

MCAL All time Top 10 T& F.xlsx

MCAL Top 10 Track and Field List - updated 6/12/24

100 meters - 1979 to present				100 Meters - 1979 to present								
1	11.76	Lilla McMillan	Tamalpais	2012	1	10.7	Alex Pearlston	Archie Williams	2004			
2	12.04	Allison Durnell	Redwood	1978	c	nwi	2	10.76	Max Henzl	Archie Williams	2022	
3	12.14	Rhonda Williams	Tamalpais	1978	c	nwi	3	10.77	Max Glasser	Marin Catholic	2018	
4	12.14	Wendy Von Fries	Tamalpais	1983	c	nwi	4	10.8	Christian Corbi	Novato	2013	
5	12.18	Angelique Addae	Marin Catholic	2022			5	10.82	Darrell Jones	Novato	2001	
6	12.24	Carmen Sweeney	Tamalpais	1978	c	nwi	6	10.83	Luiz Mello	Redwood	1999	
6	12.24	Kellie Gaines	Tamalpais	1979	c	nwi	7	10.83	Evan Meehan	Novato	2010	
8	12.42	Ariel Dunbar	San Marin	2016			8	10.83	Daniel Fortenk	Terra Linda	2012	
8	12.42	Sicily Grasso	San Marin	2024		0.7 M/S	9	10.84	Wayne Johnso	Terra Linda	1980	c
9	12.43	Jessica Rasmussen	Tamalpais	2013			10	10.86	Baden Bunch	Redwood	2022	
100 Yards Pre-1979				100 Yards Pre-1979								
1	11.01	Allison Durnell	Redwood	1978	c		1	9.60	Dean Lazzarini	Archie Williams	1966	
2	11.01	Rhonda Williams	Tamalpais	1978	c		2	9.9	Bob Keisal	TS Boys	1930	
3	11.01	Sandy Rapatz	San Rafael	1975	c		3	9.9	Alan Lee	Tamalpais	1968	
4	11.20	Gwen Hall	Tamalpais	1975	c		4	9.9	Bob Peterson	San Rafael	1970	
200 meters				200 meters								
1	23.87	Lilla McMillan	Tamalpais	2012			1	21.41	Alex Pearlston	Archie Williams	2005	
2	24.94	Allison Durnell	Redwood	1979	c	nwi	2	21.44	Max Glasser	Marin Catholic	2018	
2	24.94	Rhonda Williams	Tamalpais	1979	c	nwi	3	21.46	Daniel Fortenk	Terra Linda	2012	
4	25.09	Ariel Dunbar	San Marin	2016			4	21.63	Christian Corbi	Novato	2013	
5	25.14	Sandy Rapatz	San Rafael	1975	c	nwi	5	21.64	Alan Lee	Tamalpais	1968	c
5	25.14	Phoebe Smith	Novato	1984	c	nwi	6	21.7	Luiz Mello	Redwood	1999	
7	25.17	Jessica Rasmussen	Tamalpais	2013			7	21.84	Wayne Johnso	Terra Linda	1980	c
8	25.38	Kelly Guyton	Novato	2005			8	21.88	William Ghala	Redwood	2024	1.2 M/S
9	25.40	Erin Reed	Tamalpais	1998			9	22.02	Ryan Healy	Redwood	2010	
10	25.44	Sicily Grasso	San Marin	2024		0.0 M/S	10	22.02	Evan Meehan	Novato	2010	
10	25.44	Regina Shephard	Novato	1980	c	nwi						
10	25.44	Wendy Von Fries	Tamalpais	1983	c	nwi						
400 Meters				400 meters								
1	55.24	Wendy Von Fries	Tamalpais	1983	c		1	46.97	Max Glasser	Marin Catholic	2018	
2	56.34	Veronica Venezia	Terra Linda	1974	c		2	47.87	Ryan Healy	Redwood	2010	
3	56.34	Pattie Green	Terra Linda	1978	c		3	48.24	John Zunino	Redwood	1981	c
