

NORTH COAST SECTION TRACK AND FIELD ALL-TIME LIST THROUGH  
2016

BY KEITH CONNING, NORTH COAST SECTION TRACK AND FIELD  
HISTORIAN

MEN

100 METERS

- 10.36 Jahvid Best (Salesian, Richmond) 2007
- 10.39 Ken Robinson (Berkeley) 1981
- 10.46 Wopamo Osaisai (Pinole Valley, Pinole) 2004
- 10.49 DJ Smith (Foothill, Pleasanton) 2003
- 10.52 Andre McBride (San Leandro) 2012
- 10.53 Taiwan Jones (Antioch) 2007
- 10.56 Ray Threatt (Pittsburg) 1979
- 10.58 Takkartist McKinley (Kennedy, Richmond) 2012
- 10.61 \*George Atkinson (Granada, Livermore) 2010
- 10.62 Ted White (Richmond) 1979
- 10.62 Stoney McCree (Berkeley) 1982
- 10.62 Leon Callen (De La Salle, Concord) 1996

Wind-aided:

- 10.24 Ken Robinson (Berkeley) 1981
- 10.31 Jahvid Best (Salesian, Richmond) 2007
- 10.57 \*Joshua Atkinson (Granada, Livermore) 2010

200 METERS

- 20.65 Jahvid Best (Salesian, Richmond) 2007
- 20.84+ Mel Gray (Montgomery, Santa Rosa) 1967
- 21.03 Ken Robinson (Berkeley) 1981
- 21.04+ Dave Masters (El Cerrito) 1967
- 21.12+ Ray Threatt (Pittsburg) 1979
- 21.14+ \*Mike Shavers (Albany) 1972
- 21.17 Wopamo Osaisai (Pinole Valley, Pinole) 2004
- 21.21 Andre McBride (San Leandro) 2012
- 21.24 Corey Nelson (Rancho Cotate, Rohnert Park) 1995
- 21.26 DJ Smith (Foothill, Pleasanton) 2003

Wind-aided:

- 21.07 Wopamo Osaisai (Pinole Valley, Pinole) 2004

400 METERS

45.76 Steve Lewis (American, Fremont) 1987  
46.55 \*Alexis Robinson (Eureka) 2013  
46.84+ Derald Harris (Pittsburg) 1976  
46.89 Corey Nelson (Rancho Cotate, Rohnert Park) 1995  
46.94+ Ken Robinson (Berkeley) 1981  
47.03 \*Frank Kurtz (Heritage, Brentwood) 2013  
47.21 Herbie Polk (Maria Carrillo, Santa Rosa) 2013  
47.24+ Joe De Dora (Santa Rosa) 1971  
47.29 Josh Winfield (Deer Valley, Antioch) 2008  
47.34+ Anthony Lawson (Pittsburg) 1972  
47.34+ Jafar Williams (St. Mary's College, Berkeley) 1998

#### 800 METERS

1:47.31 Pete Richardson (Berkeley) 1981  
1:47.9+ Dale Scott (El Cerrito) 1972  
1:48.40 Aaron Richberg (James Logan, Union City) 1995  
1:48.65 Jon Stevens (Mission San Jose, Fremont) 1998  
1:49.1+ Dan Aldridge (Petaluma) 1975  
1:49.56 Mike Katri (Fortuna) 1992  
1:49.95 Kimmie James (Richmond) 1983  
1:50.19 Eugene Hamilton (Bishop O'Dowd, Oakland) 2013  
1:50.3+ George Coon (Miramonte, Orinda) 1965  
1:50.57 Cole Williams (The Urban School of San Francisco) 2011

#### 1,600 METERS

4:01.0+ Richard Kimball (De La Salle, Concord) 1974  
4:05.36 \*Cooper Teare (St. Joseph Notre Dame, Alameda) 2016  
4:06.18 Larry Guinee (Castro Valley) 1980  
4:07.3+ Calvin Gaziano (Castro Valley) 1985  
4:07.19+ Jon Stevens (Mission San Jose, Fremont) 1998  
4:07.99 Tyler Olson (Livermore) 2014  
4:08.2+ Rusty Nahirny (Washington, Fremont) 1974  
4:08.33 Blair Hurlock (De La Salle, Concord) 2014  
4:08.4+ Mike O'Reilly (San Rafael) 1978  
4:08.54 Erik Olson (Novato) 2010

