

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>ABBOTT BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2007	Angelo Bautista	7.67
Boys 6th-75 Meters	2007	Angelo Bautista	11.25
Boys 6th-100 Meters	2012	Arzata	14.14
Boys 6th-4X100 Meters	2009	Abbott	1:00.95
Boys 6th-200 Meters	2024	Cameron Jones	29.56
Boys 6th-4X200 Meters	2023	Abbott	2:11.24
Boys 6th-400 Meters	2023	Enzo Pan	1:13.44
Boys 6th-4X400 Meters	2023	Abbott	5:14.89
Boys 6th-800 Meters	2012	Bower	2:51.35
Boys 6th-1600 Meters	2013	Thomas Karpisian	6:08.28
Boys 6th-Discus Throw	2009	Gray,Cole	65-05.00
Boys 6th-High Jump	2023	Tyler Lee-Munson	4-00.0
Boys 6th-High Jump	2024	John Harris	4-00.0
Boys 6th-Long Jump	2010	Bettis, Trevor	12-11.00
Boys 6th-Shot Put	2009	Sa-Ra,Dumisani	31-09.00
Boys 7th-50 Meters	2010	Sa-Ra,Dumisani	6.89
Boys 7th-75 Meters	2014	Sherman, Quincy	10.01
Boys 7th-100 Meters	2007	Andrew Abeles	12.60
Boys 7th-4X100 Meters	2011	Abbott	0:56.89
Boys 7th-200 Meters	2018	Ahtou, Makoa	26.34
Boys 7th-4X200 Meters	2015	Abbott	2:00.01
Boys 7th-400 Meters	2015	Logan Azem	1:01.99
Boys 7th-4X400 Meters	2015	Abbott	4:33.70
Boys 7th-800 Meters	2011	Valenzuela,Mario	2:27.75
Boys 7th-1600 Meters	2015	Shawn Cotton. Jr.	5:21.59
Boys 7th-Discus Throw	2009	Donoghue,Bryan	073-11.00
Boys 7th-High Jump	2024	Clark Colglazier	5-00.0
Boys 7th-Long Jump	2017	Zumot, Alex	14-11.00
Boys 7th-Shot Put	2011	Bettis, Trevor	31-05.00
Boys 8th-50 Meters	2009	Loo,Chris	7.20
Boys 8th-75 Meters	2009	Sexton,Jimmy	10.26
Boys 8th-100 Meters	2019	Ahtou, Makoa	12.69
Boys 8th-200 Meters	2019	Ahtou, Makoa	26.03
Boys 8th-4X100 Meters	NR	No Record	NR
Boys 8th-4X200 Meters	2005	Abbott	1:50.89
Boys 8th-400 Meters	2005	Lois Gonzales	0:57.37
Boys 8th-4X400 Meters	2016	Abbott	4:10.84
Boys 8th-800 Meters	2016	Cotto. Shawn	2:18.67
Boys 8th-1600 Meters	2004	Oran Arms	5:20.81
Boys 8th-Discus Throw	2024	Sean Hannan	109-09.00
Boys 8th-High Jump	2016	Cotton. Shawn	4-08.0
Boys 8th-Long Jump	2009	Sexton,Jimmy	15-06.50
Boys 8th-Shot Put	2024	Sean Hannan	35-09.25

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>ABBOTT GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2007	Meagan Taylor	7.90
Girls 6th-75 Meters	2019	Fletcher, Jeneva	11.49
Girls 6th-100 Meters	2015	Aaliyah Schinaman	14.57
Girls 6th-4X100 Meters	2004	Abbott	1:01.04
Girls 6th-200 Meters	2014	Baez, Nicole	32.42
Girls 6th-4X200 Meters	2004	Abbott	2:13.38
Girls 6th-400 Meters	2015	Aaliyah Schinaman	1:07.46
Girls 6th-4X400 Meters	NR	No Record	NR
Girls 6th-800 Meters	2018	Robinson, Jordan	2:50.81
Girls 6th-1600 Meters	2016	Wong, Jasmine	6:18.84
Girls 6th-Discus Throw	2009	Bratt,Kendra	49-09.00
Girls 6th-High Jump	2017	Abad, Alyssa	4-02.0
Girls 6th-Long Jump	2019	Fletcher, Jeneva	12-05.50
Girls 6th-Shot Put	2006	Mele Pauli	25-08.00
Girls 7th-50 Meters	2013	Tiana Thich	8.13
Girls 7th-75 Meters	2012	Madeline Eclevia	11.04
Girls 7th-100 Meters	2016	Schinaman. Aaliyah	14.41
Girls 7th-4X100 Meters	2012	Abbott	0:59.83
Girls 7th-200 Meters	2018	Allendorf, Grazielee	29.99
Girls 7th-4X200 Meters	2019	Abbott	2:15.96
Girls 7th-400 Meters	2016	Schinaman. Aaliyah	1:04.91
Girls 7th-4X400 Meters	NR	No Record	NR
Girls 7th-800 Meters	2016	Robinson. Morgan	2:38.12
Girls 7th-1600 Meters	2017	Wong, Jazmine	6:13.02
Girls 7th-Discus Throw	2010	Korsmeyer,Julie	59-11.00
Girls 7th-High Jump	2019	Robinson, Jordan	4-07.0
Girls 7th-Long Jump	2010	Bratt,Kendra	11-10.50
Girls 7th-Shot Put	2007	Mele Pauli	25-09.00
Girls 8th-50 Meters	2004	Loretta Haysbert	7.47
Girls 8th-75 Meters	2004	Loretta Haysbert	10.87
Girls 8th-100 Meters	2013	Madeline Eclevia	14.32
Girls 8th-4X100 Meters	2003	Abbott	0:57.73
Girls 8th-200 Meters	2005	Katherine Wright	29.73
Girls 8th-4X200 Meters	2016	Abbott	2:05.38
Girls 8th-400 Meters	2017	Schinaman, Aaliyah	1:07.76
Girls 8th-4X400 Meters	NR	No Record	NR
Girls 8th-800 Meters	2017	Robinson, Morgan	2:39.83
Girls 8th-1600 Meters	2006	Melissa Hastings	5:36.32
Girls 8th-Discus Throw	2009	Alegria,Anali	55-11.00
Girls 8th-High Jump	2017	Ballard, Lily	4-04.0
Girls 8th-Long Jump	2013	Madeline Eclevia	13-00.00
Girls 8th-Shot Put	2009	McQuillan,Deirdre	26-08.50

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>BAYSIDE BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2013	Albert Ruiz	7.35
Boys 6th-75 Meters	2016	Marilla. Conrad	10.44
Boys 6th-100 Meters	2024	Zach Harvey	13.32
Boys 6th-4X100 Meters	2019	Bayside	0:57.38
Boys 6th-200 Meters	2018	Frank, Raymond	29.03
Boys 6th-4X200 Meters	2018	Bayside	2:01.62
Boys 6th-400 Meters	2018	Frank, Raymond	1:04.85
Boys 6th-4X400 Meters	2018	Bayside	4:39.23
Boys 6th-800 Meters	2017	Lafrance, Elliot	2:35.65
Boys 6th-1600 Meters	2017	Lafrance, Elliot	5:33.30
Boys 6th-Discus Throw	2018	Fainga, Franky	84-03.00
Boys 6th-High Jump	2024	Ryker Michon	4-08.0
Boys 6th-Long Jump	2016	Marilla. Conrad	14-08.00
Boys 6th-Shot Put	2024	Keith Le	29-07.50
Boys 7th-50 Meters	2014	Ruiz. Alberto	7.24
Boys 7th-75 Meters	2017	Luna Martinez, Benjamin	10.23
Boys 7th-4X100 Meters	2019	Bayside	0:54.87
Boys 7th-200 Meters	2015	Francisco Sanchez	26.57
Boys 7th-4X200 Meters	2019	Bayside	1:55.21
Boys 7th-400 Meters	2016	Koe. Ian	0:59.41
Boys 7th-4X400 Meters	2018	Bayside	4:31.47
Boys 7th-800 Meters	2023	Parker Lee	2:27.46
Boys 7th-1600 Meters	2023	Parker Lee	5:19.25
Boys 7th-Discus Throw	2004	Sosaia Vaitai	095-06.00
Boys 7th-High Jump	2018	Lafrance, Elliot	4-06.0
Boys 7th-High Jump	2019	Chen, Jayden	4-06.0
Boys 7th-High Jump	2024	Brandon Ho	4-06.0
Boys 7th-Long Jump	2019	Chen, Jayden	14-00.75
Boys 7th-Shot Put	2014	Hafoka. Waiki	37-00.50
Boys 8th-50 Meters	2024	Jaxson Sullivan	6.93
Boys 8th-75 Meters	2022	Melamud, Joshua	10.09
Boys 8th-100 Meters	2024	Ryan Belton	12.88
Boys 8th-4X100 Meters	2015	Bayside	0:52.21
Boys 8th-200 Meters	2017	Koe, Ian	24.43
Boys 8th-4X200 Meters	2024	Bayside	1:51.66
Boys 8th-400 Meters	2017	Koe, Ian	0:55.61
Boys 8th-4X400 Meters	2019	Bayside	4:18.37
Boys 8th-800 Meters	2019	Wang, Harry	2:18.76
Boys 8th-1600 Meters	2009	Pedro,Christian	5:00.47
Boys 8th-Discus Throw	2015	Waiki Hafoka	108-06.00
Boys 8th-High Jump	2022	Knapp, Julien	5-02.0
Boys 8th-Long Jump	2004	Patrick Williams	15-03.50
Boys 8th-Shot Put	2015	Paul Lautaimi	39-09.50

