

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013

Meet - Records

1	Girls 4x100 Meter Relay Varsity	48.05	2005	Valley Christian Carter, Marshall, Apgar, Houp
2	Girls 4x100 Meter Relay Junior Varsity	50.85	2010	Archbishop Mitty T Santos, M Duterte, D De Rossi, C Agu
3	Boys 4x100 Meter Relay Varsity	42.28	2012	Bellarmino - Bellarmino Crawley, Sanfillipo, Colucci
4	Boys 4x100 Meter Relay Frosh Soph	44.36	2009	Junipero Serra
5	Girls 1600 Meter Run Varsity	4:53.65	2003	Amanda Thornberry - Valley Christian
6	Girls 1600 Meter Run Junior Varsity	5:26.57	2009	Tatiana Baiza - Sacred Heart Cathedral
7	Boys 1600 Meter Run Varsity	4:15.38	1987	Scott Robinson - Bellarmino
8	Boys 1600 Meter Run Frosh Soph	4:30.90	1975	Stan Ross - Junipero Serra
9	Girls 100 Meter Hurdles Varsity	13.72	2010	Hannah Goranson - Valley Christian
10	Girls 100 Meter Hurdles Junior Varsity	16.30	2007	Hannah Goranson - Valley Christian
11	Boys 110 Meter Hurdles Varsity	14.50	1974	Tom Shellworth - Bellarmino
12	Boys 65 Meter Hurdles Frosh Soph	9.21	2004	Joe Mirabeau - Bellarmino
13	Girls 400 Meter Dash Varsity	56.20	2008	Kristen Houp - Valley Christian
14	Girls 400 Meter Dash Junior Varsity	1:01.53	2010	Nicole Fairley - Archbishop Mitty
15	Boys 400 Meter Dash Varsity	48.35	2003	Angelo Fobbs-Valentino - Junipero Serra
16	Boys 400 Meter Dash Frosh Soph	51.41	2009	Jalen Davisdon - Saint Francis
17	Girls 100 Meter Dash Varsity	11.62	2005	Khrystal Carter - Valley Christian
18	Girls 100 Meter Dash Junior Varsity	12.89	2003	Krystal Yee - Sacred Heart Cathedral
19	Boys 100 Meter Dash Varsity	10.70	1961	Steve Firenze - Junipero Serra
20	Boys 100 Meter Dash Frosh Soph	11.13	2010	Khalid Johnson - St. Francis
21	Girls 800 Meter Run Varsity	2:08.97	2005	Christine Whalen - Archbishop Mitty
22	Girls 800 Meter Run Junior Varsity	2:27.70	2006	Tracy Vargo - Presentation
23	Boys 800 Meter Run Varsity	1:53.20	1977	Stan Ross - Junipero Serra
24	Boys 800 Meter Run Frosh Soph	1:58.90	2010	Ciaran Murphy - St. Ignatius Col
25	Girls 300 Meter Hurdles Varsity	45.40	2010	Brittney Wright - Presentation
26	Girls 300 Meter Hurdles Junior Varsity	49.35	2009	Gina Givens - Saint Francis
27	Boys 300 Meter Hurdles Varsity	38.31	2006	Napoleon Greene - Bellarmino
28	Boys 300 Meter Hurdles Frosh Soph	40.30	1977	Carl Broussard - Saint Francis
29	Girls 200 Meter Dash Varsity	23.97	2005	Khrystal Carter - Valley Christian
30	Girls 200 Meter Dash Junior Varsity	26.75	2010	Cecily Agu - Archbishop Mitty
31	Boys 200 Meter Dash Varsity	21.60	1987	Tony Miller - Archbishop Riordan
32	Boys 200 Meter Dash Frosh Soph	22.50	1977	Gilbert Pacaldo - Saint Ignatius
33	Girls 3200 Meter Run Varsity	10:49.11	2003	Michelle Gallagher - Sacred Heart Cathedral
34	Girls 3200 Meter Run Junior Varsity	12:21.36	2006	Tracy Vargo - Presentation
35	Boys 3200 Meter Run Varsity	9:14.60	1981	Chris Paredes - Bellarmino
36	Boys 3200 Meter Run Frosh Soph	9:45.80	1981	Shawn Ayers - Bellarmino
37	Girls 4x400 Meter Relay Junior Varsity	4:12.54	2009	Saint Francis Marinovich, Stelling, West, Baker
38	Girls 4x400 Meter Relay Varsity	3:53.28	2005	Archbishop Mitty English, Owena, Robinson, Whalen
39	Boys 4x400 Meter Relay Frosh Soph	3:32.00	1981	Saint Francis Regimbal, Durkin, Awender, Guntley
40	Boys 4x400 Meter Relay Varsity	3:21.88	2003	Bellarmino Savor, Johnson, Guney, Bordoni
41	Boys Shot Put Varsity	59-11.50	1975	Gian Rossini - Saint Francis
42	Boys Shot Put Frosh Soph	60-06.50	1973	Craig Watkins - Archbishop Mitty
43	Girls Shot Put Varsity	42-11.00	2012	Tyyhana Cooper - Sacred Heart Cathedral
44	Girls Shot Put Junior Varsity	36-02.00	2012	Ronna Stone - Valley Chris
45	Boys Discus Throw Varsity	180-06	2010	Cody Bickham - Saint Francis
46	Boys Discus Throw Frosh Soph	155-05	1973	Craig Watkins - Archbishop Mitty
47	Girls Discus Throw Varsity	132-09	2006	Sela Painsi - Saint Francis
48	Girls Discus Throw Junior Varsity	117-05	2003	Christina Kidd - Valley Christian
49	Boys Long Jump Varsity	23-08.00	1959	Jim Fregosi - Junipero Serra
50	Boys Long Jump Frosh Soph	21-09.50	2005	Michael Borg - Junipero Serra

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51	Girls Long Jump Varsity	18-01.25	2005	Danielle Robinson - Archbishop Mitty
52	Girls Long Jump Junior Varsity	16-00.00	2010	Therese Santos - Archbishop Mitty
53	Boys Triple Jump Varsity	47-11.50	1975	Mike Haynes - Archbishop Riordan
54	Boys Triple Jump Frosh Soph	44-03.50	1980	Jeff Rossman - Saint Francis
55	Girls Triple Jump Varsity	38-09.25	2005	Caitlin Schields - Notre Dame (Belmont)
56	Girls Triple Jump Junior Varsity	34-01.00	2012	Lydia Sum - Valley Chris
57	Boys High Jump Varsity	6-10.00	1990	Matt Rice - Bellarmine
58	Boys High Jump Frosh Soph	6-04.00	1975	Dave Kniffin - Junipero Serra
59	Girls High Jump Varsity	5-06.00	2011	Michellie McDonald-O'Brien - St. Ignatius
60	Girls High Jump Junior Varsity	5-00.00	2003	Christine Szelong - Saint Francis
61	Boys Pole Vault Varsity	16-00.00	2006	Kyle Mills-Bunje - Saint Francis
62	Boys Pole Vault Frosh Soph	13-02.00	2004	David Glassanos - Saint Francis
63	Girls Pole Vault Varsity	12-10.00	2006	Natasha Barthel - Saint Francis
64	Girls Pole Vault Junior Varsity	9-03.00	2012	Catherine Welsh - St. Ignatius