

Campolindo High School

COUGAR TRACK & FIELD

2016 Personal Records

100m	Williams 16 63.7h	N. Moore 16 49.7	Landry-Moran	N. Moore-Duzauzay
Williams 16 12.83	Cella 16 63.29	Movahedi 15 50.8	16 57.29	16 3:26.07
Levante 16 13.62	Sun 13 65.47	Dusauzay 16 52.1	Lee-Dewey-	Hughes-Movahedi-
Liu 15 14.03	Hughes 16 66.58	J. Lin 16 53.2	Sabey-Dusauzay	N. Moore-J. Lin
Ahearn 16 14.13	Dewey 14 66.65	Arnsden 15 54.0	16 57.68	16 3:26.73
Isola 16 14.18	Francisco 16 66.95	Capurro 15 54.2	Isola-Dewey-	N. Moore-Movahedi-
Hyatt 14 14.23	Quimby 16 67.17	Fleming 15 55.6	Landry-McCaffery	Fleming-J. Lin
N. Arnswald 16 14.37	Ahearn 15 67.43	N. Sauerberg 16 55.9	16 59.0h	16 3:34.49
Dusauzay 16 14.51	N. Arnswald 16 68.17	Gong 15 56.1	Blatt-Landry-	Movahedi-N. Moore-
Hughes 16 14.56	Moran 16 68.68	Socher 16 56.2	Szeto-Gregory	Capurro-N. Sauerberg
Moran 16 14.56	Ishida 13 68.93	Gourlin 16 56.2	16 60.44	16 3:34.68
Francisco 16 14.66	Sabey 13 69.50	Gipson 16 56.3		Capurro-Amsden-
Lee 15 14.69	Subramaniam 16 70.76	Weyland 15 56.6	400m Relay	Dusauzay-Socher
Dewey 16 14.83	McCullough 14 73.03	Yabu 16 56.6	Fleming-Hughes-	16 3:42.98
Sabey 14 15.03	Gregory 16 73.99	Semenza 15 57.6	Movahedi-Dusauzay	Socher-N. Sauerberg-
McCaffery 15 15.19	Szeto 16 74.30	Landry 15 57.6	16 44.22	McCauliffe-Boozarpour
Subramaniam 16 15.24	Dusauzay 16 75.86	Visht 16 57.7	Fleming-Hughes-	16 3:58.2h
Tucker 16 15.3h	Blatt 16 80.17	Lothamer 16 58.2	Movahedi-Capurro	
Quimby 16 15.36		Sams 15 58.3	16 45.20	800m
Szeto 16 15.62		Baliwag 15 58.9	Fleming-Amsden-	Cella 16 2:12.12
	400m	E. Sauerberg 16 58.9	Weyland-Movahedi	Sun 16 2:19.99
	Hughes 16 49.49	Diaz 16 59.1	16 46.12	Ruane 16 2:28.6h
	Movahedi 16 51.23	Boozarpour 16 59.7	Fleming-Amsden-	Chao 16 2:29.5h
	N. Moore 14 51.31	A. Lin 14 59.9	Capurro-Lothamer	J. Arnswald 16 2:32.17
	Dusauzay 16 54.65	Flett 16 60.1	16 46.64	Hyatt 15 2:35.01
	Capurro 15 55.02	Haresco 14 61.3	Fleming-Amsden-	Ishida 15 2:35.67
	Amsden 14 55.41	Nykodym 16 61.4	Weyland-Capurro	Overell 16 2:37.26
	Visht 16 56.56	McAuliffe 16 61.7	16 47.04	Shipway 15 2:38.92
	Weyland 15 56.74	E. Buckley 16 61.3	Dusauzay-Visht-	Levante 16 2:40.67
	Fleming 15 57.70	Steingrube 14 62.0	Socher-Gipson	Settle 14 2:40.77
	Landry 15 59.40	L. Moore 16 62.0	16 47.70	Foxworthy 15 2:40.82
	J. Lin 15 59.7h	Woidat 16 62.3	Visht-Socher-	Williams 15 2:41.73
	Protzen 16 60.46	Lee 16 62.4	Amsden-Protzen	Hilton 16 2:42.2h
	N. Sauerberg 13 60.48	Iniguez-Reyes 16 63.2	16 49.3h	Ahearn 15 2:43.25
	Lee 16 61.33	Tseng 16 63.7	Visht-Nykodym-	D'Iorio 16 2:44.06
