

SOQUEL HIGH SCHOOL

BOYS TRACK & FIELD RECORDS

110 METER HIGH HURDLES

:16.8 y	Kevin Hall	Freshman	S.L.V. Dual	5-02-91
:15.9 y	Mike Paul	Sophomore		1964
:15.0 y	Marty Capron	Junior	MBL	5-11-74
:14.44	Dan Race	Senior	CCS-SJCC	5-22-94

65 METER HIGH HURDLES

:09.8 y	Phil Kitchen	Freshman	MBL	5-12-73
:09.1 y	Phil Kitchen	Sophomore	MBL	5-11-74

300 METER INT. HURDLES

:41.8 (LH, y)	Louis Fusari	Freshman	MBL Trials	5-10-75
:40.2 (LH, y)	Eric Bentley	Sophomore	Region IV	5-21-77
:40.9	Kevin Hall	Sophomore	CCS Trials - SJCC	5-23-92
:39.0 (LH, y)	Jim Verduzco	Junior	Region IV	5-21-77
:38.2 (LH, y)	Jim Verduzco	Senior	Region IV	5-20-78
:38.7	Jim Schmidt	Senior	Region IV	5-24-86

100 METER DASH

:11.5	Randy Starbird	Freshman	SCCAL Trials	5-03-84
:11.5	Leif Johnson	Freshman	S.L.V. Dual Meet @ Soquel	3-31-05
:11.0	Leif Johnson	Sophomore	S.L.V. Dual at Soquel	4-19-06
:10.1 y	Dave Clare	Junior	SC Relays	5-03-75
:10.1 y	Robert East	Junior	Harbor Dual	4-13-78
:10.69	Johnny Cleveland	Senior	CCS - SJCC	5-19-84

200 METER DASH

:23.1	Leif Johnson	Freshman	Harbor Dual Meet @ Soquel	4-14-05
:22.35	Leif Johnson	Sophomore	SCCAL Finals @ Aptos	5-06-06
:21.9	Johnny Cleveland	Junior	Region IV	5-14-83
:21.6	Johnny Cleveland	Senior	CCS - SJCC	5-19-84

400 METER RUN

:51.89	Leif Johnson	Freshman	SCCAL Trials @ Aptos	5-05-05
:49.48	Leif Johnson	Sophomore	Alisal Track Festival	4-29-06
:49.0 y	Robert East	Junior	Region IV	5-20-78
:49.10	Nick Affleck	Senior	CCS Finals - SJCC	5-28-99

800 METER RUN

2:04.2 y	Dave Capron	Freshman	MBL	5-12-73
1:59.8 y	Rick Ifland	Sophomore	Region IV	5-21-77
1:56.6 y	Rick Ifland	Junior	CCS - SJCC	5-26-78
1:54.9 y	Mark Wagner	Senior	MBL	5-11-74

1600 METER RUN

4:36.6 y	Joe Mayers	Freshman	SCCAL Finals	5-14-88
4:28.1 y	Rick Ifland	Sophomore	CCS - SJCC	5-27-77
4:26.3	Joma DeWald	Sophomore	CCS Trials	
4:19.5 y	Rick Ifland	Junior	CCS - SJCC	5-26-78
4:17.2 y	Marc Goulet	Senior	CCS - SJCC	5-19-84
4:16.90	Joma DeWald	Senior	CCS - SJCC	5-29-98

3200 METER RUN

10:08.0 y	John Kinsella	Freshman	SC Relays	1969
10:04.8	Liam Jones	Freshman	SCCAL Finals	5-11-91
9:49.6 y	Rick Ifland	Sophomore	Harbor Dual	4-21-77
9:34.6 y	Mark McConnell	Junior	SC Relays	5-09-70
9:14.4 y	Mark McConnell	Senior	State Meet - UCLA	6-05-71

400 METER RELAY

:45.6 y	FROSH-SOPH John Walder, Scott Meyer)	(Mark Myers, Dave Clare,	Region IV	5-19-73
:43.1	VARSAITY David Locke, Duane Woodlief)	(Rod Brower, Johnny Cleveland,	Region IV	5-14-83

880 YARD RELAY

1:36.7	FROSH-SOPH John Walder, Marty Capron)	(Mark Myers, Dave Clare,	SC Relays	5-04-73
1:32.0	VARSAITY Bob Johnson, Gerry Haas)	(Bruce Buckner, Jean Strouse,	CCAL Meet	5-11-63

