 159' 7" = same above LA Times
- 157' 10" = 4-20-96 Mt. SAC Invite, 5th place
- 154' 6" = same above LA Times
- 2. 153' 10" = Branden Owen, 5-5-10 Alpha League Finals @ Burroughs, 1st place
- 3. 149' 1/4" = Rick Willey, 4-26-75 All Valley Invitational @ AVC, 2nd place
- 4. 140' 9 3/4" = Corey Rodrigo, 4-4-09 Michelle Perry Invite @ QH, 1st place
- 5. 136' 6" = John Jablonski, 4-16-14 tri w/Marshall/C. Hall @ Pasadena High, 1st place
- 6. 136' 4 1/2" = Adam Silverman, 4-29-15 Gold Coast League Finals @ QH, 2nd place
- 7. 134' 8" = Dustin Howard, 4-1-04 dual w/Village Christian @ QH, 1st place
- 8. 134' 7 1/2" = Adam Boehm, 3-16-07 dual w/Marshall @ QH, 1st place
- 9. 134' 3" = Rennie Hensley, 1983 Desert Inyo Relays @ AVC, 1st place
- 10. 134' 2" = Josh Foster, 5-17-97 CIF Prelims @ Arcadia

Non-State Meet Events, All-Time Top 5 Track & Field

Boys 60 (outdoors)

1. 7.03 = (7.07 w -0.8w) Branden Smith, 2-11-17 Winter Championships @ Arcadia, 1st place prelims heat 9
2. 7.18 = Zack Nelson, 2-11-17 Winter Championships @ Arcadia, 13th place (+0.0w)
3. 7.32 = (7.36 w -0.7w) Allunzoe Jones, 2-11-17 Winter Championships @ Arcadia, 30th place, prelims
4. 7.39 = Jamaal Bell, 1-23-16 Arcadia Open, 10th place
5. 7.50 = Aaron Cooper, 2-11-17 Winter Championships @ Arcadia, 58th place, prelims (+0.0w)

Girls 60 H (outdoors)

1. 9.79 = Brianna Smith, 2-11-17 Winter Championships @ Arcadia, 14th place (+0.0w)
2. 12.75 = Jade Phoreman, 1-23-16 Arcadia Open, 2nd place open

Boys 60 H (outdoors)

1. 8.33 = Zack Nelson, 2-11-17 Winter Championships @ Arcadia, 4th place (+0.0w)

Girls 100 LH (prior to 1993)

1. 14.76 = Zenzile Johnson, 1992
2. 15.60 = Denise Marriott, 5-17-90 CIF Prelims @ Arcadia, 3rd place
3. 16.84 = (16.7y HT for 110y LH) Judy Rushing, 1981 Desert Inyo League Relays @ Bishop, 3rd place
4. 16.94 = (16.7 HT) Kathy Yost, 1986
5. 17.02 = Ann Buchanon, 4-10-87 tri w/Rosamond/Mojave @ AVC, 1st place

Girls 300

1. 45.88 = Brianna Smith, 1-23-16 Arcadia Open, 3rd place
2. 49.29 = Taylor Richardson, 1-23-16 Arcadia Open, 4th place
3. 54.46 = Jade Phoreman, 1-23-16 Arcadia Open, 7th place

Boys 300

1. 37.71 = Matthew Kern, 3-3-12 Herb Wyre Relays @ AVC, 3rd place
2. 38.37 = Jamaal Bell, 1-23-16 Arcadia Open, 4th place
3. 38.78 = Branden Smith, 1-23-16 Arcadia Open, 7th place
4. 39.34 = Zack Nelson, 1-23-16 Arcadia Open, 9th place
5. 39.94 = Bobby Brown, 1-23-16 Arcadia Open, 11th place

Girls 1500

1. 5:04.71 = Melissa Bauer, 3-1-08 Oaks Christian/Village Christian Invite @ OC, 2nd place
2. 5:05.36 = Mariah Theologidy, 3-1-14 Herb Wyre Invite @ Palmdale HS, 1st place
3. 5:07.48 = Madison Grenier, 3-3-12 Herb Wyre Relays @ AVC, 2nd place
4. 5:14.79 = Sabrina Huelga (*unattached), 1-29-11 AVC All Comer, 2nd place
5. 5:16.68 = Heidi Rocha, 3-8-03 CSUN/Alemanly Relays, 2nd place