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>BAYSIDE GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2015	Katie Marin	7.90
Girls 6th-75 Meters	2016	Parangan. Beth	11.36
Girls 6th-100 Meters	2018	Smith, Gabrielle	14.75
Girls 6th-4X100 Meters	2015	Bayside	1:01.35
Girls 6th-200 Meters	2018	Yeh, Grace	30.52
Girls 6th-4X200 Meters	2018	Bayside	2:07.05
Girls 6th-400 Meters	2019	Black, Krystal	1:11.72
Girls 6th-4X400 Meters	2019	Bayside	5:04.97
Girls 6th-800 Meters	2024	Lauren Lawry	2:43.74
Girls 6th-1600 Meters	2015	Sydney Nunnemaker	6:03.67
Girls 6th-Discus Throw	2006	Meleseini Hafoka	60-02.00
Girls 6th-High Jump	2016	Sweeney. Lia	4-02.0
Girls 6th-Long Jump	2022	Morales, Leilani	12-02.25
Girls 6th-Shot Put	2018	Veamatahau, Luisa	61-01.00
Girls 7th-50 Meters	2017	Parangan, Beth	7.55
Girls 7th-75 Meters	2018	Aquipel, Amelia	11.18
Girls 7th-100 Meters	2023	Leilani Morales	14.24
Girls 7th-4X100 Meters	2023	Bayside	0:58.11
Girls 7th-200 Meters	2019	Smith, Gabby	29.82
Girls 7th-4X200 Meters	2017	Huynh, Lin, Parangan, Va	2:04.04
Girls 7th-400 Meters	2019	Smith, Gabby	1:06.07
Girls 7th-4X400 Meters	2018	Bayside	5:03.11
Girls 7th-800 Meters	2018	Pappas, Anna	2:43.50
Girls 7th-1600 Meters	2018	Pappas, Anna	5:55.70
Girls 7th-Discus Throw	2014	Fainga. Salote	79-00.00
Girls 7th-High Jump	2017	Huynh, Elaine	4-06.0
Girls 7th-Long Jump	2017	Parangan, Beth	13-07.00
Girls 7th-Shot Put	2014	Fainga. Salote	32-09.50
Girls 8th-50 Meters	2018	Parangan, Beth	7.55
Girls 8th-75 Meters	2023	Melanie Feng	10.95
Girls 8th-100 Meters	2022	Chen, Kiana	14.14
Girls 8th-4X100 Meters	2024	Bayside	0:57.41
Girls 8th-200 Meters	2022	Chen, Kiana	29.66
Girls 8th-4X200 Meters	2018	Bayside	2:03.45
Girls 8th-400 Meters	2023	Hannah Young	1:12.29
Girls 8th-4X400 Meters	2019	Bayside	4:59.24
Girls 8th-800 Meters	2019	Pappas, Anna	2:48.73
Girls 8th-1600 Meters	2019	Pappas, Anna	5:57.54
Girls 8th-Discus Throw	2016	Fainga. Nala	89-07.00
Girls 8th-High Jump	2022	Zurowski-Morin, Vivian	4-05.0
Girls 8th-Long Jump	2004	Addie Lefezik	14-05.00
Girls 8th-Shot Put	2016	Fainga. Nala	36-06.50

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>BOREL BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2007	David Koshy	7.52
Boys 6th-75 Meters	2004	John Franco	10.49
Boys 6th-100 Meters	2007	Keaton Moe	13.09
Boys 6th-4X100 Meters	2018	Borel	0:56.86
Boys 6th-200 Meters	2005	Kyle Fung	28.85
Boys 6th-4X200 Meters	2018	Borel	1:58.52
Boys 6th-400 Meters	2007	Michael Beery	1:06.43
Boys 6th-4X400 Meters	2023	Borel	5:02.23
Boys 6th-800 Meters	2018	Anagnosan, Gabe	2:37.98
Boys 6th-1600 Meters	2010	McAuliffe, Ryan	5:30.74
Boys 6th-Discus Throw	2012	Michael Herrera	70-06.00
Boys 6th-High Jump	2010	Stephenson, Tim	4-06.0
Boys 6th-Long Jump	2015	Danny Rose	14-07.00
Boys 6th-Shot Put	2012	Michael Herrera	32-08.00
Boys 7th-50 Meters	2022	Figueroa, Michael	6.98
Boys 7th-75 Meters	2013	Davis Vakalahi	9.97
Boys 7th-100 Meters	2022	Nguyen, Kurt	12.21
Boys 7th-4X100 Meters	2017	Jack Hickey, Addison Yeh	0:52.73
Boys 7th-200 Meters	2022	Nguyen, Kurt	25.96
Boys 7th-4X200 Meters	2014	Borel	1:54.08
Boys 7th-400 Meters	2005	Patrick Moore	1:00.83
Boys 7th-4X400 Meters	2005	Borel	4:21.07
Boys 7th-800 Meters	2009	Tolfa, Nick	2:29.44
Boys 7th-1600 Meters	2023	Oliver Olbekson	5:21.70
Boys 7th-Discus Throw	2023	Beckett Webster	101-05.00
Boys 7th-High Jump	2010	Sandmeyer, Joey	4-07.0
Boys 7th-Long Jump	2022	Lee, Kurtis	15-07.25
Boys 7th-Shot Put	2007	Michael Latu	32-01.00
Boys 8th-50 Meters	2012	Jacob Hovan	6.71
Boys 8th-75 Meters	2012	Jacob Hovan	9.54
Boys 8th-100 Meters	2007	Kyle Fung	11.54
Boys 8th-4X100 Meters	2022	Borel	0:48.52
Boys 8th-200 Meters	2004	Deandre Stallworth	24.43
Boys 8th-4X200 Meters	2015	Borel	1:47.07
Boys 8th-400 Meters	2016	Halpin, Petey	0:56.63
Boys 8th-4X400 Meters	2018	Borel	4:09.69
Boys 8th-800 Meters	2010	Tolfa, Nick	2:21.93
Boys 8th-1600 Meters	2024	Oliver Olbekson	4:34.12
Boys 8th-Discus Throw	2006	Zack Marquette	107-06.00
Boys 8th-High Jump	2016	Loville, Terence	5-04.0
Boys 8th-High Jump	2023	Kurt Nguyen	5-04.0
Boys 8th-Long Jump	2012	Tim Stephenson	17-05.00
Boys 8th-Shot Put	2024	Landon King	44-09.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>BOREL GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2009	Adams, Jioni	7.86
Girls 6th-75 Meters	2016	Juarez, Jayla	10.94
Girls 6th-100 Meters	2022	Adle, Aliyah	14.31
Girls 6th-4X100 Meters	2016	Borel	0:59.34
Girls 6th-200 Meters	2014	Chang, Abigail	30.51
Girls 6th-4X200 Meters	2003	Borel	2:06.94
Girls 6th-400 Meters	2004	Kira Swartz	1:07.90
Girls 6th-4X400 Meters	2022	Borel	5:05.58
Girls 6th-800 Meters	2013	Emma Madyic	2:41.50
Girls 6th-1600 Meters	2013	Emma Madgic	5:42.75
Girls 6th-Discus Throw	2013	Julia Mau	62-02.75
Girls 6th-High Jump	2004	Hannah Ruwe	4-02.0
Girls 6th-Long Jump	2012	Samantha Rose	12-07.00
Girls 6th-Shot Put	2011	Fanguna, Teme	27-07.50
Girls 7th-50 Meters	2015	Sabine Cismoski	7.82
Girls 7th-75 Meters	2016	Huie, Alyssa	10.88
Girls 7th-100 Meters	2022	Hayden, Amelia	13.79
Girls 7th-4X100 Meters	2016	Borel	0:57.66
Girls 7th-200 Meters	2015	Abby Chang	29.65
Girls 7th-4X200 Meters	2003	Borel	2:02.72
Girls 7th-400 Meters	2003	Hanna Stephens	1:08.63
Girls 7th-4X400 Meters	2023	Borel	4:53.99
Girls 7th-800 Meters	2014	Madgic, Emma	2:29.55
Girls 7th-1600 Meters	2014	Madgic, Emma	5:20.92
Girls 7th-Discus Throw	2004	Linda Pita	74-09.00
Girls 7th-High Jump	2005	Hannah Ruwe	4-04.0
Girls 7th-Long Jump	2017	Waring, Tianna	13-00.00
Girls 7th-Shot Put	2004	Linda Pita	30-04.00
Girls 8th-50 Meters	2016	Chang, Abby	7.57
Girls 8th-75 Meters	2014	Chuakay, Anna	10.51
Girls 8th-100 Meters	2022	Ketcham, Madison	13.72
Girls 8th-4X100 Meters	2016	Borel	0:54.23
Girls 8th-200 Meters	2022	Ketcham, Madison	28.25
Girls 8th-4X200 Meters	2016	Borel	1:56.49
Girls 8th-400 Meters	2006	Kira Schwartz	1:04.56
Girls 8th-4X400 Meters	2015	Borel	4:44.57
Girls 8th-800 Meters	2015	Emma Madgic	2:40.08
Girls 8th-1600 Meters	2015	Emma Madgic	5:20.35
Girls 8th-Discus Throw	2009	Smirensky, Sasha	81-08.00
Girls 8th-High Jump	2006	Hannah Ruwe	4-06.0
Girls 8th-Long Jump	2004	Alysha Gillman	14-02.50
Girls 8th-Shot Put	2013	Teme Fanguna	34-10.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>BOWDITCH BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2023	Jacob Daguman	7.50
Boys 6th-75 Meters	2015	Lucas Castillo	10.35
Boys 6th-100 Meters	2012	Rishu Manu	13.41
Boys 6th-4X100 Meters	2012	Bowditch	0:55.93
Boys 6th-200 Meters	2012	Rishu Manu	28.27
Boys 6th-4X200 Meters	2012	Bowditch	1:58.35
Boys 6th-400 Meters	2012	Nick Delmonico	1:05.72
Boys 6th-4X400 Meters	2016	Bowditch	4:49.55
Boys 6th-800 Meters	2013	Andrew Chang	2:42.90
Boys 6th-1600 Meters	2017	Wang, Harry	5:37.55
Boys 6th-Discus Throw	2010	Hom,Nicolas	81-00.00
Boys 6th-High Jump	2023	Jacob Daguman	4-06.0
Boys 6th-Long Jump	2015	Lucas Castillo	15-05.00
Boys 6th-Shot Put	2017	Zheng, Albert	33-00.00
Boys 7th-50 Meters	2024	Jacob Daguman	7.09
Boys 7th-75 Meters	2016	Castillo. Lucas	9.72
Boys 7th-100 Meters	2016	Castillo. Lucas	12.77
Boys 7th-4X100 Meters	2024	Bowditch	0:53.56
Boys 7th-200 Meters	2018	Kumar, Sid	26.86
Boys 7th-4X200 Meters	2017	Bowditch	1:52.89
Boys 7th-400 Meters	2018	Kumar, Sid	1:00.81
Boys 7th-4X400 Meters	2014	Bowditch	4:24.31
Boys 7th-800 Meters	2014	Chang. Andrew	2:30.51
Boys 7th-1600 Meters	2014	Chang. Andrew	5:21.92
Boys 7th-Discus Throw	2024	Iasonas Iliopoulos	086-00.00
Boys 7th-High Jump	2005	Emil Margallo	4-08.0
Boys 7th-High Jump	2009	Pallas,Nick	4-08.0
Boys 7th-High Jump	2009	Wang,Jonathan	4-08.0
Boys 7th-High Jump	2016	Ping. Nick	4-08.0
Boys 7th-High Jump	2016	Lane. Ryan	4-08.0
Boys 7th-Long Jump	2018	McKeever, Kyle	16-02.00
Boys 7th-Shot Put	2016	Castillo. Lucas	44-05.00
Boys 8th-50 Meters	2004	Matt Sevelo	6.71
Boys 8th-75 Meters	2010	Lee,Gordon	9.58
Boys 8th-100 Meters	2017	Castillo, Lucas	12.20
Boys 8th-4X100 Meters	2016	Bowditch	0:50.25
Boys 8th-200 Meters	2019	McKeever, Kyle	25.19

