

LOS ALAMITOS HIGH SCHOOL

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

100 METERS

10.76	Justin Woods	2003
10.79	Johnnie Blockburger	2018
10.93	Brandon Douglas	2013
10.94c	Sean Henderson (10.7h)	2006
11.08	Adolph Keyes	1997
11.14c	Rochand Scoby (10.9h)	2000
11.14c	Brad Gordon (10.9h)	2009
11.18	Jason Chung	2005
11.24c	Jim Greer (11.0h)	1972
11.24c	Chad Dunn (11.0h)	2002
11.24	Carlo Reyes	2018

800 METERS

1:54.12	Thomas Heib	2014
1:58.36	Brandon Bandley	2016
2:00.20	Dave Sanford	1986
2:01.40	Ed Pieterse	1976
2:02.57	Ross Gierczak	2003
2:02.84	Abhinav Nagpal	2011
2:03.20	Kasey Ahlstrom	2005
2:03.40	Mark Campbell	1975
2:03.50	Kevin McEvoy	1998
2:04.10	William Chenoweth	2009

110 METER HIGH HURDLES - 39"

15.23	Shaquille Richardson	2008
15.34	Jose Rubio	2015
15.64	Manny Gomez	2013
15.68c	Charles Lucky (15.4yh)	1975
15.77	Steve Johnson	1986
15.88	Dustin Wurtz	2004
15.89	Owen Adele	2018
15.90	Cameron Baldwin	2010
15.97	Abraham Lotfy	2017
16.08c	Scott MacCready (15.8yh)	1976

DISCUS - 1.6 kg

140'-6"	Aaron Pedroza	1987
138'-8"	Eki Faagai	2002
138'-0"	Matt Hauk	1990
137'-10"	Gary Frantz	1970
134'-11"	Josh Schnitzer	2007
132'-5"	J.J. Lynch	1991
130'-11"	Tyler Barba	2013
128'-0"	Bob Rice	1971
125'-10"	Michael Greene	1996
124'-6"	Robert Torres	1992

200 METERS

22.05	Brandon Douglas	2013
22.05	Johnnie Blockburger	2018
22.24	Brian Woods	2001
22.45	Justin Woods	2003
22.74c	Carl Deboer (22.6yh)	1972
22.74c	Jim Greer (22.6yh)	1972
22.74c	Tom Ahlstrom (22.6yh)	1974
22.74	Brad Gordon	2009
22.78	Sean Herderson	2006
22.94c	Clay Kussler (22.7h)	1982

1600 METERS

4:29.14	Cameron Adams	1990
4:30.77	Garrett McAllister	2004
4:30.80	Thomas Heib	2014
4:35.73	Mchael Reynoso	2011
4:37.00	Robert Kyle	1989
4:37.97	Klaus Quinonez	2017
4:40.00	John Burkett	1983
4:40.60	Chris Mais	1998
4:40.90	Seth Bergner	2004
4:40.91	Joshua Holmes	2012

300 METER HURDLES - 36"

40.49	Manny Gomez	2013
40.57	Cameron Baldwin	2010
40.85	Shaquille Richardson	2008
40.86	Jose Rubio	2015
41.53	Brandon Cheri	1997
41.61	Christian Warner	2013
41.94	Reggie Dunn	1986
42.05	Owen Adele	2018
42.30	Sean Morgan	2015
42.48	Abraham Lotfy	2017

SHOT PUT - 10 lbs

53'-7"	Bernard Riley	1997
52'-11"	John Rodgers	1975
52'-6.5"	Sawyer Howard	2018
49'-4"	Rob Kerbs	1979
49'-0"	Gary Frantz	1970
48'-11"	Cameron Filkins	2002
48'-10"	Bob Rice	1971
48'-10"	Robert Torres	1992
48'-3"	Frank Haney	1976
47'-10"	Connor Wells	2017

400 METERS

49.27	Brian Woods	2001
49.74	Johnnie Blockburger	2018
49.92	Stan Guyness	1994
51.09	Ahmad Martin	2017
51.21	Daniel Garrett	2018
51.46	Kevin Ahlstrom	2002
51.50	Wes Feighner	2006
51.55	Myles Andrews	2008
51.67	Frank Clemente	1998
51.67	Bobby Blandino	2017

