

# LOS ALTOS HIGH SCHOOL TRACK AND FIELD RECORDS

As of 5/28/2019

## Girl Record Holders

Event	Mark	Name	Year	Comments
100	12.29F 12.30F	Alyssa Biondi Martina Mickos	2008	Ran at Golden West not during track season so technically not valid. Martina Mickos ran 12.30 at CCS Finals 2008.
200	25.38F	Martina Mickos	2008	SCVAL Finals 2008
400	56.34f	Kate Brew	1983	56.2 hand time, NorCal Finals
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 <sup>nd</sup> )
3200	10:42.59f	Kerry Brogan	1978	10:46.2 2 miles hand
100H	14.77F	Allie Miller	2004	CCS Finals (1 <sup>st</sup> )
<b>300H</b>	<b>44.09F</b>	<b>Thea Möllerstedt</b>	<b>2019</b>	<b>CIF State Meet Prelims (9<sup>th</sup>)</b>
4x100	47.86F	Kirsten Rowsey, Alyssa Biondi, Martina Mickos, Bria Nelson	2007	CCS Trials (2 <sup>nd</sup> )
<b>4x400</b>	<b>3:52.47F</b>	<b>Jessie Bourgan (59.1)</b> <b>Jessie Carlson (58.9)</b> <b>Thea Möllerstedt (58.2)</b> <b>Anna Zaeske (56.3)</b>	<b>2019</b>	<b>CIF State Meet Prelims (10<sup>th</sup>)</b>
DMR	12:33.62	Britt DeVisser, Anneliese Gallagher, Katie Klein, Lauren Jacob	2014	Dublin Distance Fiesta, 2 <sup>nd</sup> place
4x1600	21:52.53	Lauren Jacob, Britt DeVisser, Annli Tico, Anneliese Gallagher	2014	Arcadia Invite, 16th place Seeded Section
4x800	9:36.78	Anneliese Gallagher, Lauren Jacob, Britt DeVisser, Annli Tico	2014	Stanford Invite, 6th place
4x200	1:42.90	Alyssa Biondi, Bria Nelson, Kristen Rowsey, Martina Mickos	2007	Arcadia Invite, 1st place Rated Section
SMR	4:22.22	Ivy Gates, Grace Lo, Kalyn Nakano, Serina Rye	2009	Arcadia Invite, 6th place Rated Section
Postal 5x3200	58:49.25	Lauren Jacob, Katia Gibson, Katie Klein, Britt DeVisser, Annli Tico	2014	Lauren Jacob 10:45.99, Katia Gibson 11:48.90, Katie Klein, 11:59.73, Britt DeVisser 12:05.50, Annli Tico 12:09.13
HJ	5'9.25	Allie Miller Allie Miller	2003 2004	CCS (1 <sup>st</sup> ) CIF State Meet (1 <sup>st</sup> )
PV	11'6	Diamara Planell	2010	Golden West
LJ	18'5	Hillary Bray	1982	Reg 2 (2 <sup>nd</sup> )
TJ	38'5.75	Catherine Li	2012	Vs. Gunn, 4/16/12
SP	43'07	Melinda Beckenhauer	1984	CIF State Meet (3 <sup>rd</sup> ) per TFN
Disc	137'01	Joy De Amero	1996	CAL (1 <sup>st</sup> )

### Notes:

- 1985 – changed from yards to meters
- "F" after a time means that it is fully automatic
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- Wind aided times are not included.

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## Boy Record Holders

Event	Mark	Name	Year	Comments
100 yd	9.6	Brad Lyman	1968	
<b>100</b>	<b>10.94F</b>	<b>Kenneth Hamel</b> <b>Weston Fairey</b>	<b>2016</b> <b>2019</b>	<b>SCVAL Finals (3<sup>rd</sup>)</b> <b>CCS Top 8 Classic</b>
200	21.62f	Brad Lyman Doug Hill*	1968 1974	220 yard hand time of 21.5 converts to 21.62 200 meters FAT. *Hill's time was extrapolated down from a "full turn" 220 started from the 50 yard line (no longer run).
400	46.96f	Rick Brown	1970	440 yard hand time of 47.1 at CCS Finals (1 <sup>st</sup> ) per CCS All Time Marks converts to 46.96 400 meters FAT.
800	1:50:10f	Rick Brown	1970	880 yard 1:50.6 at CCS (1 <sup>st</sup> ) and State (1 <sup>st</sup> ) hand times converts to 1:50.10 800 meters FAT.
1600	4:15:65f	David Boore	1960	Mile 4:17.0 hand time Angell Field All Comer Meet Feb/Mar.
3200	8:59.99f	Jeff Curran	1974	2 mile 9:03.0 Postal (2 <sup>nd</sup> ) hand time
110H	13.95F	Eric Hersey	2007	State Trials (heat 1, 2 <sup>nd</sup> )
300H	37.67F	Eric Hersey	2007	CCS Finals (1 <sup>st</sup> )
4x100	42.19f	Dennis Kimball, Mike Sanford, Dave Jakle, Doug Hill	1973	440 yard hand time of 42.3 at CCS Finals (1 <sup>st</sup> ) converts to 42.19.
4x400	3:14.60f	Bob Thompson, Rick Brown Larry Davis, Jim Andrew	1970	Mile Relay, State (1 <sup>st</sup> ) 3:15.6
DMR	10:18.04f	Robin Ruble, Ron Potter, Chris Miller, Dave Boore	1960	El Cerrito Relays, 10:21.5 hand time in yards, 1st place
4x1600	17:59.78F	Austin Bowie, Terence Rabuzzi, Dane Kreisman, Josh Cohen	2012	Mt. Sac Relays, 10th place Invitational Section
4x800	7:55.03f	Rick Brown, Larry Davis, Kurt Gruen, Dan Slavin	1970	Carlmont Invite, 7:57.8 hand time in yards, 2nd place
4x200	1:28.63f	Walt Lamb, Tom Thomas, Dave Wohler, Bill Frost	1962	1:29.0 hand time in yards, NCS Championships 3rd place
SMR	3:37.87F	Will Scheetz, Francis Hacket, Kelly McConnell, Kevin Anawalt	2014	Arcadia Invite, 6th place seeded section
Postal 5x3200	48:58.61f	Brian Allen, Kirk Johnson Rick Brown, Jim McCarth, Jody Wilder	1968	1968 Postal Nationals, 9 <sup>th</sup> place, converted from 5x2mile hand timed. Brian Allen 9:42, Kirk Johnson 9:43, Rick Brown 9:47 Jim McCarth 9:59, Jody Wilder 10:04
HJ	6'10.25	Darren Marble	1998	North Subsection (1 <sup>st</sup> )
PV	15'0	Todd Arnett	1986	CCS Finals (3 <sup>rd</sup> )
LJ	24'5.0	Denny Rogers	1965	Verified - TFN
TJ	48'7.5	Denny Rogers	1966	Verified legal per TFN, #2
SP	62'9.25	Chris Adams	1970	Dual Meet vs Buchser (1 <sup>st</sup> )
Disc	201'03	Chris Adams	1970	State (1 <sup>st</sup> )