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>BOWDITCH GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2004	Lauren Mike	7.79
Girls 6th-75 Meters	2017	Anderson, Makena	10.81
Girls 6th-100 Meters	2012	Alex Santos	14.34
Girls 6th-4X100 Meters	2024	Bowditch	0:58.78
Girls 6th-4X100 Meters	2010	Bowditch	0:59.43
Girls 6th-200 Meters	2012	Alex Santos	29.58
Girls 6th-4X200 Meters	2018	Bowditch	2:06.61
Girls 6th-400 Meters	2018	Kesarwani, Ria	1:08.83
Girls 6th-4X400 Meters	2010	Bowditch	5:03.99
Girls 6th-800 Meters	2015	Niyati Reddy	2:48.53
Girls 6th-1600 Meters	2003	Teresa Chen	6:22.12
Girls 6th-Discus Throw	2016	Hao. Amanda	51-07.00
Girls 6th-High Jump	2022	Snajdr, Elisa	4-02.0
Girls 6th-High Jump	2023	Mackenzie Lew	4-02.0
Girls 6th-High Jump	2024	Alyssa Mahadew	4-02.0
Girls 6th-Long Jump	2018	Darrow, Carol	13-03.00
Girls 6th-Shot Put	2018	Darve, Carole	53-02.00
Girls 7th-50 Meters	2014	Sanchez-Peral. Connie	7.45
Girls 7th-75 Meters	2016	Heintz. Addison	10.54
Girls 7th-100 Meters	2022	Hwang, Mina	13.49
Girls 7th-4X100 Meters	2013	Bowditch	0:56.33
Girls 7th-200 Meters	2016	Heintz. Addison	29.13
Girls 7th-4X200 Meters	2013	Bowditch	2:03.34
Girls 7th-400 Meters	2018	Wilmurt, Kira	1:09.48
Girls 7th-4X400 Meters	2017	Bowditch	4:53.10
Girls 7th-800 Meters	2014	Jenne. Mallorie	2:38.92
Girls 7th-1600 Meters	2014	Jenne. Mallorie	5:58.72
Girls 7th-Discus Throw	2012	Rachel Tjan	62-00.00
Girls 7th-High Jump	2011	Beering, Jessica	4-06.0
Girls 7th-Long Jump	2013	Stephany DePaiva	14-02.00
Girls 7th-Shot Put	2005	Collette Cuasito	29-09.50
Girls 8th-50 Meters	2015	Connie Sanchez-Peral	7.50
Girls 8th-75 Meters	2023	Alina Robinson	10.54
Girls 8th-100 Meters	2014	Sukamaran. Mia	13.61
Girls 8th-4X100 Meters	2019	Bowditch	0:54.43
Girls 8th-200 Meters	2014	Sukamaran. Mia	28.27
Girls 8th-4X200 Meters	2019	Bowditch	1:56.71
Girls 8th-400 Meters	2019	Wilmurt, Kira	1:04.49
Girls 8th-4X400 Meters	2005	Bowditch	4:50.79
Girls 8th-800 Meters	2015	Mallorie Jenne	2:41.61
Girls 8th-1600 Meters	2015	Mallorie Jenne	5:51.51
Girls 8th-Discus Throw	2010	Walker, Kendall	76-02.00
Girls 8th-High Jump	2012	Jessica Beering	4-06.0
Girls 8th-Long Jump	2012	Lauren Oldefont	14-07.00
Girls 8th-Shot Put	2016	McIntyre. Lydia	31-08.50



## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

CENTRAL BOYS	Year	Athlete(s)	Result
Boys 6th-50 Meters	2014	Hoch. William	7.63
Boys 6th-75 Meters	2012	Ryan Reed	10.76
Boys 6th-100 Meters	2007	K.C. Montgomery	12.95
Boys 6th-4X100 Meters	2019	Central	0:59.83
Boys 6th-200 Meters	2011	Blasband, Bryan	31.06
Boys 6th-4X200 Meters	2016	Bardsley. Crum. McC	2:11.21
Boys 6th-400 Meters	2010	Makaafi, Sami	1:03.78
Boys 6th-4X400 Meters	2007	Central	4:54.41
Boys 6th-800 Meters	2016	Honeck. Matthew	2:38.51
Boys 6th-1600 Meters	2007	Christian Pedro	5:16.92
Boys 6th-Discus Throw	2019	Miller, Cade	68-07.00
Boys 6th-High Jump	2023	Brad Prendergast	4-06.0
Boys 6th-Long Jump	2015	Alex Moretti	13-08.50
Boys 6th-Shot Put	2016	Crum. Wilson	31-02.00
Boys 7th-50 Meters	2016	McKenney. JP	7.33
Boys 7th-75 Meters	2013	Ryan Reed	10.32
Boys 7th-100 Meters	2016	McKenney. JP	13.97
Boys 7th-4X100 Meters	2015	Central	0:56.12
Boys 7th-200 Meters	2018	John, Corpus	30.26
Boys 7th-4X200 Meters	2013	Central	2:14.75
Boys 7th-400 Meters	2015	Jack Gibbons	1:05.62
Boys 7th-4X400 Meters	2015	Central	4:34.20
Boys 7th-800 Meters	2015	Kai Hill	2:34.75
Boys 7th-1600 Meters	2022	Block, Jonah	5:26.48
Boys 7th-Discus Throw	2017	Crum, Wilson	071-06.00
Boys 7th-High Jump	2014	Schulz. Bradley	4-02.0
Boys 7th-Long Jump	2015	Michael Daskarolis	15-05.00
Boys 7th-Shot Put	2017	Crum, Wilson	28-03.00
Boys 8th-50 Meters	2019	Corpus, John	7.23
Boys 8th-75 Meters	2014	Reed. Ryan	9.80
Boys 8th-100 Meters	2006	Kurtis Linnell	12.29
Boys 8th-4X100 Meters	2016	Gibbons. Hoch. Rome	0:50.56
Boys 8th-200 Meters	2016	Simon. Michael	27.51
Boys 8th-4X200 Meters	2016	Butler. Hoch. Mavri	1:51.15
Boys 8th-400 Meters	2016	Romeo. Gio	0:56.50
Boys 8th-4X400 Meters	2016	Burt. Gibbons. Rome	4:14.06
Boys 8th-800 Meters	2023	Jonah Block	2:17.21
Boys 8th-1600 Meters	2023	Jonah Block	5:07.55
Boys 8th-Discus Throw	2016	Daskarolis. Michael	101-05.00
Boys 8th-High Jump	2016	Phillips. Theo	5-00.0
Boys 8th-Long Jump	2011	Richter, Quinton	16-04.00
Boys 8th-Shot Put	2011	Rasmussen, Ryan	35-07.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

