

Glendora High School Track and Field All-Time Best Performers 3/13/10

100 Meters

10.79	Gary Uribe	1983
10.94c	Patrick Kooba	1995
	Jordan Edmond	2007
11.04c	Mike Askjaer	1993
	Larry Monroe	2000
	Martin Enriquez	2001
11.24c	Antwain Gohlar	1997
11.34c	J. Murphey	1980
11.34c	M. Ward	1994

100 Meters

12.22	Meagan Chacon	2004
12.64	Jessica Goldman	2006
12.72	K. Parker	1988
12.74c	Nikki Little	1999
12.74c	Shawn Miller	2009
12.76	J. Parker	1986
12.88	K. Ochoa	1983
12.94c	K. Hinkley	1983
	J. Dorn	1995
	Molly Beck	2001

200 Meters

21.76	Jordan Edmond	2007
21.81	Gary Uribe	1983
22.04yc	Arrendonde	1970
22.14yc	Carl Heinzen	1970
	D. Hazelman	1972
22.34yc	Bill Heinzen	1972
22.54c	Patrick Kooba	1995
22.68	Chad Gates	2002
22.74c	Shaun Dinkle	1999

200 Meters

25.06	Meagan Chacon	2002
25.14c	Nikki Little	1999
26.05c	K. Parker	1989
26.41	J. Parker	1986
26.54yc	J. Harwick	1964
26.56	Molly Beck	2000
26.58	Jessica Goldman	2006
26.81	Shawn Miller	2009
26.84c	K. Hinkley, Sansom	83,87
	Madeline LeDuc	2007

400 Meters

48.14yc	Bill Heinzen	1972
48.74	Jordan Edmond	2007
49.34yc	Carl Heinzen	1970
49.74yc	P. Centonze	1974
49.97	Chad Gates	2002
50.04yc	J. Sharp	1973
50.22	D. Little	1985
50.44yc	G. Gladd	1971
50.44c	Ossie Crenshaw	2003
50.44c	Christopher Ramsey	2009

400 Meters

58.57	Andrea Sansom	1987
58.84	J. Jacobsen	1989
59.14c	Meagan Chacon	2004
60.04c	K. Parker	1989
60.34c	Nikki Little	1999
60.74yc	M. LeCocq	1970
60.74	K. Hinkley	1983
60.87	Heather Baumann	2003
61.45	Christine Herring	2005
61.46	Makayla Jacoub	2009

800 Meters

1:51.04yc	Bill Heinzen	1972
1:53.15	Christopher Ramsey	2009
1:54.28	Ossie Crenshaw	2003
1:54.30	Danny Reid	2002
1:55.14yc	J. Sharp	1974
1:55.42	D. Little	1985
1:55.56	Austin Goodheart	2009
1:56.24yc	K. Rogers	1975
1:56.84	Jason Simon	2005
1:56.94	Brendan Simon	1999

800 Meters

2:13.63	Andrea Sansom	1987
2:17.67	Christy Adamyk	2006
2:20.73	C. Donaldson	1985
2:24.54c	Aissa Sanchez	2007
2:24.57	Johanna Murray	2008
2:25.34yc	Sue Steinberger	1976
2:26.64c	Jenny Wood	1998
2:26.92	G. Holmes	1983
2:27.24	T. Gibbs	1986
2:28.24c	Kathleen Cisneros	2000

C = converted hands times – .24 seconds are added for all distances

Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.4; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1.

Glendora High School Track and Field All-Time Best Performers 3/13/10

1600 Meters

4:17.84	Joey Divizia	2008
4:18.04	Danny Reid	2002
4:20.24	Scott Rhenstrom	1992
4:21.87	Bill Brannigan	1989
4:23.71	Sean DiFilippo	2003
4:24.28	Christopher Ramsey	2009
4:24.44	Thomas Finnigan	2008
4:24.48	Anthony Castro	2009
4:24.50	Corey Bullock	2009
4:25.24c	Brendan Simon	1999

1600 Meters

4:52.59	Christy Adamyk	2006
5:11.96	Aissa Sanchez	2007
5:13.64yc	Sue Steinberger	1976
5:18.20	Jenny Wood	1998
5:21.06	Brianna Cleary	2005
5:22.84c	Cece Ramirez	1999
5:23.34	Lauren Justus	2009
5:26.24c	J. McDonnell	1998
5:28.59	Johanna Murray	2008
5:29.64c	C. Donaldson	1985

3200 Meters

9:19.74	Sean DiFilippo	2003
9:23.70	Joey Divizia	2008
9:32.52	Corey Bullock	2009
9:37.46	Thomas Finnegan	2007
9:38.44yc	P. Steingerger	1974
9:39.24yc	J. Clark	1973
9:46.95	Anthony Castro	2010
9:49.54c	Jason Partridge	1995
9:49.64c	D. Chase	1981
9:50.14c	Scott Rhenstrom	1992

3200 Meters

10:19.83	Christy Adamyk	2006
11:20.43	Aissa Sanchez	2006
11:34.74c	Cece Ramirez	1999
11:40.84	L. Sansom	1990
11:42.95	Lauren Justus	2008
11:45.74yc	S. Mulder	1980
12:00.02	M. Sharp	1983
12:06.50	Brianna Cleary	2005
12:15.14	J. Swab	1986
12:27.04c	Junko Kubota	2006