Boys 1500

- 1.4:25.73 = Matt Theologidy, 3-3-12 Herb Wyre Relays @ AVC, 3rd place
2. 4:27.83 = Dillon Murphy, 3-3-12 Herb Wyre Relays @ AVC, 4th place
3. 4:30.47 = Wesley Washington, 3-1-08 Oaks Christian/Village Christian Invite @ OC, 2nd place
4. 4:32.71 = Ricky Ruelas, 3-6-10 Herb Wyre Relays @ AVC, 5th place
5. 4:36.11 = Matthew Kern (*unattached), 2-2-13 AVC All Comer, 4th place

Girls 3000

1. 10:36.74 = (10:36.5 HT split, 1st 3k of 11:17.10 3200m) Mariah Theologidy, 5-14-16 CIF Prelims @ Carpinteria, 5th pl in 3200m
2. 10:39.62 = Melissa Bauer, 3-29-08 Pasadena Invite, 9th place
3. 10:46.48 = Melanie Fujiwara, 3-23-13 Pasadena Games, 3rd place
4. 10:50.04 = (10:49.9 HT split, 1st 3k of 11:32.54 3200m) Jean Harvey, 1989 Arcadia Invite 12th place in 3200m
5. 11:30.?? = Chrystee Perkins, 3-19-88 Alemanly Relays, 5th place (Auto Timing in use)

Boys 3000

1. 8:58.32 = Edwin Flores, 3-29-08 Pasadena Invite, 6th place
2. 10:02.62 = Joe Coleman, 3-1-14 Herb Wyre Invite @ Palmdale HS, 3rd place
3. 10:02.84 = Dillon Murphy, 3-5-11 Herb Wyre Relays @ AVC, 5th place
4. 10:09.51 = Aaron Erickson, 3-1-14 Herb Wyre Invite @ Palmdale HS, 5th place
5. 10:15.60 = Daniel Apuan (*unattached), 2-2-13 AVC All Comer, 2nd place

Girls 3000 Steeplechase

1. 13:34.24 = Kristin Monson, 1-28-12, AVC All Comer, 1st place

Boys 2000 Steeplechase

1. 7:34.75 = Andrew Dowling, 3-6-10 Herb Wyre Relays @ AVC, 4th place

Girls 4x100m Shuttle Hurdles

1. 1:07.25 = Amanda Cecil, Kristine Mendoza, Madelyn Johnson, Brianna Smith, 4-15-17 Mt. SAC Invite, 2nd place seeded
2. 1:09.16 = Amanda Cecil, Kristine Mendoza, Sarah Heffelfinger, Brianna Smith, 3-11-17 Simi Invite, 1st place Invite
3. 1:13.29 = Kristine Mendoza, Helen Mann, Sarah Heffelfinger, Brianna Smith, 3-12-16 Simi Invite, 2nd place Varsity

Boys 4x110m Shuttle Hurdles

1. 1:03.20 = (1:02.9y HT for 4x120y HH) Andy Andreolli, Mark Anderson, Rick Roberto, Ed Roberto, 3-13-76 Alemany Relays, 1st
2. 1:03.50 = (1:03.2y HT for 4x120y HH) Mark Anderson, Andy Andreolli, Rick Roberto, Ron Nielson, 4-20-76 St. Paul Relays, 7th
3. 1:08.49 = Victor Reyes, Jesus Davilla, Zack Nelson, Aadonis Solomon, 3-12-16 Simi Invite, 2nd place Varsity
4. 1:10.72 = (1:10.4y HT for 4x120y HH) Ed Roberto, Mark Anderson, Rick Roberto, Fred Strack, 4-19-75 Chadwick Relays, 2nd pl
***Strack fell on anchor w/30 yard lead, BROKE HIS JAW, but finished the race!
5. 1:15.14 = (1:15.0 HT) ?, Nick Jacoby, Alvin Marzan, Husan Thompson, 3-17-96 Herb Wyre, 2nd place

Girls S Med (100-100-200-400)

1. 1:56.79 = Lauren Parish, Niko Hudson, Veronica Cruz, Linsey Kelly, 3-3-12 Herb Wyre, 1st place
2. 1:57.09 = Veronica Cruz, Christine Kalogeras, Ali Huerta, Linsey Kelly, 3-26-11 Percy Knox Inv, 2nd place
3. 1:59.70 = Megan Robertson, Liz Otterson, Taylor Burrell, Mariah Gibson, 3-4-06 Herb Wyre, 1st place small schools
4. 2:00.11 = Nicole Davenport, Adeola Ayodele, Allison Muth, Alexis Velazquez, 3-19-05 P Knox, 5th place
5. 2:00.31 = Alexis Velazquez, Jessica Norton, Allison Muth, Nicole Davenport 3-5-05 Herb Wyre, 2nd place small schools