CENTRAL GIRLS	Year	Athlete(s)	Result
Girls 6th-50 Meters	2014	Kurtzman, Cammy	7.57
Girls 6th-75 Meters	2023	Lila Rowell	11.10
Girls 6th-100 Meters	2014	Kurtzman, Cammy	14.19
Girls 6th-4X100 Meters	2014	Central	0:59.54
Girls 6th-200 Meters	2022	Mcdowell, Leah	30.50
Girls 6th-4X200 Meters	2014	Central	2:09.00
Girls 6th-400 Meters	2019	Kumar, Ariana	1:08.54
Girls 6th-4X400 Meters	2019	Central	5:28.16
Girls 6th-800 Meters	2014	Salgado, Angelina	2:44.71
Girls 6th-1600 Meters	2014	Burt, Lauren	6:11.59
Girls 6th-Discus Throw	2006	Miranda Allen	55-03.00
Girls 6th-High Jump	2023	Eleni Daskarolis	4-06.0
Girls 6th-Long Jump	2015	Julia Deffner	13-03.50
Girls 6th-Shot Put	2007	Kelly D.	26-01.00
Girls 7th-50 Meters	2014	Colombo, Gianna	7.66
Girls 7th-75 Meters	2016	Benway, Heather	10.56
Girls 7th-100 Meters	2016	Benway, Heather	13.82
Girls 7th-4X100 Meters	2015	Central	0:57.20
Girls 7th-200 Meters	2016	Deffner, Julia	30.11
Girls 7th-200 Meters	2015	Erica Heist	30.11
Girls 7th-4X200 Meters	2012	Central	2:07.69
Girls 7th-400 Meters	2016	Deffner, Julia	1:06.12
Girls 7th-4X400 Meters	2015	Central	4:52.74
Girls 7th-800 Meters	2015	Angelina Salgado	2:40.81
Girls 7th-1600 Meters	2017	Blaney, Ella	6:02.60
Girls 7th-Discus Throw	2007	M. Allen	55-06.00
Girls 7th-High Jump	2017	Blaney, Ella	4-04.0
Girls 7th-Long Jump	2016	Deffner, Julia	13-09.00
Girls 7th-Shot Put	2007	Miranda A.	24-07.00
Girls 8th-50 Meters	2017	Benway, Heather	7.43
Girls 8th-75 Meters	2015	Gianna Colombo	11.28
Girls 8th-100 Meters	2017	Benway, Heather	13.90
Girls 8th-4X100 Meters	2013	Central	0:56.66
Girls 8th-200 Meters	2013	Erin Walsh	29.02
Girls 8th-4X200 Meters	2010	Central	2:29.52
Girls 8th-400 Meters	2013	Angelikah Chun	1:07.76
Girls 8th-4X400 Meters	2010	Central	4:46.37
Girls 8th-800 Meters	2016	Henige, Phoebe	2:42.99
Girls 8th-1600 Meters	2016	Burt, Lauren	6:00.82
Girls 8th-Discus Throw	2009	Goulding, Samantha	56-05.00
Girls 8th-High Jump	2017	Pompen, Sofia	4-08.0
Girls 8th-Long Jump	2017	Benway, Heather	14-04.00
Girls 8th-Shot Put	2017	Sebben, Samantha	26-09.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>CUNHA BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2016	Syme, Zeke	7.66
Boys 6th-75 Meters	2013	Luke Outman	11.2
Boys 6th-100 Meters	2011	Phillips,Alexander	13.70
Boys 6th-4X100 Meters	2013	Cunha	0:59.99
Boys 6th-200 Meters	2011	Phillips,Alexander	28.42
Boys 6th-4X200 Meters	2011	Cunha	2:07.66
Boys 6th-400 Meters	2015	Sean Kennedy	1:04.43
Boys 6th-4X400 Meters	2006	Cunha	4:45.30
Boys 6th-800 Meters	2015	Connor Quosig	2:33.17
Boys 6th-1600 Meters	2024	Luke Wilkinson	5:23.64
Boys 6th-Discus Throw	2009	Acton,Shane	67-10.00
Boys 6th-High Jump	2017	Lamprecht, Nealan	4-03.0
Boys 6th-Long Jump	2017	Lamprecht, Nealan	14-05.50
Boys 6th-Shot Put	2006	Andy Simanek	26-06.50
Boys 7th-50 Meters	2016	Hill. Noah	7.44
Boys 7th-75 Meters	2017	Riley, Thomas	10.34
Boys 7th-100 Meters	2007	William Smith	13.08
Boys 7th-4X100 Meters	2016	Cunha	0:56.38
Boys 7th-200 Meters	2005	Derek Fong	27.25
Boys 7th-4X200 Meters	2016	Cunha	1:58.80
Boys 7th-400 Meters	2005	Derek Fong	0:59.71
Boys 7th-4X400 Meters	2005	Cunha	4:28.66
Boys 7th-800 Meters	2007	Mitchel Martin	2:24.15
Boys 7th-1600 Meters	2007	Cesar Aguilar	5:10.60
Boys 7th-Discus Throw	2005	Elijah Abramson	078-11.00
Boys 7th-High Jump	2016	Nash. Harrison	4-06.0
Boys 7th-High Jump	2016	Hill. Noah	4-06.0
Boys 7th-High Jump	2017	Loft, James	4-06.0
Boys 7th-Long Jump	2004	Frank Lima	16-04.50
Boys 7th-Shot Put	2024	TJ Lugo	30-00.00
Boys 8th-50 Meters	2019	Modena, PJ	7.00
Boys 8th-75 Meters	2018	Riley, Thomas	10.29
Boys 8th-100 Meters	2019	Zanette, Kai	12.63
Boys 8th-4X100 Meters	2009	Cunha	0:56.21
Boys 8th-200 Meters	2005	Zach Atsatt	26.78
Boys 8th-4X200 Meters	2006	Cunha	1:55.09
Boys 8th-400 Meters	2005	Frank Lima	0:57.39
Boys 8th-4X400 Meters	2010	Cunha	4:13.34
Boys 8th-800 Meters	2010	Marshall,Logan	2:18.96
Boys 8th-1600 Meters	2010	Marshall,Logan	4:56.39
Boys 8th-Discus Throw	2016	Lester. Bobby	106-02.00
Boys 8th-High Jump	2018	Syme, Zeke	5-02.0
Boys 8th-Long Jump	2005	Frank Lima	17-03.50
Boys 8th-Shot Put	2016	Lester. Bobby	46-00.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>CUNHA GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2016	Kennedy. Abigail	7.74
Girls 6th-75 Meters	2004	Lauren Irish	11.08
Girls 6th-100 Meters	2010	Worley, Genevieve	14.59
Girls 6th-4X100 Meters	2024	Central	1:02.74
Girls 6th-200 Meters	2004	Becky Tamez	30.59
Girls 6th-4X200 Meters	2004	Cunha	2:05.64
Girls 6th-400 Meters	2006	Victoria Brown	1:08.62
Girls 6th-4X400 Meters	2004	Cunha	4:50.97
Girls 6th-800 Meters	2014	Yerby. Claire	2:41.80
Girls 6th-1600 Meters	2014	Yerby. Claire	5:54.27
Girls 6th-Discus Throw	2010	Stoloski, Becky	56-06.00
Girls 6th-High Jump	2024	Thea Cooper	4-04.0
Girls 6th-Long Jump	2005	Lena King	13-00.00
Girls 6th-Shot Put	2014	Moffitt. Chloe	24-05.00
Girls 7th-50 Meters	2005	Lauren Irish	7.49
Girls 7th-75 Meters	2005	Lauren Irish	10.76
Girls 7th-100 Meters	2018	Couto, Alexa	14.22
Girls 7th-4X100 Meters	2005	Cunha	0:57.68
Girls 7th-200 Meters	2005	Becky Tamez	29.66
Girls 7th-4X200 Meters	2005	Cunha	2:00.52
Girls 7th-400 Meters	2005	Nicole Macapinlac	1:06.00
Girls 7th-4X400 Meters	2005	Cunha	4:45.77
Girls 7th-800 Meters	2015	Claire Yerby	2:35.20
Girls 7th-1600 Meters	2015	Claire Yerby	5:27.78
Girls 7th-Discus Throw	2013	Grace Garcia	71-05.00
Girls 7th-High Jump	2024	Genevieve Jensen	4-06.0
Girls 7th-Long Jump	2005	Jackie O'Connor	13-08.00
Girls 7th-Shot Put	2013	Grace Garcia	31-06.75
Girls 8th-50 Meters	2004	Brianne Orrante	7.72
Girls 8th-75 Meters	2017	Tarkianian, Yasmine	11.08
Girls 8th-100 Meters	2006	Lauren Irish	14.00
Girls 8th-4X100 Meters	2006	Cunha	0:57.86
Girls 8th-200 Meters	2006	Lauren Irish	28.47
Girls 8th-4X200 Meters	2006	Cunha	1:59.06
Girls 8th-400 Meters	2010	Freeburg, Kylie	1:04.40
Girls 8th-4X400 Meters	2013	Cunha	4:47.94
Girls 8th-800 Meters	2016	Yerby. Claire	2:30.54
Girls 8th-1600 Meters	2016	Yerby. Claire	5:31.28
Girls 8th-Discus Throw	2014	Bunuan. Carly	73-10.50
Girls 8th-High Jump	2005	Laurel Rucker	4-02.0
Girls 8th-High Jump	2019	Spencer, Stephanie	4-02.0
Girls 8th-Long Jump	2004	Anna Mathiasen	14-03.50
Girls 8th-Shot Put	2006	Carly McCaffrey	35-04.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