SPRINT MEDLEY RELAY

3:47.9	FROSH-SOPH Mike Seaman, Rick Ifland)	(Robert East, Mike Anecito,	Watsonville Relays	3-26-77
3:35.1	VARSAITY Robert East, Rick Ifland)	(Jim Verduzco, Kurt Kruger,	West Valley Relays	4-22-78

1600 METER RELAY

3:34.84 y FROSH-SOPH (Rod Brower, David Locke,
Bruce Corum, Shannon Monday) CCS - SJCC 5-29-81

3:24.3 y VARSITY (Jim Verduzco, Kurt Kruger,
Bob Bauld, Robert East) CCS - SJCC 5-26-78

3200 METER RELAY

8:39.0 FROSH-SOPH (Brian deDiego, Joe Mayers,
Robert Spencer, Jason Stein) Kiwanis Relays 4-22-89

8:04.4 y VARSITY (Dave Capron, Tim Hoffman,
Gerry Capron, Rob Hussey) Hill Invitational 4-10-76

FOUR MILE RELAY

18:01.5 VARSITY (Mark McConnell, Ed Noyes,
Steve Hazen, John Kinsella) Watsonville Relays 3-28-71

DISTANCE MEDLEY RELAY

10:57.2 y FROSH-SOPH (Mike Hamm, Tim Hoffman,
Dave Capron, Dave Clemens) SC Relays 5-04-74

10:44.3 y VARSITY (Rick Funk, Mark Capron,
Don Schwartz, John Kinsella) SC Relays 5-06-72

10 LB. SHOT

49' 01 ½" Tony Fontes Freshman MBL 1968
50' 06 ½" Chuck Burket Sophomore SLV Dual 5-03-79

12 LB. SHOT

47' 06 ½" Tony Fontes Sophomore Alisal Dual 4-17-69
53' 03 ¾" Tony Fontes Junior Kiwanis Invitational 5-01-70
57' 04 ½" Don Silva Senior CCAL 1965

DISCUS

131' 01" Mike Hamm Freshman MBL 5-09-73
147' 11" Wes Borgstedt Sophomore Region IV 5-18-85
160' 02" Wes Borgstedt Junior CCS - Indep. HS 5-30-86
177' 11" Wes Borgstedt Senior NMC Dual 5-07-87

LONG JUMP

19' 10 ¾"	Victor Lopez	Freshman	Watsonville Dual	4-23-87
21' 06 ½"	Randy Starbird	Sophomore	SCCAL Finals	5-11-85
24' 09 ¼"	Johnny Cleveland	Junior	CCS - SJCC	5-20-83
26' 00"	Johnny Cleveland	Senior	Golden West Invitational	6-09-84

TRIPLE JUMP

40' 09 ¾"	Neil Theilen	Freshman	Kiwanis Invitational	4-20-74
44' 04 ¾"	Neil Theilen	Sophomore	CCS - SJCC	5-30-75
46' 02"	Johnny Cleveland	Junior	CCS - SJCC	5-20-83
45' 03 ½"	Johnny Cleveland	Senior	SCCAL	5-05-84

HIGH JUMP

5' 10"	Phil Kitchen	Freshman	MBL Trials	5-09-73
5' 10"	John Tobin	Freshman	5-way Double Dual @ Soquel	4-02-09
6' 07"	Marc Cornell	Sophomore	Aptos Dual	5-08-86
6' 08"	Marc Cornell	Junior	San Jose Dual	3-26-87
6' 06"	Marc Cornell	Senior	Harbor Dual	3-24-88

POLE VAULT

12' 01"	Scott Boehner	Freshman	SCCAL F/S Finals	5-12-88
13' 01 ¾"	Scott Boehner	Sophomore	S.C. Coast Invitational	4-15-89
14' 00"	Bob Bauld	Junior	CCS - SJCC	5-27-77
14' 07"	Nick Maleta	Senior	SCCAL Championships - Aptos	5-04-06

STATE MEET QUALIFIERS

1965	Don Silva	Shot	1983	Johnny Cleveland	Long Jump
1971	Mark McConnell	2-Mile	1987	Randy Starbird	Long Jump
1974	Mark Wagner	880	1994	Dan Race	110 Hurdles
1976	Mike Hamm	Discus	1998	Joma DeWald	1600
1979	Rick Ifland	Mile	1999	Nick Affleck	400, 200

