



**CENTRAL COAST SECTION**  
**2022 Track & Field Championships**  
**Gilroy High School**  
**Saturday, May 21, 2022**



<b>Meet Schedule</b>				
<b>RUNNING EVENTS</b>			<b>FIELD EVENTS</b>	
<b>Time</b>	<b>Gender</b>	<b>EVENT</b>	<b>Time</b>	<b>EVENT</b>
5:00	Girls	4x100 M Relay	3:00	Girls Pole Vault
5:10	Boys			
5:20	Girls	1600 M	3:05	Girls Discus
5:30	Boys			
5:45	Girls	100/110 M Hurdles	3:10	Boys Long Jump
5:55	Boys			
6:05	Para/Am	400 M	3:15	Girls Long Jump
6:10	Girls			
6:15	Boys			
6:25	Girls	100 M	3:20	Boys Shot Put
6:30	Boys		4:20	Wheelchair Shot Put
6:35	Para/Am.		4:30	Para/Am. Shot Put
6:40	Girls	800 M	3:25	Girls High Jump
6:50	Boys			
7:00	Girls	300 M Hurdles	5:30	Boys Pole Vault
7:10	Boys			
7:20	Girls	200 M	5:35	Boys Discus
7:25	Boys			
7:30	Para/Am			
7:35	Girls	3200 M	5:40	Boys High Jump
7:55	Boys			
8:15	Girls	4x400 M Relay	5:40	Girls Triple Jump
8:25	Boys			
<b>IMPLEMENT CERTIFICATION</b> 2:00-3:30 & 4:35-5:45			5:45	Boys Triple Jump
			5:55	Girls Shot Put

<b>State Meet Qualifying</b>		
The Top 3 finishers in each event advance automatically to the CIF State Meet. Additional at-large qualifiers will advance if the CIF At-Large Standard is achieved in an event at the CCS Finals		
<b>CIF At-Large Standards</b>		
	Boys:	Girls:
100	10.68	11.90
200	21.73	24.28
400	48.57	55.67
800	1:54.52	2:12.72
1600	4:14.91	4:52.84
3200	9:07.26	10:29.11
100/110H	14.25	14.28
300H	38.22	43.96
4x100R	41.88	47.74
4x400R	3:18.60	3:51.56
LJ	22-07	18-06
TJ	46-01	39-02
HJ	6-06	5-05
PV	14-11	12-03
Shot Put	56-04	42-0
Discus	171-0	144-05

<b>Central Coast Section Track &amp; Field Meet Records</b>		
<b>Event</b>	<b>Boys</b>	<b>Girls</b>
4 x 100 Relay	Bellarmine (Devon Buenrostro, Kyle Macauley, Troy Martig, Earvin DaSilva), 41.37, 2016	Mt. Pleasant (Vashti Thomas, Jeneba Tarmoh, Marshay Brown, Diedre Pettigru), 46.55, 2006
1600 M	Nolan Topper, Bellarmine, 4:07.97, 2020	Anna Maxwell, 4:42.57, San Lorenzo Valley, 2013
110HH/100HH	Arend Watkins, 13.84c, Silver Creek, 1997	Vashti Thomas, 13.52, Mt. Pleasant, 2008
400 M	Calvin Harrison, 46.23, North Salinas, 1993	Leslie Maxie, 53.92, Mills, 1982
100 M	Tony Miller, 10.41, Archbishop Riordan, 1987	Khrystal Carter, 11.57, Valley Christian, 2005
800 M	Rick Brown, 1:50.7, Los Altos, 1970	Alicia Follmar, 2:07.79, Saratoga, 2005
300 IH/300LH	John Montgomery, 36.60, Independence, 1988	Leslie Maxie, 41.15c, Mills, 1984
200 M	Rubin Williams, 20.84, Valley Christian-SJ, 2002	Khrystal Carter, 23.69, Valley Christian, 2005
3200 M	Gordon MacMitchell, 8:58.7c, Gunn, 1973	Cory Shubert, 10:09.5, Del Mar, 1983
4 x 400 Relay	Los Altos (Bob Thompson, Larry Davis, Jim Andrews, Rick Brown), 3:15.8, 1970	Piedmont Hills (Timarya Baynard, Ellisa Bryant, Alexandra Diaz, Bianca Bryant), 3:48.98, 2012
Long Jump	Johnny Cleveland, 25'0, Soquel, 1984	Tisha Ponder, 20'06, Del Mar, 1996
Triple Jump	Harold Rucker, 50'11.5, Silver Creek, 1986	Vashti Thomas, 43'01.5, Mt. Pleasant, 2008
High Jump	Jeff Rogers, 7'3, Overfelt, 1985	Jenna Grimaldi, 6'0, St. Ignatius, 2001 Wendy Brown, 6'0, Woodside, 1984
Pole Vault	Nico Weiler, 17'06.25, Los Gatos, 2007	Erika Malaspina, 13'9, Pacific Collegiate, 2016
Discus	Nik Kay, 204'10, Los Gatos, 2003	Elena Bruckner, 168'8, Valley Christian, 2016
Shotput	Steve Wilhelm, 63' 8.5, Fremont, 1967	Elena Bruckner, 53'8.25, Valley Christian, 2016