

# Alhambra Track Top-10 Lists - - Boys' Frosh-Soph

## 100 Meters

1	John Gill	11.24 c	1974
2	Ciazonne Foster	11.48 w	2013
3	Sean Burke	11.58	1999
4	Erron Christmas	11.60	2008
5	Leonard Revoir	11.64 c	1978
5	Harits Abdurrohman	11.64	2012
7	Armani Guidry	11.69 w	2019
8	Mawuko Tugbenyon	11.74 c	1992
8	Brandon Soloff	11.74 c	1997
8	Joey Woolridge	11.74 c	1999

## 200

1	John Gill	23.14 c	1974
2	Sean Burke	23.58	1999
3	Harits Abdurrohman	23.66	2012
4	Leonard Revoir	23.84 c	1978
4	Joey Woolridge	23.84 c	1999
6	L. Robinson	24.04 c	1978
7	Payton Simmons	24.18	2005
8	Noa Nabeshima	24.29	2015
9	Jerwin Woolridge	24.34	2001
10	Clint Baggarly	24.44 c	1988

## 400

1	Joey Cooper	52.79	1998
2	Eric Welch	53.2	1986
3	Christian Bumala	53.49	2011
4	Payton Simmons	53.50	2005
5	Keith Farwell	54.00	2011
6	Luis Haefke	54.82	2013
7	Travis Gliatto	54.7	1999
8	Alex Clause	55.2	1986
9	Paul Vanni	55.4 c	1970
10	Joel Hawes	55.6	2005
10	Cameron Yarder	55.6	2005

## 800

1	Noa Nabeshima	2:05.48	2015
2	Ryan Quigley	2:07.17	2005
3	P. Cottrell	2:07.6 c	1970
4	Joel Timbrell	2:08.13	2011
5	Evan Quigley	2:08.30	2009
6	Mark Blattler	2:08.62	2007
7	Michael Viano	2:09.27	2012
8	R. Duncan	2:09.7	1992
9	Chuck Latting	2:11.3 c	1974
10	Luis Garcia	2:11.69	2015

## 1600

1	Evan Quigley	4:31.04	2010
2	Mark Blattler	4:33.26	2007
3	Mike Gulli	4:34.5 c	1976
4	Noa Nabeshima	4:38.16	2015
5	Mike Railton	4:42.81	2009
6	Jesse Aston	4:45.41	2008
7	Ryan Quigley	4:45.70	2005
8	Michael Viano	4:46.32	2013

9	Tony Kauke	4:46.6	1992
10	Carl Swanson	4:47.0	2005

## 3200

1	Harrison Hollidge	10:15.92	2010
2	Mike Railton	10:19.96	2009
3	Carl Swanson	10:23.28	2005
4	Caleb Leisure	10:30.0	1998
5	Jesse Aston	10:34.78	2008
6	Matt LoForte	10:34.90	2003
7	Glenn Lewis	10:36.6 c	1971
8	Robert Viano	10:49.59	2015
9	Tony Kauke	10:49.9	1992
10	Scott Lepak	10:51.0	1986

## 110 High Hurdles (39")

1	Buddy Gonzales	17.34 c	2001
2	Anteo Quiroz	17.48	1999
3	Amos Cruz	18.32	1995
4	Mike Brown	18.51	2005
4	Jesse Reel	18.51	2011
6	Teddy Ballin	18.61	1996
7	Ben Smyers	19.26	2019
8	Morgan Savacool	19.28	1994
9	Rob Lawrence	19.32	1998
10	Jonas Kobylak	19.46	2018

## 300 Intermediate Hurdles (36")

1	Ledell Conner	41.44 c	1979
2	Marcel Stewart	42.54 c	1990
3	Carwin Thompson	42.64 c	1980
4	Mike Fitzhugh	43.04 c	1977
5	Brian Kastl	43.14 c	1986
5	Mike Peebles	43.14 c	1978
7	Buddy Gonzales	44.04 c	2001
8	Mike Brown	44.74 c	2005
8	Raleigh Adams	44.74	2013
10	Anteo Quiroz	45.33	1999

## Long Jump

1	Rich McLaughlin	22-05.5	1957
2	Tanaha Waters	21-09	1990
3	Trevor Davis	21-01	2009
4	Armani Guidry	20-00	2019
5	Sam Brown	19-09	1977
6	Bryan Willingham	19-08.25	1987
7	Nick Woodson	19-08	1990
8	Chris Lagstaff	19-03.5	1990
9	Ciazonne Foster	19-03.25	2013
10	Damon Leonard	19-02.25	2013

## Triple Jump

1	Bill Boyd	40-10	1974
2	L. Robinson	40-05	1976
3	Leonard Revoir	40-00.5	1976
4	Nick Woodson	39-09.25	1990
5	Trevor Davis	39-04	2009

