

Campolindo High School

COUGAR TRACK & FIELD

2018 Personal Records

| | | | | | | | | | | |
|---|---|--|---|--|--|--|---|---|--|--|
| Girls' 100m <i>National Record 10.98</i> <i>School Record 12.34</i> <i>Golden Foot 12.66</i> <i>Varsity Letterman 13.50</i> <i>FS Letterman 14.20</i> Doane 18 12.91 Bell 18 13.26w Thoms 17 13.54 McGuire 17 13.88 Quimby 18 13.90 Arnswald 18 14.08 Stafford 18 14.19 A. Farrell 18 14.26 Kim 17 14.36 Szeto 18 14.60 Brown 18 14.72 Subramaniam 16 15.24 Lee 18 15.29 Lopez 18 15.50 Torres 18 15.90 | Eliazar 16 31.7h | Downing 18 79.9 Torres 18 80.4 Strohmeier 18 83.2 Matranga 18 84.0 M. Farrell 18 88.2 | <i>School Record 3:53.56</i> <i>Gold Foot 4:04.25</i> <i>Varsity Letterman 4:23.00</i> <i>FS Letterman 4:33.00</i> Quimby-Subramaniam-Doane-Arnswald 18 4:13.47 A. Farrell-Quimby-Doane-Arnswald 18 4:14.75 Arnswald-Quimby-Chao-Subramaniam 18 4:26.16 Doane-Arnswald-Chao-McGuire 18 4:27.70 Arnswald-Quimby-I. Chao-McGuire 18 4:27.18 Quimby-Arnswald-McGuire-Szeto 18 4:30.39 Stafford-Farrell-Kaidantzis-Brown 18 4:34.22 A. Farrell-Kaidantzis-Lee-Brown 18 4:34.65 Guthrie-Kaidantzis-Stafford-A. Farrell 18 4:35.76 Guthrie-Hober-A. Farrell-Kaidantzis 18 4:38.13 Hancock-Kaidantzis-Brown-Si 18 4:44.88 Smith-Si-Lopez-Lee 18 4:47.42 Stafford-A. Farrell-Guthrie-Pierrat 18 4:48.79 Guthrie-Travis-Szeto-Zhang 17 4:52.88 Subramaniam-Travis-Guthrie-Hober 17 4:58.66 | Morasch-Cronin-Pierrat-Driver 18 4:05.84 Graves-Pierrat-Driver-Harberson 18 4:10.06 Flynn-Clare-Lashkari-Artale 18 4:40.30 | | | | | | |
| Girls' 400m <i>National Record 50.69</i> <i>School Record 56.44</i> <i>Gold Foot 58.60</i> <i>Varsity Letterman 64.50</i> <i>FS Letterman 67.50</i> Doane 18 59.55 A. Farrell 18 63.74 Quimby 18 64.25 Stafford 18 64.29 Subramaniam 17 65.99 Chao 18 66.04 Kaidantzis 18 66.13 Arnswald 18 66.95 McGuire 18 67.40 Hober 17 67.84 Brown 18 68.12 Lee 18 69.46 Szeto 18 69.86 Torres 18 71.56 Lopez 18 72.35 Downing 18 72.63 D'Iorio 17 74.11 Si 18 75.82 | Boys' 100m <i>National Record 10.00</i> <i>School Record 10.94</i> <i>Gold Foot 11.22</i> <i>Varsity Letterman 11.90</i> <i>FS Letterman 12.30</i> Metz 18 11.16w Ishida 18 11.18w Graves 18 11.83w Visht 17 12.02 Kofman 18 12.31 R. Jeter 18 12.68 Penney 18 12.68 A. Visht 17 12.73 Chang 18 13.07 Bhagwat 18 13.09 Garcia 18 13.12 Tang 18 13.91 Donthineni 18 14.06 Flynn 18 15.53 | Boys' 400m Split <i>Varsity Letterman 53.00</i> <i>FS Letterman 57.00</i> Ishida 18 52.5 Metz 18 52.7 Nguyen 18 54.3 Penney 18 54.8 Sauerberg 18 55.7 Garcia 18 56.7 Buckley 18 57.1 Hein 18 57.5 Kofman 18 57.5 Visht 16 57.7 Graves 18 59.2 Pierrat 18 59.3 Cronin 18 59.5 Bhagwat 18 59.8 Tseng 17 60.0 Hunger 17 60.4 Moore 16 62.0 Woidat 16 62.3 Ganten 18 62.6 Eliazar 18 63.0 Iniguez-Reyes 16 63.2 Driver 18 63.4 Chang 18 64.3 Means 18 64.8 Clare 18 65.7 Donthineni 18 66.2 Harberson 18 66.2 Lekki 18 67.0 Januszewski 18 67.2 Jankovic 18 67.6 Essl 16 68.8 Lashkari 18 69.3 Kimball 15 70.3 Flynn 18 70.6 