4	56.74	Alesia Sweeney	Tamalpais	1979	c		4	48.51	William Ghala	Redwood	2024	
5	56.74	Karen Brown	Archie Williams	1984	c		5	48.54	Jeff Metteer	San Marin	1975	c
6	56.94	Sandy Rapatz	San Rafael	1976	c		6	49.04	Todd Brockma	Redwood	1983	c
7	57.46	Morgan Banks	Archie Williams	2002			7	49.14	Mike Shafer	San Rafael	1962	c
8	58.07	McKensie Dzachian	Redwood	2011			8	49.14	George Cagle	Novato	1974	c
9	58.17	Nia Whitlock	Novato	2015			9	49.12	Chris Dodge	Redwood	1989	
10	58.34	Allison Arieas	Marin Catholic	1981	c		10	49.34	Daniel Fortenk	Terra Linda	2012	
							10	49.34	Joshua Gibson	Justin-Siena	2014	
							10	49.34	Todd Allen	San Rafael	1978	c
800 Meters				800 meters								
1	2:08.78	Samantha Wallenstr	Marin Catholic	2019			1	1:51.94	George Cagle	Novato	1974	
2	2:09.10	Morgan Banks	Archie Williams	2000			2	1:52.23	Eric Lee	Archie Williams	2004	
3	2:10.63	Molly Burke	Marin Catholic	1986			3	1:52.91	Trevor Ehlenb	San Rafael	2011	
4	2:12.91	Gillian Wagner	Redwood	2016			4	1:53.24	Jerry Kraft	San Marin	1984	c
5	2:13.14	Jodie Wertz	Redwood	1984	c		5	1:53.64	Scott Hickman	Redwood	1975	c
6	2:13.43	Katie Bernarding	Archie Williams	1997			6	1:53.65	Nicco Pompili	Archie Williams	2019	
7	2:14.04	Lori Saia	Archie Williams	1978	c		7	1:54.04	Todd Norris	Redwood	1970	c
8	2:14.06	Alexa Killion	San Rafael	2005			8	1:54.04	Ray Green	San Rafael	1975	c
9	2:14.34	Linda Broderick	Tamalpais	1976	c		9	1:54.14	Chakra Chapp	San Marin	1971	c
10	2:14.40	Molly Stewart	Marin Catholic	2024			10	1:54.24	Mike O'Reily	San Rafael	1978	c
10	2:14.40	Adeline Johnson	Branson	2023								
1600 Meters				1600 meters								
1	4:46.22	Gillian Wagner	Redwood	2018			1	4:08.54	Erik Olson	Novato	2010	
2	4:49.89	Brianna Mclimms	Tamalpais	2022			2	4:08.64	Mike O'Reily	San Rafael	1978	c
3	4:51.02	Glennis Murphy	Redwood	2015			3	4:08.96	Liam Andersor	Redwood	2019	
4	4:51.73	Emma Dunnire	Tamalpais	2022			4	4:09.99	Fred Huxham	Redwood	2014	
5	4:53.64	Linda Broderick	Tamalpais	1976	c		5	4:10.04	Ray Green	San Rafael	1975	c
6	4:53.91	Adeline Johnson	Branson	2023			6	4:11.04	Rod Berry	Redwood	1977	c
7	4:54.19	Julia Maxwell	Branson	2013			7	4:11.76	Johnny Lawsor	Archie Williams	2013	
8	4:54.34	Sarah Sweeney	Marin Catholic	1977	c		8	4:12.84	Phil Brock	Redwood	1978	c
9	4:56.2	Samantha Wallenstr	Marin Catholic	2021			9	4:13.5	Clayton Hutchi	Archie Williams	2013	
10	4:59.67	Anna Harleen	Branson	2014			10	4:14.01	Caden Carney	Tamalpais	2022	
3200 Meters				3200 meters								
