

# WCAL CHAMPIONSHIP BOYS RECORDS

Division	Event	Name	School	Mark	Year
Boys Frosh/Soph	4x100 Meter Relay		Valley Christian	44.36	2009
Boys Frosh/Soph	1600 Meter Run	Alex Scales	Bellarmine	04:23.1	2015
Boys Frosh/Soph	65 Meter Hurdles	Joe Mirabeau	Bellarmine	9.21	2004
Boys Frosh/Soph	400 Meter Dash	Jalen Davisdon	Saint Francis	51.41	2009
Boys Frosh/Soph	100 Meter Dash	James Thomas	Archbishop Mitty	11.1	2017
Boys Frosh/Soph	800 Meter Run	Alex Scales	Bellarmine	01:58.4	2015
Boys Frosh/Soph	300 Meter Hurdles	Carl Broussard	Saint Francis	40.3	1977
Boys Frosh/Soph	200 Meter Dash	Gilbert Pacaldo	Saint Ignatius	22.5	1977
Boys Frosh/Soph	3200 Meter Run	Alex Scales	Bellarmine	09:42.9	2015
Boys Frosh/Soph	4x400 Meter Relay		Saint Francis	03:32.0	1981
Boys Frosh/Soph	Shot Put	Craig Watkins	Archbishop Mitty	60-06.50	1973
Boys Frosh/Soph	Discus	Craig Watkins	Archbishop Mitty	155-05	1973
Boys Frosh/Soph	Long Jump	Michael Borg	Junipero Serra	21-09.50	2005
Boys Frosh/Soph	Triple Jump	Jeff Rossman	Saint Francis	44-03.50	1980
Boys Frosh/Soph	High Jump	Dave Kniffin	Junipero Serra	6-04.00	1975
Boys Frosh/Soph	Pole Vault	David Glassanos	Saint Francis	13-02.00	2004

Division	Event	Name	School	Mark	Year
Boys Varsity	4x100 Meter Relay		Bellarmine	42.02	2015
Boys Varsity	1600 Meter Run	Scott Robinson	Bellarmine	04:15.4	1987
Boys Varsity	110 Meter Hurdles	Jalen Wright	Bellarmine	14.08	2013
Boys Varsity	400 Meter Dash	Angelo Fobbs	Valentino	48.35	2003
Boys Varsity	100 Meter Dash	Brandon Bains	Saint Francis	10.55	2017
Boys Varsity	800 Meter Run	Stan Ross	Junipero Serra	01:53.2	1977
Boys Varsity	300 Meter Hurdles	Napoleon Greene	Bellarmin	38.31	2006
Boys Varsity	200 Meter Dash	Brandon Bains	Saint Francis	21.46	2017
Boys Varsity	3200 Meter Run	Chris Paredes	Bellarmine	09:14.6	1981
Boys Varsity	4x400 Meter Relay		Junipero Serra	03:21.1	2016
Boys Varsity	Shot Put	Gian Rossini	Saint Francis	59-11.50	1975
Boys Varsity	Discus	Cody Bickham	Saint Francis	180-06	2010
Boys Varsity	Long Jump	Jim Fregosi	Junipero Serra	23-08.00	1959
Boys Varsity	Triple Jump	Mike Haynes	Archbishop Riordan	47-11.50	1975
Boys Varsity	High Jump	Darius Thomas	Saint Francis	7-00.00	2015
Boys Varsity	Pole Vault	Marc Toney	Saint Francis	16-01.00	2013

# WCAL CHAMPIONSHIP GIRLS RECORDS

Division	Event	Name	School	Mark	Year
Girls Junior Varsity	4x100 Meter Relay		Valley Christian	50.34	2017
Girls Junior Varsity	1600 Meter Run	Katie O'Dea	Saint Ignatius	05:11.4	2015
Girls Junior Varsity	100 Meter Hurdles	Hannah Goranson	Valley Christian	16.3	2007
Girls Junior Varsity	400 Meter Dash	Nicole Fairley	Archbishop Mitty	61.53	2010
Girls Junior Varsity	100 Meter Dash	Krystal Yee	Sacred Heart Cathedral	12.89	2003
Girls Junior Varsity	800 Meter Run	Jacqueline Miley	Saint Francis	02:24.0	2016
Girls Junior Varsity	300 Meter Hurdles	Daviana Hayman	Notre Dame Belmont	48.82	2016
Girls Junior Varsity	200 Meter Dash	Cecily Agu	Archbishop Mitty	26.75	2010
Girls Junior Varsity	3200 Meter Run	Katie O'Dea	Saint Ignatius	11:26.6	2015
Girls Junior Varsity	4x400 Meter Relay		Saint Francis	04:12.5	2009
Girls Junior Varsity	Shot Put	Ronna Stone	Valley Chrtistian	36-02.00	2012
Girls Junior Varsity	Discus	Christina Kidd	Valley Chrtistian	117-05	2003
Girls Junior Varsity	Long Jump	Kaela Lee	Saint Ignatius	16-09.50	2015
Girls Junior Varsity	Triple Jump	Camille Esterlecher	Saint Francis	35-09.00	2015
Girls Junior Varsity	High Jump	Christine Szelong	Saint Francis	5-00.00	2003
Girls Junior Varsity	Pole Vault	Isabella Grant	Presentation	9-06.00	2016

Division	Event	Name	School	Mark	Year
Girls Varsity	4x100 Meter Relay		Saint Francis	47.94	2015
Girls Varsity	1600 Meter Run	Amanda Thornberry	Valley Christian	04:53.7	2003
Girls Varsity	100 Meter Hurdles	Hannah Goranson	Valley Christian	13.72	2010
Girls Varsity	400 Meter Dash	Kristen Houp	Valley Christian	56.2	2008
Girls Varsity	100 Meter Dash	Khrystal Carter	Valley Christian	11.62	2005
Girls Varsity	800 Meter Run	Christine Whalen	Archbishop Mitty	02:09.0	2005
Girls Varsity	300 Meter Hurdles	Delaney Peranich	Saint Ignatius	45.01	2017
Girls Varsity	200 Meter Dash	Khrystal Carter	Valley Christian	23.97	2005
Girls Varsity	3200 Meter Run	Michelle Gallagher	Sacred Heart Cathedral	10:49.1	2003
Girls Varsity	4x400 Meter Relay		Archbishop Mitty	03:53.3	2005
Girls Varsity	Shot Put	Elena Bruckner	Valley Chrtistian	54-07.00	2016
Girls Varsity	Discus	Elana Bruckner	Valley Chrtistian	182-08	2015
Girls Varsity	Long Jump	Danielle Robinson	Archbishop Mitty	18-01.25	2005
Girls Varsity	Triple Jump	Caitlin Schields	Notre Dame Belmont	38-09.25	2005
Girls Varsity	High Jump	Michellie McDonald-O'Brien	Saint Ignatius	5-06.00	2011
Girls Varsity	Pole Vault	Natasha Barthel	Saint Francis	12-10.00	2006