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6	Sam Brown	39-03	1977
7	Drake Erickson	39-03	2007
8	Michael Milano	38-04.5	2016
9	Joey Woolridge	37-07	1999
10	Mike Fitzhugh	37-01	1977

## High Jump

1	Eben Ham	6-00	1978
2	Larry McClure	5-10	1961
2	Ledell Conner	5-10	1979
2	Austin Bowen	5-10	1999
2	Jackson Norried	5-10	2015
6	S. Hornsby	5-08	1974
6	Adam Purman	5-08	1995
6	Brandon Soloff	5-08	1997
6	Josh Blecha	5-08	2000
6	Christian Bumala	5-08	2010
6	Jack Robinson	5-08	2011
6	James Cretan	5-08	2015
6	Jordan Wondrusch	5-08	2019
6	Ben Smyers	5-08	2019

## Pole Vault

1	Paul Hodgkinson	11-06	1994
2	Conner Bell	11-00	2010
3	Jerry Janeway	10-09	1969
3	Brian Radke	10-09	2019
5	Mike Waltz	10-06	1986
5	Steve Porter	10-06	1994
5	John Griffin	10-06	2002
8	John Downie	10-00	2000
9	Jon Cargo	9-06	1986
9	Scott Jackman	9-06	1986
9	Morgan Savacool	9-06	1994
9	S. Lion	9-06	1994

## Shot Put

1	Zach Coniglio	48-07.5	2008
2	Mike Morley	47-04	1976
3	J. Freschi	46-04	1967
4	Sal Russo	46-02	1957
5	Kyle Iserloth	46-00.5	2001
6	Tyler Fowler	45-04.25	1996
7	Daniel Taerea	45-03	2005
8	Geno Ramelb	44-10.5	2007
9	Erick Gonzalez	44-05	2011
10	Gary Bowman	43-04	1971

## Discus

1	Daniel Taerea	132-01	2005
2	Mark See	129-08	2001
3	Wendall Harris	125-02	1954
4	Tony Gratton	120-03	1990
5	Zach Coniglio	119-04	2008
6	Kyle Iserloth	119-00	2001
7	Grant Pollard	118-06	1974
8	Aidan LaHonta	117-03	2016
9	Aaron Woodburn	117-00	1979

10	Ray Fowler	115-05	1992
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## 4 x 100 Relay

1	Brombaker, Matthews, Nickelson, Patterson	44.7 c	1964
2	Richard, Farwell, Gonzalez, Cristolos	45.43	2010
3	Parada, Woolridge, West, Burke	46.2	1999
3	Unknown Team	46.2 c	1976
5	Woolridge, Bowen, West, Burke	46.4	1999
6	Unknown Team	46.67	2012
7	Young, Evans, McCart, Leingang	46.68	2013
8	Williams, Micanek, Scott, Baggarley	46.6	1989
8	Holman, Krumman, Simmons, Hawes	46.74	2005
10	Huff, Soloff, Anderson, Cooper	47.0	1997

## 4 x 400 Relay

1	Unknown Team	3:32.0	1970
2	Simmons, Holman, Krumman, Hawes	3:41.91	2005
3	Gliatto, Holland, Burke, Woolridge	3:43.02	1999
4	Soloff, Anderson, Hodgson, Cooper	3:44.64	1997
5	Clausen, Kauke, Todd, Micanek	3:45.4	1992
6	Hepburn, Spence, Anselmo, Snider	3:46.0 c	1971
7	Woolridge, Perry, Holland, Gliatto	3:46.4	1999
8	Williams, Scott, Baggarley, Micanek	3:47.9	1989
9	Schrambling, Morabe, Micanek, Baggarley	3:50.0	1988
9	Woolridge, Schawel, Gonzales, Blattler	3:50.0	2001

## Notes:

- c = converted from yards
- w = wind-aided
- times to tenths are hand timed; times to hundredths are electronically timed.
- for distances under 400 meters, the conversion factor from hand-timed to electronic timing is .24
- for distances 400 meters and up, the conversion factor from hand-timed to electronic timing is .14
- Especially in the 100, 200, and 4 x 100 relays, top-10 rankings include all of the variables listed above

## Old Records - - events no longer contested:

### 330 Yard Low Hurdles (30")

1	Ledell Conner	41.2
2	Corwin Thompson	42.4
3	Mike FitzHugh	42.8
4	Mike Peebles	42.9

## Non-Standard Events:

<b>4 x 200</b>	Radke, Waters, Hayes, Guidry 1:41.61 2019
<b>4 x 800</b>	no record
<b>4 x 1600</b>	no record
<b>DM (3-1-2-4)</b>	no record
<b>SM (1-1-2-4)</b>	no record
<b>SM (2-2-4-8)</b>	no record
<b>1500</b>	no record
<b>3000</b>	no record