

2012 WCAL Championships - 5/8/2012 to 5/11/2012**St. Francis High School****5/8/2012 to 5/11/2012****CCS - Records**

1	Girls 4x100 Meter Relay Varsity	46.05	2007	Mt. Pleasant - Mt. Pleasant V. Thomas, J. Tarmoh, M. Brown, D. Pettigru
3	Boys 4x100 Meter Relay Varsity	41.15	1992	Mt. Pleasant - Mt. Pleasant Pennywell, Turner, Rice, DuPree
5	Girls 1600 Meter Run Varsity	4:43.24	2001	Ale Barrientos - SLV
7	Boys 1600 Meter Run Varsity	4:05.47	1977	Mark Stillman - Willow Glen
9	Girls 100 Meter Hurdles Varsity	13.03	2007	Vashti Thomas - Mt. Pleasant
11	Boys 110 Meter Hurdles Varsity	13.65	1993	Erik Montgomery - Independence
13	Girls 400 Meter Dash Varsity	52.83	1984	Leslie Maxie - Mills
15	Boys 400 Meter Dash Varsity	45.25	1993	Calvin Harrison - North Salinas
17	Girls 100 Meter Dash Varsity	11.24	2006	Jeneba Tarmoh - Mt. Pleasant
19	Boys 100 Meter Dash Varsity	10.41	1987	Tony Miller - Riordan
21	Girls 800 Meter Run Varsity	2:04.37	1977	Ann Reagan - Camden
23	Boys 800 Meter Run Varsity	1:50.10	1970	Rick Brown - Los Altos
25	Girls 300 Meter Hurdles Varsity	40.18	1984	Leslie Maxie - Mills
27	Boys 300 Meter Hurdles Varsity	36.26	1996	Joe Naivalu - Fremont
29	Girls 200 Meter Dash Varsity	23.14	2006	Jeneba Tarmoh - Mt. Pleasant
31	Boys 200 Meter Dash Varsity	20.57	1993	Calvin Harrison - North Salinas
33	Girls 3200 Meter Run Varsity	10:04.2h	1983	Cory Shubert - Del Mar
35	Boys 3200 Meter Run Varsity	8:52.11	1981	Jessie Torres - Independence
38	Girls 4x400 Meter Relay Varsity	3:48.59	1988	St. Francis - St. Francis Lynch, J. Mack, A. Nurisso, R. Mack
40	Boys 4x400 Meter Relay Varsity	3:14.14	1988	Independence McKelvey, Siqueros, Burroughs, Montgomery
41	Boys Shot Put Varsity	65-10.00	1967	Steve Wilhelm - Fremont
43	Girls Shot Put Varsity	50-07.25	2005	Julie Dufresne - Harbor
45	Boys Discus Throw Varsity	204-10	2003	Nik Kay - Los Gatos
47	Girls Discus Throw Varsity	165-10	1996	Darlene Tulua - Carmel
49	Boys Long Jump Varsity	26-00.00	1984	Johnny Cleveland - Soquel
51	Girls Long Jump Varsity	20-09.75	1984	Wendy Brown - Woodside
53	Boys Triple Jump Varsity	50-11.50	1986	Harold Rucker - Silver Creek
55	Girls Triple Jump Varsity	40-02.50	1984	Wendy Brown - Woodside
57	Boys High Jump Varsity	7-03.00	1985	Jeff Rogers - Overfelt
59	Girls High Jump Varsity	6-02.25	1984	Wendy Brown - Woodside
61	Boys Pole Vault Varsity	17-06.25	2007	Nico Weiler - Los Gatos
63	Girls Pole Vault Varsity	14-02.50	2007	Tori Anthony - Castilleja