#### 3,200 METERS

8:43.5+ Richard Kimball (De La Salle, Concord) 1974

8:50.4+ \*Rod Berry (Redwood, Larkspur) 1977  
8:50.65+ \*Cooper Teare (St. Joseph Notre Dame, Alameda) 2016  
8:51.5+ Bob Grubbs (Washington, Fremont) 1972  
8:51.64 Jay Marden (Mission San Jose, Fremont) 1981  
8:51.9+ Rob Wentworth (Livermore) 1979  
8:52.42+ \*Yosef Ghebray (James Logan, Union City) 2004  
8:52.6i+ Calvin Gaziano (Castro Valley) 1985  
8:53.1+ Roy Kissin (San Ramon Valley, Danville) 1975  
8:53.9+ Ralph Gamez (Berkeley) 1966  
8:54.1+ Tom Hale (Campolindo, Moraga) 1971

### 110 HURDLES

13.39 \*Kevin Craddock (James Logan, Union City) 2004  
13.48+ Dedy Cooper (Harry Ells, Richmond) 1975  
13.58y Robert Gaines (Kennedy, Richmond) 1975  
13.68 Marquis Morris (De La Salle, Concord) 2014  
13.69 David Klech (California, San Ramon) 2005  
13.73 Don Ward (St. Mary's College, Berkeley) 1980  
13.77 Allen Williams (Bishop O'Dowd, Oakland) 2011  
13.81 Kenneth Walker (Kennedy, Richmond) 2012  
13.84 Rashad Smith (Pinole Valley, Pinole) 2007  
13.88 Robert Reading (St. Mary's College, Berkeley) 1985  
13.90+ Jim Scannella (San Ramon Valley, Danville) 1979

Wind-aided:

13.48+ Robert Gaines (Kennedy, Richmond) 1975  
13.67 Rashad Smith (Pinole Valley, Pinole) 2007  
13.75 Kenneth Walker (Kennedy, Richmond) 2012

### 300 HURDLES

35.45 David Klech (California, San Ramon) 2006  
35.93 \*Kevin Craddock (James Logan, Union City) 2004  
36.44+ Dedy Cooper (Harry Ells, Richmond) 1975  
36.58 Monte Corley (James Logan, Union City) 2010  
36.86 Marquis Morris (De La Salle, Concord) 2014  
37.06 Rashad Smith (Pinole Valley, Pinole) 2007  
37.14+ Jim Scannella (San Ramon Valley, Danville) 1979  
37.25 John Barry (Ygnacio Valley, Concord) 1988  
37.26 Halihl Guy (St. Mary's College, Berkeley) 2001

37.34 Jonathan Harvey (De La Salle, Concord) 2016

4 X 100

40.85 De La Salle, Concord 2009

40.86 Berkeley 1981

40.93 Berkeley 1984

40.98 Berkeley 1983

41.04+ El Cerrito 1971

41.04+ Harry Ells, Richmond 1975

41.14+ El Cerrito 1970

41.22 Castro Valley 2013

41.29 Berkeley 1980

41.29 Berkeley 1995

41.29 Castro Valley 2014

4 X 400

3:08.94 Berkeley 1981

3:10.42 Berkeley 1980

3:12.83 St. Mary's, Berkeley 1992

3:13.57 Amador Valley, Pleasanton 2013

3:13.79 St. Mary's, Berkeley 1998

3:14.3+ Kennedy, Richmond 1977

3:14.45 James Logan, Union City 1987

3:14.6+ Harry Ells, Richmond 1975

3:14.8+ Kennedy, Richmond 1978

3:14.89 Berkeley 1984

HIGH JUMP

7-02.00 Kerry Myers (Berkeley) 1978

7-01.75 Mark Wilson (Monte Vista, Danville) 1974

7-00.75 \*David Klech (California, San Ramon) 2005

7-00.25 Kevin Keane (De La Salle, Concord) 1989

7-00.25 Jim O'Sullivan (Sir Francis Drake, San Anselmo) 1989

7-00.25 Patrick Leonard (Piner, Santa Rosa) 1995

7-00.00 Don Pierce (Pittsburg) 1966

7-00.00 John Lane (American, Fremont) 1976

7-00.00 \*Tim Prince (James Logan, Union City) 1987

7-00.00 Gabe Manville (Santa Rosa) 1989

7-00.00 Ebon Glenn (St. Mary's College, Berkeley) 2000  
7-00.00 Ed Wright (St. Mary's College, Berkeley) 2004  
7-00.00 Gary Francis (De La Salle, Concord) 2007  
7-00.00 \*Maurice Valentine (Castro Valley) 2007

