

## ADAL T&F LEAGUE RECORDS (2004-2024)

| <b>BOYS 6TH</b>             | <b>Year</b> | <b>Athlete(s)</b>        | <b>School</b>   | <b>Result</b> |
|-----------------------------|-------------|--------------------------|-----------------|---------------|
| Boys 6th-50 Meters          | 2013        | Albert Ruiz              | Bayside         | 7.35          |
| Boys 6th-75 Meters          | 2015        | Lucas Castillo           | Bowditch        | 10.35         |
| Boys 6th-100 Meters         | 2007        | K.C. Montgomery          | Central         | 12.95         |
| Boys 6th-4X100 Meters       | 2012        | Bowditch                 | Bowditch        | 0:55.93       |
| Boys 6th-200 Meters         | 2012        | Rishu Manu               | Bowditch        | 28.27         |
| Boys 6th-4X200 Meters       | 2012        | Bowditch                 | Bowditch        | 1:58.35       |
| Boys 6th-400 Meters         | 2010        | Makaafi,Sami             | Central         | 1:03.78       |
| Boys 6th-4X400 Meters       | 2009        | Ralston                  | Ralston         | 4:39.13       |
| Boys 6th-800 Meters         | 2009        | Vingarek,Mark            | Ralston         | 2:29.03       |
| Boys 6th-1600 Meters        | 2009        | Vingarek,Mark            | Ralston         | 5:15.73       |
| Boys 6th-Discus Throw       | 2009        | Kaznik,Guy               | Fletcher/Terman | 86-04.00      |
| Boys 6th-High Jump - TIE    | 2004        | He-sub Kim               | JLS             | 4-10.0        |
| Boys 6th-High Jump - TIE    | 2005        | Christoph Bono           | Greene/Jordan   | 4-10.0        |
| Boys 6th-High Jump - TIE    | 2023        | Quentin Studdert         | Fletcher/Terman | 4-10.0        |
| Boys 6th-High Jump - TIE    | 2024        | Ethan Lui                | Fletcher/Terman | 4-10.0        |
| Boys 6th-Long Jump          | 2015        | Lucas Castillo           | Bowditch        | 15-05.00      |
| Boys 6th-Shot Put           | 2017        | Zheng, Albert            | Bowditch        | 33-00.00      |
| <b>BOYS 7TH</b>             | <b>Year</b> | <b>Athlete(s)</b>        | <b>School</b>   | <b>Result</b> |
| Boys 7th-50 Meters          | 2010        | Sa-Ra,Dumisani           | Abbott          | 6.89          |
| Boys 7th-75 Meters          | 2022        | Dungan, Lucas            | Fletcher/Terman | 9.63          |
| Boys 7th-100 Meters         | 2006        | Miles Anderson           | Greene/Jordan   | 12.10         |
| Boys 7th-4X100 Meters       | 2017        | Jack Hickey, Addison Yeh | Borel           | 0:52.73       |
| Boys 7th-200 Meters         | 2022        | Nguyen, Kurt             | Borel           | 25.96         |
| Boys 7th-4X200 Meters       | 2009        | Ralston                  | Ralston         | 1:51.90       |
| Boys 7th-400 Meters         | 2016        | Koe. Ian                 | Bayside         | 0:59.41       |
| Boys 7th-4X400 Meters       | 2019        | Fletcher/Terman          | Fletcher/Terman | 4:19.23       |
| Boys 7th-800 Meters         | 2010        | Vingarek,Mark            | Ralston         | 2:21.32       |
| Boys 7th-1600 Meters        | 2005        | Philip MacQuity          | Greene/Jordan   | 5:04.13       |
| Boys 7th-Discus Throw       | 2023        | Beckett Webster          | Borel           | 101-05.00     |
| Boys 7th-High Jump          | 2019        | Luo, Kyle                | Fletcher/Terman | 5-02.0        |