1	10:14.11	Gillian Wagner	Redwood	2018			1	8:50.64	Rod Berry	Redwood	1977	c
2	10:24.5	Julia Maxwell	Branson	2014			2	8:51.89	Liam Andersor	Redwood	2019	
3	10:34.94	Robyn MacSwain	Terra Linda	1982	c		3	8:54.24	Fred Huxham	Redwood	2014	
4	10:35.73	Adeline Johnson	Branson	2023			4	8:54.85	Daegan Cutter	Redwood	2023	
5	10:39.25	Teresa Divine	Marin Catholic	2010			5	8:55.06	Erik Olson	Novato	2009	
6	10:40.60	Glennis Murphy	Redwood	2016			6	8:58.19	Johnny Lawsor	Archie Williams	2013	
7	10:45.31	Brianna Mclimms	Tamalpais	2022			7	8:59.34	Caden Carney	Tamalpais	2022	
8	10:48.58	Audrey Mclean	Redwood	2023			8	9:01.04	Hal Schultz	Redwood	1976	c
9	10:49.54	Katelyn Calvelli	Archie Williams	2004			9	9:03.94	Aran Collier	Tamalpais	1976	c
10	10:50.54	Mary Brennan	Marin Catholic	1981	c		10	9:10.89	Jake Schmitt	Redwood	2003	
100 Meter Hurdles 33"				110 Meter Hurdles								
1	15.20	Amber Johnson	Novato	1995			1	14.24	Lowell Harris	Terra Linda	1968	c
2	15.23	Ariel Dunbar	San Marin	2016			2	14.42	Jalen Hemphill	Novato	2014	
3	15.38	Melanie Eastman	Redwood	2004			3	14.43	Gulliver Perry	Terra Linda	2002	
4	15.78	Hallie Brauner	Tamalpais	2011			4	14.74	Ken Blasingam	Tamalpais	1966	c
5	15.81	Kara Hernandez	Novato	2007			5	14.76	August Kiles	Tamalpais	2013	
6	15.82	Dena Prince	Justin-Siena	2016			6	14.78	Jon Hoff	Justin-Siena	2010	
7	15.83	Lauren Ross	Tamalpais	2017			7	14.81	Jesse Hess	Tamalpais	1997	nwi

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8	15.87	Jennifer Sartario	Archie Williams	2007	7	14.81	Nick Burkey	Marin Catholic	2002	nwi
9	15.90	Cate Wilmoth	Tamalpais	2013	9	14.84	Tom Strathairn	Redwood	1964	c nwi
10	16.09	Jenessa Neugebauer	Tamalpais	2008	9	14.84	Richard Brown	Tamalpais	1971	c nwi
					9	14.84	Dave Harder	San Marin	1975	c nwi
					9	14.84	Ron Knighten	Terra Linda	1985	c nwi
					9	14.84	Jamie Nel	Tamalpais	2022	
100 Meter Hurdles	30" - 1972 - 1992									
1	13.96	Alesia Sweeney	Tamalpais	1980						
2	14.44	Kristine Babenco	Tamalpais	1985	c					
3	14.54	Karen Brown	Archie Williams	1984						
4	14.74	Kellie Gaines	Tamalpais	1979	c					
5	14.74	Lisa Greenfield	Redwood	1979	c					
6	14.65	Monica Wilson	Terra Linda	1986	c					
7	14.94	Lesia Jackson	Terra Linda	1980						
8	15.03	Erin Main	Redwood	1988	c					
300 Meter Hurdles					300 Meter Intermediate Hurdles					
1	42.74	Karen Brown	Archie Williams	1984	c	1	38.62	Gulliver Perry	Terra Linda	2002
2	43.23	Ariel Dunbar	San Marin	2016		2	38.66	Jalen Hemphill	Novato	2014
