

# LOS ALAMITOS HIGH SCHOOL

## JV BOYS TOP 10 ALL-TIME TRACK & FIELD TIMES/MARKS

### 100 METERS

|              |                        |             |
|--------------|------------------------|-------------|
| 11.34        | Joshua Santos          | 2015        |
| 11.36        | Ryan Hernandez         | 2015        |
| 11.40        | Xavier Esquivel-Coles  | 2016        |
| 11.44        | Christopher Howard     | 2016        |
| <b>11.43</b> | <b>Zackary Wagoner</b> | <b>2018</b> |
| <b>11.50</b> | <b>Nicholas Fasulo</b> | <b>2018</b> |
| 11.55        | Kyle Nault             | 2009        |
| 11.57        | Adhre' Sparks          | 2016        |
| 11.60        | Simon Yoo              | 2012        |
| 11.61        | Isaiah Porter          | 2014        |

### 200 METERS

|              |                          |             |
|--------------|--------------------------|-------------|
| 23.13        | Joshua Santos            | 2015        |
| 23.29        | Ryan Hernandez           | 2015        |
| 23.29        | Adhre' Sparks            | 2016        |
| <b>23.49</b> | <b>Nicholas Fasulo</b>   | <b>2018</b> |
| 23.51        | Christopher Howard       | 2016        |
| 23.59        | David Fuller             | 2009        |
| <b>23.61</b> | <b>Nathaniel Hartman</b> | <b>2018</b> |
| 23.63        | Jered Cerda              | 2010        |
| 23.65        | Clay Green               | 2015        |
| 23.65        | Ryan Ayale               | 2016        |

### 400 METERS

|              |                    |             |
|--------------|--------------------|-------------|
| 51.84        | Don Baxter (51.7h) | 1975        |
| 51.95        | Clay Green         | 2015        |
| 53.11        | Julian Guerrero    | 2016        |
| 53.23        | Christian Chester  | 2015        |
| 53.45        | David Fuller       | 2007        |
| 53.51        | Jordan Houck       | 2008        |
| <b>53.57</b> | <b>Ryan Herda</b>  | <b>2017</b> |
| 53.67        | Ryan Vigil         | 2008        |
| 53.79        | David Fuller       | 2009        |
| 53.81        | Noe Vera           | 2016        |

### 800 METERS

|                |                      |             |
|----------------|----------------------|-------------|
| <b>2:02.24</b> | <b>Ryan Herda</b>    | <b>2018</b> |
| 2:05.44        | Joshua Holmes        | 2014        |
| 2:05.53        | Cesar Jimenez        | 2017        |
| 2:06.19        | Gatsby Smith         | 2016        |
| 2:06.33        | Austin Wood          | 2014        |
| 2:06.61        | Drew Moran           | 2017        |
| 2:07.67        | Ryan Davidson        | 2005        |
| 2:07.84        | Ryan Menke           | 2008        |
| <b>2:07.94</b> | <b>Connor Oltman</b> | <b>2017</b> |
| 2:08.03        | Jonathan Javier      | 2015        |

### 1600 METERS

|                |                         |             |
|----------------|-------------------------|-------------|
| <b>4:39.53</b> | <b>Dean Yacoubian</b>   | <b>2017</b> |
| 4:41.80        | Isaac Banez             | 2016        |
| 4:42.34        | Frank Ross              | 2012        |
| <b>4:43.16</b> | <b>Nicholas Pelonis</b> | <b>2018</b> |
| 4:43.40        | Joshua Holmes           | 2014        |
| 4:44.70        | Jared Berryman          | 2017        |
| <b>4:45.07</b> | <b>Michael Metcalfe</b> | <b>2018</b> |
| <b>4:45.10</b> | <b>Jacob Taylor</b>     | <b>2018</b> |
| <b>4:45.12</b> | <b>Joshua Williams</b>  | <b>2018</b> |
| 4:46.06        | Andrew Stumpf           | 2016        |

### 3200 METERS

|                 |                            |             |
|-----------------|----------------------------|-------------|
| <b>10:00.48</b> | <b>Nicholas Pelonis</b>    | <b>2018</b> |
| <b>10:08.08</b> | <b>Jacob Taylor</b>        | <b>2018</b> |
| <b>10:09.27</b> | <b>Joshua Williams</b>     | <b>2018</b> |
| 10:16.21        | Jared Berryman             | 2017        |
| <b>10:27.38</b> | <b>Kaleb Yemaneberhane</b> | <b>2017</b> |
| <b>10:29.60</b> | <b>Michael Metcalfe</b>    | <b>2018</b> |
| 10:31.48        | Jason Imamoto              | 2006        |
| <b>10:32.69</b> | <b>Nicholas Van Meter</b>  | <b>2017</b> |
| <b>10:33.73</b> | <b>Dean Yacoubian</b>      | <b>2017</b> |
| 10:34.93        | Isaac Banez                | 2016        |

