

## Sunset League Track & Field Championships All-Time Records

### BOYS VARSITY

EVENT	NAME	SCHOOL	MARK	YEAR	
<b>100m</b>	Eddie Morris	Huntington Beach	10.4h	1940	
	Kerwin Bell	Edison	10.4h	1980	
	Justin Woods	Los Alamitos	10.50	2005	
<b>200m</b>	Clancy Edwards	Santa Ana	21.2h	1973	
	Justin Woods	Los Alamitos	21.42	2005	
<b>400m</b>	Brian Theriot	Newport Harbor	47.2h	1975	
<b>800m</b>	Robert Harrell	Santa Ana	1:51.6h	1972	
<b>1600m</b>	Jon Butler	Edison	4:08.2h	1981	
<b>3200m</b>	Marc Genet	Santa Ana	9:00.8h	1972	
<b>110m HH</b>	Jose Rubio	Los Alamitos	14.02	1.6w	2017
<b>300m IH</b>	Jose Rubio	Los Alamitos	37.07		2017
<b>4x100m Relay</b>	Santa Ana	Santa Ana	41.8h		1970
<b>4x400m Relay</b>	Chuck Denmark, Dicus, Walter Mead, Robert Harrell	Santa Ana	3:17.1h		1972
<b>Pole Vault</b>	Mark Sakioka	Newport Harbor	16'-02.5"		2011
<b>High Jump</b>	Cory Johnson	Los Alamitos	6'-09.50"		1996
<b>Long Jump</b>	Charlie Tyler	Edison	23'-06.25"		1988
<b>Triple Jump</b>	Tony Parrish	Marina	45'-11"		1993
<b>Shot Put</b>	Jim Neidhart	Newport Harbor	65'-02.50"		1975
<b>Discus Throw</b>	Scott Moser	Huntington Beach	204'-08"		1997

### BOYS JUNIOR VARSITY

EVENT	NAME	SCHOOL	MARK	YEAR	
<b>100m</b>	Zackary Wagoner	Los Alamitos	11.43	1.7w	2018
	Alex Petroff	Huntington Beach	11.32	3.4w	2015
<b>200m</b>	Mike Chukwueke	Esperanza	23.15		2000
<b>400m</b>	Don Baxter	Los Alamitos	51.7h		1975
<b>800m</b>	Mike Vucinic	Huntington Beach	2:00.2h		1978
<b>1600m</b>	Luis Garcia	Marina	4:27.7h		1978
<b>3200m</b>	Craig Kelsey	Edison	9:50.0h		1976
<b>110m HH</b>	Brian Roberts	Westminster	15.90		1991
<b>300m IH</b>	Steve Watkins	Westminster	39.8h		1977
<b>4x100m Relay</b>	Nicholas Fasulo, David Pambid, Zackary Wagoner, Nathaniel Hartman	Los Alamitos	44.77		2018
<b>4x400m Relay</b>	Newport Harbor	Newport Harbor	3:32.6h		1976
<b>Pole Vault</b>	Rick Poss	Westminster	13'-00"		1973
<b>High Jump</b>	Pat McCarthy	Newport Harbor	6'-02.50"		1977
<b>Long Jump</b>	Dal Bacus	Santa Ana	21'-06.25"		1974
<b>Triple Jump</b>	Mike Hoose	Newport Harbor	42'-07.75"		1978
<b>Shot Put</b>	R. Garcia	Edison	49'-01"		1986
<b>Discus Throw</b>	Fred Hartzler	Edison	142'-10"		1975