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# LOS ALTOS HIGH SCHOOL CROSS COUNTRY RECORDS

## Girl Record Holders

Location	Time Record	Year	Individual Record	Team Time Record	Year	Team Record Members
Crystal Springs	17:20	2013	Lauren Jacob	1:37.22 (19:28 top 5 average)	2013	Lauren Jacob 17:20 Katie Klein 19:16 Kristen Adams 20:03 Tatiana Gibson 20:17 Britt DeVisser 20:26 Wendy Wu 20:38 Katie Gibson 22:05
Toro Park	17:49	2012	Lauren Jacob	1:39:43 (19:56 top 5 average)	2012	Lauren Jacob 17:49 Claire Bowie 19:47 Louise Stephan 20:04 Wendy Wu 20:59 Anneliese Gallagher 21:04 Kristen Adams 21:20 Sierra Townsend 21:20
Woodward Park	17:52	2013	Lauren Jacob	1:40:21 (20:04 top 5 average)	2013	Lauren Jacob 17:52 Katie Klein 20:09 Wendy Wu 20:41 Tatiana Gibson 20:49 Kristen Adams 20:50 Anneliese Gallagher 21:17 Katia Gibson 21:49
Mt. SAC	17:40	2013	Lauren Jacob	1:39:51 (19:58 top 5 average)	2013	Lauren Jacob 17:40 Katie Klein 19:42 Kristen Adams 20:34 Tatiana Gibson 20:52 Katia Gibson 21:01 Wendy Wu 22:05 Elizabeth Bishop 22:21

## Boy Record Holders

Location	Time Record	Year	Individual Record	Team Time Record	Year	Team Record Members
Crystal Springs	14:52	1998	Andrew Hill	1:20:58 (16:11 top 5 average)	2011	Austin Bowie 15:38 Terence Rabuzzi 16:09 Alex Carr 16:23 John Beutter 16:23 Josh Cohen 16:25 Gregory Lee 16:28 Dane Kreisman 16:34
Toro Park	15:28	2017	Owen MacKenzie	1:21:05 (16:13 top 5 average)	2012	Terence Rabuzzi 15:47 Ben Zaeske 15:56 Josh Cohen 16:03 Alex Carr 16:12 Dane Tippett 17:07 Konrad Niemiec 17:14 John Beutter 17:24
Woodward Park	15.31	2017	Owen MacKenzie	1:21:35 (16:19 top 5 average)	2018	Owen MacKenzie 15:42 Adam Sage 15:54 Rian Lawlor 16:20 Luke Sage 16:43 Daniel Ghasemfar 16:56 Daniel Adams 17:05 Kevin Andrews 17:42
Mt. SAC	15:20.6	1998	Andrew Hill	1:22.28 (16:30 top 5 average)	2013	Ben Zaeske 16:18 Andreas Godderis 16:22 Dave Tippett 16:32 Konrad Niemiec 16:36 Kevin Anawalt 16:40 Kevin Glass 16:41 Alex Fache 17:08

# LOS ALTOS HIGH SCHOOL RECORDS

## Change Log

### 5/28/2019

- Added the three records broken in the 2019 T&F season.

### 1/21/2017

- Removed all mentions of faster wind aided marks.
- Removed all mentions of "runner up" honorable mentions. Going forward, will record only one mark per event.
- Added a historical mark: in 1965, Denny Rodgers jumped 24' 5" in long jump. This mark is listed on Hank Lawson's top CCS marks list and reported in T&F News.
- Correct the date on the Boys Triple Jump record from 1996 to 1966.
- Added note to girls 100m that it was achieved at a meet not during school track season in the summer and so technically is not valid. Found and recorded the second best mark there for posterity.