### 110 METER HIGH HURDLES - 39"

|              |                        |             |
|--------------|------------------------|-------------|
| 16.11        | Angel Hernandez        | 2016        |
| <b>16.24</b> | <b>Samuel Scott</b>    | <b>2016</b> |
| 16.63        | Rocco Seyboth          | 1997        |
| 16.77        | Westley Powers         | 2017        |
| 16.80        | Edward Uribe           | 2015        |
| 16.85        | Garrett Doerr          | 2008        |
| 17.06        | Michael Louden         | 2006        |
| 17.23        | Mikhail Gednov         | 2016        |
| 17.50        | Ahmed Elsheik          | 2011        |
| <b>17.57</b> | <b>David Spreitzer</b> | <b>2018</b> |

### 300 METER HURDLES - 36"

|              |                         |             |
|--------------|-------------------------|-------------|
| 42.09        | Mikhail Gednov          | 2016        |
| 42.75        | Angel Hernandez         | 2016        |
| 42.93        | Xavier Esquivel-Coles   | 2016        |
| 43.24        | Edward Uribe            | 2015        |
| 43.26        | Ryan Mullaney           | 2015        |
| <b>43.26</b> | <b>Samuel Scott</b>     | <b>2016</b> |
| 43.43        | Rocco Seyboth           | 1997        |
| 43.83        | Garrett Doerr           | 2008        |
| 43.99        | Westley Powers          | 2017        |
| <b>44.14</b> | <b>Christian Areyan</b> | <b>2018</b> |

### POLE VAULT

|               |                        |             |
|---------------|------------------------|-------------|
| <b>12'-6"</b> | <b>Michael Parsons</b> | <b>2017</b> |
| 12'-0"        | Eddie Emery            | 2009        |
| 12'-0"        | Peter Forest           | 2012        |
| 11'-6"        | Joey Cannizarro        | 2010        |
| <b>11'-6"</b> | <b>Scott Hall</b>      | <b>2017</b> |
| 11'-0"        | David Chang            | 2008        |
| 10'-6"        | Vince Gulino           | 1997        |
| 10'-6"        | Maz Murialdo           | 2006        |
| 10'-6"        | James Chan             | 2008        |
| 10'-6"        | Kevin Woyjeck          | 2009        |
| 10'-6"        | Haydan Houck           | 2015        |

### DISCUS - 1.6 kg

|                 |                     |             |
|-----------------|---------------------|-------------|
| 124'-1"         | Gavin Stock         | 2017        |
| 121'-11"        | Michael Holmquist   | 2008        |
| <b>120'-10"</b> | <b>Kenneth Sale</b> | <b>2018</b> |
| 118'-4"         | Bryce Bannerman     | 2002        |
| 118'-0"         | Austin Axelrod      | 2009        |
| 114'-9"         | Austin Ku           | 2010        |
| 112'-4"         | Michael Prencavage  | 2007        |
| 112'-4"         | Neko Sanders        | 2011        |
| 112'-0"         | Ryan Coy            | 2014        |
| 110'-9"         | Chason Rainey       | 2004        |

### SHOT PUT - 12 lb

|                 |                       |             |
|-----------------|-----------------------|-------------|
| <b>42'-7.5"</b> | <b>Theodore Brown</b> | <b>2018</b> |
| 42'-6"          | Austin Axelrod        | 2008        |
| 42'-2"          | Ethan Bakker          | 2017        |
| 42'-0"          | Michael Holmquist     | 2008        |
| 42'-0"          | Chason Rainey         | 2004        |
| 41'-10"         | Luke Pastell          | 2013        |
| 41'-10"         | Matt Faupusa          | 2017        |
| <b>41'-5.5"</b> | <b>Kenneth Sale</b>   | <b>2018</b> |
| 41'-4.5"        | Daryan Furnace        | 2010        |
| 41'-1.5"        | Paul Fricioni         | 2003        |

### 400 METER RELAY (4 x 100M)

|              |   |             |
|--------------|---|-------------|
| <b>44.77</b> | <b>Nicholas Fasulo</b><br><b>David Pambid</b><br><b>Zackary Wagoner</b><br><b>Nathaniel Hartman</b>   | <b>2018</b> |
| 44.89        | David Fuller<br>Jonathan Cheri<br>Cody Perez<br>Kyle Nault  | 2009        |
| <b>45.60</b> | <b>Angel Hernandez</b><br>Mikhail Gednov<br><b>David Pambid</b><br>Theodore Brown                     | <b>2016</b> |
| <b>45.60</b> | <b>Zackary Wagoner</b><br><b>Nicholas Fasulo</b><br><b>Desmond Belgrave</b><br><b>Christian Allen</b> | <b>2018</b> |
| 45.67        | Jake Mathes<br>Mikhail Gednov<br>Ryan Apana<br>Angel Hernandez  | 2016        |
| <b>45.70</b> | <b>Jake Mathes</b><br><b>David Pambid</b><br>Christopher Howard<br>Ryan Ayale                         | <b>2016</b> |
| 45.70        | Orlando Sanchez<br>Noe Vera<br>Joshua Santos<br>Ryan Hernandez  | 2015        |
| 45.86        | Daniel Tyler<br>Seth Rockenmacher<br>Aaron Davis<br>Jared Cerda                                       | 2011        |
| 46.00        | Daniel Suits<br>Eric Dedola<br>Tyler Payne<br>Jeff Mauler   | 2006        |
| 46.31        | Orlando Sanchez<br>Joshua Santos<br>Ryan Hernandez<br>Sam Pye   | 2015        |

