

# Campolindo High School

# COUGAR TRACK & FIELD

## 2019 Personal Records

<b>Girls' 100m</b> <i>National Record 10.98</i> <i>School Record 12.05</i> <i>Golden Foot 12.66</i> <i>Varsity Letterman 13.50</i> <i>FS Letterman 14.20</i> Doane 19 12.05 Bell 19 12.86 Tabibian 19 13.06 Hatch 19 13.21 Wilson 19 13.32 Cruse 19 13.63 de Paschalis 19 13.67 Arnswald 19 13.83 Kenderski 19 13.95 A. Farrell 19 14.06 Szeto 19 14.41 Kasalanati 19 14.53 Hsia 19 14.60 Kaplan 19 14.76 Steinzig 19 14.91 Subramaniam 16 15.24 Chao 17 15.80 Lavoie 19 18.27	Donthineni 19 27.80 Driver 18 29.19 Tang 19 29.89 Flynn 19 29.94 Paris 19 33.90	Roberts 19 70.3 Hsia 19 70.5 Smith 18 71.2 Chao 19 71.2 Pierrat 18 71.5 Baliwag 19 71.8 Rosiak 19 73.2 Travis 17 73.4 Flett 19 74.5 Lieben 19 74.6 Chung 19 75.0 Gourlin 19 76.0 Webster 18 77.5 Steinzig 19 78.4 Rane 19 79.7 Strohmeier 18 83.2 Matranga 18 84.0 Lavoie 19 85.0 M. Farrell 18 88.2	<i>School Record 43.19</i> <i>Gold Foot 43.24</i> <i>Varsity Letterman 45.00</i> <i>FS Letterman 47.00</i> Garcia-Penney-Fara-Coates 19 47.90 Garcia-Penney-Fara-Le 19 49.53 Le-Donthineni-Rennick- Brinton 19 51.95	Le-Lekki-Martin-Donthineni 19 4:10.90 J. Wang-Le-Donthineni- Chung 19 4:13.81 Donthineni-Clare-Pieper-K- Wang 19 4:20.90 Flynn-Clare-Lashkari-Artale 18 4:40.30 Donthineni-Le-Tang-Paris 19 4:40.80 Smith-Flynn-Tang-Paris 19 4:43.66 Brinton-Flynn-Paris-Tang 19 4:55.10						
<b>Girls' 400m</b> <i>National Record 50.69</i> <i>School Record 55.97</i> <i>Gold Foot 58.60</i> <i>Varsity Letterman 64.50</i> <i>FS Letterman 67.50</i> Doane 19 55.66 Tabibian 19 58.23 Hatch 19 61.37 Wilson 19 62.13 Bell 19 62.20 A. Farrell 18 63.74 Kenderski 19 63.69 Subramaniam 17 65.99 Arnswald 18 66.95 Chao 17 67.19 Hoher 17 67.84 Kaplan 19 69.02 Cruse 19 69.11 Hsia 19 69.22 Szeto 18 69.86 Steinzig 19 77.69 Lavoie 19 80.46	<b>Girls' 400m</b> <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> Kofman 19 12.11 Penney 19 12.21 Wong 19 12.26 Bhagwat 19 12.39 Fara 19 12.60 Garcia 19 12.66 Visht 17 12.73 J. Wang 19 13.22 Coates 19 13.23 Parker 19 13.45 Tang 19 13.52 Chung 19 13.57 Le 19 13.64 Dolge 19 13.67 Parker 19 13.90 Donthineni 18 14.06 Flynn 19 14.06 Brinton 19 14.26 Paris 19 15.22	<b>Boys' 100m</b> <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> Kofman 19 12.11 Penney 19 12.21 Wong 19 12.26 Bhagwat 19 12.39 Fara 19 12.60 Garcia 19 12.66 Visht 17 12.73 J. Wang 19 13.22 Coates 19 13.23 Parker 19 13.45 Tang 19 13.52 Chung 19 13.57 Le 19 13.64 Dolge 19 13.67 Parker 19 13.90 Donthineni 18 14.06 Flynn 19 14.06 Brinton 19 14.26 Paris 19 15.22	<b>Boys' 400m</b> <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> Kofman 19 12.11 Penney 19 12.21 Wong 19 12.26 Bhagwat 19 12.39 Fara 19 12.60 Garcia 19 12.66 Visht 17 12.73 J. Wang 19 13.22 Coates 19 13.23 Parker 19 13.45 Tang 19 13.52 Chung 19 13.57 Le 19 13.64 Dolge 19 13.67 Parker 19 13.90 Donthineni 18 14.06 Flynn 19 14.06 Brinton 19 14.26 Paris 19 15.22	<b>Girls' 200m</b> <i>National Record 22.11</i> <i>School Record 24.66</i> <i>Gold Foot 25.62</i> <i>Varsity Letterman 28.30</i> <i>FS Letterman 29.90</i> Doane 19 24.66 