FLETCHER/TERMAN BOYS	Year	Athlete(s)	Result
Boys 6th-50 Meters	2022	Cheng, Elijah	7.42
Boys 6th-75 Meters	2015	Kenzie Chang	10.48
Boys 6th-100 Meters	2022	Cheng, Elijah	13.44
Boys 6th-4X100 Meters	2016	Chu, Hakeman, Kolar	0:56.69
Boys 6th-200 Meters	2024	Ryan Rickling	28.45
Boys 6th-4X200 Meters	2013	T Dahlquist, D Gomez, A Ji, A Miklos	2:08.10
Boys 6th-400 Meters	2004	Joel Shaffer	1:05.30
Boys 6th-4X400 Meters	2024	Fletcher	4:44.39
Boys 6th-800 Meters	2005	Chris Buxton	2:42.22
Boys 6th-1600 Meters	2015	Nathan Garderes	5:31.01
Boys 6th-Discus Throw	2009	Kaznik, Guy	86-04.00
Boys 6th-High Jump	2023	Quentin Studdert	4-10.0
Boys 6th-High Jump	2024	Ethan Lui	4-10.0
Boys 6th-Long Jump	2024	Ryan Rickling	14-11.00
Boys 6th-Shot Put	2009	Kaznik, Guy	29-00.00
Boys 7th-50 Meters	2022	McGraw, Owen	6.94
Boys 7th-75 Meters	2022	Dungan, Lucas	9.63
Boys 7th-100 Meters	2023	Elijah Chheng-Leam	12.56
Boys 7th-4X100 Meters	2023	Fletcher	0:53.08
Boys 7th-200 Meters	2015	Max Giovannotto	27.61
Boys 7th-4X200 Meters	2013	DJ Barnes, M Beard, S Chu, J Tam	1:57.08
Boys 7th-400 Meters	2019	Chadwick, John	1:00.23
Boys 7th-4X400 Meters	2019	Fletcher/Terman	4:19.23
Boys 7th-800 Meters	2019	Gonzalez Ramirez, Jose	2:31.86
Boys 7th-1600 Meters	2019	Seley, Jake	5:34.78
Boys 7th-Discus Throw	2010	Kaznik, Guy	095-04.00
Boys 7th-High Jump	2019	Luo, Kyle	5-02.0
Boys 7th-Long Jump	2019	Chadwick, John	15-11.50
Boys 7th-Shot Put	2023	Yuvraj Dhillon	35-07.50
Boys 8th-50 Meters	2014	Her. Eric	6.97
Boys 8th-75 Meters	2016	Chung, Darien	9.76
Boys 8th-100 Meters	2011	Sandor, Matthew	12.49
Boys 8th-4X100 Meters	2014	Terman	0:50.60
Boys 8th-200 Meters	2024	Chris Jewett	25.48
Boys 8th-4X200 Meters	2012	K DeSilva, G Jeffers, I Katz, C Nguyen	1:49.44
Boys 8th-400 Meters	2024	Chris Jewett	0:56.21
Boys 8th-4X400 Meters	2014	Terman	4:02.99
Boys 8th-800 Meters	2015	Kelvin Vasquez-Cazzali	2:20.72
Boys 8th-1600 Meters	2022	Yue, James	5:13.31
Boys 8th-Discus Throw	2012	Takeru Nishi	105-02.00
Boys 8th-High Jump	2005	Nick Garrison	5-06.0
Boys 8th-Long Jump	2011	Sandor, Matthew	18-01.00
Boys 8th-Shot Put	2024	Yuvraj Dhillon	39-04.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

FLETCHER/TERMAN GIRLS	Year	Athlete(s)	Result
Girls 6th-50 Meters	2004	Claire O'Connell	7.95
Girls 6th-75 Meters	2022	Luong, Evelyn	10.57
Girls 6th-100 Meters	2022	Luong, Evelyn	14.24
Girls 6th-4X100 Meters	2022	Fletcher/Terman	0:57.72
Girls 6th-200 Meters	2007	Anne Sommer	32.16
Girls 6th-4X200 Meters	2006	Terman	2:07.47
Girls 6th-400 Meters	2006	Julia Maggioncalda	1:07.92
Girls 6th-4X400 Meters	2018	Studdert, Rodden, Adelma	5:06.94
Girls 6th-800 Meters	2005	Erin Robinson	2:42.20
Girls 6th-1600 Meters	2005	Erin Robinson	5:36.61
Girls 6th-Discus Throw	2010	Maggioncalda,Lindsey	74-05.00
Girls 6th-High Jump	2006	Julia Maggioncalda	4-06.0
Girls 6th-Long Jump	2022	Luong, Evelyn	13-07.50
Girls 6th-Shot Put	2018	Miradi, Hannah	39-03.00
Girls 7th-50 Meters	2019	Adelman, Avery	7.50
Girls 7th-75 Meters	2012	Olivia Chen	10.85
Girls 7th-100 Meters	2004	Jasmine Evans	13.72
Girls 7th-4X100 Meters	2023	Fletcher	0:56.67
Girls 7th-200 Meters	2004	Jasmine Evans	28.22
Girls 7th-4X200 Meters	2019	Fletcher/Terman	2:07.77
Girls 7th-400 Meters	2012	Eleanor Lewis	1:07.47
Girls 7th-4X400 Meters	2019	Fletcher/Terman	4:45.53
Girls 7th-800 Meters	2005	Rachel Clark	2:40.33
Girls 7th-1600 Meters	2005	Jackie Evans	5:23.65
Girls 7th-Discus Throw	2010	Tsai,Rachel	80-01.00
Girls 7th-High Jump	2007	Julia Maggioncalda	5-00.0
Girls 7th-Long Jump	2023	Evelyn Luong	15-09.00
Girls 7th-Shot Put	2014	Yang, Breanna	30-00.00
Girls 8th-50 Meters	2004	Shy Riley	7.44
Girls 8th-75 Meters	2009	Jaffe,Anna	10.68
Girls 8th-100 Meters	2024	Evelyn Luong	13.41
Girls 8th-4X100 Meters	2024	Fletcher	0:55.32
Girls 8th-200 Meters	2005	Jasmine Evans	27.58
Girls 8th-4X200 Meters	2006	Terman	1:59.01
Girls 8th-400 Meters	2006	Jackie Evans	1:00.55
Girls 8th-4X400 Meters	2007	Terman	4:45.84
Girls 8th-800 Meters	2007	Erin Robinson	2:34.01
Girls 8th-1600 Meters	2006	Jackie Evans	5:19.43
Girls 8th-Discus Throw	2012	Lindsay Maggioncalda	84-06.00
Girls 8th-High Jump	2008	Maggioncalda, Julia	5-00.0
Girls 8th-Long Jump	2024	Evelyn Luong	15-05.00
Girls 8th-Shot Put	2012	Lindsay Maggioncalda	30-08.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

GREENE/JORDAN BOYS	Year	Athlete(s)	Result
Boys 6th-50 Meters	2005	Miles Anderson	7.56
Boys 6th-75 Meters	2017	Oei, Christopher	10.70
Boys 6th-100 Meters	2007	Grant Shorin	13.55
Boys 6th-4X100 Meters	2005	Jordan	0:56.75
Boys 6th-200 Meters	2023	Smith Notzold	28.35
Boys 6th-4X200 Meters	2005	Jordan	2:03.30
Boys 6th-400 Meters	2015	Neel Fulton	1:05.65
Boys 6th-4X400 Meters	2006	Jordan	4:45.80
Boys 6th-800 Meters	2014	Pickett, Wolfe	2:39.42
Boys 6th-1600 Meters	2009	Short,Andres	5:30.67
Boys 6th-Discus Throw	2009	Short,Andres	70-01.00
Boys 6th-High Jump	2005	Christoph Bono	4-10.0
Boys 6th-Long Jump	2005	Christoph Bono	14-11.00
Boys 6th-Shot Put	2005	Slater Sharp	28-04.00
Boys 7th-50 Meters	2014	Wong, Maurice	7.49
Boys 7th-75 Meters	2018	Oei, Chrstopher	10.12
Boys 7th-100 Meters	2006	Miles Anderson	12.10
Boys 7th-4X100 Meters	2006	Jordan	0:54.41
Boys 7th-200 Meters	2016	Thom. Alex	28.01
Boys 7th-4X200 Meters	2006	Jordan	1:53.11
Boys 7th-400 Meters	2019	Collins, Trey	1:01.53
Boys 7th-4X400 Meters	2006	Jordan	4:24.18
Boys 7th-800 Meters	2005	Philip Macquitty	2:22.00
Boys 7th-1600 Meters	2005	Philip MacQuity	5:04.13
Boys 7th-Discus Throw	2004	Allen Chen	099-02.00
Boys 7th-High Jump	2005	Tyler Nigro	4-10.0
Boys 7th-High Jump	2006	Christoph Bono	4-10.0
Boys 7th-High Jump	2017	Schultz, Damon	4-10.0
Boys 7th-Long Jump	2011	Tuiaki,Tonga	16-01.00
Boys 7th-Shot Put	2016	Hall. Tommy	37-03.00
Boys 8th-50 Meters	2012	Austin Cox	6.75
Boys 8th-75 Meters	2007	Miles Anderson	9.76
Boys 8th-100 Meters	2007	Miles Anderson	11.79
Boys 8th-4X100 Meters	2005	Jordan	0:51.36
Boys 8th-200 Meters	2010	Totte,Joshua	26.28
Boys 8th-4X200 Meters	2010	Jordan	1:46.66
Boys 8th-400 Meters	2015	Nick Welch	0:57.77
Boys 8th-4X400 Meters	2019	Greene/Jordan	4:11.15
Boys 8th-800 Meters	2006	Philip MacQuity	2:16.55
Boys 8th-1600 Meters	2006	Philip MacQuity	4:52.05
Boys 8th-Discus Throw	2005	Allen Chen	105-08.00
Boys 8th-High Jump	2005	Alex Browne	5-04.0
Boys 8th-Long Jump	2005	Bobby Holman	18-08.75
Boys 8th-Shot Put	2004	Sione Matele	38-03.50