Tang 18 72.5 Artale 18 74.7 Jeter 18 76.6 | Boys' 400m <i>National Record 44.69</i> <i>School Record 48.74</i> <i>Gold Foot 50.29</i> <i>Varsity Letterman 54.00</i> <i>FS Letterman 58.00</i> Penney 18 52.92 Ishida 18 53.31 K. Visht 16 56.56 Garcia 18 57.27 Buckley 18 57.46 Kofman 18 57.46 Graves 18 57.89 Chang 18 61.83 Driver 18 62.21 Bhagwat 18 62.60 Donthineni 18 63.88 Jeter 18 68.13 Flynn 18 68.76 Tang 18 70.43 | Girls' 200m <i>National Record 22.11</i> <i>School Record 25.44</i> <i>Gold Foot 25.62</i> <i>Varsity Letterman 28.30</i> <i>FS Letterman 29.90</i> Doane 18 25.19w Bell 18 27.42w Thoms 17 27.52 Stafford 18 27.61w A. Farrell 18 28.33w Kaidantzis 18 28.88w McGuire 17 29.09 Subramaniam 17 29.41 Arnswald 16 30.1h Szeto 18 31.25 Lee 18 31.82 Brown 18 32.40 Lopez 18 33.29 Torres 18 34.49 | Boys' 200m <i>National Record 20.09</i> <i>School Record 21.97</i> <i>Gold Foot 22.43</i> <i>Varsity Letterman 24.10</i> <i>FS Letterman 25.30</i> Metz 18 22.60w Ishida 18 22.80w Visht 18 25.11 Graves 18 25.65 Penney 18 26.31 Garcia 18 27.65 Driver 18 29.19 Donthineni 18 29.74 Tang 18 30.18 | Girls' 400m Relay <i>National Record 44.50</i> <i>School Record 49.44</i> <i>Gold Foot 49.49</i> <i>Varsity Letterman 51.60</i> <i>FS Letterman 54.00</i> Quimby-Doane-Thoms-Arnswald 18 50.95 Quimby-Doane-Thoms-Bell 18 51.15 A. Farrell-Stafford-Bell-Kim 18 53.64 A. Farrell-Stafford-Brown-Kim 18 55.73 | Girls' 400m Relay <i>National Record 39.76</i> <i>School Record 43.19</i> <i>Gold Foot 43.24</i> <i>Varsity Letterman 45.00</i> <i>FS Letterman 47.00</i> Penney-Metz-Kofman-Graves 18 46.65 | Girls' 1600m Relay <i>National Record 3:35.49</i> | Girls' 800m <i>National Record 1:59.51</i> <i>School Record 2:12.12</i> <i>Gold Foot 2:19.90</i> <i>Varsity Letterman 2:32.00</i> <i>FS Letterman 2:40.00</i> Chao 18 2:22.98 Hober 18 2:22.68 Overell 18 2:28.09 Foxworthy 18 2:28.90 Miles 18 2:30.23 Hancock 18 2:30.48 Guthrie 18 2:33.90 Subramaniam 18 2:35.08 Quimby 18 2:37.58 Webster 18 2:38.12 D'Iorio 17 2:41.39 Pierrat 18 2:43.15 Stafford 18 2:43.73 Travis 18 2:44.21 Smith 18 2:46.25 Rosiak 18 2:47.70 Arnswald 17 2:47.98 Koshkin 18 2:49.86 Szeto 18 2:50.16 McGuire 18 2:53.84 Zhang 17 2:54.23 Lee 18 2:56.28 Brown 18 2:58.29 Lopez 18 3:01.51 Strohmeier 18 3:04.35 Downing 18 3:07.51 M. Farrell 18 3:09.12 Si 18 3:12.54 | Boys' 800m <i>National Record 1:46.45</i> <i>School Record 1:54.24</i> <i>Gold Foot 1:58.17</i> <i>Varsity Letterman 2:07.40</i> <i>FS Letterman 2:17.00</i> Buckley 18 2:01.49 Nguyen 18 2:05.59 Sauerberg 18 2:05.68 Hein 18 2:07.40 Gunn 18 2:08.14 Iniguez-Reyes 18 2:08.64 Pierrat 18 2:09.27 Woidat 18 2:11.13 Hunger 18 2:12.18 Essl 18 2:12.67 Cronin 18 2:13.92 Means 18 2:14.74 Tseng 17 2:15.6h Garcia 18 2:18.90 Ganten 17 2:19.83 Driver 18 2:21.70 Nashan 18 2:21.71 Clare 18 2:22.47 Donthineni 18 2:23.02 Lekki 18 2:23.16 Yabu 18 2:24.44 Penney 18 2:25.17 Kofman 18 2:25.27 Eliazar 18 2:27.20 Graves 18 2:29.45 Visht 15 2:29.79 |

