

# MCAL TRACK & FIELD TOP 10 ALL-TIME LIST - GIRLS (as of 5/28/2016)

## 100 Meters

1.	11.76	Lilla McMillan	(I)	12
2.	12.42	Ariel Dunbar	(SM)	16
3.	12.43	Jessica Rasmussen	(I)	13
2a.	12.04cnwi	Sandy Rapatz	(SR)	75
	12.04cnwi	Gwen Hall	(I)	75
	12.04cnwi	Allison Durnell	(R)	78
5a.	12.14cnwi	Rhonda Williams	(I)	78
	12.14cnwi	Wendy Von Fries	(I)	83
7a.	12.24cnwi	Carmen Sweeney	(I)	78
	12.24cnwi	Kellie Gaines	(I)	79
9a.	12.34cnwi	Regina Shephard	(N)	80

## 200 Meters

1.	23.87	Lilla McMillan	(I)	12
2.	25.09	Ariel Dunbar	(SM)	16
3.	25.17	Jessica Rasmussen	(I)	13
4.	25.38	Kelly Guyton	(N)	05
5.	25.40	Erin Reed	(I)	98
2a.	24.94cnwi	Allison Durnell	(R)	79
	24.94cnwi	Rhonda Williams	(I)	79
4a.	25.14cnwi	Sandy Rapatz	(SR)	75
	25.14cnwi	Phoebe Smith	(N)	84
9a.	25.44cnwi	Regina Shephard	(N)	80
	25.44cnwi	Wendy Von Fries	(I)	83

## 400 Meters

1.	55.24c	Wendy Von Fries	(I)	83
2.	56.34c	Veronica Venezia	(IL)	74
	56.34c	Pattie Green	(IL)	78
4.	56.74c	Alesia Sweeney	(I)	79
	56.74c	Karen Brown	(D)	84
6.	56.94c	Sandy Rapatz	(SR)	76
7.	57.46	Morgan Banks	(D)	02
8.	58.07	McKensie Dzachian	(R)	11
9.	58.17	Nia Whitlock	(N)	15
10.	58.34c	Allison Arias	(MC)	81

## 800 Meters

1.	2:09.10	Morgan Banks	(D)	00
2.	2:10.63	Molly Burke	(MC)	86
3.	2:12.91	Gillian Wagner	(R)	16
4.	2:13.14c	Jodie Wertz	(R)	84
5.	2:13.43	Katie Bernarding	(D)	97
6.	2:14.04c	Lori Saia	(D)	78
7.	2:14.06	Alexa Killion	(SR)	05
8.	2:14.34c	Linda Broderick	(I)	76
9.	2:14.44c	Diane Kenny	(N)	78
10.	2:14.74c	Eileen Brennan	(MC)	79

## 1600 Meters

1.	4:51.02	Glennis Murphy	(R)	15
2.	4:53.64c	Linda Broderick	(I)	76
3.	4:54.19	Julia Maxwell	(B)	13
4.	4:54.34c	Sarah Sweeney	(MC)	77
5.	4:59.67	Anna Harleen	(B)	14
6.	4:59.91	Grace Dailey	(B)	16
7.	5:00.44c	Katy Dykstra	(D)	81
8.	5:00.50	Alison Greggor	(SM)	06
9.	5:00.72	Gillian Wagner	(R)	16
10.	5:00.97	Rachel Bordes	(R)	16

## 3200 Meters

1.	10:24.50	Julia Maxwell	(B)	14
2.	10:34.94c	Robyn MacSwain	(IL)	82
3.	10:39.25	Teresa Divine	(MC)	10
4.	10:40.60	Glennis Murphy	(R)	16
5.	10:49.54	Katelyn Calvelli	(D)	04
6.	10:50.54c	Mary Brennan	(MC)	81
7.	10:50.84	Nicci Fish	(MC)	03
8.	10:55.41	Mary Monda Oewel	(R)	15
9.	10:56.44c	Laura Starrett	(R)	82
10.	10:57.64c	Chrissie McGee	(MC)	85

