

# Campolindo High School

# COUGAR TRACK & FIELD

## 2011 Personal Records

### GIRLS 100m

Swanson 11 13.09  
 Gryko 11 13.44  
 Nelson 09 13.3  
 Coffee 11 13.4  
 DeCrescenzo 11 13.66  
 Bernardo 11 13.99  
 Wong 11 14.35  
 Jayachandran 10 14.6ce  
 Rossi 11 14.83  
 Duncan 11 14.88  
 Isaksson 09 15.5ce  
 Quint 11 15.72  
 Hancock 11 15.87  
 Zhong 11 16.50

### BOYS 100m

Fadelli 11 11.32  
 Maag 11 11.57  
 Ebarle 11 11.67  
 Cucarola 11 11.87  
 Hoffman 11 11.89  
 Hughes 11 11.8  
 Wiczynski 11 12.17  
 Knox 11 12.34  
 Galindo 11 12.38  
 VanHeuit 11 12.43  
 Honda 11 12.50  
 HarlandDunaway 11 12.92  
 Goodrich 11 13.14  
 DelValle 11 13.68  
 Yanaga 11 13.92  
 Lee 11 14.97

### GIRLS 200m

Swanson 10 26.3  
 Coffee 11 27.48  
 Nelson 09 28.7ce  
 Gryko 11 28.46  
 Rossi 11 29.35  
 Wong 11 29.96  
 Duncan 11 31.04  
 Isaksson 09 31.8ce  
 Hancock 11 32.26  
 Quint 11 34.4  
 Zhong 11 35.6

### BOYS 200m

Maag 11 23.30  
 Fadelli 11 23.80  
 Hoffman 11 23.9  
 Ebarle 11 24.24  
 Cucarola 11 24.54  
 Hughes 11 24.9  
 Wiczynski 11 25.21  
 Galindo 11 25.82  
 Honda 10 25.8ce  
 VanHeuit 11 26.2  
 Knox 09 28.4  
 Yanaga 11 28.65  
 Goodrich 10 29.3ce  
 Lee 10 36.0

### GIRLS 400m

Swanson 11 59.23  
 Nelson 10 62.1ce  
 Verdon 11 62.9

Coffee 11 63.48  
 Jayachandran 11 65.01  
 Mostatabi 09 65.9ce  
 Duncan 11 66.79  
 Rossi 11 67.76  
 Wong 11 68.9  
 DeCrescenzo 11 69.06  
 S. Orders 10 70.4ce  
 Hann 11 70.53  
 Hancock 11 71.3  
 Luckebach 11 73.78  
 Zhong 11 78.68  
 Isaksson 09 79.1ce

### BOYS 400m

Maag 11 51.56  
 Ebarle 11 53.13  
 Hoffman 11 53.13  
 L. Wong 11 54.22  
 Knox 11 54.28  
 Cucarola 11 55.24  
 Hughes 11 55.29  
 Compestine 11 56.07  
 Laucher 10 56.7ce  
 Honda 11 57.33  
 Goodrich 11 57.52  
 Hathaway 11 58.43  
 Sun 11 58.47  
 VanHeuit 11 59.17  
 Galindo 10 59.4ce  
 Garcia 10 60.1ce  
 Geiger 10 60.4ce  
 Coe 11 60.42  
 Gelston 10 60.6ce  
 Panetta 11 60.70  
 Yanaga 11 61.81  
 Valverde 11 63.46  
 DelValle 11 63.95  
 Tucker 11 66.19  
 Weinberg 11 67.29  
 Gilbert 11 67.41  
 Moran 11 68.57  
 Goldbeck 10 68.9  
 Boozarpour 11 70.98