Bhagwat 17 2:31.03
Kimball 16 2:31.78
Lashkari 18 2:31.85
Moore 16 2:32.92
Fossen 18 2:40.85
Artales 18 2:42.66
Flynn 18 2:42.73
Januszewski 18 2:49.34
Jeter 18 2:50.81
Hiatt 18 2:57.76
Tang 18 3:12.21
Moe 18 3:13.07

Girls' 800m Split

Varsity Letterman 2:31.00
FS Letterman 2:39.00
Chao 18 2:25.7
Hancock 18 2:27.8
Miles 18 2:29.0
Guthrie 18 2:29.9
Foxworthy 18 2:30.4
Hober 17 2:32.6
Overell 18 2:32.8
Webster 18 2:39.5
Subramaniam 18 2:40.5
D'lorio 17 2:43.4
Travis 18 2:44.7
Smith 18 2:47.3
Pierrat 18 2:48.5
Zhang 17 2:48.9
Naughten 18 2:54.5
Rosiak 18 2:57.6
Strohmeier 18 3:08.0

Boys' 800m Split

Varsity Letterman 2:06.40
FS Letterman 2:16.00
Gunn 18 2:03.1
Buckley 18 2:05.5
Nguyen 18 2:05.8
Hein 18 2:06.4
Cronin 18 2:07.9
Woidat 17 2:11.4
Sauerberg 18 2:11.6
Hunger 17 2:12.9
Tseng 17 2:13.2
Means 18 2:22.6
Essl 17 2:22.7
Ganten 18 2:23.8
Yabu 18 2:28.3
Nashan 18 2:28.4
Lashkari 18 2:28.7
Clare 18 2:34.9
Driver 18 2:40.5
Donthineni 18 2:41.7
Artales 18 2:54.8

Girls' 1200m Split

Chao 17 3:40.6
Hancock 17 4:06.3
Overell 18 4:06.4
Foxworthy 17 4:07.6
D'lorio 17 4:21.6

Boys' 1200m Split

Sauerberg 18 3:19.8
Buckley 17 3:26.0
Tseng 17 3:32.4

Girls' 1600m

National Record 4:33.29
School Record 4:43.96
Gold Foot 5:04.53
Varsity Letterman 5:32.00
FS Letterman 5:58.00
Miles 17 5:04.23
Chao 17 5:06.65
Hober 18 5:10.59
Overell 18 5:13.17
Hancock 18 5:18.97
Foxworthy 18 5:20.83
Guthrie 18 5:30.86
Webster 18 5:42.60
Travis 18 5:45.33
D'lorio 17 5:51.50
Smith 18 5:52.18

Pierrat 18 5:52.87
Zhang 17 5:53.39
Subramaniam 18 5:57.69
Rosiak 18 6:03.51
Naughten 18 6:05.11
Woidat 18 6:12.99
Strohmeier 18 6:32.93
Koshkin 18 7:10.19

Boys' 1600m

National Record 3:59.51
School Record 4:10.35
Gold Foot 4:24.16
Varsity Letterman 4:41.00
FS Letterman 5:06.00
Buckley 18 4:28.39
Sauerberg 18 4:34.20
Gunn 18 4:35.67
Hein 17 4:37.80
Iniguez-Reyes 18 4:38.84
Tseng 18 4:40.64
Hunger 17 4:40.80
Woidat 17 4:41.92
Essl 18 4:42.87
Nguyen 18 4:43.39
Cronin 18 4:43.75
Means 18 4:51.47
Pierrat 18 4:56.33
Yabu 18 5:00.66
Lekki 18 5:01.29
Lashkari 18 5:05.60
Ganten 18 5:08.84
Nashan 18 5:21.02
Clare 18 5:31.17
Jankovic 18 5:31.40
Driver 18 5:35.40
Eliazer 18 5:43.57
Artales 18 6:03.40