Boys S Med (100-100-200-400)

1. 1:35.74 = Allunzoe Jones, Zack Nelson, Branden Smith, Aaron Cooper, 2-11-17 Winter Championships @ Arcadia, 4th place
2. 1:37.34 = (1:37.2 HT) Braxton Wilson, Chance Childs, Branden Smith, Tyler Schatz, 3-7-15 Herb Wyre Relays, 2nd place Varsity
3. 1:37.80 = Allunzoe Jones, Zack Nelson, Branden Smith, Russell Dace, 3-25-17 Santa Barbara Easter Relays, 2nd place
4. 1:38.00 = Roosevelt Davis, Cameron Carvalho, Braydon Maish, Darian Thompson, 3-5-11 HWyre, 1st V
5. 1:39.55 = Roosevelt Davis, La'Vonte Barnett, Darian Thompson, Matt Kern, 3-26-11 Percy Knox Inv, 6th place

Girls 4x200

1. 1:45.89 = Ashley Woodford, Saedra Wright, Mariah Gibson, Melanise Chapman, 3-7-09 HWyre@PK, 1st place
2. 1:46.76 = Chelsey Washington, Saedra Wright, Mariah Gibson, Melanise Chapman, 3-1-08 OC/VC, 2nd place
3. 1:47.06 = Brittany Cooper, Alexis Powell, Lauren Parish, Linsey Kelly, 3-31-12 Eastside Invite @ AV High, 1st place
4. 1:52.38 = Lauren Parish, Alexis Powell, Kaeleen Hernandez, Brooklyn McAlpin, 3-30-13 Eastside Invite @ AV High, 5th place
5. 1:52.75 = Amanda Cecil, Brianna Smith, Joslynn Salvatierra, Destiny Ramsey, 3-19-16 DC/Eastside Inv @ Pete Knight, 2nd place

Boys 4x200

1. 1:27.79 = Branden Smith, Russell Dace, Bobby Brown, Zack Nelson, 4-15-17 Mt. SAC Invite, 3rd place Invitational
2. 1:29.59 = Branden Smith, Zack Nelson, Allunzoe Jones, Russell Dace, 3-25-17 Santa Barbara Easter Relays, 1st place
3. 1:32.72 = Branden Smith, Zack Nelson, Allunzoe Jones, Aaron Cooper, 3-4-17 Oaks Christian Invitational, 1st place
4. 1:32.93 = ?, ?, ?, Christian Navarro, 3-21-98 Herb Wyre Relays @ Littlerock, 2nd place
5. 1:33.45 = Triston Brown, Treyvon Green, Micah Robinson, James Holland, 3-1-14 Herb Wyre Invite @ Palmdale HS, 1st place

Girls Middle (Mile) Medley (200-200-400-800)

1. 4:18.46 = Brittany Cooper, Alexis Powell, Linsey Kelly, Madison Grenier, 3-31-12 Eastside Invite @ AV High, 1st place
2. 4:29.24 = Lauren Parish, Kaeleen Hernandez, Alexis Powell, Mariah Theologidy, 3-30-13 Eastside Invite @ AV High, 2nd place
3. 4:31.94 = Destiny Ramsey, Kristine Mendoza, Hannah Roberts, Mariah Theologidy, 3-28-15 Eastside Invite @ AV High, 2nd pl
4. 4:49.17 = Veronica Cruz, Kaeleen Hernandez, Lauren Parish, Sumer Bermeni, 3-31-12 Eastside Invite @ AV High, 4th place
5. 4:53.46 = 3-22-98 Herb Wyre Relays @ Littlerock, 3rd place

Boys Middle (Mile) Medley (200-200-400-800)