## 100 Meter Hurdles

1.	13.96	Alesia Sweeney	(I)-30"	80
2.	14.44c	Kristine Babenco	(I)-30"	85
3.	14.54c	Karen Brown	(D)-30"	84
4.	14.74c	Kellie Gaines	(I)-30"	79
	14.74c	Lisa Greenfield	(R)-30"	79
	14.65	Monica Wilson	(IL)-30"	86
7.	14.94c	Lesia Jackson	(IL)-30"	80
8.	15.03	Erin Main	(R)-30"	88
9/1a.	15.20	Amber Johnson	(N)-33"	95
10/2a.	15.23	Ariel Dunbar	(SM)-33"	16
3a.	15.38	Melanie Eastman	(R)-33"	04
4a.	15.78	Hallie Brauner	(I)-33"	11
5a.	15.81	Kara Hernandez	(N)-33"	07
6a.	15.82	Dena Prince	(JS)-33"	16
7a.	15.87	Jennifer Sartario	(D)-33"	07
8a.	15.90	Cate Wilmoth	(I)-33"	13
9a.	16.09	Jenessa Neugebauer	(I)-33"	08
10a.	16.14	Tessa Hulls	(D)-33"	02
	16.14	Melody Iorg	(I)-33"	05

## 300 Meter Hurdles

1.	42.74c	Karen Brown	(D)	84
2.	43.23	Ariel Dunbar	(SM)	16
3.	44.24c	Kristine Babenco	(I)	85
4.	44.54c	Cissy Cerkel	(R)	85
5.	44.83	Kara Hernandez	(N)	07
6.	45.94c	Angela Driller	(D)	83
7.	46.42	Caity Beard	(JS)	04
8.	46.44c	Erin Main	(R)	88
9.	46.76	Tessa Hulls	(D)	02
10.	46.79	Amy Kohlbrenner	(D)	16

## 4 X 100 Meter Relay

1.	48.22	Tamalpais		84
2.	48.44c	Tamalpais		78
3.	48.54c	Tamalpais		79
4.	48.74c	Tamalpais		83
5.	48.84c	Tamalpais		77
6.	49.05	Novato		06
7.	49.24c	Terra Linda		77
	49.24c	Redwood		85
9.	49.29	Novato		04
10.	49.31	Tamalpais		12

## High Jump

1.	5' 10"	Lisa Greenfield	(R)	80
2.	5' 8"	Chris Nann	(MC)	79
3.	5' 5"	Sheehan Mitchell	(D)	08
	5' 5"	Jordan Winters	(B)	15
5.	5' 4"	Carey Hill	(SR)	75
	5' 4"	Karen Simontacchi	(MC)	84
	5' 4"	Tory Costello	(IL)	85
	5' 4"	Brittany Bickel	(D)	03
	5' 4"	Gigi Galliani	(MC)	12
	5' 4"	Paige Roberts	(SR)	12
	5' 4"	Dena Prince	(JS)	12

## 4 X 400 Meter Relay

1.	3:53.04c	Drake		78
2.	3:54.74c	Tamalpais		77
3.	3:55.24c	Tamalpais		79
4.	3:56.54c	Terra Linda		77
5.	3:57.54c	Drake		80
6.	3:57.74c	Tamalpais		78
7.	3:59.34c	Redwood		82
8.	3:59.84c	Drake		79
9.	3:59.94c	Terra Linda		82
10.	4:00.24c	Terra Linda		76

## Shot Put

1.	45' 1/2"	Nicole Logan	(N)	91
2.	39' 8 3/4"	Kristin Gabbard	(N)	95
3.	39' 7 1/2"	Shajana Steele	(N)	14
4.	39' 1/2"	Stephanie Halcrow	(N)	90
5.	38' 5 1/2"	Lisa Barnhill	(N)	84
6.	38' 1/4"	Zoe Davis	(D)	11
7.	37' 9 1/2"	Nicole Howard	(IL)	00
8.	37' 9"	Louise Colter	(R)	86
	37' 9"	Claire Rutgers	(I)	14
10.	37' 7 1/2"	Annie Jacobsen	(MC)	00

