

LOS ALAMITOS HIGH SCHOOL

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

100 METERS

10.48	Justin Woods	2005
10.55	Brian Woods	2003
10.70	Erik Mitchell	1990
10.71	Jacob Gasser	2016
10.79	Johnnie Blockburger	2018
10.81c	Adolf Keyes (10.57h)	1998
10.82	Kendall Holmes	2012
10.84c	Clay Kussler (10.60h)	1984
10.84	Bradley Gordon	2010
10.85	Brandon Douglas	2015

200 METERS

21.01	Justin Woods	2005
21.34c	Erik Mitchell (21.10h)	1990
21.39	Brian Woods	2003
21.72	Brandon Douglas	2015
21.89	Bradley Gordon	2011
22.05	Johnnie Blockburger	2018
22.06c	Clay Kussler (22.08y)	1984
22.19	Jacob Gasser	2016
22.23	Aaron Ford	1994
22.23	Andrew Carty	2015

400 METERS

48.25	Andrew Carty	2015
48.66	Justin Woods	2005
49.14c	Tom Ahlstrom (49.2yh)	1975
49.2	Brian Woods	2002
49.22	Kevin Ahlstrom	2004
49.56	Wes Feighner	2008
49.74	Bradley Gordon	2011
49.74	Johnnie Blockburger	2018
49.85	Kyle Nault	2010
49.92	Stan Guyness	1994

800 METERS

1:51.49	Thomas Heib	2015
1:54.40	Mark Junkermann	1983
1:54.40	David Sanford	1988
1:54.61	Brandon Bandle	2018
1:55.64	Ross Gierczak	2004
1:57.13	Jake Strange	2008
1:58.00	Guy Lemon	1970
1:58.10	Nathan Vanleer	1982
1:58.38	Paul Hall	2014
1:58.40	Kerry Henard	1970
1:58.40	Seth Bergner	2006

1600 METERS

4:14.10	Mark Junkermann	1983
4:18.78	Thomas Heib	2016
4:25.30	Brad Gill	1981
4:26.12	Garrett McAllister	2005
4:27.01	Brandon Bandle	2018
4:27.50	Mike Welter	1975
4:27.60	Fidel Ferreras	1976
4:28.50	Jon Craven	1981
4:29.00	Cameron Adams	1990
4:29.00	Robert Kyle	1990

3200 METERS

9:07.90	Mark Junkermann	1983
9:25.00	Randy Dunlevie	1971
9:37.40	Garrett McAllister	2005
9:41.50	John Craven	1981
9:42.07	Thomas Heib	2014
9:43.45	Klaus Quinonez	2017
9:45.60	Chris Mais	2000
9:47.00	Robert Kyle	1990
9:47.11	Kaleb Yemaneberhane	2018
9:48.70	John McIntyre	1977
9:48.70	Jim Vickers	1977

110 METER HIGH HURDLES - 39"

13.89	Jose Rubio	2017
14.26	Tyler Rios	2014
14.70	Shaquille Richardson	2010
14.72	Samuel Scott	2018
14.74c	Harry Bracy (14.5yh)	1970
14.84c	Jeff Butler (14.6yh)	1975
14.84c	Charles Lucky (14.6yh)	1977
14.86	Abraham Lotfy	2018
14.93	Zenon Post	2007
14.93	Cameron Baldwin	2012

300 METER HURDLES - 36"

36.72	Jose Rubio	2017
37.38	Kevin Ahlstrom	2004
37.41	Shaquille Richardson	2010
37.69	Tyler Rios	2014
38.92	Manuel Gomez	2015
39.23	Cameron Baldwin	2012
39.44c	Eric Anderson (39.2h)	1993
39.51	Samuel Scott	2018
39.61	Zenon Post	2007
39.93	Abraham Lotfy	2018
40.14	Tristan Kleinberger	2013

POLE VAULT

16'-2"	Dustin Deleo	2004
16'-0"	Tim McIntyre	1977
15'-7"	David Kim	2010
14'-10"	Andrew Fowler	2016
14'-8"	Brennan Turner	2006
14'-3"	Alex Hale	2003
14'-3"	Diego Gandara	2018
14'-2"	Michael Parsons	2018
14'-1"	Christian Virga	2018
14'-0"	Gary Convington	1987
14'-0"	Chris Madsen	1987
14'-0"	Tyler Panian	2002