### 1600 METER RELAY (4 x 400M)

|                |   |             |
|----------------|---|-------------|
| <b>3:37.08</b> | <b>Joshua Garcia-Kimble</b><br><b>Nicholas Fasulo</b><br><b>Luke Harkins</b><br><b>Ryan Herda</b> | <b>2018</b> |
| 3:37.76        | Jordan Houck<br>Ryan Vigil<br>Marius Lakeman<br>Chris Hook  | 2007        |
| <b>3:39.50</b> | <b>Connor Oltman</b><br>Luke Deal<br><b>Luke Harkins</b><br><b>Ryan Herda</b>                     | <b>2017</b> |
| <b>3:40.54</b> | <b>Kenneth Jones</b><br><b>Luke Harkins</b><br>Gatsby Smith<br>Noe Vera                           | <b>2016</b> |
| 3:41.19        | Cody Perez<br>Greg Roberts<br>David Fuller<br>Kyle Nault  | 2009        |
| 3:42.97        | Angel Hernandez<br>Casey Rheume<br>Ryan Mullaney<br>Clay Green                                    | 2015        |
| 3:43.06        | Garrett Doerr<br>Ryan Vigil<br>Jordan Houck<br>Kyle Brown   | 2008        |
| 3:43.15        | Joshua Giraud<br>Christian Chester<br>Jonathan Javier<br>Bryce Sullivan                           | 2014        |
| 3:43.31        | Ryan Mullaney<br>Christian Chester<br>Angel Hernandez<br>Clay Green                               | 2015        |
| <b>3:44.60</b> | <b>Angel Hernandez</b><br><b>Samuel Scott</b><br>Christian Alvarez<br>Gatsby Smith                | <b>2016</b> |

### HIGH JUMP

|              |                       |             |
|--------------|-----------------------|-------------|
| 5'-10"       | C.J. Jax              | 1996        |
| 5'-8"        | Brandon Compton       | 2005        |
| 5'-8"        | Hagen Given           | 2015        |
| 5'-8"        | Xavier Esquivel-Coles | 2016        |
| 5'-8"        | Gabriel Murillo       | 2017        |
| 5'-7"        | Bryan Boutilier       | 2014        |
| 5'-7"        | Westley Powers        | 2017        |
| 5'-6"        | Ryan Davidson         | 2005        |
| 5'-6"        | Gordon Gannatta       | 2006        |
| 5'-6"        | Jesse LeBouton        | 2009        |
| 5'-6"        | Mikhail Gednov        | 2016        |
| <b>5'-6"</b> | <b>Samuel Scott</b>   | <b>2016</b> |
| <b>5'-6"</b> | <b>Samuel Carresi</b> | <b>2017</b> |
| 5'-6"        | Bryan Chico           | 2017        |
| <b>5'-6"</b> | <b>Simon Scott</b>    | <b>2018</b> |

### LONG JUMP

|                  |                           |             |
|------------------|---------------------------|-------------|
| <b>20'-8"</b>    | <b>Alex van Steenberg</b> | <b>2018</b> |
| <b>20'-2.5"</b>  | <b>Ryan Herda</b>         | <b>2018</b> |
| 20'-1"           | Isaiah Porter             | 2014        |
| 20'-0"           | Ryan Apana                | 2016        |
| 19'-9"           | Jered Cerda               | 2011        |
| 19'-7.75"        | Matt Kaczmarek            | 2007        |
| <b>19'-7.5"</b>  | <b>William Henriksen</b>  | <b>2018</b> |
| <b>19'-7.25"</b> | <b>Mateo DeGracia</b>     | <b>2018</b> |
| 19'-6.5"         | Stephen Long              | 2006        |
| <b>19'-5"</b>    | <b>Nathaniel Kersey</b>   | <b>2018</b> |

### TRIPLE JUMP

|                  |                         |             |
|------------------|-------------------------|-------------|
| 40'-6"           | Simon Yoo               | 2012        |
| 39'-7"           | Bryan Boutilier         | 2014        |
| 39'-7"           | Ryan Apana              | 2016        |
| <b>39'-3.75"</b> | <b>Nathaniel Kersey</b> | <b>2018</b> |
| 39'-0"           | Vincent LeBouton        | 2008        |
| 38'-8.25"        | James Loftin            | 1995        |
| <b>38'-8.25"</b> | <b>Mateo DeGracia</b>   | <b>2018</b> |
| 38'-5"           | Sebastian Calderon      | 2008        |
| 38'-4.5"         | Bryan Chico             | 2017        |
| 38'-3.75"        | Luke Lizotte            | 2014        |

### LEGEND

h = hand time

c = time converted from yards to meters and  
from hand timed to fully automatic time

### CONVERSIONS

1. Races less than one lap add .24 to hand time
2. Races of one lap add .14 to hand time
3. More than one lap, no conversion
4. For yards to meters, multiply time by  
.994194; round up to the next tenth of a sec