

GORDON STEWARD FROSH / SOPH CLASSIC RECORDS

EVENT	GIRLS FROSH	GIRLS SOPH	BOYS FROSH	BOYS SOPH
100M	Higgins Channel Islands 12.2 (1993)	Porchea Carroll Rio Mesa 11.50 (1999)	Tim Gregory Hart 11.11 (1999)	Palmer Oxnard 10.78 (1995)
200M	Saraina Hedgepeth Rio Mesa 25.30 (2006)	Porchea Carroll Rio Mesa 25.11 (1999)	Mathew Lopez Pacifica 23.41 (2009)	Matt Appel Ventura 22.54 (1996)
400M	Samantha McKenzie Oxnard 60.54 (2019)	Devyn Weisenberger Rio Mesa 59.44 (2015)	Clark Goodwin Ventura 51.91 (1997)	Colin Campbell Ventura 50.5 (2003)
800M	Sarah Winkler Simi Valley 2:23.02 (2014)	Sofia Ramos Ventura 2:20.33 (2016)	Joey Eckert Moorpark 2:01.28 (2007)	Ryan Finch Westlake 1:59.59 (2013)
1600M	Augustina Hansen Hart 5:12.48 (2012)	Anna Sperry Simi Valley 5:11.7 (2005)	Jason Pedersen Royal 4:40.4 (2003)	Dylan Jaedtke Royal 4:29.7 (2003)
3200M	Augustina Hansen Hart 11:19.01 (2012)	Paige Kosche Ventura 11:14.38 (2015)	Mark Nevers Oak Park 9:51.1 (1998)	Jose Melenu Antelope Valley 9:32.6 (2003)
100 H 110 H	Kiera Sherrod Rio Mesa 16.07 (2015)	Hatch (Nordhoff) 15.5 (1995) Laura Willeford (Simi V) 15.5 (2003)	Daniel Olmsted Buena 15.95 (2004)	Chris Foster Ventura 14.75 (1999)
300 H	Kelly Wade Moorpark 47.55 (2016)	Stacie Hebert Buena 45.8 (1994)	Winston Short Thousand Oaks 41.94 (2015)	Malik Sherrod Pacifica 40.64 (2018)
F/S 400 RELAY	Rio Mesa 50.06 (1998)		Ventura 44.37 (2016)	
F/S 1600 RELAY	Buena 4:08.40 (2013)		Ventura 3:30.29 (2017)	
HIGH JUMP	Devyn Weisenberger Rio Mesa 5' 2" (2014)	Shaw Simi Valley 5'4" (1994)	Cameron Rising Newbury Park 6' 0 1/4" (2015)	Szilagy Newbury Park 6'0" (1995)
LONG JUMP	Porchea Carroll Rio Mesa 18'2" (1998)	Porchea Carroll Rio Mesa 18'4 3/4" (1999)	Jaedon Rogers Rio Mesa 20' 6 3/4" (2015)	Andrew Crenshaw Antelope Valley 21'8 1/2" (2003)
TRIPLE JUMP	Samantha Grzywacz-Carnes Simi Valley 35' 10" (2017)	Alyssa Hayashi Oxnard 35' 5" (2018)	Rivera Valley View 41'5" (1993)	Channarith Thuon Rio Mesa 45' 6" (2006)
SHOT PUT	E. Delaney Paso Robles 37'2" (2003)	Laura Arnold Arroyo Grande 40'9" (2003)	Kyle Pollock/Carlos Aviles Arroyo Grande/Ventura 50' 11" (2003)/(2016)	Danny Rohr Arroyo Grande 57'4 3/4" (2003)
DISCUS	Jennifer Steed Arroyo Grande 116'9 1/2" (2003)	Laura Arnold Arroyo Grande 129'3 3/4" (2003)	Christian Alejandro Pacifica 136' 1" (2018)	Danny Rohr Arroyo Grande 160'4" (2003)