3200 METERS

9:42.07	Thomas Heib	2014
9:43.45	Klaus Quinonez	2017
9:43.76	Garrett McAllister	2004
9:53.40	Kaleb Yemaneberhane	2017
9:56.00	Cameron Adam	1990
10:01.90	Mark Junkermann	1981
10:07.00	Robert Kyle	1989
10:12.50	John McIntyre	1976
10:17.00	Pete Peterson	1974
10:17.60	Ryan Bowen	1992

POLE VAULT

14'-10"	Tim McIntyre	1977
13'-0"	Dan Bushey	1978
13'-0"	Brennan Turner	2004
12'-8"	Allen Butler	1972
12'-8"	John Malik	1972
12'-6"	Alex Hale	2001
12'-6"	Michael Parsons	2016
12'-0"	Jim Murphey	1970
12'-0"	David Kim	2008
12'-0"	Andrew Fowler	2014
12'-0"	Christian Virga	2016

400 METER RELAY (4 x 100M)

43.98	Evan King Dan Garrett Carlo Reyes Jaiden Mitchell	2018
44.23	Nichoals Fasulo Jaiden Mitchell Jimmy Luis Bobby Blandino	2017
44.74c	Jim Devlin	1984
44.6h	Niel Sorenson Joe Carpentier John Castro	
44.93	Evan King Dan Garrett Carlo Reyes Adam Ruley	2018
44.94c	Andrew Paranal	2003
44.75h	Josh Hackworth Anthony Montoya Sam Courtney	
45.01	Nathaniel Hartman Justin Randig Nicholas Fasulo TreVion Ballard	2016
45.03	Nichoals Fasulo Jaiden Mitchell David Pambid Bobby Blandino	2017
45.15	Stan Guyness Cory Johnson Kenyatta Omar Tony Hartley	1994
45.15	Simon Yoo Evan Natland Dashawn Gordon Corey Richards	2011
45.20	Bill Hovey Doug Yates Rick Mannino Lynn Jenkins	1976

1600 METER RELAY (4 x 400M)

3:30.00	Jerry Almen Mitch Campbell Brett Rodgers Tom Ahlstrom	1974
3:32.60	Steve Fogel Dave Prochnow Mark Campbell Doug Deloss	1975
3:36.92	Kevin Ahlstrom Josh Hackworth Brian Schoelkopf Justin Woods	2002
3:37.39	Adhre' Sparks Clay Green Christopher Gallegos Troy Smith	2014
3:38.76	Logan Johnson Nicholas Fasulo Jimmy Luis Bobby Blandino	2017
3:40.00	Chris Hook James Kim Kevin Cornelius Shane Tester	2006
3:40.42	Sean Edwards Rocco Seyboth Shawn Tukua Brandon Cheri	1996
3:42.19	Anthony Kriakin David Kim Garrett Verdone Michael Lindsey	2007
3:42.58	Reggie Dunn Chevelle Walker Darren Fatone Kyle Ledesma	1986
3:41.73	Christian Bandlely Brandon Closs Angel Tarrio Franklin Coochi	2009

HIGH JUMP

6'-8.5"	Cory Johnson	1994
6'-4"	Tony Hartley	1994
6'-3"	Mike Duprez	1981
6'-3"	Jay Jensen	1982
6'-2"	Dave Christie	1973
6'-2"	Brad Harris	1976
6'-2"	Jeff Cecil	1978
6'-2"	Matt Rennick	2007
6'-2"	Johnnie Blockburger	2017
6'-1"	Jerry Stephens	1969

LONG JUMP

22'-0"	Johnnie Blockburger	2017
21'-6"	Sean Ayale	2017
21'-2"	Bill Raines	1968
21'-1"	Lynn Jenkins	1976
21'-0.75"	J.J. Cisneros	1986
20'-11"	Steve Sargent	1988
20'-9"	Jim Greer	1971
20'-8.75"	Brian Panian	1997
20'-8"	Bill Rousey	1971
20'-7.5"	Jose Rubio	2015

TRIPLE JUMP

45'-0"	Josh Caiquo	2010
43'-7.75"	Sean Ayale	2017
43'-2.5"	J.J. Cisneros	1987
42'-7"	Bryan Panian	1997
41'-1"	Trevor Hartley	1996
40'-11"	Lynn Jenkins	1976
40'-10"	Doug Yates	1976
40'-10"	Dumisani Sithole	2018
40'-9.25"	Michael Ung	2007
40'-8.5"	Corle Sawyer	2008

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