### GIRLS 400m Split

Swanson 10 59.8  
 Nelson 10 60.1  
 Verdon 10 63.2  
 Magana 11 63.5  
 Coffee 11 63.7  
 Meadows 11 64.1  
 Shipway 11 64.9  
 Jayachandran 11 65.0  
 Duncan 11 66.3  
 Mostatabi 11 66.9  
 Rossi 11 66.9  
 Wong 11 67.2  
 Ross 10 68.0  
 Bernardo 11 68.3  
 Luckenbach 11 70.8  
 Kossakowski 11 71.6  
 Hancock 11 71.8  
 Hann 11 73.0  
 S. Orders 10 74.0  
 Coe 10 74.0  
 Ross 11 75.6  
 Isaksson 10 77.8  
 Quint 11 78.7

DeCrescenzo 10 79.0  
 Zhong 11 81.9  
 Smit 11 91.9

### BOYS 400m Split

Maag 11 51.2  
 Hoffman 11 51.8  
 L. Wong 11 52.7  
 Ebarle 11 53.0  
 Knox 11 53.5  
 Joyce 11 53.8  
 Cucarola 11 53.8  
 Compestine 11 55.0  
 Joyce 11 55.3  
 Sienkiewicz 11 55.6  
 Goodrich 11 56.7  
 Hughes 11 57.0  
 Laucher 10 57.3  
 Hathaway 11 57.3  
 Geiger 11 57.5  
 VanHeuit 11 57.7  
 HarlandDunaway 11 57.9  
 Sun 11 58.1  
 Wiczynski 11 58.9  
 Galindo 11 59.4  
 Garcia 10 60.4  
 Honda 10 60.4  
 Yanaga 11 60.7  
 DelValle 10 60.8  
 Brodowy 11 60.9  
 Farvard 11 62.3  
 Gelston 09 62.6  
 Coe 10 63.0  
 Panetta 11 63.1  
 Oto 09 63.4  
 Whitley 11 64.1  
 Valverde 11 64.2  
 Goldbeck 10 64.4  
 Farvard 11 65.0  
 C. Wong 11 65.3  
 Mostaghimi 10 67.1  
 Boozarpour 11 67.4  
 Gilbert 11 68.8  
 Moran 11 69.2  
 Lee 11 72.4

### GIRLS 100 Hurdles

Nelson 11 16.44  
 Jayachandran 10 16.8ce  
 Bernardo 11 18.49  
 Magana 11 19.05  
 Quint 11 19.07  
 Isaksson 10 21.8ce  
 Zhong 11 22.73

### BOYS 110 Hurdles

Brodowy 11 17.61  
 HarlandDunaway 11 18.27  
 Sienkiewicz 11 18.93  
 DelValle 09 19.5ce  
 Knox 11 20.06  
 Whitley 11 21.25  
 Cucarola 09 22.2

### GIRLS 300 Hurdles

Nelson 11 46.48  
 Jayachandran 11 50.24

Bernardo 11 52.79  
 Magana 11 54.17  
 Quint 11 59.12  
 Isaksson 09 60.9  
 Zhong 11 61.72

### BOYS 300 Hurdles

Brodowy 11 43.94  
 Sienkiewicz 11 45.2  
 HarlandDunaway 11 46.36  
 Knox 11 46.53  
 L. Wong 09 46.5  
 DelValle 09 48.7ce  
 Cucarola 09 50.5  
 Whitley 11 51.38  
 Yanaga 11 51.2

### GIRLS 400m Relay

Nelson-Gryko-Coffee-Wong 11 51.43  
 Nelson-Coffee-Magana-Wong 11 52.54  
 Wong-Duncan-Isaksson-M. Macy 11 61.2

### BOYS 400m Relay

Ebarle-Maag-Cucarola-Fadelli 11 43.84  
 Ebarle-Maag-Cucarola-Knox 11 44.76  
 Ebarle-Maag-Cucarola-Sienkiewicz 11 46.68  
 Hughes-Hoffman-Goodrich-Wiczynski 11 47.12  
 Galindo-VanHeuit-Wiczynski-Goodrich 11 49.23  
 Yanaga-VaHueit-Goodrich-Whitley 11 51.16