## Pole Vault

1.	11' 9"	Isabella de Bruin	(JS)	16
2.	11' 4"	Gabby Murray	(SR)	11
	11' 4"	Lauren Ross	(I)	16
4.	11' 3"	Carissa Madsen	(N)	14
	11' 3"	Ariel Farrar	(R)	10
6.	11' 0"	Bailey Ash	(MC)	16
7.	10' 10"	Veronica Champine	(IL)	14
8.	10' 8"	Elise Tarrant	(MC)	07
9.	10' 6"	Karin Fisher	(R)	07
	10' 6"	Paige Niesyn	(N)	09
	10' 6"	Natalie Avellar	(JS)	14

## Triple Jump

1.	37' 9 1/2"	Jessica Rasmussen	(I)	13
2.	36' 4 1/2"	Alexandra Baccus	(R)	13
3.	36' 3 3/4"	Lindsay Hendrickson	(R)	14
4.	36' 1"	Sheehan Mitchell	(D)	08
5.	35' 8"	Jenessa Neugebauer	(I)	07
1a.	38' 2 3/4"	nwiCrissy Cerkel	(R)	85
4a.	36' 6"	nwiShannon Hartnett	(SR)	82
6a.	36' 3 1/4"	nwiMonica Wilson	(IL)	86
8a.	36' 1"	nwiCaity Beard	(JS)	04
9a.	35' 11 1/4"	nwiMervi Waltonen	(IL)	85

## Long Jump

1.	18' 6 3/4"	Jessica Rasmussen	(I)	13
1a.	19' 3 1/2"	nwiLisa Greenfield	(R)	78
2a.	19' 3"	nwi Crissy Cerkel	(R)	85
3a.	19' 1 1/2"	nwiLesia Jackson	(IL)	80
5a.	18' 5"	w Stasi Baranoff	(R)	05
6a.	18' 3"	nwi Kim Jessup	(I)	77
7a.	18' 1 3/4"	w Britt Bickel	(D)	06
8a.	17' 11 1/2"	nwi Lilla McMillan	(I)	12
9a.	17' 10 1/2"	nwi Casey Overfield	(I)	78
10a.	17' 10 1/4"	nwi Crystal Schyadre	(IL)	96

## Discus

1.	150' 1"	Sara Jacobson	(MC)	04
2.	141' 7"	Nicole Logan	(N)	91
3.	134' 2"	Emily Ethington	(IL)	85
4.	134' 1"	Stephanie Halcrow	(N)	90
5.	130' 5"	Louise Colter	(R)	86
6.	128' 10"	Karen Moore	(IL)	81
7.	125' 7"	Shajana Steele	(N)	14
8.	122' 6"	Royna Williams	(I)	78
9.	122' 3"	Annie Jacobsen	(MC)	01
10.	121' 10"	Kim Mitchell	(IL)	77

c = converted from hand to electronic timing  
by adding 0.24 seconds.

**MCAL TRACK & FIELD  
TOP 10 ALL-TIME LIST -  
BOYS** (as of 5/28/2016)

**100 Meters**

1.	10.70	Alex Pearlstone (D)	04
2.	10.80	Christian Corbin (N)	13
3.	10.82	Darrell Jones (N)	01
4.	10.83	Luiz Mello (R)	99
	10.83	Evan Meehan (N)	10
	10.83	Daniel Fortenko (TL)	12
2a.	10.74cnwi	Dean Lazzarini (D)	66
8a.	10.84cnwi	Bob Keisal (TS Boys)	30
	10.84cnwi	Alan Lee (I)	68
	10.84cnwi	Bob Peterson (SR)	70
	10.84cnwi	Wayne Johnson (TL)	80

**200 Meters**

1.	21.41	Alex Pearlstone (D)	05
2.	21.46	Daniel Fortenko (TL)	12
3.	21.63	Christian Corbin (N)	13
4.	21.70	Luiz Mello (R)	99
5.	22.02	Ryan Healy (R)	10
	22.02	Evan Meehan (N)	10
6.	22.14	Max Glasser (MC)	16
4a.	21.64cnwi	Alan Lee (I)	68
6a.	21.84cnwi	Wayne Johnson (TL)	80
9a.	22.04cnwi	Wayne Roche (SM)	75