DISCUS - 1.6 kg

170'-1"	Heartwell Brown	1990
167'-6"	Tom Allison	1984
166'-6"	Ryan Coy	2016
162'-9"	Josh Schnitzer	2009
161'-4"	Rich Echard	1971
156'-4"	Paul Atamian	1993
155'-4"	Christopher Yates II	2008
154'-5"	Scott Sorensen	1987
148'-11"	Jim Lumm	1971
148'-8"	Gary Frantz	1971

SHOT PUT - 12 lb

55'-0.75"	Christopher Yates II	2008
54'-9"	Steve Shadwick	1977
54'-7.25"	Scott Sargent	1987
52'-7"	Sawyer Howard	2018
52'-0"	John Rogers	1977
51'-6.25"	Cameron Filkins	2004
50'-6"	Rob Kerbs	1981
50'-1"	Bernard Riley	1997
49'-11"	Ron Langer	1976
49'-6"	N. Chamberlain	1970

400 METER RELAY (4 x 100M)

41.86	Chad Dunn Rasheed Prescott Justin Woods Brian Woods	2003
41.99	Cody Paul Dominique Parham Bradley Gordon Kyle Roberts	2011
42.05	Cody Paul Dominique Parham Kendall Holmes Kyle Roberts	2012
42.06	Chad Dunn Rochand Scoby Justin Woods Brian Woods	2002
42.47	Sam Courtney Antione Cason Justin Woods Kevin Ahlstrom	2004
42.65	Shaquille Richardson Nick Richardson Josh Gasser Bradley Gordon	2010
42.58	Tyler Rios Andreas Glenn Dashawn Gordon Brandon Douglas	2014
42.76	Jose Rubio Adhre' Sparks Chris Howard Ryan Ayale	2017
42.78	Kyle Nault Nick Richardson Josh Gasser Bradley Gordon	2010
42.86	Jacob Gasser Tyler Coffman Holden Edmondson Brandon Douglas	2015

1600 METER RELAY (4 x 400M)

3:16.40	Justin Woods Antione Cason Ross Gierczak Kevin Ahlstrom	2004
3:18.30c	Ron Cassidy	1975
3:19.60y	Mitch Campbell John Bingham Tom Ahlstrom	
3:20.76	Kevin Ahlstrom Ross Gierczak Justin Woods Brian Woods	2003
3:21.30	Sean Conboy Jay Jensen Bruce McMorris Clay Kussler	1984
3:21.38	Bryce Sullivan Manuel Gomez Thomas Heib Andrew Carty	2015
3:22.57	Kevin Ahlstrom Joseph Garcia Rochand Scoby Brian Woods	2001
3:22.70	Bruce Morris Sean Conboy Clay Kussler Nathan Vanleer	1983
3:22.88	Kyle Nault Franklin Coochi Bradley Gordon Anthony Kriakin	2010
3:23.42	Andreas Glenn Shane Hernandez Paul Hall Andrew Carty	2014
3:23.52	Xavier Esquivel-Coles Holden Edmondson Clay Green Thomas Heib	2016

HIGH JUMP

7'-0"	Cory Johnson	1996
6'-11"	Brad Harris	1978
6'-9"	Kevin Schmitt	2018
6'-8"	Jay Jenson	1983
6'-8"	Tim George	2005
6'-6.75"	Greg Reyes	1988
6'-6"	Mitch Herald	1974
6'-6"	Tom Vanhofgaarden	1981
6'-6"	Reggie Murray	1982
6'-6"	Todd Jorgensen	1985
6'-6"	Brian Panian	1999

LONG JUMP

23'-7"	J.J. Cisneros	1988
23'-3.5"	Jose Rubio	2017
23'-3"	Tyler Coffman	2016
22'-9"	Lynn Jenkins	1978
22'-8"	Joseph Garcia	2002
22'-6"	Sean Ayale	2018
22'-4.5"	Cole Sawyer	2011
22'-3"	Bill Raines	1970
22'-3"	Brandon Bandley	2018
22'-2"	Jim Greer	1972

TRIPLE JUMP

46'-9"	John Greenroy	1978
45'-10.25"	Josh Caiquo	2011
45'-5.25"	Wallis Caiquo	2007
45'-2"	J.J. Cisneros	1988
44'-1.25"	Donald Crandall	2007
44'-1"	Bryan Panian	1998
43'-9.5"	Sean Ayale	2018
43'-4.5"	John Kay	1992
43'-4"	Charles Lucky	1976
43'-3.75"	Dominique Parham	2011

LEGEND

- y = race was in yards
- 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