Bell 18 27.42w Hatch 19 27.59 A. Farrell 18 28.33w Kenderski 19 28.99 Subramaniam 17 29.41 Cruse 19 29.91 Arnswald 16 30.1h Szeto 19 30.48 Hsia 19 30.87	<b>Boys' 200m</b> <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> Penney 19 24.69 Fara 19 26.06 Visht 17 26.50 Garcia 18 27.65 J. Wang 19 27.69	<b>Boys' 400m Split</b> <i>National Record 53.00</i> <i>Varsity Letterman 53.00</i> <i>FS Letterman 57.00</i> Nguyen 19 54.0 Buckley 19 54.3 Penney 18 54.8 Wong 19 55.6 Hein 19 56.2 Fara 19 56.2 Garcia 18 56.7 Bhagwat 19 56.9 Kofman 18 57.5 Coates 19 57.7 Martin 19 58.2 Pierrat 19 58.3 Cronin 19 59.2 J. Wang 19 60.9 Moore 16 62.0 Lekki 19 62.1 Woidat 16 62.3 Chung 19 62.9 Iniguez-Reyes 16 63.2 Driver 18 63.4 Le 19 63.4 Means 18 64.8 Donthineni 19 64.9 Pieper 19 65.4 Clare 18 65.7 Januszewski 18 67.2 Flynn 19 67.7 Essl 16 68.8 Lashkari 18 69.3 Tang 19 72.3 Paris 19 78.8	<b>Boys' 400m Relay</b> <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> Hatch-Doane-Bell-Tabibian 19 48.89 Hatch-Doane-Bell-Wilson 19 49.62 Hatch-Doane-Bell-Arnswald 19 50.56 Hsia-Cruse-A. Farrell- Kenderski 19 53.22 Testa-Cruse-A. Farrell- Steinzig 19 54.82 Hsia-Cruse-A. Farrell- Steinzig 19 55.01 de Paschalis-Tabibian- Wilson-Arnswald 19 55.05	<b>Girls' 800m</b> <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> Hatch-Tabibian-Bell-Doane 19 3:57.87 Bell-Doane-Hatch-Tabibian 19 3:58.51 Bell-Doane-Wilson-Tabibian 19 4:01.28 Hatch-Tabibian-Wilson- Doane 19 4:04.62 de Paschalis-Tabibian- Hoher-Doane 19 4:05.73 Hatch-Bell-Tabibian-Hoher 19 4:08.57 Arnswald-Hatch-Bell-Szeto 19 4:20.88 Hatch-Bell-Arnswald-Smith 19 4:21.46 Hatch-Wilson-Tabibian-Bell 19 4:27.94 Hsia-A. Farrell-Wilson- Kenderski 19 4:29.44 Hsia-A. Farrell-Kenderski- Kaplan 19 4:33.78 Hsia-Kenderski-A. Farrell- Kaplan 19 4:35.70 de Paschalis-Arnswald- Smith-Szeto 19 4:38.63 Arnswald-Subramaniam- Travis-Szeto 19 4:39.43 Hsia-Chao-Baliwag-Flett 19 4:49.24 Subramaniam-Travis- Guthrie-Hoher 17 4:58.66 Cruse-Kaplan-Steinzig- Lavoie 19 5:02.65 Lieben-Rosiak-Rane-Lavoie 19 5:13.84	<b>Boys' 1600m Relay</b> <i>National Record 3:07.40</i> <i>School Record 3:21.38</i> <i>Gold Foot 3:25.70</i> <i>Varsity Letterman 3:36.00</i> <i>FS Letterman 3:48.00</i> Wong-Kofman-Bhagwat- Nguyen 19 3:45.06 Garcia-Fara-Finlay-Coates 19 3:46.99 Wong-Hein-Buckley- Bhagwat 19 3:50.10 Kofman-Buckley-Nguyen- Hein 19 3:50.12 Garcia-Coates-Penney-Fara 19 3:51.00 Kofman-Nguyen-Buckley- Hein 19 3:51.87 Garcia-Martin-Pierrat- Coates 19 3:52.57 Buckley-Cronin-Bhagwat- Pierrat 19 3:54.89 Morasch-Cronin-Pierrat- Driver 18 4:05.84	<b>Boys' 800m</b> <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 19 2:00.77 Hein 19 2:02.74 Nguyen 19 2:03.63 Gunn 18 2:08.14 Iniguez-Reyes 18 2:08.64 Pierrat 18 2:09.27 Lekki 19 2:10.93 Woidat 18 2:11.13 Cronin 19 2:11.35 Martin 19 2:11.48 Morasch 18 2:12.38 Essl 18 2:12.67 Chao 19 2:13.30 Means 18 2:14.72 Fara 19 2:15.25
<b>Boys' 200m</b> <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> Penney 19 24.69 Fara 19 26.06 Visht 17 26.50 Garcia 18 27.65 J. Wang 19 27.69	<b>Boys' 400m Relay</b> <i>National Record 39.76</i>									