NorCal QUALIFIERS (meet held in 1983 & 1984 only)

1983	Johnny Cleveland	LJ, TJ
1984	Johnny Cleveland	LJ, 100, 200
1984	Marc Goulet	Mile

SOQUEL HIGH SCHOOL

GIRLS TRACK & FIELD RECORDS

100 METER LOW HURDLES

:16.65	Jamie Prochnow	Freshman	Gilroy Invitational	3-30-96
:15.3 y	Marianne Eck	Sophomore	CCS - SJCC	5-25-79
:15.09	Jennifer Poli	Junior	SCCAL Finals	5-09-92
:14.3	Kim Horn	Senior	CCS - SJCC	5-29-81

300 METER LOW HURDLES

:47.6	Rae Ann Pifferini	Freshman	CCS - SJCC	5-19-84
:46.84	Kelly Thomson	Sophomore	Top 8 Meet @ Los Gatos	4-23-99
:44.6	Rae Ann Pifferini	Junior	Region IV	5-24-86
:44.79	Kelly Thomson	Junior	CCS Semi-Finals (Re-Run)	5-22-00
:45.3	Kim Horn	Senior		1981

100 METER DASH

:12.66	Kendra Bonsall	Freshman	SCCAL Trials @ S.L.V.	5-06-10
:12.3	Jennifer Poli	Sophomore	SCCAL Trials	5-09-91
:11.8 y	Kris Allyne	Junior	SCCAL Trials	5-11-77
:11.7 y	Kris Allyne	Senior	SCCAL	5-13-78

200 METER DASH

:25.95	Jennifer Poli	Freshman	CCS Trials - SJCC	5-24-90
:26.3 y	Kelly Osterkamp	Sophomore	SCCAL	5-14-77
:26.30	Madeline Diaz	Sophomore	Pacific Grove Invitational	3-27-10
:24.66	Maggie Vessey	Junior	CCS Trials - Hartnell	5-15-99
:24.43	Maggie Vessey	Senior	CCS Semi-Finals @ SJCC	5-20-00

400 METER RUN

:60.6 y	Kelly Osterkamp	Freshman	CCS - SJCC	5-28-76
:59.0 y	Kelly Osterkamp	Sophomore	SCCAL Finals	5-14-77
:55.32	Maggie Vessey	Junior	CCS Finals - SJCC	5-28-99
:54.60	Maggie Vessey	Senior	Golden West Inv. - Sacramento	6-10-00

800 METER RUN

2:20.20	Mary Maleta	Freshman	SCCAL Finals	5-06-00
2:13.24	Mary Maleta	Sophomore	CCS Finals @ Los Gatos	5-25-01
2:14.82	Mary Maleta	Junior	CCS Finals @ SJCC	5-24-02
2:17.06	Mary Maleta	Senior	CCS Finals @ SJCC	5-24-03

1600 METER RUN

5:26.6	Theresa Radvanyi	Freshman	SLV Dual	4-02-98
5:22.85	Hannah Anderson	Sophomore	S.C.C.A.L. Meet @ Soquel	5-12-01
5:23.0 y	Helen Muth	Junior	West Valley Relays	4-24-82
5:19.05	Hannah Anderson	Senior	SCCAL Meet - Aptos	5-08-03

3200 METER RUN

11:56.1 y	Theresa Radvanyi	Freshman	Gilroy Invitational	4-04-98
11:32.8 y	Helen Muth	Sophomore	CCS - SJCC	5-29-81
11:15.7	Helen Muth	Junior	CCS - SJCC	5-28-82
11:49.32	Jamie Hughins	Senior	SCCAL Finals	5-06-00

400 METER RELAY

:51.2 y	FROSH-SOPH (Sue Tompkins, Kris Allyne, Kelly Osterkamp, Mindy Guilbert)		CCS - SJCC	5-22-76
:49.29	VARSITY (Lindsey Otis, Rashina Bowden, Kelly Thomson, Maggie Vessey)		CCS Finals @ SJCC	5-26-00

1600 METER RELAY

4:13.9	FROSH-SOPH (Briana Wiles, Lindsey Fitch, Mary Maleta, Camila Gerard)		Los Gatos Frosh-Soph Classic	4-07-00
3:54.29	VARSITY (Kelly Thomson, Mary Maleta, Rashina Bowden, Maggie Vessey)		State Meet Trials - Cerritos JC	6-02-00