3	44.24	Kristine Babenco	Tamalpais	1985	c	3	38.67	David Nammal	Terra Linda	2010
4	44.54	Cissy Cerkel	Redwood	1985	c	4	39.11	August Kiles	Tamalpais	2014
5	44.83	Kara Hernandez	Novato	2007		5	39.3	Jesse Hess	Tamalpais	1997
6	45.67	Lauren Ross	Tamalpais	2017		6	39.32	Jon Hoff	Justin-Siena	2010
7	45.94	Angela Driller	Archie Williams	1983	c	7	39.41	Austin Wilson	Archie Williams	2008
8	46.42	Caity Beard	Justin-Siena	2004		8	39.44	Ron Knighten	Terra Linda	1985
9	46.44	Erin Main	Redwood	1988	c	9	39.44	Rex Speer	Terra Linda	1988
10	46.66	Mikayla Lin	Tamalpais	2019		10	39.54	Mark Foehr	Archie Williams	1988
High Jump					High Jump					
1	5'10"	Lisa Greenfield	Redwood	1980		1	7'1/4"	Jim O'Sullivan	Archie Williams	1989
2	5'8"	Chris Nann	Marin Catholic	1979		2	6'11"	Reuben Edwar	Terra Linda	1977
3	5'5"	Sheehan Mitchell	Archie Williams	2008		3	6'10"	Ken Malvino	Redwood	1981
3	5'5"	Jordan Winters	Branson	2015		3	6'10"	Kyle Cash	Justin-Siena	2008
4	5'4"	Carey Hill	San Rafael	1975		4	6'9"	Tom Caple	Terra Linda	1982
4	5'4"	Karen Simontachi	Marin Catholic	1984		4	6'9"	Taylor Walton	Branson	2014
4	5'4"	Tory Costello	Terra Linda	1985		5	6'8"	Lonny Low	Tamalpais	1977
4	5'4"	Brittany Bickel	Archie Williams	2003		5	6'8"	Bobby Frick	Redwood	1996
4	5'4"	Gigi Galliani	Marin Catholic	2012		5	6'8"	Drake Miller	Tamalpais	2023
4	5'4"	Paige Roberts	Marin Catholic	2012		6	6'7"	Noel Enyedi	Redwood	1987
4	5'4"	Dena Prince	Justin-Siena	2012		7	6'6"	Robert Small	Tamalpais	1977
4	5'4"	Alicia Prince	Justin-Siena	2017		7	6'6"	Darryl Bowma	San Rafael	1998
4	5'4"	Angela Clare	Redwood	2017		7	6'6"	Ryan Healy	Redwood	2009
Pole Vault					Pole Vault					
1	12'10"	Lauren Ross	Tamalpais	2017		1	16'4"	August Kiles	Tamalpais	2013
2	12'6"	Brooke Simon	Archie Williams	2019		2	15'11"	Cody Cunnignt	Archie Williams	2009
3	11'9"	Isabella de Bruin	Justin-Siena	2016		3	15'7"	Sean Brown	Terra Linda	1992
4	11'4"	Gabby Murray	San Rafael	2011		4	15'6"	Travis Calkins	Tamalpais	1992
5	11'3"	Trinity Chancellor	Redwood	2024		5	15'1"	Reese Wilson	Redwood	2009
5	11'3"	Carissa Madsen	Novato	2014		6	14'8.5"	Justin Reinfort	San Rafael	1987
6	11'3"	Ariel Farrar	Redwood	2010		7	14'8"	Antonio Bayar	Redwood	2024
7	11'0"	Bailey Ash	Marin Catholic	2016		8	14'6"	Charles Stuart	Marin Catholic	2010
8	10'10"	Veronica Champine	Terra Linda	2014		9	14'4"	David Gronski	Marin Catholic	2006
9	10'8"	Elise Tarrant	Marin Catholic	2007		10	14'3"	Doug Ballinger	Redwood	1976
10	10'6"	Karin Fisher	Redwood	2007		10	14'1.5"	Frankie Shaw	Tamalpais	2015