### GIRLS 1600m Relay

Nelson-Coffee-Swanson-Meadows 11 4:10.78  
 Nelson-Coffee-Swanson-Magana 11 4:12.09  
 Verdon-Coffee-Shipway-Magana 11 4:18.0  
 Nelson-Coffee-Wong-Magana 11 4:30.51  
 Wong-Rossi-Duncan-Bernardo 11 4:37.1  
 Meadows-Verdon-Wong-Magana 11 4:37.1

Coffee-Shipway-Coe-McMillan 11 4:38.76  
 Duncan-Hancock-Quint-Rossi 11 4:43.43

### BOYS 1600 Relay

Ebarle-Hoffman-L. Wong-Maag 11 3:29.29  
 Ebarle-Knox-L. Wong-Maag 11 3:31.26  
 Ebarle-Cucarola-L. Wong-Maag 11 3:35.67  
 Cucarola-Ebarle-Knox-Maag 11 3:38.06  
 Cucarola-Compestine-Joyce-Maag 11 3:41.34  
 Hughes-Goodrich-Hoffman-HarlandDunaway 11 3:45.02  
 Hughes-Goodrich-Hoffman-Wiczynski 11 3:47.37  
 Cucarola-Joyce-Geiger-L. Wong 11 3:48.5  
 Hughes-Hathaway-Hoffman-HarlandDunaway 11 3:47.54  
 Hoffman-VanHeuit-Goodrich-Wiczynski 11 3:49.68

### GIRLS 800m

Verdon 11 2:17.25  
 Meadows 11 2:21.58  
 Shipway 11 2:25.8  
 Mostatabi 10 2:31.6  
 Swanson 11 2:32.94  
 S. Orders 10 2:33.8  
 Jayachandran 10 2:35.8ce  
 Duncan 11 2:36.71  
 Nelson 09 2:37.9ce  
 Gryko 11 2:38.05  
 Coffee 11 2:38.20  
 McMillan 11 2:39.29  
 Farnan 10 2:38.3ce  
 Magana 11 2:39.68  
 Kossakowski 11 2:39.80  
 Ross 11 2:39.7  
 Coe 10 2:44.1ce  
 Hann 11 2:43.66  
 Luckenbach 11 2:46.58  
 Wong 11 2:47.08  
 DeCrescenzo 11 2:49.01  
 Bernardo 11 2:50.11  
 Quint 11 2:50.25  
 Zhong 11 2:59.28  
 Isaksson 11 3:03.43  
 Smit 11 3:11.41  
 Walton 11 3:16.38  
 Harold 11 3:21.02

**BOYS 800m**

L. Wong 11 2:01.08  
 Joyce 11 2:02.11  
 Laucher 10 2:05.9  
 Compestine 10 2:06.0ce  
 Hathaway 11 2:06.65  
 Geiger 11 2:11.4  
 Knox 11 2:11.95  
 Maag 10 2:12.9ce  
 Gabrielli 10 2:13.0ce  
 Garcia 11 2:13.9  
 Brodowy 11 2:14.37  
 Sienkiewicz 11 2:15.32  
 Coe 11 2:15.80  
 Valverde 11 2:16.30  
 VanHeuit 11 2:16.43  
 Ebarle 10 2:16.5ce  
 Cucarola 2:17.14  
 Goodrich 11 2:17.31  
 Sun 11 2:19.25  
 Honda 10 2:19.3ce  
 Mostaghimi 10 2:19.8ce  
 HarlandDunaway 11 2:20.17  
 Chen 10 2:20.4  
 Hughes 11 2:21.08  
 Hoffman 11 2:21.72  
 Fong 11 2:21.84  
 Farvard 11 2:22.37  
 Yanaga 11 2:23.36  
 Panetta 11 2:23.43  
 Prescott 11 2:23.83  
 Galindo 10 2:26.1ce  
 C. Wong 10 2:27.4ce  
 Gelston 10 2:27.9ce  
 Martin 10 2:28.2ce  
 Weiczynski 11 2:28.40  
 DelValle 11 2:29.13  
 Moran 11 2:29.5  
 Gilbert 11 2:32.04  
 Oto 09 2:34.0ce  
 Weinberg 11 2:34.02  
 Tucker 11 2:34.41  
 Whitley 11 2:34.62  
 G. Brumbaugh 09 2:34.9ce  
 Goldbeck 10 2:39.0ce  
 Boozarpour 11 2:39.78  
 Lee 10 2:43.3