110 meter High Hurdles

14.54c	Todd Gordinier	1971
14.80	James Jeleniowski	2000
14.84c	B. Horton	1963
14.92	Daniel Longoria	2003
15.04c	B. Zant	1966
	D. Childers	1981
15.20	Alex Ostrowski	2010
15.24	T. Ray	1972
15.44c	Brett VanAsch	2003
15.54c	Eric Palmer	2000

100 meter Hurdles

15.82	Molly Beck	2002
16.17	Jazzmine Jackson	2005
16.24c	Campbell	1981
16.35	Sarah Kasai	2005
16.35	Katie Sweete	1997
17.18	Christine Walter	2001
17.21	Hayley Cooke	2008
17.54c	Ashley Aandahl	2001
17.88	Lauren Cox	2002
17.99	R. Dyl	1994

300 meter Intermediate Hurdles

38.87	James Jeleniowski	2000
40.83	Brett VanAsch	2003
40.83	Alex Ostrowski	2009
40.93	R. Dominguez	1986
41.01	J. Swason	1983
41.47	Mike Askjaer	1994
41.59	Daniel Longoria	2003
41.62	J. Demond	1987
41.68	Jeremy Brown	1996
42.05	Danny Reid	2001

300 meter Low Hurdles

45.15	Natalie Jones	1988
46.07	K. Parker	1990
47.34	S. Hartwick	1986
47.74c	B. Bates	1983
48.16	K. Boswell	1988
48.44c	C. Kemby	1981
48.67	Christine Herring	2005
48.72	Jazzmine Jackson	2006
49.02	Johannah Murray	2007
49.25	D. Ozman	1983

C = converted hands times – .24 seconds are added for all distances

Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.4; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1.

Glendora High School Track and Field All-Time Best Performers 3/13/10

<u>4 x 100 meter Relay</u>			<u>4 x 100 meter Relay</u>		
42.84yc	Heinzen, Gordinier Varga, Arredonde	1970	49.76	Jacobson, Jones Samson, D'Amore	1988
43.04yc	Morel, Gordinier Varga, Arredonde	1971	49.94c	Parker, Jones Hartwick, Murphy	1986
43.24yc	Latratonda, Broda Gordinier, Arredonde	1969	49.94	Hartwick, Jones Samson, D'Amore	1987
43.74c	Askjaer, Ward Kooba, Bent	1995	50.07	Parker, Hartwick Cockrell, Murphy	1985
43.78	Lopez, Duffy Downard, Baiseri	2009	50.08	Kantiok, S. Miller Sanneh, Jacoub	2009
43.84yc	Williams, Sharp Wallace, Hazelman	1972	50.17	Hinkley, Cockrell Ochoa, Murphy	1983
43.99	Lehigh, Edmond Ramsey, Young	2007	51.44yc	Haynes, Kemby McCormick, Campell	1980
44.12	Enriquez, Reid Jeleniowski, Monroe	2000	51.44c	McCormick, Bates McCadden, Campell	1981
44.44c	Brown, Dinkle Schobar, Gholar	1998	51.64c	Cullen, Dinkle Nelms, Beck	2000
44.54c	Enriquez, McGee Onaka, Monroe	2001	51.69	Jepsen, Kantiok H.Cooke, Jacoub	2010
<u>4x400 meter Relay</u>			<u>4x400 meter Relay</u>		
3:18.04yc	Krake, Gordinier Gladd, Heinzen	1971	4:00.88	Jacobsen, Jones Hartwick, Samson	1987
3:22.34yc	McDowell, Pederson Laratonda, Broda	1969	4:01.04	Samson, Jones Hartwick, Parker	1986
3:22.99	Reid, Nouse Gates, O. Crenshaw	2002	4:06.54	Jacobsen, Jones L. Samson, A. Samson	1988
3:23.04yc	Mcdowell, Gladd Heinzen, Gladd	1970	4:09.65	Echevarria, Bates Socha, Hinkley	1982
3:24.04yc	Klein, Caballero Sharp, Centozone	1973	4:09.84c	Socha, Ozman Bates, Hinkley	1983
3:27.21	D. Crenshaw, J. Simon Cisneros, Edmond	2005		Parker, Lambert Bosell, Jacobsen	1989
3:27.44c	Schober, Alley B. Simon, Dinkle	1999	4:10.24c	Samson, Cockrell Donaldson, Hartwick	1985
3:28.60	Nouse, Enriquez Monroe, Reid	2001	4:14.37	Baumann, Farnham Nettleton, Chacon	2003
3:28.77	Ramsey, Cisneros Lehigh, Edmond	2007	4:15.54c	Murray, LeDuc Sanneh, Goldman	2007
3:29.31	Mazurek, Enriquez Nouse, Jeleniowski	2000			

C = converted hands times – .24 seconds are added for all distances

Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.4; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1.

