

**CIF San Francisco Section - 5/21/2011 to 5/28/2011  
Track and Field Championships  
Kezar Stadium**

**Records**

**Event 1 Boys 4x100 Meter Relay Frosh-Soph**

Meet	44.64	1983	McAteer (converted time) - McAteer
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**Event 2 Girls 4x100 Meter Relay Varsity**

Meet	48.44	1983	Mission (converted time) - Mission
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**Event 3 Boys 4x100 Meter Relay Varsity**

Meet	41.90	1995	McAteer - McAteer
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**Event 4 Boys 1600 Meter Run Frosh-Soph**

Meet	4:39.20	1995	Paul Choi - Lowell
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**Event 5 Girls 1600 Meter Run Varsity**

Meet	4:56.02	1997	Jennifer Akana - Lowell
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**Event 6 Boys 1600 Meter Run Varsity**

Meet	4:15.13	2000	Jin Daikoku - Lowell
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**Event 7 Boys 110 Meter Hurdles 36" Int. Frosh-Soph**

Meet	16.23	5/28/2011	Henry Diep - Balboa
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**Event 8 Boys 110 Meter Hurdles 39" High Varsity**

Meet	14.24	1973	Mike Kirtman (converted time) - Wilson
Meet	14.24	1979	Brennan Redd (converted time) - Wilson

**Event 9 Girls 100 Meter Hurdles 33" Low Varsity**

Meet	14.56	2002	Roshena Duree - Burton
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**Event 10 Boys 400 Meter Dash Frosh-Soph**

Meet	51.71	1990	Sophorn Rasmeay - Galileo
Meet	51.14	1980	Angelo McNeil (converted time/dist) - Galileo

**Event 11 Girls 400 Meter Dash Varsity**

Meet	55.63	2004	Chauncey David-Jacobs - Burton
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**Event 12 Boys 400 Meter Dash Varsity**

Meet	47.84	1995	Felton Charles - McAteer
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**Event 13 Boys 100 Meter Dash Frosh-Soph**

Meet	10.94	1985	Tom Cagle (converted time) - Lincoln
Meet	10.94	1999	Daryl Terrell (converted time) - McAteer

**Event 14 Girls 100 Meter Dash Varsity**

Meet	11.85	5/31/2003	Deanna Goodwin - Intl. Studies Academy
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**Event 15 Boys 100 Meter Dash Varsity**

Meet	10.64	1982	Angelo McNeil (converted time) - Galileo
Meet	10.64	1985	Andre Alexander (converted time) - Balboa
Meet	10.64	1993	Rashan Sanders (converted time) - Lincoln
Meet	10.44	1976	Tequil Willis (converted time/dist) - Mission

**Event 16 Boys 800 Meter Run Frosh-Soph**

Meet	2:01.94	1986	C. Verse (converted time) - Galileo
Meet	2:01.74	1976	Fletcher Sanford (converted time/date) - Washington

**Event 17 Girls 800 Meter Run Varsity**

Meet	2:15.54	1984	Trish Brown (converted time) - Lowell
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**Event 18 Boys 800 Meter Run Varsity**

Meet	1:56.44	1991	Dustin Rawls (converted time) - Lincoln
Meet	1:55.34	1968	Geoffrey Henderson (convert. time/dist) - Washington

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<b>Event 19 Girls 300 Meter Hurdles 30" Low Varsity</b>	Meet	45.60	1990	Tanya Lazar-Lee - McAteer
<b>Event 20 Boys 300 Meter Hurdles 36" Int. Frosh-So</b>	Meet	41.80	2001	John Lee - Lowell
<b>Event 21 Boys 300 Meter Hurdles 36" Int. Varsity</b>	Meet	39.14	1989	Eddie Wong (converted time) - Lincoln
<b>Event 22 Boys 200 Meter Dash Frosh-Soph</b>	Meet	22.34	2000	Steven Tate (converted time) - Lincoln
	Meet	22.34	1977	Elbert Harris (converted time/dist) - Balboa
<b>Event 23 Girls 200 Meter Dash Varsity</b>	Meet	24.40	5/31/2003	Deanna Goodwin - Intl. Studies Academy
<b>Event 24 Boys 200 Meter Dash Varsity</b>	Meet	21.13	1995	Felton Charles - McAteer
<b>Event 25 Boys 3200 Meter Run Frosh-Soph</b>	Meet	10:12.24	5/26/2007	Aaron Hill - Lowell
	Meet	9:56.94	1973	John Sweeney (converted time/dist) - Balboa
<b>Event 26 Girls 3200 Meter Run Varsity</b>	Meet	10:48.34	1998	Jennifer Akana - Lowell
<b>Event 27 Boys 3200 Meter Run Varsity</b>	Meet	9:37.80	1995	Bolota Asmerom - McAteer
	Meet	9:24.64	1972	Brad Duffy (converted time/dist) - Lowell
<b>Event 28 Boys 4x400 Meter Relay Frosh-Soph</b>	Meet	3:36.96	2001	Lowell - Lowell
				W. Meng, J. Lee, H. Gebreselassie, I. Walrath
	Meet	3:35.34	1977	Lowell (converted time/dist) - Lowell
<b>Event 29 Girls 4x400 Meter Relay Varsity</b>	Meet	3:57.61	5/24/2008	Lowell - Lowell
				K. Jarvis, L. Allston, E. Anorou, T. Purpura
<b>Event 30 Boys 4x400 Meter Relay Varsity</b>	Meet	3:23.46	1993	McAteer - McAteer
<b>Event 31 Boys Long Jump Frosh-Soph</b>	Meet	23-02.50	1985	Dominic Dupree - McAteer
<b>Event 32 Boys Discus Throw Frosh-Soph</b>	Meet	143-10	1976	Roy Abendroth - Lowell
<b>Event 33 Boys Shot Put 10lb Shot Frosh-Soph</b>	Meet	54-10.00	1976	Alonzo Fluker - Galileo
<b>Event 34 Boys Triple Jump Frosh-Soph</b>	Meet	44-11.00	1976	Charles Young - Balboa
<b>Event 35 Boys Pole Vault Frosh-Soph</b>	Meet	12-04.00	1980	James McClanahan - Galileo
<b>Event 36 Boys High Jump Frosh-Soph</b>	Meet	6-03.50	1981	Justin Brown - Galileo

