

LOS ALAMITOS HIGH SCHOOL

TRACK & FIELD ALL-TIME SCHOOL RECORDS

100 METERS

Boys	10.48	Justin Woods	2005
Girls	11.88	Sara Limp	2015

200 METERS

Boys	21.01	Justin Woods	2005
Girls	23.95	Sara Limp	2015

400 METERS

Boys	48.25	Andrew Carty	2015
Girls	54.89	Ashley Willingham	2015

800 METERS

Boys	1:51.49	Thomas Heib	2015
Girls	2:10.44	Katie Izzo	2015

1600 METERS

Boys	4:14.10	Mark Junkermann	1983
Girls	4:55.27	Katie Izzo	2015

3200 METERS

Boys	9:07.90	Mark Junkermann	1983
Girls	10:21.67	Katie Izzo	2015

110 METER HIGH HURDLES 39"

Boys	14.26	Tyler Rios	2014
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100 METER HURDLES 33"

Girls	14.54	Cavetra Mitchell	1993
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400 METER RELAY (4 x 100 METERS)

Boys	41.86	Chad Dunn Rasheed Prescott Justin Woods Brian Woods	2003
Girls	46.91	Ashley Willingham Anijah Green Kenna Limp Sara Limp	2015

HIGH JUMP

Boys	7' 0"	Cory Johnson	1996
Girls	5' 7"	Stacy Lee	1986

LONG JUMP

Boys	23' 7"	J.J. Cisneros	1988
Girls	18' 10.5"	Jordan Agnew	2012

TRIPLE JUMP

Boys	46' 9"	John Greenroy	1978
Girls	36' 7.25"	Jennifer Bandley	2014

POLE VAULT

Boys	16' 2"	Dustin Deleo	2004
Girls	12' 4"	Carissa Culver	2010

DISCUS

Boys	170' 1"	Heartwell Brown	1990
Girls	147' 2"	Mackenna Howard	2014

SHOT PUT

Boys	55' 0.75"	Christopher Yates II	2008
Girls	50' 2.5"	Mackenna Howard	2014

300 METER INTERMEDIATE HURDLES 36"

Boys	37.38	Kevin Ahlstrom	2004
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300 METER LOW HURDLES 30"

Girls	45.16	Jordan Agnew	2013
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1600 METER RELAY (4 x 400 METERS)

Boys	3:16.40	Justin Woods Antione Cason Ross Gierczak Kevin Ahlstrom	2004
Girls	3:48.97	Sarah Pisani Brianna Taylor Sara Limp Ashley Willingham	2015