1. 3:41.32 = Kohl Broyard, Micah Robinson, James Holland, Matthew Kern, 4-20-13 Mt. SAC Invite, 5th place seeded
(23.8, 22.3, 51.3, 2:03.7)
*3:42.03 = order Robinson, Broyard, Holland, Kern, 3-30-13 Eastside Invite @ AV High, 1st place
2. 3:51.42 = Brant Harrington, Miles Robinson, Matt Theologidy, Matthew Kern, 3-31-12 Eastside Invite @ AV High, 1st place
3. 3:51.90 = (3:53.1y HT for mile medley) J. Farhar, Rick Rommel, Kevin Miller, C. Starling, 4-20-76 St. Paul Relays, 1st place
4. 4:19.11 = Cash Kearns, Joey DiSilvestri, Treyvon Green, Danny Jung, 3-2-13 Herb Wyre Invite @ AV High, 1st place JV

Girls 4x800

1. 10:11.74 = Melanie Fujiwara, Sumer Bermeni, Kristin Monson, Madison Grenier, 3-31-12 Eastside Invite @ AV High, 1st place
2. 10:19.44 = (10:19.3 HT) Kaitlin Huerta, Andrea Gutierrez, Heidi Rocha, Jenna Novelli, 4-3-04 Spartan Rio Mesa, 3rd place
3. 10:29.94 = (10:29.8 HT) Ali Huerta, Melissa Bauer, Brianna Pagan, Sabrina Huelga, 3-7-09 Herb Wyre, 1st place
4. 10:31.24 = (10:31.1 HT) 4-5-03 Spartan Rio Mesa, 3rd place
5. 10:38.82 = Jenna Novelli, Sabrina Albaran, Diane O'Meara, Alexis Velazquez, 3-5-05 Herb Wyre, 1st small

Boys 4x800

1. 8:08.79 = Chris Covert, Alvin Marzan, CJ Hansen, Joe Tamas, 1997 Mt. SAC Relays, open heat 2nd place
2. 8:32.82 = Matt Theologidy, Scott Bauer, Ricky Ruelas, Wesley Washington, 3-28-09 Pasadena Invite, 9th place

3. 8:41.14 = (8:41.0 HT) ?, CJ Hansen, Joe Tamas, Bryan Beauchamp, 3-17-96 Herb Wyre, 2nd place
4. 8:42.91 = (8:45.8y HT for 4x880y) R. Nielson, F. Griboski, T. Lee, L. Gross, 3-13-76 Alemany Relays, 1st place
5. 8:44.60 = Miles Robinson, Ricky Velazquez, Adam Navas, Dillon Murphy, 4-7-12 Michelle Perry, 2nd place

Girls DMR (1200-400-800-1600)

1. 13:06.19 = Mariah Theologidy, Alexis Powell, Kristin Monson, Madison Grenier, 3-16-13 Mo Greene Invite @ Oaks, 1st place
2. 13:08.18 = Sabrina Huelga, Siera Hearne, Madison Grenier, Melissa Bauer, 3-20-10 Culver City Inv, 1st place
3. 13:15.50 = (13:20.0y HT for 2.5 miles) Christy Parks, Trina Guoan, Cheryl Cieslik, Jenny Keever, 4-26-86 Kern Relays, 5th place
4. 13:19.57 = Melanie Fujiwara, Linsey Kelly, Kristin Monson, Madison Grenier, 3-31-12 Eastside Invite @ AV High, 1st place
5. 13:22.92 = Melanie Fujiwara, Sumer Bermami, Kristin Monson, Madison Grenier, 3-3-12 Herb Wyre, 1st place

Boys DMR (1200-400-800-1600)

1. 11:07.46 = Chris Covert, Chris Wehan, Daniel Eppink, CJ Hansen, 1998 Mt. SAC Relays, 13th place open
2. 11:23.14 = (11:23.0 HT) CJ Hansen, ? Bryan Beauchamp, Joe Tamas, 3-17-96 Herb Wyre, 2nd place
3. 11:23.30 = Matt Theologidy, Matt Kern, Ricky Ruelas, Dillon Murphy, 3-5-11 Herb Wyre, 4th place V
4. 11:23.62 = Matt Theologidy, Angelo Dracopoulos, Alex Olivas, Ricky Ruelas, 3-6-10 Herb Wyre, 4th place
5. 11:23.72 = Tyler Schatz, James Holland, Matthew Kern, Matt Bauer, 3-30-13 Eastside Invite @ AV High, 1st place