Clare 19 2:14.25  
Smith 19 2:16.99  
Garcia 19 2:18.19  
Lashkari 19 2:20.58  
Driver 19 2:21.43  
Nashan 18 2:21.71  
Pieper 18 2:21.89  
Yabu 19 2:21.22  
Donthineni 18 2:23.02  
Pullen 19 2:24.68  
Penney 18 2:25.17  
Kofman 18 2:25.27  
Visht 19 2:26.06  
Januszewski 19 2:28.94  
Bhagwat 19 2:29.27  
K. Wang 19 2:31.00  
Moore 16 2:32.92  
Brinton 19 2:32.93  
Fossen 19 2:34.59  
Dolge 19 2:36.01  
Flynn 19 2:38.44  
Tang 19 3:02.77  
Moe 19 3:08.32

#### **Girls' 800m Split**

*Varsity Letterman 2:31.00*

*FS Letterman 2:39.00*

Hober 19 2:27.7  
Hancock 18 2:27.8  
Guthrie 18 2:29.9  
Smith 19 2:32.7  
Roberts 19 2:35.3  
de Paschalis 19 2:37.7  
Webster 18 2:39.5  
Subramaniam 18 2:40.5  
Chung 19 2:42.4  
Travis 18 2:44.7  
Chao 19 2:45.1  
Pierrat 18 2:48.5  
Flett 19 2:49.8  
Rosiak 19 2:52.0  
Harju 19 2:52.0  
Woidat 19 2:54.0  
Naughten 18 2:54.5  
Lieben 19 2:55.3  
Rosiak 18 2:57.6  
Loyet 19 3:02.7  
Gourlin 19 3:03.1  
Strohmeier 18 3:08.0  
Simonsen 19 3:39.2

#### **Boys' 800m Split**

*Varsity Letterman 2:06.40*

*FS Letterman 2:16.00*

Gunn 18 2:03.1  
Hein 19 2:04.6  
Buckley 18 2:05.5  
Nguyen 18 2:05.8  
Cronin 18 2:07.9  
Lekki 19 2:08.4  
Smith 19 2:11.3  
Woidat 17 2:11.4  
Morasch 19 2:11.5  
Iniguez-Reyes 19 2:13.3  
Fara 19 2:14.1  
Pullen 19 2:16.8  
Lashkari 19 2:21.9  
Means 19 2:22.1  
Essl 17 2:22.7  
Yabu 19 2:24.8  
Driver 19 2:26.3  
Nashan 18 2:28.4  
Lashkari 18 2:28.7  
Pieper 19 2:30.8  
Donthineni 19 2:33.2  
Clare 18 2:34.9

#### **Girls' 1200m Split**

Hancock 17 4:06.3

#### **Boys' 1200m Split**

Buckley 17 3:26.0

#### **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*

Hober 19 5:08.94

Hancock 19 5:09.33

Webster 19 5:27.77  
Guthrie 18 5:30.86  
Smith 19 5:31.53  
Travis 19 5:33.33  
Roberts 19 5:34.91  
Woidat 19 5:36.71  
Lieben 19 5:39.31  
Chao 19 5:40.80  
Subramaniam 19 5:41.95  
Flett 19 5:42.39  
Chung 19 5:43.05  
Harju 19 5:49.39  
Berten 19 5:51.05  
Pierrat 18 5:52.87  
Rosiak 19 5:59.53  
Naughten 19 6:01.71  
Rane 19 6:11.79  
Baliwag 19 6:13.61  
Loyet 19 6:22.49  
Gourlin 19 6:29.85  
Strohmeier 18 6:32.93  
Simonsen 19 6:59.90

