

LOS ALTOS HIGH SCHOOL TRACK AND FIELD RECORDS

Boy's Record Holders

Event	Mark	Name	Year	Comments
100 yd	9.6	Brad Lyman	1968	
100 m	11.13F	Dana McDaniel	2006	Vs. Los Gatos (1 st)
200 m	21.40	Brad Lyman Doug Hill	1968 1974	
400 m	46.94	Rick Brown	1970	440 yd handtime of 47.1 at CCS Finals (1 st) per CCS All Time Marks this converts to 46.96
800	1:50:10f	Rick Brown	1970	880 yd 1:50.6 at CCS (1 st) and State (1 st) handtimes
1600	4:15:65f 4:11.47f	David Boore Robin Ruble*	1960	Mile 4:17.0 hand Angell Field Allcommer Meet Feb/Mar Mile 4:12.8 hand Angell Field AllComer Meet June
3200	8:59.99f	Jeff Curran	1974	2 mile 9:03.0 Postal (2 nd) handtime
110H	13.84F (w2.3) 13.95F	Eric Hersey Eric Hersey	2007	State Finals (5 th) State Trials (heat 1, 2 nd)
300H	37.67F	Eric Hersey	2007	CCS Finals (1 st)
4x100	42.10		1972	Yards/Meters/FAT?
4x400	3:14.60f	Bob Thompson, Rick Brown Larry Davis, Jim Andrew	1970	Mile Relay, State (1 st) 3:15.6
HJ	6'10.25	Darren Marble	1998	North Subsection (1 st)
PV	15'0	Todd Arnett	1986	CCS Finals (3 rd)
LJ	24'2.5 23'11	Jeff Nord Jeff Nord	1995 1995	Verified - TFN CCS Finals (1 st)
TJ	48'7.5 49'10	Denny Rogers Dan Nord	1996 1995	Verified legal per TFN, #2 wind-aided per TFN
SP	62'9.25 61'11.5	Chris Adams Chris Adams	1970 1970	Dual Meet vs Buchser (1 st) State (3 rd)
Disc	204'05 201'03	Scott Overton Chris Adams	1972 1970	SCVAL Finals (1 st) Sloped field (best legal 200.01) State (1 st)

Girl's Record Holders

Event	Mark	Name	Year	Comments
100	12.10F (w 3.6) 12.29F	Martina Mickos Alyssa Biondi	2008 2007	CCS Trials (3 rd) Great Western Invite (1 st)
200	25.10 25.09F (w2.7) 25.38F (w.04)	Kate Brew Martina Mickos Martina Mickos	1983 2007 2008	Not sure yards/meters/hand time? CCS Trials (6 th) CCS Trials (1 st)
400	56.71F	Bria nelson	2005	CCS (2 nd)
800	2:11.74f	Kerry Brogan	1980	2:11.6 hand meters
1600	4:51.24f	Vicky Bray	1977	4:52.8 hand at State (2 nd)
3200	10:42.59f	Kerry Brogan	1978	10:46.2 2 miles hand
100H	14.77F	Allie Miller	2004	CCS Finals (1 st)
300H	44.17F	Allie Miller	2004	CCS Finals (1 st)
4x100	47.86F	Kirsten Rowsey, Alyssa Biondi, Martina Mickos, Bria Nelson	2007	CCS Trials (2 nd)
4x400	3:58.67F	Kirsten Rowsey, Alyssa Biondi, Martina Mickos, Bria Nelson	2007	Ccs Finals (5 th)
HJ	5'9.25	Allie Miller Allie Miller	2003 2004	CCS (1 st) State (1 st)
PV	11'6	Diamara Planell	2010	Golden West
LJ	18'5	Hillary Bray	1982	Reg 2 (2 nd)
TJ	38'3.75 (nwi) 37'05	Kristi Paaso Allie Miller	1989 2004	SCVAL Finals (1 st) CCS Trials (4 th)
SP	44'02 43'07	Melinda Beckenhauer Melinda Beckenhauer	1985 1984	Not verified State (3 rd) per TFN
Disc	137'01	Joy De Amero	1996	CAL (1 st)

Notes:

- * - Robin Ruble ran his 4:12.8 at a meet shortly after graduating in 1960.
- 1985 – changed from yards to meters
- "F" after a time means that it is fully automatic
- "f" after a time means that it has been converted to a fully automatic time
- "W" after a time indicates wind speed, if available. Legal wind is 2.0 meters/second or less
- TFN – Track and Field News – "the Bible of the Sport since 1948" – www.trackandfieldnews.com
- As of 3/20/2011