

# NORTH COAST SECTION, CIF

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## NCS MEET OF CHAMPIONS TRACK & FIELD RECORDS

Updated by KS, June 22, 2011

### Boys' Records

Event	Name, School	Mark	Year
Shot Put	Dennis Desoto, Santa Rosa H.S.	63'5"	1981
Pole Vault	Brent Burns, Acalanes H.S.	17'0"	1987
High Jump	Gabe Manville, Santa Rosa H.S.	7'0"	1989
Discus	Darrel Elder, Redwood H.S.	194'2.5"	1997
Long Jump	Monte Upshaw, Piedmont H.S.	24'9.25"	1954
Triple Jump	Nkosinza Balumba, James Logan H.S.	50'2"	2005
4 x 100 Meter Relay	Berkeley H.S.	41.10	1981
1600 Meter Run	Rich Kimball, De La Salle H.S.	4:02.40	1974
110 Meter Hurdles	Dedy Cooper, Harry Ells H.S.	13.40	1975
400 Meter Dash	Corey Nelson, Rancho Cotate H.S.	46.89	1995
100 Meter Dash	Ken Robinson, Berkeley H.S.	10.40	1980
800 Meter Run	Aaron Richberg, James Logan H.S.	1:49.36	1995
300 Meter Hurdles	David Klech, California H.S.	36.47	2006
200 Meter Dash	Jahvid Best, Salesian H.S.	20.92	2007
3200 Meter Run	Erik Olsen, Novato	8:55.06	2009
4 x 400 Meter Relay	Berkeley H.S.	3:11.70	1981

### Girls' Records

Shot Put	Kristin Heaston, Ygnacio Valley H.S.	53'3.25"	1993
Pole Vault	Cimran Viridi, Las Lomas H.S.	12'9"	2011
High Jump	Maggie VanZeeland, Acalanes H.S.	5'11"	1981
	Mindi Wiley, Sonoma Valley H.S.	5'11"	2005
Discus	Kamalya Warren, St. Mary's College H.S.	165'5"	2002
Long Jump	Jamesha Youngblood, Hercules H.S.	20'2.00"	2007
Triple Jump	KeNyia Richardson, Holy Names H.S.	42'8.00"	2007
4 x 100 Meter Relay	James Logan H.S.	45.64	1996
1600 Meter Run	Julia Stamps, Santa Rosa H.S.	4:42.79	1997
100 Meter Hurdles	Trinity Wilson, St. Mary's H.S.	13.38	2011
400 Meter Dash	Chizoba Okodogbe, Deer Valley H.S.	53.06	2010
100 Meter Dash	Sharon Ware, Berkeley H.S.	11.42	1980
800 Meter Run	Jessica Spies, Livermore H.S.	2:08.80	1982
300 Meter Hurdles	Natasha Neal, James Logan H.S.	41.23	1997
	Jamesha Youngblood, Hercules H.S.	41.23	2007
200 Meter Dash	Ashton Purvis, St. Elizabeth H.S.	23.60	2009
3200 Meter Run	Cheri Williams, Livermore H.S.	10:06.30	1978
4 x 400 Meter Relay	James Logan H.S.	3:43.39	1996