

**2016 WCAL Track & Field Championships**  
**Saint Francis High School - 5/7/2016 to 5/13/2016**

**Meet - Records**

1	Girls 4x100 Meter Relay Varsity	47.94	2015	Saint Francis - Saint Francis
2	Girls 4x100 Meter Relay Junior Varsity	50.85	2010	Archbishop Mitty - Archbishop Mitty T Santos, M Duterte, D De Rossi, C Agu
3	Boys 4x100 Meter Relay Varsity	42.02	2015	Bellarmino College Prep - Bellarmine
4	Boys 4x100 Meter Relay Frosh Soph	44.36	2009	Junipero Serra - Valley Christian
5	Girls 1600 Meter Run Varsity	4:53.65	2003	Amanda Thornberry - Valley Christian
6	Girls 1600 Meter Run Junior Varsity	5:11.45	2015	Katie O'Dea - Saint Ignatius
7	Boys 1600 Meter Run Varsity	4:15.38	1987	Scott Robinson - Bellarmine
8	Boys 1600 Meter Run Frosh Soph	4:23.10	2015	Alex Scales - Bellarmine
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	14.08	2013	Jalen Wright - Bellarmine
12	Boys 65 Meter Hurdles Frosh Soph	9.21	2004	Joe Mirabeau - Bellarmine
13	Girls 400 Meter Dash Varsity	56.20	2008	Kristen Houpp - 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 Davidson - 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	10.69	2015	Kyle Macaulty - Bellarmine
20	Boys 100 Meter Dash Frosh Soph	11.13	2010	Khalid Johnson - Saint Francis
21	Girls 800 Meter Run Varsity	2:08.97	2005	Christine Whalen - Archbishop Mitty
22	Girls 800 Meter Run Junior Varsity	2:27.07	2013	Gia Kim - Saint Francis
23	Boys 800 Meter Run Varsity	1:53.20	1977	Stan Ross - Junipero Serra
24	Boys 800 Meter Run Frosh Soph	1:58.38	2015	Alex Scales - Bellarmine
25	Girls 300 Meter Hurdles Varsity	45.40	2010	Brittney Wright - Presentation
26	Girls 300 Meter Hurdles Junior Varsity	49.02	2013	Siddartha Kreaden - Saint Francis
27	Boys 300 Meter Hurdles Varsity	38.31	2006	Napoleon Greene - Bellarmine
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	11:26.59	2015	Kate O'Dea - Saint Ignatius
35	Boys 3200 Meter Run Varsity	9:14.60	1981	Chris Paredes - Bellarmine
36	Boys 3200 Meter Run Frosh Soph	9:42.87	2015	Alex scales - Bellarmine
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	49-09	2015	Elana Bruckner - Valley Christian
44	Girls Shot Put Junior Varsity	36-02	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	182-08	2015	Elana Bruckner - Valley Christian
48	Girls Discus Throw Junior Varsity	117-05	2003	Christina Kidd - Valley Christian
49	Boys Long Jump Varsity	23-08	1959	Jim Fregosi - Junipero Serra
50	Boys Long Jump Frosh Soph	21-09.50	2005	Michael Borg - Junipero Serra
51	Girls Long Jump Varsity	18-01.25	2005	Danielle Robinson - Archbishop Mitty
52	Girls Long Jump Junior Varsity	16-09.50	2015	Kaela Lee - St. Ignatius

**2016 WCAL Track & Field Championships  
Saint Francis High School - 5/7/2016 to 5/13/2016**

**Meet - Records**

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	35-09	2015	Camille Esterlecher - St. Francis
57	Boys High Jump Varsity	7-00	2015	Darius Thomas - St. Francis
58	Boys High Jump Frosh Soph	6-04	1975	Dave Kniffin - Junipero Serra
59	Girls High Jump Varsity	5-06	2011	Michellie McDonald-O'Brien - St. Ignatius
60	Girls High Jump Junior Varsity	5-00	2003	Christine Szelong - Saint Francis
61	Boys Pole Vault Varsity	16-01	2013	Marc Toney - St. Francis
62	Boys Pole Vault Frosh Soph	13-02	2004	David Glassanos - Saint Francis
63	Girls Pole Vault Varsity	12-10	2006	Natasha Barthel - Saint Francis
64	Girls Pole Vault Junior Varsity	9-03	2012	Catherine Welsh - St. Ignatius