

NORTH COAST SECTION, CIF

BAY SHORE

TRACK AND FIELD RECORDS

Revised: June, 2008

BOYS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m	Ken Robinson	Berkeley	10.54	1981
200m	Jahvid Best	Salesian	21.66	2007
400m	Steve Lewis	American	46.74	1987
800m	Aaron Richberg	James Logan	1:53.88	1995
880 Yards	Ted White	Richmond	1:53.04	1978
1600m	Giliat Ghebray	James Logan	4:15.90	2002
3200m	Yong-Sung Leal	Arroyo	9:08.48	2003
110m HH	Kevin Craddock	James Logan	13.69	2004
300m IH	Kevin Craddock	James Logan	37.53	2004
400m Relay		Bishop O'Dowd	42.03	2002
1600m Relay		St. Mary's	3:15.26	1992
High Jump	Tim Prince	James Logan	7'0"	1987
Pole Vault	Sean Jones	Mission San Jose	15'1"	2002
Long Jump	Solomon Welch	St. Mary's	23'6.5"	2002
Triple Jump	Nkosinza Balumbu	James Logan	50'5.25"	2005
Shot Put	Conrad Jepson	Washington	62'5"	1977
Discus	Joshua Mayfield	James Logan	165'11"	2002

GIRLS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m	Kristina Davis	James Logan	11.62	2005
200m	Angelique Smith	James Logan	24.01	2004
400m	Carla Estes	James Logan	54.92	1995
800m	Katie Hotchkiss	Mission San Jose	2:11.18	1999
1600m	Gabi Rios-Sotelo	St. Mary's	4:56.62	2005
Mile Run	Elissa Riedy	Mission San Jose	4:56.94	1994
3200m	Sally Wood	Piedmont	10:36.94	1985
100m LH	Bisa Grant	Bishop O'Dowd	13.85	1994
300m LH	Natasha Neal	James Logan	41.86	1998
400m Relay		San Lorenzo	46.08	1999
1600m Relay		El Cerrito	3:49.44	1996
High Jump	Jamilla Churchill	Bishop O'Dowd	5'8"	1996
	Spring Harris	St. Mary's	5'8"	1999
Pole Vault	Rachelle Zemlok	Newark Memorial	11'4"	2002
Long Jump	Jernae Wright	James Logan	19'9.5"	1995
Triple Jump	Ke'Nyia Richardson	Holy Names	41'8.75"	2007
Shot Put	Miranda Wilson	Bishop O'Dowd	44'8.0"	2006
Discus	Melissa Reis	James Logan	160'2"	1998
	Laura DeSnoo	Washington	160'2"	1980