**GIRLS 800m Split**

Verdon 11 2:18.1  
 Meadows 11 2:26.6  
 Shipway 11 2:28.3  
 Farnan 11 2:29.3  
 Mostatabi 09 2:30.1  
 Swanson 11 2:30.4  
 McMillan 11 2:33.3  
 Jayachandran 11 2:33.4  
 Coffee 11 2:33.9  
 S. Orders 10 2:35.3  
 Nelson 09 2:36.5  
 Coe 10 2:41.4  
 Ross 10 2:40.6  
 Hann 11 2:43.7  
 Luckenbach 11 2:45.7  
 Smit 11 3:04.8  
 Decrescenzo 10 3:06.7  
 Isaksson 10 3:07.3  
 Zhong 11 3:07.8  
 Walton 11 3:13.0

**BOYS 800m Split**

Compestine 10 2:04.7  
 L. Wong 11 2:04.7  
 Laucher 11 2:05.5  
 Joyce 10 2:06.2  
 Knox 11 2:08.2  
 Geiger 10 2:09.1  
 Hathaway 10 2:11.2  
 Sun 11 2:13.2  
 Panetta 11 2:14.0  
 Coe 11 2:15.3  
 Gabrielli 10 2:15.8  
 Knox 10 2:17.2  
 Garcia 09 2:19.3

Farvard 11 2:19.3  
 Chen 10 2:19.6  
 Valverde 11 2:20.1  
 Goodrich 10 2:20.9  
 C. Wong 10 2:21.9  
 Honda 10 2:22.0  
 Fong 11 2:23.3  
 Gelston 10 2:25.3  
 Mostaghimi 11 2:26.1  
 Gilbert 11 2:27.8  
 VanHeuit 10 2:31.4  
 Tucker 11 2:32.5  
 Gabrielson 10 2:34.7  
 Oto 10 2:35.1  
 Boozarpour 11 2:40.1

**GIRLS 1200m Split**

Meadows 11 3:51.4  
 Mostatabi 08 3:54.7  
 Verdon 09 3:55.5  
 S. Orders 10 3:59.9

**BOYS 1200m Split**

Laucher 11 3:18.0  
 Hathaway 11 3:21.4  
 Compestine 10 3:25.7  
 Geiger 11 3:26.1  
 L. Wong 09 3:32.0  
 Gabrielli 10 3:37.3

**GIRLS 1600m**

Verdon 11 4:51.80  
 Meadows 11 5:01.54  
 Mostatabi 11 5:16.68  
 Farnan 11 5:18.33  
 Shipway 11 5:18.98  
 S. Orders 10 5:24.5ce  
 McMillan 11 5:42.82  
 Ross 10 5:45.0ce  
 Hann 11 5:46.79  
 Kossakowski 11 5:47.82  
 Coe 10 5:49.2  
 Luckenbach 11 5:54.58  
 DeCrescenzo 10 6:21.0ce  
 Smit 11 6:37.06  
 Walton 11 6:48.87  
 Harold 11 7:03.14

**BOYS 1600m**

Joyce 11 4:22.83  
 Laucher 10 4:26.2ce  
 Compestine 11 4:26.68  
 Geiger 11 4:36.67  
 Panetta 11 4:38.55  
 Hathaway 11 4:39.04  
 L. Wong 11 4:43.09  
 Sun 11 4:45.32  
 Coe 11 4:46.28  
 Garcia 11 4:47.01  
 Fong 11 4:51.52  
 Gabrielle 10 4:50.3ce  
 Farvard 11 4:56.09  
 Chen 11 4:56.37  
 Mostaghimi 10 5:09.5ce  
 Gilbert 11 5:10.31  
 C. Wong 11 5:11.78  
 Gelston 11 5:13.30  
 Valverde 11 5:14.92  
 Weinberg 11 5:20.85  
 Oto 10 5:21.1ce  
 Boozarpour 11 5:31.7  
 Tucker 11 5:33.64  
 Moran 11 5:47.69  
 VanHeuit 10 5:48.2ce