	Geurrero 14 61.88	Geurrero 14 64.1	Lothamer-Protzen	McCullough 14 2:45.25
		Garvey 16 64.9	16 49.61	Lew 16 2:45.31
	400m Split	Strong 14 66.1	Fleming-Lothamer-	Quimby 16 2:45.77
	Hyatt 15 59.9	Chen 16 66.5	Lee-Eliazer	Foerst 16 2:47.34
	J. Arnswald 16 60.2	Protzen 15 67.0	16 52.0h	Garcia 15 2:48.71
	Williams 16 60.4	Essl 16 68.8		Lee 14 2:48.75
	Cella 16 61.4	Bishop 14 69.0	1600m Relay	Liu 15 2:48.84
	Hyatt 14 28.79	Kimball 15 70.3	J. Arnswald-Cella-	Hughes 15 2:49.80
	Dewey 14 28.97	W. Buckley 15 71.8	Hyatt-Williams	Gregory 16 2:50.72
	Liu 15 29.03	Strother 16 71.9	16 4:04.93	Terrien 16 2:50.73
	Ahearn 15 30.15		Williams-Cella-	N. Arnswald 16 2:50.82
	N. Arnswald 16 30.1h	400m Relay	Sun-J. Arnswald	Sabey 14 2:53.70
	Francisco 16 30.14	Lee-Williams-	16 4:14.86	McCaffery 14 2:54.70
	Hughes 16 30.28	Hyatt-J. Arnswald	Cella-J. Arnswald-	Dewey 13 2:55.66
	Moran 16 31.14	16 50.68	Ahearn-Chao	Isola 15 2:56.05
	Foerst 16 31.2h	Levante-Williams-	16 4:17.09	Chen 16 2:56.98
	Dusauzay 16 31.43	Hyatt-J. Arnswald	J. Arnswald-Cella-	Moran 16 2:57.09
	Subramaniam 16 31.54	16 51.53	Ahearn-Lee	Riegelhuth 16 2:57.19
	Landry 16 32.35	Lee-Williams-	16 4:21.96	Subramaniam 16 3:00.03
	Szeto 16 33.25	Hyatt-Levante	N. Arnswald-Hughes-	Jiang 15 3:03.27
	Hom 16 37.34	16 51.82	Marifren-Quimby	Szeto 16 3:05.93
		Hyatt-Williams-	16 4:31.17	Farrell 16 3:14.35
	200m	Ahern-J. Arnswald	N. Arnswald-Hughes-	Hom 16 3:14.40
	Hughes 16 21.97	16 52.42	Francisco-Moran	Jia 15 3:15.80
	Movahedi 16 23.80	Lee-Williams-	16 4:34.10	Tucker 16 3:36.22
	Dusauzay 16 24.19	Ahearn-J. Arnswald	N. Arnswald-Shipway-	Brown 16 3:36.99
	N. Moore 14 24.33	16 52.73	Moran-Chao	
	Amsden 15 24.75	Levante-Isola-	16 4:38.5h	800m
	Fleming 16 25.01	Hughes-Francisco	N. Arnswald-Hughes-	N. Moore 16 1:54.49
	Lothamer 16 25.39	16 54.79	Landry-Levante	Semenza 16 2:01.79
	Nykodym 16 26.07	Liu-Isola-	16 4:43.79	Yabu 16 2:05.29
	Visht 16 26.15	Hughes-Francisco	Levante-Hilton-	Gong 16 2:06.40
	J. Lin 15 26.31	16 55.83	Quimby-Ruane	N. Sauerberg 15 2:06.77
	Geurrero 14 26.86	Francisco-Levante-	16 4:44.4h	Hughes 16 2:08.25
	Landry 14 28.02	Landry-Liu	1600 Relay	Flett 16 2:09.1h
	Lee 15 29.05	16 56.39	Movahedi-N. Moore-	Sams 16 2:09.23
	Eliazer 16 31.7h	Levante-Quimby-	Dusauzay-Hughes	Movahedi 16 2:10.78
		Francisco-Liu	16 3:23.13	Baliwag 16 2:11.54
	400m	16 56.60	Hughes-Movahedi-	Gourlin 16 2:11.86
	Hyatt 15 60.07	Levante-Quimby-		Diaz 16 2:11.90
	J. Arnswald 15 62.66			
		400m Split		
		Hughes 15 49.0		