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## BOYS FROSH/SOPH

EVENT	NAME	SCHOOL	MARK	YEAR
<b>100m</b>	Brian Rheim	Fountain Valley	11.32	2003
	Arick McLawyer	Huntington Beach	11.23    2.4w	2017
	Christian Parker	Marina	11.12    4.4w	2015
<b>200m</b>	John Sanders	Fountain Valley	22.94	1996
	Steve Nguyen	Fountain Valley	22.81    2.+w	2006
<b>400m</b>	Dan Thompson	Huntington Beach	51.54	1982
<b>800m</b>	Chuck Steak	Newport Harbor	1:59.54	1977
<b>1600m</b>	Tom Strelow	Fountain Valley	4:26.44	1979
<b>3200m</b>	Matt Blaty	Marina	9:29.70	1977
<b>110m HH</b>	Christopher Dang	Fountain Valley	15.25	2003
<b>300m IH</b>	Brad VanReenan	Huntington Beach	41.46	1998
<b>4x100m Relay</b>	Cooper Malerstein, Javier Sanchez. Michael Cunningham, Ethan Young	Marina	44.09	2014
<b>4x400m Relay</b>	Chris Corum, Frank Venclik, Dawson, Wayne Kasparek	Newport Harbor	3:22.0h	1976
<b>Pole Vault</b>	Travis Pett	Huntington Beach	13'-00"	1998
<b>High Jump</b>	Randy Heidenreich	Marina	6'-04"	1973
<b>Long Jump</b>	Tom Leonard	Western	21'-05.25"	1973
<b>Triple Jump</b>	Greg Doud	Marina	43'-07.50"	1982
	Travis Pett	Huntington Beach	43'-07.50"	1998
<b>Shot Put</b>	Roger Masangkay	Huntington Beach	55'-01.50"	1982
<b>Discus Throw</b>	Scott Strayer	Huntington Beach	152'-11"	2003

### LEGEND

y = mark attained in a race run in yards

m = meters

h = hand time

w = wind aided mark. Marks in wind-affected events (100, 200, 100/110H, LJ, TJ) are considered wind-legal if the wind reading for the performance is below the maximum of 2.0 meters-per-second.

c = mark converted from hand time to equivalent auto time; yard times converted to metric equivalent.

### CONVERSIONS

- Convert hand times by adding 0.24 seconds for races less than one lap, and 0.14 seconds for one lap races. Races of more than one lap have no conversion from hand to auto timing.
- Yard times are multiplied by .9942 to get the metric equivalent.

## Sunset League Track & Field Championships All-Time Records

### GIRLS – VARSITY

EVENT	NAME	SCHOOL	MARK	YEAR
<b>100m</b>	Cheryl Henderson	Fountain Valley	12.19	1984
	Sara Limp	Los Alamitos	11.88	3.1w 2015
<b>100y</b>	Vanessa Denniston	Huntington Beach	11.0y	1979
<b>200m</b>	Sara Limp	Los Alamitos	24.47	1.3w 2015
	Sara Limp	Los Alamitos	24.16	2.6w 2015
<b>400m</b>	Arlise Emerson	Westminster	54.8h	1978
<b>800m</b>	Cassie Durgy	Huntington Beach	2:09.76	2016
<b>1600m</b>	Courtney Pugmire	Esperanza	4:56.90	1995
<b>3200m</b>	Laura Hollander	Marina	10:26.60	2012
<b>100m LH (33")</b>	Hope Bender	Newport Harbor	14.49	0.8w 2015
<b>100m LH (30")</b>	Sharon Hatfield	Fountain Valley	14.20	1982
<b>300m LH</b>	Emma Kratzberg	Newport Harbor	42.34	2016
<b>4x100m Relay</b>	Danielle Limp, Sydnee Kolster, Olivia Poland, Alyssa Blockburger	Los Alamitos	48.02	2018
<b>4x400m Relay</b>	Emma Nuiry, Cheyenne Perez, Lauren Yamada, Alicia Keyworth	Los Alamitos	3:57.71	2011
<b>Pole Vault</b>	Allison Stokke	Newport Harbor	12'-08"	2007
<b>High Jump</b>	Debbie Orr	Ocean View	5'-08"	1986
	Bianca Ziemann	Edison	5'-08"	2000
<b>Long Jump</b>	Kerry O'Bric	Edison	19'-09"	1996
<b>Triple Jump</b>	Kelly O'Connor	Esperanza	40'-11.75"	1996
<b>Shot Put</b>	Mackenna Howard	Los Alamitos	46'-09.50"	2014
<b>Discus Throw</b>	Katelyn Ciarelli	Huntington Beach	148'-05"	2003

