

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	2:10.45	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

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
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Girls	46.91	Ashley Willingham Anijah Green Kenna Limp Sara Limp	2015
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1600 METER RELAY (4 x 400 METERS)

Boys	3:16.40	Justin Woods Antione Cason Ross Gierczak Kevin Ahlstrom	2004
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Girls	3:48.97	Sarah Pisani Brianna Taylor Sara Limp Ashley Willingham	2015
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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	153'-10"	Faimalie Sale	2017

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
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Girls	1:40.42	Ashley Willingham Brianna Taylor Kenna Limp Sara Limp	2015
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3200 METER RELAY (4 X 800 METERS)

Boys	8:14.76	Paul Hall Ryan Collins Shane Hernandez Thomas Heib	2014
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Girls	9:19.70	Bronsyn Ledgard Caroline DeSmet Olivia Velasco Delaney Sanacore	2017
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4 x 1600 METER RELAY

Boys 19:29.93 LAHS Relay Team 2011

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

Boys
Girls **17.00** **Kyla Schilz** **2017**

200 METERS PARA

Boys
Girls **37.10** **Kyla Schilz** **2017**

400 METERS PARA

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

MIXED SHOT PUT PARA

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 SPECIAL OLYMPICS

MIXED 100M S.O. WHEELCHAIR

MIXED 200M S.O. WHEELCHAIR

MIXED 400M S.O. WHEELCHAIR