Girls' 1600m Split

Varsity Letterman 5:31.00
FS Letterman 5:57.00
Chao 18 5:11.0
Miles 18 5:15.0
Hober 18 5:16.2
Overell 18 5:17.9
Hancock 18 5:19.6
Foxworthy 18 5:28.8
Guthrie 18 5:36.8
Subramaniam 18 5:49.9
Travis 17 5:51.1
D'lorio 17 5:56.6
Pierrat 18 5:57.8
Smith 18 6:03.9
Naughten 18 6:17.1
Rosiak 18 6:22.8
Strohmeier 18 6:49.7

Boys' 1600m Split

Varsity Letterman 4:40.00
FS Letterman 5:05.00
Buckley 18 4:32.6
Gunn 18 4:37.7
Sauerberg 18 4:39.5
Hein 17 4:50.4
Nguyen 18 4:50.7
Tseng 17 4:51.0
Hunger 18 4:54.0
Cronin 18 4:54.7
Means 18 5:01.4
Iniguez-Reyes 16 5:02.3
Woidat 18 5:03.8
Ganten 18 5:06.6
Pierrat 18 5:11.1
Essl 17 5:14.3
Yabu 18 5:17.9
Lashkari 18 5:20.1
Nashan 18 5:27.1
Driver 18 5:37.9
Clare 18 5:39.5
Eliazer 18 5:39.9
Artales 18 6:13.6

Girls' 3200m

National record 9:48.59
School Record 10:20.36

Gold Foot 11:03.32
Varsity Letterman 12:18.00
FS Letterman 13:05.00
Miles 17 10:49.83
Chao 17 10:51.01
Overell 18 11:34.03
Hober 18 11:43.23
Foxworthy 18 11:48.49
Hancock 18 11:51.57
Guthrie 18 11:55.94
Webster 18 12:08.21
Travis 18 12:37.98
D'lorio 17 12:38.73
Pierrat 18 12:56.42
Subramaniam 18 13:00.83
Zhang 17 13:06.53
Rosiak 18 13:10.19
Naughten 18 13:23.08
Smith 18 13:25.39
Woidat 18 14:09.37
Strohmeier 18 14:12.67
Koshkin 18 16:14.30

Boys' 3200m

National Record 8:34.23
School Record 8:54.24
Gold Foot 9:28.40
Varsity Letterman 10:15.00
FS Letterman 11:10.00
Buckley 18 9:32.40
Gunn 18 9:41.56
Sauerberg 18 9:57.24
Hunger 18 9:59.28
Iniguez-Reyes 18 10:06.01
Tseng 18 10:06.19
Hein 18 10:13.40
Woidat 17 10:16.27
Cronin 18 10:16.34
Nguyen 18 10:21.60
Essl 18 10:31.46
Lekki 18 11:00.49
Yabu 18 11:03.92
Lashkari 18 11:06.36
Pierrat 18 11:11.10
Means 18 11:18.77
Nashan 18 11:19.57
Ganten 18 11:24.00
Artales 18 12:34.80
Clare 18 12:36.18
Driver 18 12:40.46
Eliazer 18 13:25.78

Girls' 100 Hurdles

National Record 12.84
School Record 15.24
Gold Foot 15.65
Varsity Letterman 17.90
FS Letterman 19.40
Quimby 18 17.19w
Arnsald 18 17.62
Lopez 18 18.81
Si 18 21.29
Subramaniam 16 21.81
Travis 17 22.51
Torres 18 22.69

Boys' 110 Hurdles

National Record 13.08
School Record 14.84
Gold Foot 15.68
Varsity Letterman 17.50
FS Letterman 19.00
Bhagwat 18 20.55
Chang 18 21.81

Girls' 300 Hurdles

National Record 38.90
School Record 45.06
Gold Foot 46.50
Varsity Letterman 53.90
FS Letterman 56.50
Quimby 18 48.58
Arnsald 17 50.32
Lopez 18 54.73
Si 18 57.54
Guthrie 17 59.10
Subramaniam 16 60.06
Travis 17 60.66