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

GREENE/JORDAN GIRLS	Year	Athlete(s)	Result
Girls 6th-50 Meters	2022	Sobieralski, Bethany	7.6
Girls 6th-75 Meters	2005	Greta Sohn	11.17
Girls 6th-100 Meters	2019	Neumann, Natalie	14.12
Girls 6th-4X100 Meters	2005	Jordan	0:59.45
Girls 6th-200 Meters	2019	Neumann, Natalie	29.72
Girls 6th-4X200 Meters	2019	Greene/Jordan	2:04.39
Girls 6th-400 Meters	2024	Sophie Hopper	1:09.11
Girls 6th-4X400 Meters	2005	Jordan	4:52.44
Girls 6th-800 Meters	2019	Pegg, Katelyn	2:47.32
Girls 6th-1600 Meters	2017	Fadil, Ella	5:52.82
Girls 6th-Discus Throw	2019	Renners, Grace	75-03.00
Girls 6th-High Jump	2022	Sobieralski, Bethany	4-06.0
Girls 6th-Long Jump	2005	Greta Sohn	13-10.00
Girls 6th-Shot Put	2019	Renners, Grace	32-06.00
Girls 7th-50 Meters	2003	Alison Bisset	7.37
Girls 7th-75 Meters	2007	Torie Nielsen	10.88
Girls 7th-100 Meters	2003	Alison Bisset	13.79
Girls 7th-4X100 Meters	2003	Jordan	0:55.99
Girls 7th-200 Meters	2004	Kate Olson	29.74
Girls 7th-4X200 Meters	2018	Friedrichowitz, Gupta, L	2:04.82
Girls 7th-400 Meters	2013	Emily Hopple	1:06.50
Girls 7th-4X400 Meters	2018	Friedrichowitz, Legrand,	4:52.38
Girls 7th-800 Meters	2015	Miranda Jimenez	2:38.21
Girls 7th-1600 Meters	2015	Miranda Jimenez	5:33.19
Girls 7th-Discus Throw	2004	Yuko Kanai	60-01.00
Girls 7th-High Jump	2006	Hannah Ohlson	4-02.0
Girls 7th-High Jump	2006	Greta Sohn	4-02.0
Girls 7th-High Jump	2013	Emily Hopple	4-02.0
Girls 7th-High Jump	2019	Argast, Renny	4-02.0
Girls 7th-Long Jump	2017	Ben-Efraim, Kaya	14-06.00
Girls 7th-Shot Put	2004	Kim Zhang	23-10.00
Girls 8th-50 Meters	2014	Reuven. Maya	7.54
Girls 8th-75 Meters	2014	Wooten. Avery	10.55
Girls 8th-100 Meters	2005	Kate Olson	13.67
Girls 8th-4X100 Meters	2005	Jordan	0:54.23
Girls 8th-200 Meters	2022	Leming, Kailia	28.45
Girls 8th-4X200 Meters	2014	Jordan	1:59.21
Girls 8th-400 Meters	2013	Georgia Hake	1:06.68
Girls 8th-4X400 Meters	2005	Jordan	4:40.85
Girls 8th-800 Meters	2016	Jimenez. Miranda	2:34.86
Girls 8th-1600 Meters	2016	Jimenez. Miranda	5:30.31
Girls 8th-Discus Throw	2005	Yuko Kanai	70-05.00
Girls 8th-High Jump	2016	Gil. Mireya	4-08.0
Girls 8th-High Jump	2017	Sterling, Kira	4-08.0
Girls 8th-High Jump	2017	Faust, Hallie	4-08.0
Girls 8th-Long Jump	2022	Walsh, Nalani	14-08.00
Girls 8th-Shot Put	2007	Quinn Walker	27-01.00



### ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>JLS BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2024	Baadj Ahluwalia	7.45
Boys 6th-75 Meters	2007	Miles Ginoza	10.96
Boys 6th-100 Meters	2004	He-sub Kim	14.15
Boys 6th-4X100 Meters	2009	JLS	0:59.46
Boys 6th-200 Meters	2009	Goncher,Will	30.32
Boys 6th-4X200 Meters	2024	JLS	2:14.18
Boys 6th-400 Meters	2024	Eric Seung Gyu Kim	1:06.52
Boys 6th-4X400 Meters	2011	JLS	4:57.14
Boys 6th-800 Meters	2011	Lee-Heidenreich,Jeffrey	2:39.28
Boys 6th-1600 Meters	2011	Enders,Jonas	5:33.01
Boys 6th-Discus Throw	2006	Graham Fisher	83-06.00
Boys 6th-High Jump	2004	He-sub Kim	4-10.0
Boys 6th-Long Jump	2004	He-sub Kim	14-04.50
Boys 6th-Shot Put	2022	Fan, James	27-08.00
Boys 7th-50 Meters	2018	Tsoi, Ethan	7.39
Boys 7th-75 Meters	2013	Daniel Howell	10.35
Boys 7th-100 Meters	2014	Bello. Juan	12.92
Boys 7th-4X100 Meters	2017	Chang, Gu, Guo, Tella	0:54.98
Boys 7th-200 Meters	2010	Goncher,Will	28.39
Boys 7th-4X200 Meters	2015	JLS	2:06.46
Boys 7th-400 Meters	2009	Ling,Mark	1:01.02
Boys 7th-4X400 Meters	2012	JLS	4:34.58
Boys 7th-800 Meters	2012	Jonas Enders	2:27.68
Boys 7th-1600 Meters	2012	Jonas Enders	5:19.07
Boys 7th-Discus Throw	2023	James Fan	093-11.00
Boys 7th-High Jump	2012	Elijah Blake	5-01.0
Boys 7th-Long Jump	2017	Tella, Rishi	16-06.50
Boys 7th-Shot Put	2007	Blake Vesey	31-07.00
Boys 8th-50 Meters	2012	Tommy Vonghom	7.05
Boys 8th-75 Meters	2012	Tommy Vonghom	9.99
Boys 8th-100 Meters	2004	Nathan Burpee	12.42
Boys 8th-4X100 Meters	2015	JLS	0:51.10
Boys 8th-200 Meters	2004	Gaurar Shirole	25.69
Boys 8th-4X200 Meters	2011	JLS	1:53.46
Boys 8th-400 Meters	2004	Robert Miller	0:57.94
Boys 8th-4X400 Meters	2013	JLS	4:16.14
Boys 8th-800 Meters	2024	Tarun Nikhil	2:18.38
Boys 8th-1600 Meters	2024	Tarun Nikhil	4:45.62
Boys 8th-Discus Throw	2017	Truher, Ryan	104-07.00
Boys 8th-High Jump	2009	Du,Victor	5-07.0
Boys 8th-Long Jump	2015	Juan Bello	17-09.00
Boys 8th-Shot Put	2024	James Fan	38-00.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>JLS GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2023	Nova G Westin	7.89
Girls 6th-75 Meters	2011	Tuma, Leila	11.58
Girls 6th-100 Meters	2012	Cleo Goodwin	14.57
Girls 6th-4X100 Meters	2023	JLS	1:01.61
Girls 6th-200 Meters	2012	Cleo Goodwin	30.48
Girls 6th-4X200 Meters	2010	JLS	2:15.46
Girls 6th-400 Meters	2012	Brianna Claros	1:11.82
Girls 6th-4X400 Meters	2024	JLS	5:11.23
Girls 6th-800 Meters	2024	Yuhan Ding	2:42.67
Girls 6th-1600 Meters	2011	Gardner, Illi	5:57.73
Girls 6th-Discus Throw	2009	Mathews, Anna	49-07.00
Girls 6th-High Jump	2023	Stina Beck	4-08.0
Girls 6th-Long Jump	2009	Bhide, Meera	12-04.75
Girls 6th-Shot Put	2005	Eden Washburn	20-10.00
Girls 7th-50 Meters	2022	Yang, Julie	7.23
Girls 7th-75 Meters	2012	Amy Best	10.84
Girls 7th-100 Meters	2022	Yang, Julie	13.38
Girls 7th-4X100 Meters	2003	JLS	0:57.03
Girls 7th-200 Meters	2003	Kelsey Feeley	29.57
Girls 7th-4X200 Meters	2005	JLS	2:04.87
Girls 7th-400 Meters	2003	Kelsey Feeley	1:05.66
Girls 7th-4X400 Meters	2023	JLS	5:10.20
Girls 7th-800 Meters	2011	Meeks, Gillian	2:33.82
Girls 7th-1600 Meters	2011	Meeks, Gillian	5:37.38
Girls 7th-Discus Throw	2019	Wakenshaw, Liliana	74-03.00
Girls 7th-High Jump	2019	Wakenshaw, Liliana	4-07.0
Girls 7th-Long Jump	2005	Sunny Margerum	14-01.00
Girls 7th-Shot Put	2019	Zhang, Dorothy	25-04.00
Girls 8th-50 Meters	2023	Julie Yang	7.24
Girls 8th-75 Meters	2012	Robin Peter	10.69
Girls 8th-100 Meters	2023	Julie Yang	13.11
Girls 8th-4X100 Meters	2023	JLS	0:56.74
Girls 8th-200 Meters	2015	Malia Jefferson	29.01
Girls 8th-4X200 Meters	2011	JLS	2:08.54
Girls 8th-400 Meters	2012	Maya Miklos	1:05.08
Girls 8th-4X400 Meters	2009	JLS	4:55.63
Girls 8th-800 Meters	2012	Gillian Meeks	2:29.61
Girls 8th-1600 Meters	2012	Gillian Meeks	5:26.39
Girls 8th-Discus Throw	2013	Emilia Boulabee	68-03.50
Girls 8th-High Jump	2023	Julie Yang	4-11.0
Girls 8th-Long Jump	2017	Dikic, Petra	14-01.00
Girls 8th-Shot Put	2024	Brooklyn Ballew	27-11.25