Capurro 16 2:13.86
Amsden 15 2:15.37
Iniguez-Reyes 16 2:16.44
J. Lin 16 2:16.50
McAuliffe 16 2:16.6h
Strong 16 2:17.61
Dusauzay 16 2:17.90
Gipson 16 2:18.72
Boozarpour 16 2:18.8h
Woidat 16 2:18.59
A. Lin 15 2:19.02
E. Buckley 16 2:19.32
E. Sauerberg 16 2:19.87
Lee 16 2:20.42
Bishop 16 2:23.16
Fleming 14 2:23.64
Haresco 14 2:25.18
Steingrube 16 2:25.37
Landry 15 2:26.10
Riedel 16 2:26.82
He 16 2:28.28
Socher 14 2:28.82
Garvey 16 2:29.75
Visht 15 2:29.79
Essl 16 2:30.67
Geurrero 15 2:30.76
Kimball 16 2:31.78
W. Buckley 14 2:32.33
L. Moore 16 2:32.92
Meneses 16 2:38.52
Eliazer 16 2:43.19
Marinier 15 2:47.60
Shieh 16 2:49.69

800m Split

Cella 16 2:22.2
Ruane 16 2:23.7
Sun 16 2:24.6
Ishida 15 2:28.3
Chao 15 2:29.6
J. Arnswald 16 2:33.8
Shipway 16 2:41.3
Hilton 15 2:42.0
Foxworthy 15 2:42.6
Ahearn 16 2:44.8
Hyatt 15 2:46.1
Levante 16 2:49.4
Garcia 15 2:50.1
Settle 16 2:50.2
D'lorio 16 2:51.9
Dewey 13 2:52.7
Lew 16 2:54.1
Riegelhuth 16 2:54.4
Moran 16 2:56.4
McCullough 16 2:57.1

800m Split

N. Moore 16 1:57.3
Semenza 16 2:02.8
Gong 16 2:03.4
Yabu 16 2:04.0
N. Sauerberg 15 2:06.3
Diaz 15 2:08.3
Flett 16 2:13.4
Hughes 14 2:12.0
Baliwag 15 2:12.9
McAuliffe 16 2:17.4
Strong 16 2:18.5
Gourlin 15 2:18.3
Boozarpour 15 2:19.9
A. Lin 16 2:19.9
Tseng 16 2:21.2
Woidat 16 2:22.3
Sams 15 2:23.0
Movahedi 16 2:24.0
Chen 16 2:24.3
He 16 2:26.1
Steingrube 16 2:26.2
Strong 16 2:28.8
E. Sauerberg 15 2:30.3
Ahn 16 2:30.5
Bishop 15 2:31.1
Steingrube 16 2:32.5
Essl 16 2:35.8
Marinier 16 2:36.0
W. Buckley 15 2:37.7
Meneses 16 2:40.0

1200m Split

Ruane 16 3:48.0
Sun 15 3:51.7
Chao 16 4:01.0
Ishida 15 4:14.6
Foxworthy 16 4:26.6

1200m Split

Semenza 16 3:15.8
N. Sauerberg 15 3:19.6
Yabu 15 3:20.0
Diaz 15 3:27.4
Flett 16 3:28.6
Sams 16 3:36.4
McAuliffe 15 3:40.0
Boozarpour 16 3:43.0
E. Sauerberg 15 3:43.9
A. Lin 16 3:48.5

1600m

Sun 16 5:03.53
Chao 16 5:06.84
Ruane 16 5:07.74
Cella 16 5:12.33
Ishida 15 5:33.84
Hilton 16 5:35.07
Overell 16 5:40.44
Foxworthy 15 5:44.18
Shipway 14 5:49.71
Garcia 15 5:54.71
Settle 14 5:56.84
Riegelhuth 16 5:52.38
Lew 16 6:09.88
McCullough 14 6:17.70
D'lorio 16 6:18.84
Foerst 16 6:19.74