10	10'6"	Paige Niesyn	Novato	2009						
10	10'6"	Natalie Avellar	Justin-Siena	2014						
10	10'6"	Ava Buske	Redwood	2023						
Long Jump					Long Jump					
1	19'3.5"	Lisa Greenfield	Redwood	1978	nwi	1	23' 10 1/4"	Alex Pearlston	Archie Williams	2005
2	19'3"	Crissy Cerkel	Redwood	1985	nwi	2	23' 8 1/4"	Stacey Bailey	Terra Linda	1978
3	19'1.5"	Lesia Jackson	Terra Linda	1980	nwi	3	23' 7"	Dave Harder	San Marin	1975
4	18'6.75"	Jessica Rasmussen	Tamalpais	2013		4	23' 2"	Max Gibson	Novato	2014
5	18'5.5"	Annalise Horn	Redwood	2024	windaided 2.7	5	23' 2 1/4"	Bill Russell	San Rafael	1935
6	18'5"	Stasi Baranoff	Redwood	2005	nwi	6	23' 1/2"	Mark Kilmer	Redwood	1975
7	18'3"	Kim Jessup	Tamalpais	1977	nwi	6	23' 1/2"	Gavin Saffian	Tamalpais	2007
8	18'2"	Millie Weitz	Marin Catholic	2021		8	23' 0"	Max Henzl	Archie Williams	2022
9	18'1.75"	Britt Bickel	Archie Williams	2006	nwi	9	22' 11"	Bob Peterson	San Rafael	1970
10	17'11.5"	Lilla McMillan	Tamalpais	2012	nwi	10	22' 10 1/2"	Darryl Bowma	San Rafael	1998
11	17'11.25"	Angelique Addae	Marin Catholic	2024	nwi					
Triple Jump					Triple Jump					
1	38'3"	Marie Jones	Terra Linda	2021		1	48'5"	Ivory Small	Tamalpais	1979
2	38'2.75"	Crissy Cerkel	Redwood	1985	nwi	2	47'9"	Mike Metoyer	Tamalpais	1980
3	37'9.5"	Jessica Rasmussen	Tamalpais	2013		3	47'8"	Greg Freeman	Novato	1984
4	36'6"	Shannon Hartnett	San Rafael	1982	nwi	4	47'4 1/2"	Lenny McLloyd	Redwood	1976
5	36'4.5"	Alexandra Baccus	Redwood	2013		5	46'7 1/4"	Mark Kilmer	Redwood	1975
5	36'4.5"	Alexandra Baccus	Redwood	2013		5	46'7 1/4"	Reuben Edwar	Terra Linda	1978
6	36'3.75"	Lindsay Hendrickson	Redwood	2014		6	46'4"	Sean Williams	Archie Williams	1993
7	36'3.25"	Monica Wilson	Terra Linda	1986	nwi	7	46'2"	Dwain Johnson	Terra Linda	1981
8	36'1"	Sheehan Mitchell	Archie Williams	2008		7	46'2"	Ray DiSanza	Marin Catholic	2002
9	36'1"	Caithy Beard	Justin-Siena	2004		8	46'3/4"	Darryl Bowma	San Rafael	1998
10	35'8"	Jenessa Neugebauer	Tamalpais	2007						
Shot Put					Shot Put					
1	45' 3/4"	Nicole Logan	Novato	1991		1	59'11"	Darrell Elder	Redwood	1974
2	39' 8 3/4"	Kristin Gabbard	Novato	1995		2	57'0"	Ken Flax	Redwood	1981
3	39' 7 1/2"	Shajana Steele	Novato	2014		3	56'9.25"	Mauricio Corn	Terra Linda	2011
4	39' 1/2"	Stephanie Halcrow	Novato	1990		4	56'7"	Reg Carolan	Archie Williams	1957
5	38' 5/4"	Lisa Barnhill	Novato	1984		5	56'0"	Steve McGee	Redwood	1972
6	38' 1/4"	Zoe Davis	Archie Williams	2011		6	55'9.25"	Mark Yancy	Marin Catholic	1993
					7	55'7.75"	Jeremy Holt	Tamalpais	1997	

