

**NORTH COAST SECTION, CIF
TRI-VALLEY
TRACK AND FIELD RECORDS**

Revised April 2011

BOYS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m	Ken Robinson	Berkeley	10.54	1981
200m	Aaron Turner	Pittsburg	21.54	1989
	Marvin Samuels	Livermore	21.54	1989
220 Yards	Ray Threatt	Pittsburg	21.54	1979
400m	David Klech	California	47.64	2006
800m	Pete Richardson	Berkeley	1:53.34	1981
1600m	Steve Zirkelbach	Concord	4:14.94	1988
3200m	Nate Beach	Acalanes	9:24.52	2008
2-Mile Run	Rob Wentworth	Livermore	8:55.24	1979
110m HH	David Klech	California	13.85	2006
300m IH	David Klech	California	36.18	2005
400 Relay		Berkeley	41.44	81-83
1600 Relay		Berkeley	3:17.14	1981
High Jump	Greg Walker	Pittsburg	6'09.00"	1993
Pole Vault	Brent Burns	Acalanes	17'05.5"	1987
Long Jump	Chase Wheeler	De La Salle	23'00.50"	2008
Triple Jump	Hammed Suleman	Deer Valley	49'00"	2009
Shot Put	Christopher Krychev	Monte Vista	62'11.0"	2007
Discus	Zach Coniglio	Alhambra	186'00.0"	2010

GIRLS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m	Sharon Ware	Berkeley	11.84	1981
200m	Latasha Gilliam	Pittsburg	23.97	1994
220 Yards	Frieda Cobb	Berkeley	21.94	1978
400m	Chizoba Okodogbe	Deer Valley	54.80	2010
800m	Jessica Spies	Livermore	2:10.04	1982
1600m	Kristen Gordon	Carondelet	4:49.70	1996
3200m	Kristen Gordon	Carondelet	10:29.43	1996
100m HH	Sherifa Sanders	Berkeley	13.74	1981
300m LH	Sherifa Sanders	Berkeley	42.64	1981
400m Relay		Berkeley	46.34	1981
1600m Relay		Berkeley	3:50.04	1982
High Jump	Maggie VanZeeland	Acalanes(Lafayette)	5'10.0"	1981
Pole Vault	Lauryann Jiang	Las Lomas	12'01.0"	2010
Long Jump	Pia McAllister	Clayton Valley	19'03.00"	1996
Triple Jump	Yvette Bates	Berkeley	39'02.5"	1982
Shot Put	Kristin Heaston	Ygnacio Valley	48'05.5"	1993
Discus	Alexaraee Toeaina	Pittsburg	141'03.0"	2003