**400 Meters**

1.	47.87	Ryan Healy (R)	10
2.	48.24c	John Zunino (R)	81
3.	48.54c	Jeff Metteer (SM)	75
4.	48.71	Max Glasser (MC)	16
5.	49.04c	Todd Brockman (R)	83
6.	49.14c	Mike Shafer (SR)	62
	49.14c	George Cagle (N)	74
8.	49.12	Chris Dodge (R)	89
9.	49.34	Daniel Fortenko (TL)	12
	49.34	Joshua Gibson (JS)	14
	49.34c	Todd Allen (SR)	78

**800 Meters**

1.	1:51.94c	George Cagle (N)	74
2.	1:52.23	Eric Lee (D)	04
3.	1:52.91	Trevor Ehlenbach (SR)	11
4.	1:53.24c	Jerry Kraft (SM)	84
5.	1:53.64c	Scott Hickman (R)	75
6.	1:54.04c	Todd Norris (R)	70
	1:54.04c	Ray Green (SR)	75
8.	1:54.14c	Chakra Chappel (SM)	71
9.	1:54.24c	Mike O'Reilly (SR)	78
10.	1:54.54c	Tom Bertotti (D)	75
	1:54.54c	Davin Markham (TL)	86

**1600 Meters**

1.	4:08.54	Erik Olson (N)	10
2.	4:08.64c	Mike O'Reilly (SR)	78
3.	4:09.99	Fred Huxham (R)	14
4.	4:10.04c	Ray Green (SR)	75
5.	4:11.04c	Rod Berry (R)	77
6.	4:11.76	Johnny Lawson (D)	13
7.	4:12.84c	Phil Brock (R)	78
8.	4:13.50	Clayton Hutchins(D)	13
9.	4:14.03	Dan Milechman (I)	11
10.	4:14.37	Richie Boulet (D)	90

**3200 Meters**

1.	8:50.64c	Rod Berry (R)	77
2.	8:54.24	Fred Huxham (R)	14
3.	8:55.06	Erik Olson (N)	09
4.	8:58.19	Johnny Lawson (D)	13
5.	9:01.04c	Hal Schultz (R)	76
6.	9:03.94c	Aran Collier (I)	76
7.	9:10.89	Jake Schmitt (R)	03
8.	9:14.44c	Sam Skinner (R)	82
9.	9:14.64c	Mike Arago (I)	71
10.	9:15.24c	Dave Coulman (SM)	77

**110 Meter High Hurdles**

1.	14.42	Jalen Hemphill (N)	14
2.	14.43	Gulliver Perry (TL)	02
3.	14.76	August Kiles (I)	13
4.	14.78	Jon Hoff (JS)	10
1a.	14.24cnwi	Lowell Harris (TL)	68
4a.	14.74cnwi	Ken Blasingame (I)	66
7a.	14.81nwi	Jesse Hess (I)	97
	14.81nwi	Nick Burkey (MC)	02
9a.	14.84cnwi	Tom Strathairn (R)	64
	14.84cnwi	Richard Brown (I)	71
	14.84cnwi	Dave Harder (SM)	75
	14.84cnwi	Ron Knighten (TL)	85

**300 Meter Intermediate Hurdles**

1.	38.62	Gulliver Perry (TL)	02
2.	38.66	Jalen Hemphill (N)	14
3.	38.67	David Namnath (TL)	10
4.	39.11	August Kiles (I)	14
5.	39.30	Jesse Hess (I)	97
6.	39.32	Jon Hoff (JS)	10
7.	39.41	Austin Wilson (D)	08
8.	39.44c	Ron Knighten (TL)	85
	39.44c	Rex Speer (TL)	88
10.	39.54c	Mark Foehr (D)	88

**4 X 100 Meter Relay**

1.	41.74	Novato	14
2.	42.47	Novato	13
3.	42.54c	Tamalpais	68
4.	42.55	Drake	05
5.	42.75	Marin Catholic	16
6.	42.84c	San Rafael	70
7.	42.89	Terra Linda	12
8.	42.94	Novato	13
	42.94c	San Rafael	69
	42.94c	San Marin	70
	42.94c	Novato	77

**4 X 400 Meter Relay**

1.	3:21.14c	San Marin	75
2.	3:21.54c	Redwood	69
3.	3:23.04c	Redwood	91
4.	3:23.24c	Tamalpais	68
5.	3:24.14c	Tamalpais	86
6.	3:24.34c	San Marin	82
7.	3:24.84c	Novato	79
	3:24.84c	Redwood	88
9.	3:25.02	San Marin	95
10.	3:25.14c	Tamalpais	77
	3:25.14c	San Rafael	78

c = converted from hand to electronic timing by adding 0.24 seconds.