Girls 4x1600

1. 21:53.15 = Mariah Theologidy, Kristin Monson, Melanie Fujiwara, Madison Grenier, 4-19-13 Mt. SAC Invite, 11th place Invite (5:21.2, 5:38.6, 5:35.8, 5:17.2)
2. 22:53.37 = Sumer Bermami, Melanie Fujiwara, Kristin Monson, Madison Grenier, 4-21-12 Mt. SAC Invite, 14th place seeded
3. 24:02.27 = 1999 Northridge/Alemany Relays @ CSUN, 2nd place
4. 24:03.53 = 1998 Mt. SAC Relays, 24th place
5. 24:35.24 = Hannah Marin, Hanna Nason, Kiley Gilmer, Gabby Velazquez, 3-19-16 DC/Eastside Inv @ Pete Knight, 1st place

Boys 4x1600

1. 19:27.45 = Tyler Schatz, Rickey Velazquez, Matthew Kern, Matt Bauer, 4-20-13 Mt. SAC Invite, 24th place open (4:50.5, 5:02.1, 4:44.6, 4:50.0)
2. 19:35.45 = Dillon Murphy, Matt Bauer, Matt Theologidy, Matthew Kern, 4-21-12 Mt. SAC Invite, 23rd place open
3. 19:50.64 = (19:50.5 HT) Verlynnn Rosse, Gary Hausmann, Mark Harvey, Jeremy Gocke, 4-22-89 Mt. SAC Invite, 32nd place
4. 21:27.74 = (21:27.6 HT) Dillon Murphy, Kyle Foss, Andrew Dowling, Matt Theologidy, 3-7-09 Herb Wyre, 8th place
5. 22:24.24 = (22:24.1 HT) Drew Engler, Zach Giovannini, Earl Rocha, Robert Nelson, 3-7-09 Herb Wyre, 7th place JV

Girls 8x200

1. 3:58.84 = (3:58.7 HT) 2004 Littlerock Invite, 1st place JV
2. 3:58.99 = 3-3-07 Herb Wyre @ PK, 1st place
3. 4:02.41 = 3-8-97 Quartz Hill Relays, 2nd place

Boys 8x200

1. 3:05.14 = (3:05.0 HT) 3-17-96 Herb Wyre, 1st place
2. 3:27.10 = 2005 Littlerock Invite, 2nd place
3. 3:27.59 = 3-3-07 Herb Wyre @ Pete Knight, 1st
4. 3:28.24 = (3:28.1 HT) 2004 Littlerock Invite, 4th place

Co Ed 4x100

1. 46.92 = Destiny Ramsey, Brianna Smith, Allunzoe Jones, Branden Smith, 4-2-16 Michelle Perry, 2nd place
2. 46.97 = Brittany Cooper, Linsey Kelly, James Holland, Miles Robinson, 4-7-12 Michelle Perry, 2nd place
3. 47.72 = Joslynn Salvatierra, Alexis Powell, Branden Smith, Triston Brown, 4-5-14 Michelle Perry, 2nd place
4. 47.92 = Destiny Ramsey, Brianna Smith, Russell Dace, Branden Smith, 3-12-16 Simi Invite, 3rd place Varsity
5. 48.71 = Taylor Richardson, Brianna Smith, Bobby Brown, Branden Smith, 4-1-17 Michelle Perry, 4th place

Co Ed 4x400

1. 3:45.14 = (3:45.0 HT) Linsey Kelly, Madison Grenier, James Holland, Matthew Kern, 4-7-12 M Perry, 2nd place
2. 3:49.52 = Sabrina Huelga, Chelsey Washington, Wesley Washington, Robbie Thompson, 4-4-09 M Perry, 2nd place
3. 3:50.18 = Linsey Kelly, Sabrina Huelga, Angelo Dracopoulos, Ricky Ruelas, 4-3-10 Michelle Perry, 2nd place
4. 3:57.97 = Alexis Powell, Mariah Theologidy, Micah Robinson, Matthew Kern, 4-6-13 Michelle Perry, 2nd place
5. 3:58.36 = Hannah Roberts, Mariah Theologidy, Collin Williams, Chance Childs, 4-4-15 Michelle Perry, 3rd place

Co Ed 4x800

1. 9:05.40 = Kristin Monson, Madison Grenier, Matt Theologidy, Matthew Kern, 4-7-12 Michelle Perry, 1st place
2. 9:09.20 = Sabrina Huelga, Melissa Bauer, Scott Bauer, Wesley Washington, 4-4-09 Michelle Perry, 1st place
3. 9:25.49 = Melissa Bauer, Sabrina Huelga, Alex Olivas, Ricky Ruelas, 4-3-10 Michelle Perry, 1st place
4. 9:31.64 = (9:31.5 HT) Angela Adelantar, Hanna Nason, Luke Schatz, Reno Wilson, 4-1-17 Michelle Perry, 2nd place
5. 9:32.34 = (9:32.2 HT) Melanie Fujiwara, Sabrina Huelga, Dillon Murphy, Ricky Ruelas, 4-2-11 Michelle Perry, 3rd place