SPRINT MEDLEY RELAY

4:36.8 y	FROSH-SOPH (Leanna Mucciacciaro, Kris Allyne, Kelly Osterkamp, Laurie Spence)		Watsonville Relays	3-27-76
4:26.5 y	VARSITY (Kelly Osterkamp, Kris Allyne, Sue Tompkins, Laurie Spence)		Kiwanis	4-16-77

800 METER RELAY

1:47.7	VARSITY (Lindsey Otis, Kelly Thomson, Rashina Bowden, Maggie Vessey)		Watsonville Relays	3-11-00
--------	--	--	--------------------	---------

SHOT PUT

35' 09"	Jenica Hadley	Freshman	Scotts Valley Dual @ Soquel.	4-22-04
40' 04 ½"	Jenica Hadley	Sophomore	North Salinas F/S Invitational	4-23-05
40' 09"	Jenica Hadley	Junior	Arcadia Invitational	4-08-06
41' 6 ½"	Jenica Hadley	Senior	Gilroy Invitational	4-28-07

DISCUS

112' 07"	Jenica Hadley	Freshman	Kearney Invit. - Hartnell	4-17-04
126' 04"	Jenica Hadley	Sophomore	Top 8 Meet – Los Gatos	4-22-05
138' 10"	Jenica Hadley	Junior	Golden West Inv.	6-11-06
142' 08"	Jenica Hadley	Senior	Gilroy Invitational	4-28-07

LONG JUMP

16' 04 ½"	Mercedes Blair	Freshman	Gilroy Invitational	4-12-86
15' 09 ½"	Mercedes Blair	Sophomore	Santa Cruz Dual	3-19-87
17' 09 ½"	Maggie Vessey	Junior	CCS Finals - SJCC	5-28-99
18' 03"	Jennifer Poli	Senior	Aptos, MVC Double Dual	4-29-93

TRIPLE JUMP

31' 06"	Judi Nelson	Freshman	SCCAL	5-05-84
33' 02 ¾"	Natascha Vandermolen	Sophomore	CCS Semis - Los Gatos	5-19-01
36' 06"	Heidi Skewis	Junior	CCS - SJCC	5-20-83
36' 08 ½"	Heidi Skewis	Senior	CCS - SJCC	5-19-84

HIGH JUMP

5' 02"	Jennifer Poli	Freshman	Top 8 Meet	4-28-90
5' 00"	Jennifer Poli	Sophomore	Easter Pentathlon - Soquel	3-25-91
5' 02"	Jennifer Poli	Junior	Santa Cruz Dual	3-26-92
5' 00"	Melanie Dominguez	Senior	Kiwanis Relays	4-16-88

POLE VAULT

11' 00"	Natasha Barthel	Freshman	S.L.V. Dual at Soquel	4-15-04
11' 06"	Chelsea Connolly	Sophomore	CCS Finals - SJCC	5-28-99
11' 10"	Chelsea Connolly	Junior	Top 8 Meet @ Los Gatos	4-21-00
12' 00"	Chelsea Connolly	Senior	CCS Semi-Finals @ Los Gatos	5-19-01

STATE MEET QUALIFIERS

1981	Kim Horn	100 LH	2000	Chelsea Connolly	Pole Vault
1993	Jennifer Poli	Long Jump	2000	Buffie Ryan	Pole Vault
1995	Rosada Martin	Pole Vault	2000	Maggie Vessey	400, 200, 1600 Relay
1998	Buffie Ryan	Pole Vault	2000	Rashina Bowden	1600 Relay
1999	Chelsea Connolly	Pole Vault	2000	Mary Maleta	1600 Relay
1999	Buffie Ryan	Pole Vault	2000	Kelly Thomson	1600 Relay
1999	Maggie Vessey	400, 1600 Relay	2001	Chelsea Connolly	Pole Vault
1999	Rashina Bowden	1600 Relay	2001	Mary Maleta	800
1999	Lora Kihorany	1600 Relay	2002	Mary Maleta	800
1999	Kelly Thomson	1600 Relay	2006	Jenica Hadley	Discus, Shot Put

NorCal QUALIFIERS (meet held in 1983 & 1984 only)

1983	Heidi Skewis	Triple Jump
------	--------------	-------------