**High Jump**

1.	7' 1/4"	Jim O'Sullivan (D)	89
2.	6' 11"	Reuben Edwards (TL)	77
3.	6' 10"	Ken Malvino (R)	81
	6' 10"	Kyle Cash (JS)	08
5.	6' 9"	Tom Caple (TL)	82
	6' 9"	Taylor Walton (B)	14
7.	6' 8"	Lonny Low (I)	77
	6' 8"	Bobby Frick (R)	96
8.	6' 7"	Noel Enyedi (R)	87
10.	6' 6"	Robert Small (I)	77
	6' 6"	Darryl Bowman (SR)	98
	6' 6"	Ryan Healy (R)	09

**Pole Vault**

1.	16' 4"	August Kiles (I)	13
2.	15' 11"	Cody Cunningham (D)	09
3.	15' 7"	Sean Brown (TL)	92
4.	15' 6"	Travis Calkins (I)	92
5.	15' 1"	Reese Wilson (R)	09
6.	14' 8 1/2"	Justin Reinfort (SR)	87
7.	14' 6"	Charles Stuart-Smith (MC)	10
8.	14' 4"	David Gronski (MC)	06
9.	14' 3"	Doug Ballinger (R)	76
10.	14' 1 1/2"	Frankie Shaw (I)	15

**Triple Jump**

1a.	48' 5"	nwiIvory Small (I)	79
2a.	47' 9"	nwiMike Metoyer (I)	80
3a.	47' 8"	nwiGreg Freeman (N)	84
4a.	47' 4 1/2"	nwiLenny McLloyd (R)	76
5a.	46' 7 1/4"	nwi Mark Kilmer (R)	75
	46' 7 1/4"	nwi Reuben Edwards (TL)	78
7a.	46' 4"	nwi Sean Williams (D)	93
8a.	46' 2"	nwiDwain Johnson (TL)	81
	46' 2"	nwi Ray DiSanza (MC)	02
10a.	46' 3/4"	nwi Darryl Bowman (SR)	98

**Long Jump**

1.	23' 10 1/4"	Alex Pearlstone (D)	05
2.	23' 2"	Max Gibson (N)	14
2a.	23' 8 1/4"	nwiStacey Bailey (TL)	78
3a.	23' 7"	nwi Dave Harder (SM)	75
4a.	23' 2 1/4"	nwi Bill Russell (SR)	35
6a.	23' 1/2"	nwi Mark Kilmer (R)	75
	23' 1/2"	nwi Gavin Saffian (I)	07
8a.	22' 11"	nwi Bob Peterson (SR)	70
9a.	22' 10 1/2"	nwi Darryl Bowman (SR)	98
10a.	22' 10 1/4"	nwiMike Metoyer (I)	80

**Discus**

1.	194' 7"	Kurt Seefeld (MC)	02
2.	194' 2"	Darrell Elder (R)	74
3.	183' 3"	Mike Coffino (I)	86
4.	179' 5"	John Connie (SM)	00
5.	176' 1"	Ron Snidow (SR)	59
6.	171' 5"	Ezra Kwong (SM)	02
7.	170' 6"	Tim Boerum (R)	88
8.	170' 3"	Mauricio Cornejo (TL)	10
9.	168' 11"	Mike Meyer (I)	78
10.	167' 8"	Chris Benvenuti (R)	80

**Shot Put**

1.	59' 11"	Darrel Elder (R)	74
2.	57' 0"	Ken Flax (R)	81
3.	56' 9 1/4"	Mauricio Cornejo (TL)	11
4.	56' 7"	Reg Carolan (D)	57
5.	56' 0"	Steve McGee (R)	72
6.	55' 9 1/4"	Mark Yancy (MC)	93
7.	55' 7 3/4"	Jeremy Holt (I)	97
8.	55' 1"	Doug Manuel (D)	66
9.	54' 11"	Brandon Page (N)	01
10.	54' 10 3/4"	Matt Hennessy (I)	98