Indoor Results, All-Time Top 5 Track & Field

Girls 55m

1. 7.36 = Melanise Chapman, 1-19-09 Save Mart Invite @ Fresno, 5th place

Girls 60m

1. 7.67 = Ashley Woodford, 2-15-09 JO Champs @ NAU*, 1st place prelims
 2. 7.69 = Melanise Chapman, 2-15-09 JO Champs @ NAU*, 2nd place prelims
 3. 7.95 = Chelsey Washington, 2-15-09 JO Champs @ NAU*, 2nd place

Girls 200m

1. 25.28 = Melanise Chapman, 2-15-09 JO Champs @ NAU*, 1st place
 2. 26.20 = Ashley Woodford, 1-16-09 Air Force Invitational @ USAF Academy, 5th place
 3. 27.09 = Mariah Gibson, 1-16-09 Air Force Invitational @ USAF Academy, 14th place
 4. 27.33 = Chelsey Washington, 1-16-09 Air Force Invitational @ USAF Academy, 18th place

Girls 400m

1. 59.44 = Mariah Gibson, 2-15-09 JO Champs @ NAU*, 1st place
 2. 59.65 = Chelsey Washington, 1-16-09 Air Force Invitational @ USAF Academy, 4th place
 3. 62.35 = Ashley Woodford, 1-16-09 Air Force Invitational @ USAF Academy, 12th place

Boys 800m

1. 2:08.59 = (2:09.2y HT for 880y) Chris Covert, 1-22-00 SD Invite @ SD Sports Arena, 8th place
 2. 2:13.41 = Wesley Washington, 1-16-09 Air Force Invitational @ USAF Academy, 17th place

Boys Mile (1609.35 meters)

1. 5:06.37 = Wesley Washington, 1-16-09 Air Force Invitational @ USAF Academy, 16th place

Girls 4x160 yd

- * 1:15.69 = V. Droughn, M. Lee, **M. Chapman**, O. Hudson, 1-19-09 Save Mart Invite @ Fresno, 1st place

Girls HJ

1. 5' 5" = Mariah Gibson, 1-16-09 Air Force Invitational @ USAF Academy, 1st place

Girls PV

1. 11' 4" = Siera Hearne, 1-30-10 Pole Vault Summit @ Reno, flight 2, 9th place
 2. 6' 8" = Ruta Bandziulis, 1-28-11 Pole Vault Summit @ Reno

Boys DT

1. John Dagata 2-24-96 LA Invitational, results unknown

**Northern Arizona University (NAU) is an oversized track*

Converting hand time (HT) to automatic time (AUT) and English-Distance times

The accepted methodology for assigning an "automatic" value to hand times, outdoors, is to add 0.24 seconds to hand times in the 100s, 200/220 and 120H/110H, and to add 0.14 seconds to hand times in the 400/440 and 4x110/4x100. The reason for this difference in conversion is based off of a "good" human reaction time in reference to the firing location of the starter's pistol (across the track vs. next to).

Conversion of HT to AUT is always done prior to any conversion of English-Distance times.

Distance	Detailed Calculation
100y to 100m	Add 0.85 seconds
220y to 200m	Multiply by 0.9942
440y to 400m	Multiply by 0.9942
880y to 800m	Multiply by 0.9942
Mile to 1600m	Divide by 1.0058
2 Miles to 3200m	Divide by 1.0058
120yH to 110mH	Multiply by 1.0025
330yH to 300mH	Multiply by 0.9942

4x110y to 4x100m	Multiply by 0.9942
4x220y to 4x200m	Multiply by 0.9942
4x440y to 4x400m	Multiply by 0.9942
4x880y to 4x400m	Multiply by 0.9942
4xMile to 4x1600m	Multiply by 0.9942
Sprint Medley (y to m)	Multiply by 0.9942
Distance Medley (y to m)	Multiply by 0.9942
4x120yH to 4x110mH	Multiply by 1.0025

<http://www.dvestatcal.com/ATHLETICS/TRACK/>

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