1600m

Yabu 15 4:29.56
N. Moore 16 4:31.09
Semenza 16 4:31.33
N. Sauerberg 15 4:31.72
Diaz 16 4:35.43
Gong 16 4:37.38
Flett 16 4:43.52
Baliwag 15 4:44.15
Gourlin 16 4:45.05
E. Sauerberg 16 4:46.36
Iniguez-Reyes 16 4:48.61
Sams 16 4:49.59
McAuliffe 16 4:49.82
E. Buckley 16 4:55.78
Strong 16 4:58.39
Boozarpour 16 4:59.23
Woidat 16 5:00.8h
Tseng 16 5:03.61
Hoover 16 5:04.98
Chen 16 5:07.14
A. Lin 16 5:07.78
Bishop 16 5:14.89
Steingrube 14 5:17.82
Socher 14 5:20.34
W. Buckley 15 5:24.86
Riedel 16 5:28.44
J. Lin 14 5:32.21
Ahn 16 5:36.77
He 16 5:36.81
Essl 16 5:37.60
Meneses 16 5:43.66
Marinier 16 5:56.47
Eliazer 16 6:13.17

1600m Split

Sun 16 5:04.0
Ruane 15 5:17.0
Cella 14 5:19.5
Chao 16 5:27.2
Shipway 16 5:51.6
Hilton 16 5:49.2
Foxworthy 15 5:49.3
Ishida 16 5:51.1
Garcia 16 6:04.0
Riegelhuth 16 6:05.7
Lew 16 6:15.2
Settle 16 6:23.9
D'lorio 16 6:26.4
McCullough 13 6:55.7

1600m Split

Yabu 16 4:26.4
Semenza 15 4:34.0
N. Sauerberg 16 4:39.1
Diaz 16 4:46.1
Semenza 15 4:49.0
Flett 15 4:51.4
E. Buckley 16 4:52.5
Gong 15 4:55.3
Sams 16 4:55.7
Gourlin 16 4:56.0
Baliwag 16 4:57.0
McAuliffe 16 4:57.0
Hoover 16 4:58.5
Iniguez-Reyes 16 5:02.3
Woidat 16 5:05.3
Chen 16 5:05.3
Tseng 16 5:05.5
A. Lin 16 5:05.6
Strong 16 5:10.9
Bishop 16 5:14.2
E. Sauerberg 16 5:17.3
Steingrube 15 5:25.4
Ahn 16 5:27.8
W. Buckley 16 5:52.3

3200m

Ruane 16 10:59.12
Sun 15 10:59.83
Chao 16 11:26.27
Hilton 16 12:10.76
Ishida 15 12:13.49
Shipway 16 12:25.42
Garcia 16 12:34.30
Overell 16 12:39.14
Foxworthy 15 12:43.81
Settle 14 13:07.90
Lew 16 13:53.5h
Foerst 16 13:36.77
McCullough 14 14:00.19
D'lorio 16 14:04.44

3200m

Yabu 15 9:29.91
Semenza 16 9:31.61
Diaz 16 9:32.04
N. Sauerberg 16 9:33.21
Gong 16 9:49.27
McAuliffe 16 9:56.84
Baliwag 16 10:05.51
E. Buckley 16 10:17.14
Flett 15 10:24.54
Iniguez-Reyes 10:25.20
E. Sauerberg 16 10:28.93
Woidat 16 10:36.42
Sams 16 10:38.32
Boozarpour 16 10:39.79
Gourlin 16 10:42.22
Tseng 16 10:44.00
Chen 16 10:58.19
Hoover 16 11:04.26
Strong 16 11:15.13
Bishop 14 11:18.66
W. Buckley 15 11:21.61
A. Lin 16 11:23.16
Steingrube 14 11:25.26
Socher 14 11:31.52
He 16 11:41.42
Ahn 16 12:04.40
J. Lin 14 12:32.53
Marinier 15 12:37.55
Essl 16 12:37.58
Meneses 16 12:44.04
Lee 14 13:00.53

100 Hurdles

Lee 16 18.21
J. Arnswald 15 18.51
Hyatt 16 18.69
Sabey 15 18.84
N. Arnswald 16 19.82
Moran 16 20.18
Ishida 13 20.96
Subramaniam 16 21.81
Terrien 16 22.23
Dewey 13 26.28

