

## LOS ALAMITOS HIGH SCHOOL TRACK & FIELD 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	<b>2:10.12</b>	<b>Delaney Sacacore</b>	<b>2018</b>

### 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

### BOYS 110 METER HIGH HURDLES 39"

13.89	Jose Rubio	2017
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### GIRLS 100 METER HURDLES 33"

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

### 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

### HIGH JUMP

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

### LONG JUMP

Boys	23'-7"	J.J. Cisneros	1988
Girls	19'-6.75"	Alison Parsons	2016

### TRIPLE JUMP

Boys	46'-9"	John Greenroy	1978
Girls	37'-4.5"	Alison Parsons	2016

### POLE VAULT

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

### DISCUS

Boys	170'-1"	Heartwell Brown	1990
Girls	<b>153'-10"</b>	<b>Faimalie Sale</b>	<b>2017</b>

### SHOT PUT

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

### BOYS 300M INTERMEDIATE HURDLES 36"

36.72	Jose Rubio	2017
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### GIRLS 300M LOW HURDLES 30"

45.16	Jordan Agnew	2013
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### 800 METER RELAY (4 x 200 METERS)

Boys	1:29.13	Manuel Gomez Holden Edmondson Andrew Carty Brandon Douglas	2015
Girls	1:40.42	Ashley Willingham Brianna Taylor Kenna Limp Sara Limp	2015

### 3200 METER RELAY (4 X 800 METERS)

Boys	<b>8:02.18</b>	<b>Connor Oltman</b> <b>Ryan Herda</b> <b>Logan Johnson</b> <b>Brandon Bandley</b>	<b>2018</b>
Girls	<b>9:19.70</b>	<b>Bronsyn Ledgard</b> Caroline DeSmet <b>Olivia Velasco</b> <b>Delaney Sanacore</b>	<b>2017</b>

## LOS ALAMITOS HIGH SCHOOL TRACK & FIELD SCHOOL RECORDS

### 4 x 1600 METER RELAY

Boys **18:32.68** **Kaleb Yemaneberhane** **2018**  
**Nicholas Van Meter**  
**Klaus Quinonez**  
**Dean Yacoubian**

### 800 METER SMR (100-100-200-400)

Boys 1:34.02 Tyler Rios 2014  
Dashawn Gordon  
Brandon Douglas  
Andrew Carty

Girls 1:46.58 Brianna Taylor 2014  
Ashlan Revollar  
Sara Limp  
Ashley Willingham

### DMR (1200-400-800-1600)

Boys 10:48.75 Paul Hall 2014  
Andrew Carty  
Shane Hernandez  
Thomas Heib

Girls **12:39.15** **Olivia Velasco** **2017**  
Caroline DeSmet  
**Bronsyn Ledgard**  
**Delaney Sanacore**

### 100 METERS PARA-AMBULATORY

Boys  
Girls **16.89** **Kyla Schilz** **2018**

### 200 METERS PARA-AMBULATORY

Boys  
Girls **35.63** **Kyla Schilz** **2018**

### 400 METERS PARA-AMBULATORY

Boys  
Girls **1:24.57** **Kyla Schilz** **2017**

### SHOT PUT PARA-AMBULATORY

Boys **26'-6"** **Joe Chao** **2018**  
Girls

### MIXED LONG JUMP PARA

mixed **7'-5"** **Kyla Schilz** **2018**

### 4 x 1600 METER RELAY

Girls **21:34.30** **Olivia Velasco** **2017**  
Nicole Bliss  
**Bronsyn Ledgard**  
**Delaney Sanacore**

### 1600M SMR (200-200-400-800)

Boys 3:26.36 Jacob Gasser 2016  
Jose Rubio  
Holden Edmondson  
Thomas Heib

Girls 3:58.63 Anijah Green 2015  
Sara Limp  
Ashley Willingham  
Katherine Izzo

### 4 x 110 METER SHUTTLE HURDLE RELAY

Boys **1:02.45** Sean Morgan **2017**  
Jake Brandt  
**Samuel Scott**  
Jose Rubio

### 4 x 100 METER SHUTTLE HURDLE RELAY

Girls **1:05.08** Alison Parsons **2016**  
**Lauren Willingham**  
Pi'ilani Mata  
Ashlan Revollar

### MIXED 100M WHEELCHAIR

### MIXED 200M WHEELCHAIR

### MIXED 400M WHEELCHAIR

### MIXED SHOT PUT WHEELCHAIR