| Boys 7th-Long Jump          | 2004        | Irwin Suguitan           | Ralston         | 17-00.00      |
| Boys 7th-Shot Put           | 2016        | Castillo. Lucas          | Bowditch        | 44-05.00      |
| <b>BOYS 8TH</b>             | <b>Year</b> | <b>Athlete(s)</b>        | <b>School</b>   | <b>Result</b> |
| Boys 8th-50 Meters - TIE    | 2004        | Matt Sevelo              | Bowditch        | 6.71          |
| Boys 8th-50 Meters - TIE    | 2012        | Jacob Hovan              | Borel           | 6.71          |
| Boys 8th-75 Meters          | 2012        | Jacob Hovan              | Borel           | 9.54          |
| Boys 8th-100 Meters         | 2007        | Kyle Fung                | Borel           | 11.54         |
| Boys 8th-4X100 Meters       | 2022        | Borel                    | Borel           | 0:48.52       |
| Boys 8th-200 Meters         | 2004        | Deandre Stallworth       | Borel           | 24.43         |
| Boys 8th-4X200 Meters - TIE | 2010        | Ralston                  | Ralston         | 1:44.69       |
| Boys 8th-4X200 Meters - TIE | 2014        | Bowditch                 | Bowditch        | 1:44.69       |
| Boys 8th-400 Meters         | 2010        | Dismond,Stefan           | Ralston         | 0:55.13       |
| Boys 8th-4X400 Meters       | 2014        | Ralston                  | Ralston         | 4:01.17       |
| Boys 8th-800 Meters         | 2024        | Oliver Olbekson          | Borel           | 2:10.31       |
| Boys 8th-1600 Meters        | 2024        | Oliver Olbekson          | Borel           | 4:34.12       |
| Boys 8th-Discus Throw       | 2009        | Prado,Hector             | Ralston         | 113-07.00     |
| Boys 8th-High Jump          | 2009        | Du,Vlctor                | JLS             | 5-07.0        |
| Boys 8th-Long Jump - TIE    | 2005        | Bobby Holman             | Greene/Jordan   | 18-08.75      |
| Boys 8th-Long Jump - TIE    | 2005        | Irwin Suguitan           | Ralston         | 18-08.75      |
| Boys 8th-Shot Put           | 2016        | Lester. Bobby            | Cuhna           | 46-00.00      |

## ADAL T&F LEAGUE RECORDS (2004-2024)

| <b>GIRLS 6TH</b>             | <b>Year</b> | <b>Athlete(s)</b>   | <b>School</b>   | <b>Result</b> |
|------------------------------|-------------|---------------------|-----------------|---------------|
| Girls 6th-75 Meters          | 2022        | Luong, Evelyn       | Fletcher/Terman | 10.57         |
| Girls 6th-100 Meters         | 2023        | Vivian Ivanov       | Tierra Linda    | 13.94         |
| Girls 6th-4X100 Meters       | 2022        | Fletcher/Terman     | Fletcher/Terman | 0:57.72       |
| Girls 6th-200 Meters         | 2012        | Alex Santos         | Bowditch        | 29.58         |
| Girls 6th-4X200 Meters       | 2010        | Ralston             | Ralston         | 2:04.32       |
| Girls 6th-400 Meters         | 2023        | Isabella Schuett    | Ralston         | 1:07.24       |
| Girls 6th-4X400 Meters       | 2004        | Cunha               | Cuhna           | 4:50.97       |
| Girls 6th-800 Meters         | 2013        | Emma Madyic         | Borel           | 2:41.50       |
| Girls 6th-1600 Meters        | 2005        | Erin Robinson       | Fletcher/Terman | 5:36.61       |
| Girls 6th-Discus Throw       | 2019        | Renners, Grace      | Greene/Jordan   | 75-03.00      |
