

Campolindo High School
COUGAR TRACK & FIELD

2010 Golden Foot Awards

Emily Brennan

VG 800m - 2:17.4ce

Vinson Compestine

FSB 3200m - 10:06.8ce

Laura DeCrenscenzo

FSG High Jump - 4-6

Andres DelValle

VB Pole Vault - 13-6

Jack Evans

FSB High Jump - 5-8

Gaby Gryko

FSG Long Jump - 15-0

FSG High Jump - 4-8

Michael Hoffman

VB 100m - 10.9ce

VB 200m - 22.4ce

VB 1600 Relay - 3:22.5ce

Eva Isaacs

VG Shot Put - 38-7

VG Discus - 124-5

Alex Kalish

VB Pole Vault - 15-0

Matt Keeble

VB 110 Hurdles - 14.7ce

VB 300 Hurdles - 40.2

VB 1600 Relay - 3:22.5ce

VB Triple Jump - 44-4.5

Meghan Nelson

300m Hurdles - 46.5ce

Grace Orders

VG 1600m - 5:05.4ce

VG 3200m - 10:57.7ce

James Reinke

VB 1600 Relay - 3:22.5ce

Hadley Swanson

VG 400m - 59.4ce

VG Long Jump - 16-10.5

Patrick Trotter

VB 1600 Relay - 3:22.5ce

Carrie Verdon

VG 1600m - 4:56.6ce

VG 3200m - 10:42.7ce

Andrew Wang

VB 110 Hurdles - 15.2ce

Olivia Warren

VG 1600m - 5:04.9ce

Gail Wilson

FSG Pole Vault - 9-0

2010 School Records

VB Pole Vault Alex Kalish 15-0

NCS Meet of Champions, May 29, 2010

VG 3200m Carrie Verdon 10:42.7ce

Sacramento Meet of Champions, May 1, 2010

VG 3200 Relay Warren-Brennan-G. Orders-Verdon 9:26.7ce,

Mt. SAC Relays, April 16, 2010

VG 6400 Relay Warren-G. Orders-Brennan-Verdon 21:06.8ce,

Mt. SAC Relays, April 16, 2010

VG Distance Medley Relay G. Orders-Brennan-Warren-Verdon 12:20.5ce,

Stanford Invitational, March 26, 2010