

## GORDON STEWARD FROSH / SOPH CLASSIC RECORDS

| EVENT             | GIRLS FROSH   | GIRLS SOPH   | BOYS FROSH   | BOYS SOPH  |
|-------------------|---|--|--|--|
| 100M              | Higgins<br>Channel Islands<br>12.2 (1993)                 | Porchea Carroll<br>Rio Mesa<br>11.50 (1999)                                | Tim Gregory<br>Hart<br>11.11 (1999)  | Palmer<br>Oxnard<br>10.78 (1995)                       |
| 200M              | Saraina Hedgepeth<br>Rio Mesa<br>25.30 (2006)             | Porchea Carroll<br>Rio Mesa<br>25.11 (1999)                                | Mathew Lopez<br>Pacifica<br>23.41 (2009)                                     | Matt Appel<br>Ventura<br>22.54 (1996)                  |
| 400M              | Cailey Remington<br>Newbury Park<br>60.92 (2015)          | Devyn Weisenberger<br>Rio Mesa<br>59.44 (2015)                             | Clark Goodwin<br>Ventura<br>51.91 (1997)                                     | Colin Campbell<br>Ventura<br>50.5 (2003)               |
| 800M              | Sarah Winkler<br>Simi Valley<br>2:23.02 (2014)            | Sofia Ramos<br>Ventura<br>2:20.33 (2016)                                   | Joey Eckert<br>Moorpark<br>2:01.28 (2007)                                    | Ryan Finch<br>Westlake<br>1:59.59 (2013)               |
| 1600M             | Augustina Hansen<br>Hart<br>5:12.48 (2012)                | Anna Sperry<br>Simi Valley<br>5:11.7 (2005)                                | Jason Pedersen<br>Royal<br>4:40.4 (2003)                                     | Dylan Jaedtke<br>Royal<br>4:29.7 (2003)                |
| 3200M             | Augustina Hansen<br>Hart<br>11:19.01 (2012)               | Paige Kosche<br>Ventura<br>11:14.38 (2015)                                 | Mark Nevers<br>Oak Park<br>9:51.1 (1998)                                     | Jose Melenu<br>Antelope Valley<br>9:32.6 (2003)        |
| 100 H<br>110 H    | Kiera Sherrod<br>Rio Mesa<br>16.07 (2015)                 | Hatch (Nordhoff)<br>15.5 (1995)<br>Laura Willeford (Simi V)<br>15.5 (2003) | Daniel Olmsted<br>Buena<br>15.95 (2004)                                      | Chris Foster<br>Ventura<br>14.75 (1999)                |
| 300 H             | Kelly Wade<br>Moorpark<br>47.55 (2016)                    | Stacie Hebert<br>Buena<br>45.8 (1994)                                      | Winston Short<br>Thousand Oaks<br>41.94 (2015)                               | Malik Sherrod<br>Pacifica<br>40.64 (2018)              |
| F/S 400<br>RELAY  | Rio Mesa<br>50.06 (1998)                                  |  | Ventura<br>44.37 (2016)  |  |
| F/S 1600<br>RELAY | Buena<br>4:08.40 (2013)                                   |  | Ventura<br>3:30.29 (2017)  |  |
| HIGH<br>JUMP      | Devyn Weisenberger<br>Rio Mesa<br>5' 2" (2014)            | Shaw<br>Simi Valley<br>5'4" (1994)   | Cameron Rising<br>Newbury Park<br>6' 0 1/4" (2015)                           | Szilagy<br>Newbury Park<br>6'0" (1995)                 |
| LONG<br>JUMP      | Porchea Carroll<br>Rio Mesa<br>18'2" (1998)               | Porchea Carroll<br>Rio Mesa<br>18'4 3/4" (1999)                            | Jaedon Rogers<br>Rio Mesa<br>20' 6 3/4" (2015)                               | Andrew Crenshaw<br>Antelope Valley<br>21'8 1/2" (2003) |
| TRIPLE<br>JUMP    | Samantha Grzywacz-Carnes<br>Simi Valley<br>35' 10" (2017) | Alyssa Hayashi<br>Oxnard<br>35' 5" (2018)                                  | Rivera<br>Valley View<br>41'5" (1993)  | Channarith Thuon<br>Rio Mesa<br>45' 6" (2006)          |
| SHOT<br>PUT       | E. Delaney<br>Paso Robles<br>37'2" (2003)                 | Laura Arnold<br>Arroyo Grande<br>40'9" (2003)                              | Kyle Pollock/Carlos Aviles<br>Arroyo Grande/Ventura<br>50' 11" (2003)/(2016) | Danny Rohr<br>Arroyo Grande<br>57'4 3/4" (2003)        |
| DISCUS            | Jennifer Steed<br>Arroyo Grande<br>116'9 1/2" (2003)      | Laura Arnold<br>Arroyo Grande<br>129'3 3/4" (2003)                         | Christian Alejandre<br>Pacifica<br>135' 1" (2018)                            | Danny Rohr<br>Arroyo Grande<br>160'4" (2003)           |