**GIRLS 1600m Split**

Verdon 11 4:58.9  
 G. Orders 08 5:12.7  
 Meadows 11 5:11.9  
 Farnan 11 5:21.3  
 Mostatabi 11 5:21.6  
 Shipway 11 5:29.4

S. Orders 10 5:44.5  
 Kossakowski 11 5:54.5  
 Ross 10 5:54.6  
 Hann 11 5:55.8  
 McMillan 11 5:55.8  
 Coe 10 5:59.3  
 Luckenbach 11 5:59.9  
 DeCrescenzo 10 6:42.9

**BOYS 1600m Split**

Joyce 11 4:25.0  
 Laucher 11 4:27.7  
 Compestine 11 4:30.7  
 Hathaway 11 4:38.7  
 Garcia 11 4:44.4  
 L. Wong 11 4:44.7  
 Geiger 11 4:46.5  
 Sun 11 4:47.2  
 Coe 11 4:48.9  
 Panetta 11 4:52.3  
 Gabrielli 10 4:57.8  
 Chen 10 4:58.6  
 Farvard 11 5:00.4  
 Fong 11 5:04.9  
 Gelston 11 5:10.8  
 C. Wong 11 5:11.3  
 Valverde 11 5:19.3  
 Oto 10 5:23.1  
 Weinberg 11 5:23.5  
 Moran 11 5:26.4  
 Mostaghimi 09 5:37.4  
 Tucker 11 5:37.6  
 Boozarpour 11 5:42.2

**GIRLS 3200m**

Verdon 11 10:29.76  
 Farnan 11 11:20.15  
 Meadows 11 11:25.19  
 S. Orders 10 11:27.3ce  
 Mostatabi 11 11:27.55  
 Shipway 11 11:48.95  
 McMillan 11 12:25.29  
 Coe 10 12:44.2  
 Ross 10 12:50.5ce  
 Luckenbach 11 13:03.5  
 Hann 11 13:15.47  
 Kosakowski 11 13:18.42  
 DeCrescenzo 10 14:22.6ce  
 Smit 11 14:32.22  
 Walton 11 14:56.17

**BOYS 3200m**

Joyce 11 9:18.06  
 Compestine 11 9:35.36  
 Laucher 11 9:36.74  
 Hathaway 11 9:55.80  
 Geiger 11 9:59.80  
 Garcia 11 10:03.09  
 Sun 11 10:11.06  
 Coe 10 11 10:21.59  
 L. Wong 11 10:23.14  
 Panetta 11 10:35.59  
 Fong 11 10:41.74  
 Farvard 11 10:46.87  
 Chen 10 10:50.3ce  
 Weinberg 11 10:59.06  
 Valverde 11:04.67  
 Moran 11 11:10.69  
 C. Wong 11:13.91  
 Motaghimi 10 11:14.9ce  
 Gelston 11 11:15.19  
 Gilbert 11 11:16.13  
 Gabrielli 10 11:34.2  
 Oto 10 11:37.0ce  
 Boozarpour 11 11:50.57  
 Tucker 11 12:10.54

**GIRLS Long Jump**

Swanson 11 17-6.5  
 Gryko 10 15-0  
 Jayachandran 11 14-9.25  
 Nelson 10 14-4.5  
 DeCrescenzo 11 13-8

Wong 11 12-9.5  
 Hann 11 11-5  
 Magana 11 11-3  
 Hancock 11 10-6  
 J. Macy 10 9-9  
 Coffee 10 8-11.5

