

# LOS ALTOS HIGH SCHOOL TRACK AND FIELD RECORDS

## Boy's Record Holders

Event	Mark	Name	Year	Comments
100 yd	9.6	Brad Lyman	1968	
100 m	11.06F	Markell Stine	2012	Vs. Mountain View, 4/16/12
200 m	21.40	Brad Lyman Doug Hill	1968 1974	
400 m	46.94	Rick Brown	1970	440 yd handtime of 47.1 at CCS Finals (1 <sup>st</sup> ) per CCS All Time Marks this converts to 46.96
800	1:50:10f	Rick Brown	1970	880 yd 1:50.6 at CCS (1 <sup>st</sup> ) and State (1 <sup>st</sup> ) handtimes
1600	4:15:65f 4:11.47f	David Boore Robin Ruble*	1960	Mile 4:17.0 hand Angell Field AllCommer Meet Feb/Mar Mile 4:12.8 hand Angell Field AllComer Meet June
3200	8:59.99f	Jeff Curran	1974	2 mile 9:03.0 Postal (2 <sup>nd</sup> ) handtime
110H	13.84F (w2.3) 13.95F	Eric Hersey Eric Hersey	2007	State Finals (5 <sup>th</sup> ) State Trials (heat 1, 2 <sup>nd</sup> )
300H	37.67F	Eric Hersey	2007	CCS Finals (1 <sup>st</sup> )
4x100	42.10		1972	Yards/Meters/FAT?
4x400	3:14.60f	Bob Thompson, Rick Brown Larry Davis, Jim Andrew	1970	Mile Relay, State (1 <sup>st</sup> ) 3:15.6
DMR	10:18.04	Robin Ruble, Ron Potter, Chris Miller, Dave Boore	1960	El Cerrito Relays, 10:21.5 hand time in yards, 1st place
4x1600	17:59.78	Austin Bowie, Terence Rabuzzi, Dane Kreisman, Josh Cohen	2012	Mt. Sac Relays, 10th place Invitational Section
4x800	7:55.03		1970	Carlmont Invite, 7:57.8 hand time in yards, 2nd place
4x200	1:28.63f		1962	1:29.0 hand time in yards, NCS Championships 3rd place
SMR	3:37.87	Will Scheetz, Francis Hacket, Kelly McConnell, Kevin Anawalt	2014	Arcadia Invite, 6th place seeded section
Postal 5x3200	48:58.61	Brian Allen, Kirk Johnson Rick Brown, Jim McCarth, Jody Wilder	1968	1968 Postal Nationals, 9 <sup>th</sup> place, converted from 5x2mile hand timed. Brian Allen 9:42, Kirk Johnson 9:43, Rick Brown 9:47 Jim McCarth 9:59, Jody Wilder 10:04
HJ	6'10.25	Darren Marble	1998	North Subsection (1 <sup>st</sup> )
PV	15'0	Todd Arnett	1986	CCS Finals (3 <sup>rd</sup> )
LJ	24'2.5 23'11	Jeff Nord Jeff Nord	1995 1995	Verified - TFN CCS Finals (1 <sup>st</sup> )
TJ	48'7.5 49'10	Denny Rogers Dan Nord	1996 1995	Verified legal per TFN, #2 wind-aided per TFN
SP	62'9.25 61'11.5	Chris Adams Chris Adams	1970 1970	Dual Meet vs Buchser (1 <sup>st</sup> ) State (3 <sup>rd</sup> )
Disc	204'05 201'03	Scott Overton Chris Adams	1972 1970	SCVAL Finals (1 <sup>st</sup> ) Sloped field (best legal 200.01) State (1 <sup>st</sup> )

### Notes:

- \* - Robin Ruble ran his 4:12.8 at a meet shortly after graduating in 1960.
- 1985 – changed from yards to meters
- "F" after a time means that it is fully automatic
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- "W" after a time indicates wind speed, if available. Legal wind is 2.0 meters/second or less
- TFN – Track and Field News – "the Bible of the Sport since 1948" – [www.trackandfieldnews.com](http://www.trackandfieldnews.com)
- As of 4/14/2014