Glendora High School Track and Field All-Time Best Performers 3/13/10

High Jump

6'8"	John Hall	1983
6'6"	C. Roberts	1984
	D. Wheeler	1987
	Justin Nakano	1999
6'5-1/2"	Kevin Sharp	2003
6'5"	Kent Namikas	1975
	M. McDonough	1992
6'4"-1/2"	J. Russell	1972
6'4"	R. Namikas	1979
	K. Green	1995
	James Lehigh	2002

High Jump

5'8"	Kari Gibbs	1988
5'5-1/2"	C. Conly	1971
	H. Sayegh	1983
5'2"	B. Lowe	1968
	L. Hunter	1976
	S. Hartwick	1985
	Meagan Chacon	2002
5'0"	Amber Westad	2001
	Whitney Richards	2003

Long Jump

23'6-1/2"	Patrick Kooba	1995
23'1"	Nick Schober	1999
23'-1/4"	Kent Namikas	1975
23'0"	Larry Monroe	2000
22'10"	Shaun Dinkle	1999
22'5-1/2"	J. Sharp	1973
22'3"	D. Riffel	1983
22'2-1/2"	B. Horton	1963
22'-1/2"	Aaron Stockham	2009
21'11-1/2"	R. Russell/ M. Askjaer	80/93

Long Jump

19'0"	Madeline LeDuc	2007
17'9"	Blair Bates	1981
17'8"	J. Jacobsen	1989
17'6-3/4"	L. D'Amore	1988
17'3-1/2"	Jenna Dinkle	1999
17'1-1/2"	K. Cockrell	1986
16'10-1/2"	J. Dorn	1995
16'7-3/4"	Katie Sharp	2003
16'7"	Kelsey Montgomery	2009
16'6-1/4"	C. Conly	1971

Triple Jump

46'7-1/4"	Kent Namikas	1975
45'6-3/4"	Patrick Kooba	1994
44'6-1/2"	Tim Torbon	2000
43'8-1/2"	Andrew Scott	2002
43'6"	Morgan McGehee	2003
43'4-1/4"	R. Russell	1980
43'4"	R. Walker	1983
42'10"	M. Ward	1994
42'3"	K. Green	1997
42'-1/2"	J. Davis	1998

Triple Jump

39'5"	Madeline LeDuc	2007
35'9-1/4"	J. Dorn	1995
35'4"	Blair Bates	1983
35'3-1/4"	J. Jacobsen	1989
35'-1/4"	Kari Gibbs	1988
34'6-1/4"	Nicole Russell	2004
34'6"	K. Parker	1989
34'3-1/2"	Ashley Aandahl	2001
33'9-3/4"	Katie Sharp	2003
33'9-1/2"	K. Cockrell	1985

Pole Vault

14'11"	Tuan Nguyen	2006
14'6"	Tim Cockell	1991
	Alan Ekstrand	1997
	Jordan McDonnell	2002
13'9"	Jacob Hyer	2004
13'7"	D. Holke	1964
	J. Blackburn	2004
13'6"	J. Hernandez	1994
13'0"	Cramer, Benson, Wilke Wellington, Smith	

Pole Vault

11'2"	Sarah Kasai	2007
9'8"	Laura Felbinger	2006
9'6"	Kara Stockham	2002
	Gloria Lin	2004
9'1"	Whitney Richards	2004
9' 0"	Melissa Nguyen	2009

C = converted hands times – .24 seconds are added for all distances

Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.4; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1.

Glendora High School Track and Field All-Time Best Performers 3/13/10

Shot Put

55'10"	Robert Hogan	2004
52'6"	Eric Benson	1979
52'4"	D. Rumin	1977
52'2"	B. McCreery	1970
51'9"	B. Robertson	1970
51'8"	M. Gray	1997
51'1"	Drew Butler	2006
50'6"	D. Cox	1996
49'10"	P. Chrisman	1981

Shot Put

36'10"	Tricia Schary	2000
36'9"	Alison Sharp	2007
35'11"	E. Chrisman	1986
34'3"	Catherine Chidister	2009
33'10"	L. Nelson	1994
33'8"	F. Ouelette	1981
33'5"	Emily Eller	1999
33'1"	Rachael Collins	1999
32'3"	Ashley Aandahl	2001
31'3-3/4"	Madelaine Bronson	2007

Discus

181'7"	Robert Hogan	2004
164'7"	M. Marz	1983
163'4"	Eric Benson	1979
157'10"	Drew Butler	2006
157'4"	Matt Palmer	2001
151'4"	M. Gray	1997
148'1"	Marcus Denerson	2008
147'1"	P. Nelson	1996
144'7"	S. Curaba-'94, K. Tasker-'02, John Brutto-'05	

Discus

123'9"	Alison Sharp	2007
118'11"	Rachael Collins	2000
114'7"	L. Nelson	1992
114'6"	Catherine Chidister	2009
111'9"	Lauren Bensen	2008
108'4"	K. Chrisman	2000
107'1"	Ashley Carter	2009
99'2"	J. Hjerstedt	1993
99'1"	Brittany Bjokland	2001
99'0"	C. Draughon	1983

C = converted hands times – .24 seconds are added for all distances

Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.4; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1.