| Girls 6th-High Jump          | 2023        | Stina Beck          | JLS             | 4-08.0        |
| Girls 6th-Long Jump          | 2005        | Greta Sohn          | Greene/Jordan   | 13-10.00      |
| Girls 6th-Shot Put           | 2018        | Gaboury, Ava        | Ralston         | 62-05.00      |
| <b>GIRLS 7TH</b>             | <b>Year</b> | <b>Athlete(s)</b>   | <b>School</b>   | <b>Result</b> |
| Girls 7th-50 Meters          | 2022        | Yang, Julie         | JLS             | 7.23          |
| Girls 7th-75 Meters          | 2023        | Evelyn Luong        | Fletcher/Terman | 10.26         |
| Girls 7th-100 Meters         | 2022        | Yang, Julie         | JLS             | 13.38         |
| Girls 7th-4X100 Meters       | 2003        | Jordan              | Greene/Jordan   | 0:55.99       |
| Girls 7th-200 Meters         | 2004        | Jasmine Evans       | Fletcher/Terman | 28.22         |
| Girls 7th-4X200 Meters       | 2005        | Cunha               | Cuhna           | 2:00.52       |
| Girls 7th-400 Meters         | 2016        | Schinaman. Aaliyah  | Abbott          | 1:04.91       |
| Girls 7th-4X400 Meters       | 2019        | Fletcher/Terman     | Fletcher/Terman | 4:45.53       |
| Girls 7th-800 Meters         | 2014        | Madgic. Emma        | Borel           | 2:29.55       |
| Girls 7th-1600 Meters        | 2004        | Haley Pascale       | Tierra Linda    | 5:13.29       |
| Girls 7th-Discus Throw       | 2013        | Makenzie Smith      | Ralston         | 85-07.50      |
| Girls 7th-High Jump          | 2007        | Julia Maggioncalda  | Fletcher/Terman | 5-00.0        |
| Girls 7th-Long Jump          | 2023        | Evelyn Luong        | Fletcher/Terman | 15-09.00      |
| Girls 7th-Shot Put           | 2014        | Fainga. Salote      | Bayside         | 32-09.50      |
| <b>GIRLS 8TH</b>             | <b>Year</b> | <b>Athlete(s)</b>   | <b>School</b>   | <b>Result</b> |
| Girls 8th-50 Meters          | 2023        | Julie Yang          | JLS             | 7.24          |
| Girls 8th-75 Meters          | 2014        | Chuakay. Anna       | Borel           | 10.51         |
| Girls 8th-100 Meters         | 2023        | Julie Yang          | JLS             | 13.11         |
| Girls 8th-4X100 Meters - TIE | 2005        | Jordan              | Greene/Jordan   | 0:54.23       |
| Girls 8th-4X100 Meters - TIE | 2016        | Borel               | Borel           | 0:54.23       |
| Girls 8th-200 Meters         | 2005        | Jasmine Evans       | Fletcher/Terman | 27.58         |
| Girls 8th-4X200 Meters       | 2016        | Borel               | Borel           | 1:56.49       |
| Girls 8th-400 Meters         | 2005        | Justine Fedronic    | Ralston         | 0:59.96       |
| Girls 8th-4X400 Meters       | 2005        | Ralston             | Ralston         | 4:35.01       |
| Girls 8th-800 Meters         | 2012        | Gillian Meeks       | JLS             | 2:29.61       |
| Girls 8th-1600 Meters        | 2005        | Haley Pascale       | Tierra Linda    | 5:01.36       |
| Girls 8th-Discus Throw       | 2016        | Fainga. Nala        | Bayside         | 89-07.00      |
| Girls 8th-High Jump          | 2008        | Maggioncalda, Julia | Fletcher/Terman | 5-00.0        |
| Girls 8th-Long Jump          | 2024        | Evelyn Luong        | Fletcher/Terman | 15-05.00      |
| Girls 8th-Shot Put           | 2016        | Fainga. Nala        | Bayside         | 36-06.50      |