#### **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 19 4:22.37  
Hein 19 4:22.74  
Gunn 18 4:35.67  
Lekki 19 4:35.68  
Cronin 19 4:35.91  
Iniguez-Reyes 19 4:37.73  
Chao 19 4:39.91  
Nguyen 19 4:41.23  
Woidat 17 4:41.92  
Morasch 19 4:42.31  
Essl 18 4:42.87  
Smith 19 4:49.62  
Means 19 4:51.40  
Lashkari 19 4:51.40  
Martin 19 4:53.40  
Pieper 19 4:55.66  
Pierrat 18 4:56.33  
Yabu 19 4:58.29  
Pullen 19 4:58.47  
Driver 19 4:59.75  
Clare 19 5:16.08  
Nashan 18 5:21.02  
K. Wang 19 5:28.29

#### **Girls' 1600m Split**

*Varsity Letterman 5:31.00*

*FS Letterman 5:57.00*

Hober 18 5:16.2  
Hancock 18 5:19.6  
Guthrie 18 5:36.8  
Smith 19 5:48.7  
Subramaniam 18 5:49.9  
Travis 17 5:51.1  
Roberts 19 5:54.4  
Pierrat 18 5:57.8  
Flett 19 6:00.0  
Lieben 19 6:00.2  
Chung 19 6:01.5  
Chao 19 6:09.4  
Naughten 18 6:17.1  
Rosiak 19 6:19.0  
Woidat 19 6:21.3  
Harju 19 6:23.8  
Gourlin 19 6:37.8  
Strohmeier 18 6:49.7  
Baliwag 19 7:00.8  
Simonsen 19 7:33.0

#### **Boys' 1600m Split**

*Varsity Letterman 4:40.00*

*FS Letterman 5:05.00*

Buckley 18 4:32.6  
Gunn 18 4:37.7  
Hein 19 4:39.7  
Cronin 19 4:42.8  
Nguyen 19 4:44.0  
Morasch 19 4:48.8  
Iniguez-Reyes 19 4:55.3  
Lekki 19 4:57.0  
Smith 19 4:59.3  
Woidat 19 4:59.4

Means 18 5:01.4  
Chao 19 5:07.6  
Lashkari 19 5:09.0  
Pierrat 18 5:11.1  
Essl 17 5:14.3  
Pieper 19 5:16.4  
Yabu 18 5:17.9  
Pullen 19 5:20.7  
Driver 19 5:22.5  
Nashan 18 5:27.1  
Clare 18 5:39.5  
Artale 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*