Torres 18 62.87

Boys' 300 Hurdles

National Record 35.02
School Record 39.54
Gold Foot 40.65
Varsity Letterman 45.50
FS Letterman 48.00
Kofman 18 48.44
Garcia 18 49.44
Bhagwat 18 51.55
Chang 18 51.71
Harberson 18 52.16
Eliazer 17 56.04
Jeter 18 62.19

Girls' Long Jump

National Record 22-5
School Record 18-3
Gold Foot 16-11
Varsity Letterman 14-6
FS Letterman 13-0
Thoms 18 15-6
Bell 18 15-3.75
McGuire 17 14-7
Szeto 18 12-3.5
Hober 17 12-0
Quimby 17 11-9
Guthrie 17 11-9
Lee 18 11-2.75

Boys' Long Jump

National Record 26-10
School Record 23-2
Gold Foot 20-11
Varsity Letterman 18-6
FS Letterman 16-6
Metz 18 18-6
Ishida 18-0.25
Visht 18 17-1
Chang 18 15-9.25
Garcia 18 15-6
Kimball 16 15-1.5
Graves 18 14-6.75
Penney 18 13-11.25
Jeter 18 13-1
Bhagwat 17 12-4
Donthineni 18 11-5.75
Flynn 18 9-9

Girls' Triple Jump

National Record 44-11.75
School Record 36-6
Gold Foot 35-10.5
Varsity Letterman 30-6
FS Letterman 27-6
Thoms 18 36-3.5
Stafford 18 30-4
McGuire 17 28-1.75

Boys' Triple Jump

National Record 54-10.25
School Record 47-1
Gold Foot 43-0
Varsity Letterman 38-0
FS Letterman 36-0
Visht 15 35-7
Chang 18 34-11.5
Bhagwat 18 33-7.5
Penney 18 32-0

Girls' High Jump

National Record 6-6.25
School Record 5-6
Gold Foot 5-1
Varsity Letterman 4-6
FS Letterman 4-2
Smith 18 4-4
Bell 18 4-4
Arnsald 16 4-2
Matranga 17 4-0
Lopez 18 4-0

Boys' High Jump

National Record 7-7
School Record 6-6.5
Gold Foot 6-1
Varsity Letterman 5-6
FS Letterman 5-2
Penney 18 4-9

Visht 15 4-8
Garcia 18 4-6

Girls' Pole Vault

National Record 14-7.5
School Record 12-6
Gold Foot 10-6
Varsity Letterman 8-6
FS Letterman 7-0
Kim 17 8-0
Lopez 18 7-6
Quimby 16 6-6
Torres 18 6-0

Boys' Pole Vault

National Record 19-4.25
School Record 15-0
Gold Foot 13-4
Varsity Letterman 11-0
FS Letterman 9-6
Visht 18 13-4
Kofman 18 9-6
Penney 18 8-0
Garcia 18 8-0
Flynn 18 8-0
Driver 18 7-0

Girls' Shot Put 4k

National Record 58-1
School Record 39-10
Gold Foot 36-1
Varsity Letterman 26-0
FS Letterman 24-0
Matranga 18 28-2
Kim 18 26-5
D'lorio 18 23-9.75
M. Farrell 18 23-3

Boys' Shot Put 10lb

FS Letterman 36-0
Bell 18 39-10.75
Moore 16 39-9.5
Kimball 16 37-6
Januszewski 18 34-8.5
Hiatt 18 32-0.5
Adams 18 25-1.5
Moe 18 13-11.5

Boys' Shot Put 12lb

National Record 81-3.5
School Record 56-10
Gold Foot 48-7
Varsity Letterman 38-0
Kimball 18 42-0.75
Moore 18 38-8.5
Alago 18 33-8.5
Fossen 18 33-5
Januszewski 17 21-5.25
Hiatt 17 14-0

Girls' Discus

National Record 198-9
School Record 136-8
Gold Foot 117-6
Varsity Letterman 79-6
FS Letterman 72-0
Kim 18 80-7
Matranga 18 77-4
M. Farrell 18 73-3
D'lorio 18 67-1

Boys' Discus

National Record 237-6
School Record 182-8
Gold Foot 148-3
Varsity Letterman 106-6
FS Letterman 90-0
Kimball 17 148-6
Moore 18 131-6
Bell 18 104-9
Alago 18 98-5
Fossen 18 95-7
Hiatt 18 81-2
Januszewski 18 78-2
Adams 18 60-5
Moe 18 41-11