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<b>Event 37 Girls Long Jump Varsity</b>	Meet	19-02.50	1992	Shena Ferguson - Washington
<b>Event 38 Boys Long Jump Varsity</b>	Meet	25-03.50	1981	Ken Frazier - Mission
<b>Event 39 Girls Triple Jump Varsity</b>	Meet	39-07.75	2001	Roshena Duree - Burton
<b>Event 40 Boys Triple Jump Varsity</b>	Meet	50-03.75	1981	Ken Frazier - Mission
<b>Event 41 Girls Discus Throw Varsity</b>	Meet	123-04	5/29/2010	Chioma Amaechi - Abraham Lincoln
<b>Event 42 Boys Discus Throw Varsity</b>	Meet	170-01.50	1960	Alex Darnes - Polytechnic
<b>Event 43 Girls Shot Put Varsity</b>	Meet	48-11.00	5/29/2010	Chioma Amaechi - Abraham Lincoln
<b>Event 44 Boys Shot Put Varsity</b>	Meet	60-09.25	1957	Mike Lewis - Lincoln
<b>Event 45 Girls High Jump Varsity</b>	Meet	5-06.00	1990	Tanya Lazar-Lee - McAteer
<b>Event 46 Boys High Jump Varsity</b>	Meet	7-00.25	1983	Maurice Crumby - Balboa
<b>Event 47 Girls Pole Vault Varsity</b>	Meet	10-04.00	2002	Megaen White - Lowell
<b>Event 48 Boys Pole Vault Varsity</b>	Meet	14-02.00	1981	James McClanahan - Galileo
<b>Event 49 Girls 4x100 Meter Relay Frosh-Soph</b>	Meet	53.93	5/29/2010	Lowell - Lowell F Li, E Lim, L Xu, P Ta
<b>Event 50 Girls 1600 Meter Run Frosh-Soph</b>	Meet	5:40.32	5/28/2005	Lucy Luong - Lincoln
<b>Event 51 Girls 100 Meter Hurdles 33" Low Frosh-So</b>	Meet	18.29	5/24/2008	Katherine Gao - Lowell
<b>Event 52 Girls 400 Meter Dash Frosh-Soph</b>	Meet	1:00.71	5/26/2007	Katherine Jarvis - Lowell
<b>Event 53 Girls 100 Meter Dash Frosh-Soph</b>	Meet	12.72	5/30/2009	Melanie Speech - Lowell
<b>Event 54 Girls 800 Meter Run Frosh-Soph</b>	Meet	2:31.03	5/28/2005	Lucy Luong - Lincoln
<b>Event 55 Girls 300 Meter Hurdles 30" Low Frosh-So</b>	Meet	50.35	5/24/2008	Katherine Gao - Lowell
<b>Event 56 Girls 200 Meter Dash Frosh-Soph</b>	Meet	26.12	5/26/2007	Katherine Jarvis - Lowell

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**Event 57 Girls 3200 Meter Run Frosh-Soph**

Meet 12:29.63 5/28/2005 Cynthia Leung - Lowell

**Event 58 Girls 4x400 Meter Relay Frosh-Soph**

Meet 4:17.35 5/26/2007 Lowell High School - Lowell

**Event 59 Girls Long Jump Frosh-Soph**

Meet 16-09.75 5/27/2009 Melanie Speech - Lowell

**Event 60 Girls Discus Throw Frosh-Soph**

Meet 100-10.50 5/21/2008 Chioma Amaechi - Lincoln

**Event 61 Girls Shot Put Frosh-Soph**

Meet 33-04.00 5/27/2009 Melanie Speech - Lowell

**Event 62 Girls Triple Jump Frosh-Soph**

Meet 34-00.50 5/23/2007 Stephanie Cheung - Lowell

**Event 63 Girls Pole Vault Frosh-Soph**

Meet 7-00.00 5/28/2005 Yoongi Tom - Lowell

**Event 64 Girls High Jump Frosh-Soph**

Meet 4-08.00 5/29/2010 Dana Arzadon - Philip & Sala Bu