Hancock 19 11:23.04

Hober 18 11:43.23

Guthrie 18 11:55.94

Travis 19 12:04.99

Webster 18 12:08.21

Smith 19 12:12.72

Chung 19 12:31.88

Chao 19 12:34.74

Rosiak 19 12:39.69

Lieben 19 12:41.18

Woidat 19 12:44.66

Flett 19 12:48.61

Pierrat 19 12:51.51

Roberts 19 12:52.22

Naughten 19 12:57.00

Harju 19 12:59.01

Subramaniam 19 12:59.63

Rane 19 13:15.43

Berten 19 13:16.46

Baliwag 19 13:25.52

Gourlin 19 13:49.08

Loyet 19 14:02.44

Strohmeier 18 14:12.67

#### **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 19 9:08.77

Hein 19 9:40.31

Gunn 18 9:41.56

Cronin 19 9:53.44

Iniguez-Reyes 18 10:06.01

Woidat 17 10:16.27

Nguyen 18 10:21.60

Morasch 19 10:22.19

Chao 19 10:25.25

Smith 19 10:27.46

Essl 18 10:31.46

Lekki 19 10:34.11

Lashkari 19 10:36.37

Means 19 10:43.16

Pullen 19 10:46.96

Pieper 19 10:49.19

Martin 19 10:52.98

Yabu 19 10:58.83

Driver 19 11:01.25

Pierrat 18 11:11.10

Nashan 18 11:19.57

Clare 19 11:36.98

K. Wang 19 11:43.22

Artale 18 12:34.80

#### **Girls' 100 Hurdles**

*National Record 12.84*

*School Record 15.24*

*Gold Foot 15.65*

*Varsity Letterman 17.90*

*FS Letterman 19.30*

Arnswald 19 17.43

Tabibian 19 17.72

de Paschalis 19 20.07

Kasalanati 19 20.79

Wilson 19 20.80

Subramaniam 16 21.81

Kaplan 19 21.94

Travis 17 22.51

Steinzig 19 23.83

#### **Boys' 110 Hurdles**

*National Record 13.08*

*School Record 14.84*

*Gold Foot 15.68*

*Varsity Letterman 17.50*

*FS Letterman 19.00*

Bhagwat 19 18.85

Wong 19 19.24

Garcia 19 19.49

Chung 19 20.44

Le 19 21.17

Dolge 19 23.14

Brinton 19 23.85

Parker 19 26.14

#### **Girls' 300 Hurdles**

*National Record 38.90*

*School Record 45.06*

*Gold Foot 46.50*

*Varsity Letterman 53.90*

*FS Letterman 56.50*

Tabibian 19 46.32

Arnswald 19 49.94

Wilson 19 49.64

de Paschalis 19 54.19

Kaplan 19 55.23

Guthrie 17 59.10

Subramaniam 16 60.06

Kasalanati 19 60.52

Travis 17 60.66

Steinzig 19 61.23

#### **Boys' 300 Hurdles**

*National Record 35.02*

*School Record 39.54*

*Gold Foot 40.65*

*Varsity Letterman 45.50*

*FS Letterman 48.00*

Kofman 19 45.13

Garcia 19 45.78

Wong 19 46.22

Bhagwat 19 46.74

Lee 19 49.77

Dolge 19 52.36

Chung 19 53.01

Brinton 19 55.43

Coates 19 55.56

Parker 19 59.11

#### **Girls' Long Jump**

*National Record 22-5*

*School Record 18-3*

*Gold Foot 16-11*

*Varsity Silver Letterman 14-6*

*FS Silver Letterman 13-0*

Bell 19 15-8

Cruse 19 13-9.25

Kasalanati 19 14-5

Kenderski 19 12-11

Doane 19 12-6

Szeto 18 12-3.5

Hober 17 12-0

Guthrie 17 11-9

Kaplan 19 11-7.5

Steinzig 19 10-3

#### **Boys' Long Jump**

*National Record 26-10*

*School Record 23-2*

*Gold Foot 20-11*

*Varsity Letterman 18-6*

*FS Letterman 16-6*

Fara 19 16-5.25

Garcia 18 15-6

J. Wang 19 15-3

Penney 18 13-11.25

Brinton 19 12-8.25

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 Star 30-6*

*FS Star 27-6*

Kasalanati 19 31-0.25

Wilson 19 30-6.5

Cruse 19 29-9.75

de Paschalis 19 29-7.5

#### **Boys' Triple Jump**

*National Record 54-10.25*

*School Record 47-1*

*Gold Foot 43-0*

*Varsity Letterman 38-0*

*FS Letterman 36-0*

Bhagwat 19 36-6.5

Fara 19 34-1

Penney 18 32-0

J. Wang 19 29-9.5

Brinton 19 29-9.25

Chung 19 30-6.75

Coates 19 26-5.75

#### **Girls' High Jump**

*National Record 6-6.25*

*School Record 5-6*

*Gold Foot 5-1*

*Varsity Letterman 4-6*

*FS Letterman 4-2*

Kasalanati 19 4-6

Smith 18 4-4

Bell 18 4-4

Tabibian 19 4-4

Arnswald 16 4-2

*National Record 198-9*  
*School Record 136-8*  
*Gold Foot 117-6*  
*Varsity Letterman 79-6*  
*FS Letterman 72-0*  
Matranga 19 81-9

M. Farrell 19 75-9  
Rosiak 19 75-5  
Asuncion 58-7  
Kohl 19 55-3

**Boys' Discus**  
*National Record 237-6*  
*School Record 182-8*  
*Gold Foot 148-3*  
*Varsity Letterman 106-6*  
*FS Letterman 90-0*

Moore 19 143-1  
Bell 19 135-3  
Fossen 19 109-9  
Januszewski 19 95-7  
Nashan 19 84-4

Cherayil 19 66-0  
Moe 19 59-7