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>NORTH SHOREVIEW BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2022	Lee, Apollo	7.92
Boys 6th-75 Meters	2023	Chase Butler	11.14
Boys 6th-100 Meters	2023	Parker Jimenez	14.85
Boys 6th-4X100 Meters	2023	NSM	1:00.90
Boys 6th-200 Meters	2019	Landucci, Dominic	31.92
Boys 6th-1600 Meters	2015	Ethan Cleary	5:55.27
Boys 6th-Discus Throw	2022	Lee, Apollo	60-03.00
Boys 6th-High Jump	2024	Owen Codianne	4-00.0
Boys 6th-Long Jump	2016	Cabuslay, Gabriel	12-06.00
Boys 6th-Long Jump	2022	Lee, Apollo	12-06.00
Boys 6th-Shot Put	2022	Hilton, Jamieson	31-05.00
Boys 7th-50 Meters	2023	Apollo Lee	7.55
Boys 7th-75 Meters	2022	Soudah, Zeki	10.48
Boys 7th-100 Meters	2019	Chiu, Nathan	14.14
Boys 7th-4X100 Meters	2023	NSM	0:55.79
Boys 7th-200 Meters	2022	Croft, Mossely	29.88
Boys 7th-4X200 Meters	2022	North Shoreview	2:01.11
Boys 7th-1600 Meters	2018	Cleary, Ryan	5:31.11
Boys 7th-Discus Throw	2022	O'Brien, Ezra	061-02.00
Boys 7th-Discus Throw	2023	Apollo Lee	061-02.00
Boys 7th-High Jump	2022	Soudah, Zeki	4-06.0
Boys 7th-Long Jump	2023	Apollo Lee	14-02.50
Boys 7th-Long Jump	2023	Isaias Abucay	14-02.50
Boys 7th-Shot Put	2023	Jamieson Hilton	33-10.00
Boys 8th-50 Meters	2024	Apollo Lee	6.96
Boys 8th-100 Meters	2023	Zeki Soudah	12.64
Boys 8th-4X100 Meters	2024	NSM	0:51.42
Boys 8th-200 Meters	2023	Mosley Croft	27.90
Boys 8th-400 Meters	2018	Barrios Idrugo, Edan	0:58.50
Boys 8th-800 Meters	2019	Cleary, Ryan	2:22.48
Boys 8th-1600 Meters	2018	Low, Zachary	5:08.13
Boys 8th-Discus Throw	2023	Zeki Soudah	089-06.00
Boys 8th-High Jump	2023	Ezra O'Brien	5-04.0
Boys 8th-Long Jump	2024	Apollo Lee	15-09.50
Boys 8th-Shot Put	2024	Jamieson Hilton	37-03.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>NORTH SHOREVIEW GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2016	Ichiuji. Hallee	7.61
Girls 6th-75 Meters	2018	McDonald, Charlotte	12.83
Girls 6th-100 Meters	2016	Ichiuji. Hallee	14.32
Girls 6th-4X100 Meters	2016	NSM	1:01.28
Girls 6th-4X200 Meters	2018	NSM	2:21.60
Girls 6th-400 Meters	2016	Emery. Kaia	1:08.92
Girls 6th-800 Meters	2016	Emery. Kaia	2:54.64
Girls 6th-1600 Meters	2015	Zoe Flemate	6:07.98
Girls 6th-Discus Throw	2016	Marshall. Marlana	47-10.00
Girls 6th-High Jump	2018	Schardin, Hana	3-08.0
Girls 6th-Long Jump	2016	Sena. Maggie	11-00.00
Girls 6th-Shot Put	2016	Ichiuji. Hallee	23-07.00
Girls 7th-50 Meters	2017	Ichiuji, Halle	7.44
Girls 7th-75 Meters	2017	Ichiuji, Halle	10.84
Girls 7th-200 Meters	2022	Schardin, Una	31.71
Girls 7th-4X200 Meters	2019	North Shoreview	2:16.36
Girls 7th-400 Meters	2017	Emery, Kaia	1:08.97
Girls 7th-800 Meters	2017	Emery, Kaia	2:52.22
Girls 7th-1600 Meters	2017	Sena, Maggie	6:05.84
Girls 7th-Discus Throw	2016	Hackman. Beatrice	61-09.00
Girls 7th-High Jump	2017	Emery, Kaia	4-02.0
Girls 7th-Long Jump	2017	Chu, Crystal	12-08.00
Girls 7th-Shot Put	2023	Atu Manukainiu	27-10.50
Girls 8th-50 Meters	2018	Ichiuji, Halle	7.59
Girls 8th-75 Meters	2018	Ichiuji, Halle	10.79
Girls 8th-4X100 Meters	2015	NSM	1:00.66
Girls 8th-200 Meters	2023	Rose Ghanem	31.24
Girls 8th-400 Meters	2018	Emery, Kaia	1:09.84
Girls 8th-400 Meters	2024	Kendal Fahey	1:11.43
Girls 8th-4X400 Meters	2018	NSM	4:55.32
Girls 8th-800 Meters	2018	Sena, Maggie	2:43.82
Girls 8th-800 Meters	2018	Emery, Kaia	3:03.28
Girls 8th-1600 Meters	2018	Sena, Maggie	5:50.48
Girls 8th-Discus Throw	2024	Kalina Tang	63-05.00
Girls 8th-High Jump	2015	Kristen Folan	4-00.0
Girls 8th-High Jump	2015	Maria Young	4-00.0
Girls 8th-High Jump	2016	Rose. Sydney	4-00.0
Girls 8th-Long Jump	2023	Una Schardin	12-07.00
Girls 8th-Shot Put	2018	Ichiuji, Halle	33-08.00

### ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>PARKSIDE ALL</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2024	Nathan Park	8.25
Boys 6th-75 Meters	2024	Ian Okimoto	11.40
Boys 6th-100 Meters	2024	Gabriel Gutierrez Escobed	15.12
Boys 6th-1600 Meters	2024	Ian Okimoto	6:18.44
Girls 6th-50 Meters	2023	Juliana Duri	8.28
Girls 6th-4X200 Meters	2024	Parkside	2:30.65
Girls 6th-Discus Throw	2023	Ma'ata Heimuli	37-02.00
Girls 6th-Long Jump	2024	Brisen Denney	09-01.50
Girls 6th-Shot Put	2024	Sophia Papas	21-11.25
Girls 7th-50 Meters	2023	Cali McFadden	7.58
Girls 7th-100 Meters	2023	Cali McFadden	14.34
Girls 7th-Discus Throw	2023	Eve Dulnvan-Turner	42-01.00
Girls 7th-Long Jump	2023	Eve Dulnvan-Turner	10-02.50
Girls 7th-Shot Put	2023	Cali McFadden	21-06.50
Girls 8th-50 Meters	2024	Cali McFadden	7.61
Girls 8th-Discus Throw	2024	Eve Dulnvan-Turner	43-11.00
Girls 8th-Long Jump	2024	Eve Dulnvan-Turner	10-08.50

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>RALSTON BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2005	Tom Yeh	7.46
Boys 6th-75 Meters	2004	Milo Martinez	10.76
Boys 6th-100 Meters	2004	Sean Bean	13.93
Boys 6th-4X100 Meters	2024	Ralston	0:56.69
Boys 6th-200 Meters	2010	Ramos,Kyle	28.44
Boys 6th-4X200 Meters	2005	Ralston	1:59.17
Boys 6th-400 Meters	2017	Kinder, Zach	1:05.91
Boys 6th-800 Meters	2009	Vingarek,Mark	2:29.03
Boys 6th-1600 Meters	2009	Vingarek,Mark	5:15.73
Boys 6th-Discus Throw	2024	Cristianos Kanakis	70-01.00
Boys 6th-High Jump	2012	Noah Sanchez	4-04.0
Boys 6th-Long Jump	2004	Zade Elmowafi	14-02.00
Boys 6th-Shot Put	2024	Cristianos Kanakis	32-00.00
Boys 7th-50 Meters	2022	Luscap, Daedalus	6.95
Boys 7th-75 Meters	2005	Sean Bean	10.08
Boys 7th-100 Meters	2017	Pogorzelski, Alex	13.03
Boys 7th-4X100 Meters	2009	Ralston	0:53.27
Boys 7th-200 Meters	2009	Dismond,Stepan	27.06
Boys 7th-4X200 Meters	2009	Ralston	1:51.90
Boys 7th-400 Meters	2009	Dismond,Stepan	0:59.99
Boys 7th-4X400 Meters	2005	Ralston	4:24.39
Boys 7th-800 Meters	2010	Vingarek,Mark	2:21.32
Boys 7th-1600 Meters	2005	James Michon	5:08.30
Boys 7th-Discus Throw	2013	Zane VanArdsel	089-10.00
Boys 7th-High Jump	2013	Noah Sanchez	5-00.0
Boys 7th-High Jump	2016	Ahn. Josh	5-00.0
Boys 7th-Long Jump	2004	Irwin Suguitan	17-00.00
Boys 7th-Shot Put	2007	Darren Sabean	38-00.00
Boys 8th-50 Meters	2004	A.J. Guevara	6.89
Boys 8th-75 Meters	2010	Jang,Mitchell	9.74
Boys 8th-100 Meters	2011	Mann,Jordan	12.28
Boys 8th-4X100 Meters	2010	Ralston	0:50.14
Boys 8th-200 Meters	2010	Dismond,Stefan	25.31
Boys 8th-4X200 Meters	2010	Ralston	1:44.69
Boys 8th-400 Meters	2010	Dismond,Stefan	0:55.13
Boys 8th-4X400 Meters	2014	Ralston	4:01.17
Boys 8th-800 Meters	2017	Masters, Blake	2:19.17
Boys 8th-1600 Meters	2010	Schulte,James	5:06.68
Boys 8th-Discus Throw	2009	Prado,Hector	113-07.00
Boys 8th-High Jump	2019	Lefer, Ben	5-03.0
Boys 8th-Long Jump	2005	Irwin Suguitan	18-08.75
Boys 8th-Shot Put	2018	Pogorzelski, AP	40-07.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>RALSTON GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2019	Kim, Kaylee	7.49
Girls 6th-75 Meters	2016	Schnitz, Caroline	10.99
Girls 6th-100 Meters	2023	Sophie Green	14.38
Girls 6th-4X100 Meters	2017	Ralston	0:58.35
Girls 6th-200 Meters	2023	Sophie Green	30.34
Girls 6th-4X200 Meters	2010	Ralston	2:04.32
Girls 6th-400 Meters	2023	Isabella Schuett	1:07.24
Girls 6th-4X400 Meters	2010	Ralston	4:53.45
Girls 6th-800 Meters	2010	Takahashi, Alisa	2:42.83
Girls 6th-1600 Meters	2005	Jessie Petersen	5:51.00
Girls 6th-Discus Throw	2012	Makenzie Smith	73-09.00
Girls 6th-High Jump	2017	Nii, Sydney	4-04.0
Girls 6th-High Jump	2017	Steffani, Isabella	4-04.0
Girls 6th-Long Jump	2017	Metzler, Naomi	13-03.00
Girls 6th-Shot Put	2018	Gaboury, Ava	62-05.00
Girls 7th-50 Meters	2019	Kadakia, Riya	7.79
Girls 7th-75 Meters	2017	Schnitz, Carolyn	10.57
Girls 7th-100 Meters	2018	Guinto, Kirin	13.83
Girls 7th-4X100 Meters	2017	Ralston	0:56.09
Girls 7th-200 Meters	2018	Guinto, Kirin	28.91
Girls 7th-4X200 Meters	2017	Ralston	2:01.67
Girls 7th-400 Meters	2011	Fong, Kayla	1:05.02
Girls 7th-4X400 Meters	2013	Ralston	4:49.17
Girls 7th-800 Meters	2013	Megan Uozumi	2:41.31
Girls 7th-1600 Meters	2013	Megan Uozumi	5:48.17
Girls 7th-Discus Throw	2013	Makenzie Smith	85-07.50
Girls 7th-High Jump	2005	Sammy Albanese	4-04.0
Girls 7th-High Jump	2005	Natalie Poon	4-04.0
Girls 7th-Long Jump	2018	Metzler, Naomi	14-02.00
Girls 7th-Shot Put	2013	Makenzie Smith	29-09.00
Girls 8th-50 Meters	2004	Kelly Cunningham	7.48
Girls 8th-75 Meters	2019	Nguy, Sarah	10.78
Girls 8th-100 Meters	2019	Guinto, Kirin	13.79
Girls 8th-4X100 Meters	2005	Ralston	0:54.74
Girls 8th-200 Meters	2019	Guinto, Kirin	28.05
Girls 8th-4X200 Meters	2010	Ralston	1:57.75
Girls 8th-400 Meters	2005	Justine Fedronic	0:59.96
Girls 8th-4X400 Meters	2005	Ralston	4:35.01
Girls 8th-800 Meters	2005	Justine Fedrenic	2:31.31
Girls 8th-1600 Meters	2014	Uozumi, Megan	5:43.01
Girls 8th-Discus Throw	2009	Oeser, Melissa	85-10.00
Girls 8th-High Jump	2009	Bellin, Rachel	4-07.0
Girls 8th-Long Jump	2019	Metzler, Naomi	14-10.50
Girls 8th-Shot Put	2004	Katie Burrell	35-08.00

## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>TIERRA LINDA BOYS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Boys 6th-50 Meters	2017	Wacha, Nicholas	7.53
Boys 6th-75 Meters	2013	Jason Korjeff	11.43
Boys 6th-100 Meters	2016	Gordon. Jared	13.88
Boys 6th-4X100 Meters	2013	Tierra Linda	0:59.68
Boys 6th-200 Meters	2016	Gordon. Jared	29.61
Boys 6th-4X200 Meters	2013	Tierra Linda	2:04.24
Boys 6th-400 Meters	2018	Lord, Kirk	1:07.22
Boys 6th-4X400 Meters	2009	Tierra Linda	4:41.57
Boys 6th-800 Meters	2009	Shearer, Trevor	2:34.85
Boys 6th-1600 Meters	2009	Shearer, Trevor	5:33.12
Boys 6th-Discus Throw	2012	Richardson	61-07.50
Boys 6th-High Jump	2019	Velasco, Kyle	4-06.0
Boys 6th-Long Jump	2017	Wacha, Nicholas	14-07.75
Boys 6th-Shot Put	2009	Rasmussen, Ryan	28-05.50
Boys 7th-50 Meters	2010	Rasmussen, Ryan	7.11
Boys 7th-75 Meters	2014	Hsu. Evan	10.54
Boys 7th-100 Meters	2010	Rasmussen, Ryan	13.32
Boys 7th-100 Meters	2024	Landon Das	13.32
Boys 7th-4X100 Meters	2014	Tierra Linda	0:53.55
Boys 7th-200 Meters	2017	Murphy, Dylan	27.48
Boys 7th-4X200 Meters	2014	Tierra Linda	1:52.23
Boys 7th-400 Meters	2024	Nathan Kron	0:59.67
Boys 7th-4X400 Meters	2015	Tierra Linda	4:27.50
Boys 7th-800 Meters	2024	Nathan Kron	2:25.88
Boys 7th-1600 Meters	2014	Hsu. Justin	5:18.09
Boys 7th-Discus Throw	2023	Alex Eldred	083-03.00
Boys 7th-High Jump	2014	Hsu. Justin	4-10.0
Boys 7th-High Jump	2024	Harrison Roberts	4-10.0
Boys 7th-Long Jump	2019	Lord, Kirk	15-10.50
Boys 7th-Shot Put	2010	Rasmussen, Ryan	31-03.50
Boys 8th-50 Meters	2013	Garrett McCarthy	7.05
Boys 8th-75 Meters	2013	Albert Romano	10.18
Boys 8th-100 Meters	2013	Garrett McCarthy	12.68
Boys 8th-4X100 Meters	2006	Tierra Linda	0:51.79
Boys 8th-200 Meters	2018	Murphy, Dylan	25.41
Boys 8th-4X200 Meters	2013	Tierra Linda	1:49.19
Boys 8th-400 Meters	2018	Murphy, Dylan	0:56.70
Boys 8th-4X400 Meters	2010	Tierra Linda	4:10.93
Boys 8th-800 Meters	2015	Justin Hsu	2:19.20
Boys 8th-1600 Meters	2015	Justin Hsu	5:05.97
Boys 8th-Discus Throw	2024	Alexander Eldred	097-01.00
Boys 8th-High Jump	2014	Hayder. Kazim	5-00.0
Boys 8th-Long Jump	2019	Wacha, Nicholas	17-01.00
Boys 8th-Shot Put	2024	Alexander Eldred	36-11.50



## ADAL T&F TOP RECORDS BY SCHOOL (2004-2024)

<b>TIERRA LINDA GIRLS</b>	<b>Year</b>	<b>Athlete(s)</b>	<b>Result</b>
Girls 6th-50 Meters	2023	Vivian Ivanov	7.51
Girls 6th-75 Meters	2017	Wiessinger, Maddie	11.45
Girls 6th-100 Meters	2023	Vivian Ivanov	13.94
Girls 6th-4X100 Meters	2015	Tierra Linda	1:01.13
Girls 6th-200 Meters	2007	Breanna Heagney	31.66
Girls 6th-4X200 Meters	2023	Tierra Linda	2:09.93
Girls 6th-400 Meters	2014	Kravechenko. Elizabeth	1:09.85
Girls 6th-4X400 Meters	2015	Tierra Linda	5:00.26
Girls 6th-800 Meters	2015	Cassandra Areff	2:45.40
Girls 6th-1600 Meters	2015	Cassandra Areff	5:55.86
Girls 6th-Discus Throw	2009	Racioppi, Lauren	59-01.00
Girls 6th-High Jump	2023	Vivian Ivanov	4-04.0
Girls 6th-Long Jump	2019	Marquez, Kate	12-11.00
Girls 6th-Shot Put	2009	Ruane, Caitlin	25-01.75
Girls 7th-50 Meters	2024	Vivian Ivanov	7.46
Girls 7th-75 Meters	2024	Hannah Yeh	11.07
Girls 7th-100 Meters	2024	Vivian Ivanov	13.84
Girls 7th-4X100 Meters	2024	Tierra Linda	0:57.36
Girls 7th-200 Meters	2014	Mazonni. MacKenna	29.63
Girls 7th-4X200 Meters	2010	Tierra Linda	2:02.73
Girls 7th-400 Meters	2024	Eliza Dennebaum	1:07.99
Girls 7th-4X400 Meters	2016	Bacigalupi. Bartlet	5:22.58
Girls 7th-800 Meters	2003	Marlis Genirke	2:41.59
Girls 7th-1600 Meters	2004	Haley Pascale	5:13.29
Girls 7th-High Jump	2024	Vivian Ivanov	4-06.0
Girls 7th-Long Jump	2016	Bartlett. Ella	13-00.00
Girls 7th-Shot Put	2005	Katie Holte	28-00.00
Girls 8th-50 Meters	2005	Megan Stafford	7.66
Girls 8th-75 Meters	2018	Tsangaropoulos, Nefeli	11.29
Girls 8th-100 Meters	2022	Fleshman, Lauryn	13.63
Girls 8th-4X100 Meters	2015	Tierra Linda	0:56.59
Girls 8th-200 Meters	2015	Mackenna Vickery	28.93
Girls 8th-4X200 Meters	2015	Tierra Linda	2:01.82
Girls 8th-400 Meters	2015	Mackenna Vickery	1:04.25
Girls 8th-4X400 Meters	2016	Ayers. Jolls. Roseboroug	5:10.75
Girls 8th-800 Meters	2019	Jolls, Cora	2:40.08
Girls 8th-1600 Meters	2005	Haley Pascale	5:01.36
Girls 8th-Discus Throw	2023	Thea Geylani	57-11.00
Girls 8th-High Jump	2022	Fleshman, Lauryn	4-08.0
Girls 8th-Long Jump	2009	Maeshiro, Nami	13-11.00
Girls 8th-Shot Put	2006	Katie Holte	28-06.00