110 Hurdles

Socher 16 17.27

J. Lin 16 17.75
Capurro 15 18.92
Landry 15 18.97
Gipson 15 19.29
Movahedi 14 20.43
Nykodym 16 20.50

300 Hurdles

J. Arnswald 16 46.68
Hyatt 15 49.68
Lee 15 52.98
N. Arnswald 16 53.92
Ishida 13 55.46
Moran 16 56.04
Sabey 15 56.57
Terrien 16 56.72
Subramaniam 16 60.06
Dewey 13 69.35

300 Hurdles

J. Lin 16 42.45
Capurro 16 44.33
Socher 16 44.44
Gipson 15 45.93
Landry 16 46.11
Movahedi 14 46.23
Baier 15 47.03
Nykodym 16 49.11

Long Jump

Williams 15 15-8
Lee 15 14-6.75
Isola 16 14-6
Liu 15 13-7.75
Chen 16 13-6
Cella 13 13-5.25
Landry 16 13-2
Ahearn 16 13-0
Jiang 16 12-9
Sabey 16 11-10
Tucker 16 11-9
Ishida 13 10-10
Gregory 16 10-4
Szeto 16 9-11.25

Long Jump

Weyland 16 20-0.25
Fleming 16 18-11
N. Moore 14 18-6
Dusauzay 16 18-2.5
Nykodym 16 17-10.25
Hughes 13 15-10
Lee 16 15-10
Amsden 14 15-5.5
Kimball 16 15-1.5
N. Sauerberg 13 15-1.25
Geurrero 14 12-9.25

Triple Jump

Williams 15 33-5
Lee 16 33-1
Chen 16 32-11
Ahearn 15 30-3
Liu 16 27-10.5
Isola 15 24-2.25

Triple Jump

Lothamer 16 40-0
Weyland 16 38-1
Visht 15 35-7
Capurro 16 35-0.5
Lee 16 33-0.5
Nykodym 16 32-2.75
Amsden 13 30-3.25

High Jump

J. Arnswald 14 4-10
Chen 16 4-9
Hyatt 14 4-6
Landry 16 4-6
Tucker 15 4-2
N. Arnswald 16 4-2
Hughes 15 3-6

High Jump

J. Lin 14 5-7
Hughes 13 5-6
Gipson 16 5-6
Lothamer 16 5-2

Gong 14 5-0
Flett 16 5-0
N. Sauerberg 13 4-10
Lee 14 4-10
E. Sauerberg 15 4-10
Visht 15 4-8

Pole Vault

Ahearn 16 9-5
McCaffery 15 8-6
West 16 8-6
Isola 16 7-6
Francisco 16 7-6
Lavante 16 7-0
Sabey 13 6-0
Dewey 15 6-6
Quimby 16 6-6
Moran 16 6-6
Williams 14 5-6

Pole Vault

Movahedi 15 12-0
Amsden 15 11-6
Visht 16 11-6
Weyland 16 11-0
Landry 16 10-7
Protzen 16 9-6
Capurro 14 8-6
Nykodym 16 8-0
Gipson 15 5-6

Shot Put 4k

Brown 16 28-0.5
Hallihan 16 25-7.5
Tucker 15 25-1.5
Khan 16 24-5
Jia 16 24-4
Chen 16 21-5
Matranga 16 20-7
Farrell 16 19-10
McCaffery 14 19-4
Langstaff 16 19-1
Jiang 16 18-3

Shot Put 10lb

Allen 16 48-9.5
Kimball 16 37-6
L. Moore 16 36-10.75
Geurrero 15 34-11.5
Haresco 14 35-5
Strong 15 29-6
Capurro 15 28-3.75
Garvey 14 25-1.75
Shieh 16 16-8

Shot Put 12lb

Strother 16 50-3.5
Allen 16 41-1.5
Haresco 16 36-1
L. Moore 16 35-8
Geurrero 15 34-5
Garvey 16 30-7
Kimball 16 29-2

Discus

Brown 16 99-6
Tucker 16 80-10
Khan 16 83-5
Chen 16 80-3
Jia 16 73-2
Matranga 16 70-11
Hallihan 16 70-8
Langstaff 16 67-9
Jiang 16 60-0
Farrell 16 52-7
McCaffery 14 51-7

Discus

L. Moore 16 121-7
Haresco 16 112-8
Garvey 16 112-4
Kimball 16 100-3
Geurrero 15 88-7
Strother 16 87-1
Allen 16 83-0
Strong 15 78-2
Shieh 16 39-3