

NORTH COAST SECTION, CIF

REDWOOD EMPIRE

TRACK AND FIELD RECORDS

Revised: March, 2009

BOYS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100y	Mel Gray	Montgomery (Santa Rosa)	9.64	1966
100m	Alex Pearlstone	Sir Francis Drake (San Anselmo)	10.86	2005
200m	Mel Gray	Montgomery (Santa Rosa)	20.94c	1967
400m	Corey Nelson	Rancho Cotate	47.77	1995
880yd.	Dan Aldridge	Petaluma	1:49.24	1975
800m	TBD			
Mile	Ray Green	San Rafael	4:12.64	1975
1600m	TBD			
2-Mile	Rod Berry	Redwood (Larkspur)	9:03.24	1977
3200m	TBD			
110m HH	Nicholas Burkey	Marin Catholic (Kentfield)	14.81	2002
	Gulliver Perry	Terra Linda	14.81	2002
300m IH	Jason Andrews	Rancho Cotate	38.07	1997
400m Relay	Phil Lucid, Jose Barajas, Eric Arneson, Dante Fountain	Healdsburg	42.93	2008
1600m Relay		Sir Francis Drake (San Anselmo)	3:25.23	2003
High Jump	Reuben Edwards	Terra Linda	6'11.0"	1977
Pole Vault	Rene Lorraine	Petaluma	15'09.0"	1995
Long Jump	Mel Gray	Montgomery (Santa Rosa)	24'10.0"	1967
Triple Jump	Pudgy Williams	Ukiah	45'02.75"	1995
Shot Put	Dennis DeSoto	Santa Rosa	62'05.0"	1981
Discus	Kurt Seefeld	Marin Catholic (Kentfield)	184'02"	2002

GIRLS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m	Whitney Leachman	Elsie Allen (Santa Rosa)	12.26	2004
200m	Whitney Leachman	Elsie Allen (Santa Rosa)	25.15	2004
400m	Jenna Lowder	Maria Carrillo (Santa Rosa)	56.84	2006
800m	Morgan Banks	Sir Francis Drake (San Anselmo)	2:11.90	2000
1600m	Julia Stamps	Santa Rosa	4:49.55	1997
3200m	Julia Stamps	Santa Rosa	10:20.26	1995
100m LH	Suzanne Howard	Santa Rosa	14.91	2006
300m LH	Karen Brown	Sir Francis Drake (San Anselmo)	43.44	1984
400m Relay		Novato	49.13	2006
Mile Relay		(Stephanie Labarthe, Kara Hernandez, Breanna Izzo, Kelly Guyton)		
1600m Relay		Sir Francis Drake (San Anselmo)	3:58.84	1978
		Maria Carrillo (Santa Rosa)	3:58.85	2006
		(Jacqui Wintz, Kristen Sanzari, Jenna Lundgren, Jenna Lowder)		
High Jump	Mindy Wiley	Sonoma Valley	5'10.5"	2005
Pole Vault	Kelsy Hintz	Del Norte	12'00.00"	2007
Long Jump	Crissy Cerkel	Redwood (Larkspur)	19'02.5"	1985
	Amey Mitchell	Rancho Cotate	19'02.5"	1991
Triple Jump	Maggie Farrar	Petaluma	37'03.75"	2002
Shot Put	Melissa Van Paris	Sonoma Valley	42'05.0"	2004
Discus	Sara Jacobsen	Marin Catholic (Kentfield)	142'01"	2004