### GIRLS – FROSH/SOPH

EVENT	NAME	SCHOOL	MARK	YEAR
<b>100m</b>	Erin Reed	Huntington Beach	12.70	1996
<b>200m</b>	Razanne Dawood	Fountain Valley	26.39	-0.7w 2018
<b>400m</b>	Emma Nuiry	Los Alamitos	59.98	2010
<b>800m</b>	Allison Freeman	Huntington Beach	2:20.61	1999
<b>1600m</b>	Natania Fernoll	Los Alamitos	5:18.76	2013
<b>3200m</b>	Camille Garcia	Fountain Valley	11:34.81	2008
<b>100m LH (33")</b>	Megan Weiss	Edison	15.95	+0.0w 2018
<b>300m LH</b>	Kacy Dapp	Marina	47.73	1999
<b>4x100m Relay</b>	Kacy Dapp, Hiller, Chase, Zaky	Marina	50.26	1999
<b>4x400m Relay</b>	Santiago, Fee, Freeman, Ball	Huntington Beach	4:08.05	1999
<b>Pole Vault</b>	Holden Funk	Marina	9'-07"	2000
<b>High Jump</b>	Chelsea Mauck	Los Alamitos	5'-03"	2000
<b>Long Jump</b>	Taylor Torrellas	Marina	16'-09.5"	2013
<b>Triple Jump</b>	Beth Wielder	Esperanza	34'-05.50"	1996
<b>Shot Put</b>	Shania Alama	Marina	31'-09.00"	2018
<b>Discus Throw</b>	Jenny Glasgow	Marina	115'-02"	1998

# Sunset League Track & Field Championships All-Time Records

## GIRLS – JUNIOR VARSITY

EVENT	NAME	SCHOOL	MARK	YEAR
<b>100m</b>	Denise Morton	Westminster	12.7h	1991
	Samantha Hiratra	Fountain Valley	12.67 4.3w	2015
<b>200m</b>	Nicole King	Edison	26.50	1994
	Samantha Hiratra	Fountain Valley	26.50 1.7w	2015
<b>400m</b>	Shellie Tochluk	Westminster	60.3h	1986
<b>800m</b>	Lindsey Kaplan	Edison	2:25.88	2009
<b>1600m</b>	Alix Quenneville	Edison	5:24.44	2012
<b>3200m</b>	Alix Quenneville	Edison	11:41.15	2012
<b>100m LH (33")</b>	Erin White	Los Alamitos	17.22	1995
	Kelsey McCarthy	Edison	17.12 3.5w	2015
<b>100m LH (30")</b>	Ann Kissinger	Marina	16.1	1986
<b>300m LH</b>	Brooke Anger	Los Alamitos	49.36	2016
<b>4x100m Relay</b>	Lauren Fitzgerald, Julia Jue, Brooke Anger, Lia Arambula	Los Alamitos	51.64	2016
<b>4x400m Relay</b>	Lauren Fitzgerald, Julia Jue, Nicole Soto, Lia Arambula	Los Alamitos	4:17.24	2016
<b>Pole Vault</b>	Brooke Anger	Los Alamitos	9'-03"	2016
	Nicole Bliss	Los Alamitos	9'-03"	2016
<b>High Jump</b>	Margie Mader	Newport Harbor	5'-01"	1979
<b>Long Jump</b>	Connie Ho	Fountain Valley	16'-03"	1989
<b>Triple Jump</b>	Reilly McMahan	Los Alamitos	34'-01"	2016
<b>Shot Put</b>	Jennie Shutt	Edison	33'-02"	1994
<b>Discus Throw</b>	Stacy Jame	Esperanza	116'-02"	1996

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