**BOYS Long Jump**

Knox 11 19-0.5  
 Ebarle 10 18-8.75  
 Brodowy 11 17-10.25  
 L. Wong 10 16-11  
 Maag 10 16-5  
 G. Brumbaugh 09 16-4  
 Sienkiewicz 11 16-2.5  
 VanHeuit 11 16-2  
 Hoffman 11 16-0.5  
 Wiczynski 11 15-11.5  
 Honda 11 15-9.5  
 Yanaga 11 15-2.25  
 Cucarola 11 15-0  
 Compestine 09 14-0  
 Galindo 10 11-7  
 Sun 10 10-4  
 Farvard 10 10-1

**GIRLS Triple Jump**

Jayachandran 11 33-7  
 Magana 11 31-8.5  
 Coffee 11 28-10.5  
 Wong 11 28-8.75  
 Zhong 11 24-9.5  
 Hancock 11 16-11.5

**BOYS Triple Jump**

Brodowy 11 38-5  
 Knox 10 38-2.5  
 HarlandDunaway 11 37-7  
 Whitley 11 35-10.5  
 Ebarle 09 34-4  
 Hughes 11 31-2.5  
 Hoffman 11 30-3.25  
 Goldbeck 28-6.5  
 Galindo 10 27-5

**GIRLS High Jump**

Swanson 11 5-4  
 Jayachandran 10 4-10  
 Gryko 11 4-10  
 DeCrescenzo 10 4-6  
 Magana 11 4-6  
 S. Orders 10 4-4  
 Nelson 09 4-2  
 Wong 11 4-0  
 Hann 11 3-10

**BOYS High Jump**

Hughes 11 5-7  
 L. Wong 11 5-6  
 Brodowy 11 5-4  
 HarlandDunaway 11 5-2  
 Gelston 09 4-8  
 Sienkiewicz 11 4-8  
 Compestine 09 4-4

**GIRLS Pole Vault**

Gryko 11 9-0  
 Quint 11 8-0  
 Bernardo 11 7-6  
 Harold 11 6-0

**BOYS Pole Vault**

DelValle 10 13-6  
 Goodrich 11 10-0  
 Gabrielli 11 10-0  
 Oto 09 7-6

**GIRLS Shot Put 4k**

M. Macy 11 30-2.75  
 Pakzadan 11 28-9.5  
 DeCrescenzo 11 27-10.5  
 J. Macy 11 27-6.5  
 Mostatabi 09 25-11  
 Touhy 11 24-1.5  
 Isaksson 09 24-0.75  
 Coffee 10 23-0  
 Duncan 11 22-3.5  
 Harold 11 19-8.5  
 Ross 09 18-9  
 Daum 11 18-7  
 Farnan 09 16-7

**BOYS Shot Put 12lb**

G. Brumbaugh 11 44-6  
 Prescott 11 39-7.5  
 Martin 11 36-3  
 Greenway 11 36-1.5  
 W. Brumbaugh 33-11  
 Gabrielli 11 32-11.5  
 Rowland 11 30-7  
 Goldbeck 11 28-10.5  
 Lee 11 25-6.5

**BOYS Shot Put 10lb**

Wilson 11 39-10.5  
 G. Brumbaugh 09 41-1  
 W. Brumbaugh 11 38-4  
 Rowland 11 34-9  
 Galindo 11 34-1  
 Gabrielli 10 29-8.5  
 Goldbeck 11 28-8.75  
 Dunbar 11 28-9  
 Lee 11 27-11

**GIRLS Discus**

M. Macy 11 104-0  
 J. Macy 11 102-2  
 Pakzadan 11 82-6  
 DeCrescenzo 11 81-11  
 Touhy 10 77-2  
 Duncan 11 68-7  
 Isaksson 09 66-2  
 Daum 11 56-2  
 Farnan 09 51-7  
 Harold 11 48-11  
 Ross 09 48-0

**BOYS Discus**

G. Brumbaugh 11 133-0  
 Prescott 11 126-2  
 Martin 11 110-2  
 W. Brumbaugh 11 101-5  
 Greenway 10 97-3  
 Gabrielli 11 96-6  
 Goldbeck 11 95-10  
 Wilson 11 93-8  
 Rowland 11 80-5  
 Lee 11 70-9  
 Dunbar 11 56-1  
 Galindo 11 42-8