# LOS ALTOS HIGH SCHOOL TRACK AND FIELD RECORDS

## Girl's Record Holders

Event	Mark	Name	Year	Comments
100	12.10F (w 3.6) 12.29F	Martina Mickos Alyssa Biondi	2008 2007	CCS Trials (3 <sup>rd</sup> ) Great Western Invite (1 <sup>st</sup> )
200	25.10 25.09F (w2.7) 25.38F (w.04)	Kate Brew Martina Mickos Martina Mickos	1983 2007 2008	Not sure yards/meters/hand time? CCS Trials (6 <sup>th</sup> ) CCS Trials (1 <sup>st</sup> )
400	56.34f	Kate Brew	1983	56.2 hand time, NorCal Finals
800	2:11.74f	Kerry Brogan	1980	2:11.6 hand meters
1600	4:51.24f	Vicky Bray	1977	4:52.8 hand at State (2 <sup>nd</sup> )
3200	10:42.59f	Kerry Brogan	1978	10:46.2 2 miles hand
100H	14.77F	Allie Miller	2004	CCS Finals (1 <sup>st</sup> )
300H	44.17F	Allie Miller	2004	CCS Finals (1 <sup>st</sup> )
4x100	47.86F	Kirsten Rowsey, Alyssa Biondi, Martina Mickos, Bria Nelson	2007	CCS Trials (2 <sup>nd</sup> )
4x400	-03:54.87f (3:56.1hy)	Rachel Bray, Shari Rodgers, Hilary Bray, Kate Brew	1983	CCS Finals (1 <sup>st</sup> )
DMR	12:33.62	Britt DeVisser, Anneliese Gallagher, Katie Klein, Lauren Jacob	2014	Dublin Distance Fiesta, 2 <sup>nd</sup> place
4x1600	21:52.53	Lauren Jacob, Britt DeVisser, Annli Tico, Anneliese Gallagher	2014	Arcadia Invite, 16th place Seeded Section
4x800	9:36.78	Anneliese Gallagher, Lauren Jacob, Britt DeVisser, Annli Tico	2014	Stanford Invite, 6th place
4x200	1:42.90	Alyssa Biondi, Bria Nelson, Kristen Rowsey, Martina Mickos	2007	Arcadia Invite, 1st place Rated Section
SMR	4:22.22	Ivy Gates, Grace Lo, Kalyn Nakano, Serina Rye	2009	Arcadia Invite, 6th place Rated Section
Postal 5x3200	58:49.25	Lauren Jacob, Katia Gibson, Katie Klein, Britt DeVisser, Annli Tico	2014	Lauren Jacob 10:45.99, Katia Gibson 11:48.90, Katie Klein, 11:59.73, Britt DeVisser 12:05.50, Annli Tico 12:09.13
HJ	5'9.25	Allie Miller Allie Miller	2003 2004	CCS (1 <sup>st</sup> ) State (1 <sup>st</sup> )
PV	11'6	Diamara Planell	2010	Golden West
LJ	18'5	Hilary Bray	1982	Reg 2 (2 <sup>nd</sup> )
TJ	38'5.75(nwi)	Catherine Li	2012	Vs. Gunn, 4/16/12
SP	44'02 43'07	Melinda Beckenhauer Melinda Beckenhauer	1985 1984	Not verified State (3 <sup>rd</sup> ) per TFN
Disc	137'01	Joy De Amero	1996	CAL (1 <sup>st</sup> )

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# LOS ALTOS HIGH SCHOOL CROSS COUNTRY RECORDS

## Boy's Record Holders

Location	Time Record	Year	Individual Record	Team Time Record	Year	Team Record Members
Crystal Springs	14:52	1998	Andrew Hill	1:20:58 (16:11 top 5 average)	2011	Austin Bowie 15:38 Terence Rabuzzi 16:09 Alex Carr 16:23 John Beutter 16:23 Josh Cohen 16:25 Gregory Lee 16:28 Dane Kreisman 16:34
Toro Park	15:47	2012	Terence Rabuzzi	1:21:05 (16:13 top 5 average)	2012	Terence Rabuzzi 15:47 Ben Zaeske 15:56 Josh Cohen 16:03 Alex Carr 16:12 Dane Tippett 17:07 Konrad Niemiec 17:14 John Beutter 17:24
Woodward Park	15:43	1998	Andrew Hill	1:21:54 (16:22 top 5 average)	2012	Terence Rabuzzi 15:47 Josh Cohen 16:14 Alex Carr 16:17 Ben Zaeske 16:33 Dane Tippett 17:03 Konrad Niemiec 17:28 John Beutter 18:05
Mt. SAC	15:20.6	1998	Andrew Hill	1:22.28 (16:30 top 5 average)	2013	Ben Zaeske 16:18 Andreas Godderis 16:22 Dave Tippett 16:32 Konrad Niemiec 16:36 Kevin Anawalt 16:40 Kevin Glass 16:41 Alex Fache 17:08

## Girl's Record Holders

Location	Time Record	Year	Individual Record	Team Time Record	Year	Team Record Members
Crystal Springs	17:20	2013	Lauren Jacob	1:37.22 (19:28 top 5 average)	2013	Lauren Jacob 17:20 Katie Klein 19:16 Kristen Adams 20:03 Tatiana Gibson 20:17 Britt DeVisser 20:26 Wendy Wu 20:38 Katie Gibson 22:05
Toro Park	17:49	2012	Lauren Jacob	1:39:43 (19:56 top 5 average)	2012	Lauren Jacob 17:49 Claire Bowie 19:47 Louise Stephan 20:04 Wendy Wu 20:59 Anneliese Gallagher 21:04 Kristen Adams 21:20 Sierra Townsend 21:20
Woodward Park	17:52	2013	Lauren Jacob	1:40:21 (20:04 top 5 average)	2013	Lauren Jacob 17:52 Katie Klein 20:09 Wendy Wu 20:41 Tatiana Gibson 20:49 Kristen Adams 20:50 Anneliese Gallagher 21:17 Katia Gibson 21:49
Mt. SAC	17:40	2013	Lauren Jacob	1:39:51 (19:58 top 5 average)	2013	Lauren Jacob 17:40 Katie Klein 19:42 Kristen Adams 20:34 Tatiana Gibson 20:52 Katia Gibson 21:01 Wendy Wu 22:05 Elizabeth Bishop 22:21