#### POLE VAULT

17-08.50 Brent Burns (Acalanes, Lafayette) 1987  
17-00.00 Justin Miller (California, San Ramon) 2008  
16-07.25 August Kiles (Tamalpais, Mill Valley) 2014  
16-07.00 Colin Barber (San Ramon Valley, Danville) 2012  
16-06.00 David Moore (Miramonte, Orinda) 2002  
16-02.00 Brandon Braunstein (Newark Memorial, Newark) 1999  
16-00.75 \*Rett Summerville (San Ramon Valley, Danville) 1986  
16-00.00 \*Noah Harvey (College Park, Pleasant Hill) 2016  
15-11.00 Cody Cunningham (Sir Francis Drake, San Anselmo) 2009  
15-09.00 Youske Okano (Newark Memorial, Newark) 1993  
15-09.00 Rene Loraine (Petaluma) 1995  
15-09.00 Michael Fancey (Liberty, Brentwood) 2015

#### LONG JUMP

25-08.75 Nate Moore (Castro Valley) 2014  
25-04.25 Monte Upshaw (Piedmont) 1954  
25-02.25 Chase Wheeler (De La Salle, Concord) 2009  
24-11.00 Mel Gray (Montgomery, Santa Rosa) 1967  
24-10.50 Mark Cleghorn (Berkeley) 1973  
24-06.75 Rich Laccay (Moreau Catholic, Hayward) 1989  
24-04.50 George Gage (Ygnacio Valley, Concord) 1968  
24-03.50 John Perkins (El Cerrito) 1956  
24-03.50 Jerry Williams (Berkeley) 1963  
24-02.00 Charles Booth (El Cerrito) 1962  
24-02.00 Miguel Wingo (Albany) 1982

Wind-aided:

25-10.00 Nate Moore (Castro Valley) 2014  
25-07.25 Mel Gray (Montgomery, Santa Rosa) 1967  
24-07.75 \*David Klech (California, San Ramon) 2005  
24-06.25 Karsten Wethington (James Logan, Union City) 2014  
24-05.00 Shawn Simms (Deer Valley, Antioch) 2012

## TRIPLE JUMP

51-05.75 Nkosinza Balumba (James Logan, Union City) 2005  
51-02.50 Tim Prince (James Logan, Union City) 1988  
51-02.00 Hammed Suleman (Deer Valley, Antioch) 2009  
51-00.00 Jerriod Mack (St. Mary's College, Berkeley) 1998  
50-11.75 \*Nate Moore (Castro Valley) 2013  
50-07.00 Karsten Wethington (James Logan, Union City) 2014  
50-04.00 Jeff Prothro (James Logan, Union City) 2013  
50-04.75 Byron Criddle (El Cerrito) 1980  
49-11.50 Benson Jones (Clayton Valley, Concord) 1998  
49-10.00 Byron Patterson (St. Mary's College, Berkeley) 1983  
Wind-aided:  
53-07.00 Nate Moore (Castro Valley) 2014  
52-04.00 Nkosinza Balumba (James Logan, Union City) 2005  
51-01.50 Benson Jones (Clayton Valley, Concord) 1998

## SHOT PUT

69-04.75 Nathan Esparza (Amador Valley, Pleasanton) 2016  
63-10.50 Dennis DeSoto (Santa Rosa) 1981  
63-09.50 Conrad Jepson (Washington, Fremont) 1976  
63-00.50 Rolin Luka (Ygnacio Valley, Concord) 1968  
62-11.00 Chris Krychev (Monte Vista, Danville) 2007  
62-06.00 Sam Cavallaro (James Logan, Union City) 1987  
62-02.25 Jim O'Brien (De Anza, Richmond) 1962  
62-01.00 Ralph Fruguglietti (Albany) 1973  
61-08.00 \*Brian Chase (Cardinal Newman, Santa Rosa) 1996  
61-07.75 Paul Rosati (Acalanes, Lafayette) 1981

## DISCUS

194-02 Darrell Elder (Redwood, Larkspur) 1974  
194-00 Ralph Fruguglietti (Albany) 1973  
191-05 Nathan Esparza (Amador Valley, Pleasanton) 2016  
189-01 Jim Peters (Piedmont) 1966  
189-01 Jon Gledhill (Pacific, San Leandro) 1969  
189-01 John Berry (Northgate, Walnut Creek) 1981  
188-01 \*Iffy Joyner (Pittsburg) 2016  
187-09 Doug Otterstetter (Marina, San Leandro) 1973  
187-03 Rick Cox (San Ramon Valley, Danville) 1987

186-09 Kurt Seefeld (Marin Catholic, Kentfield) 2002

## WOMEN

### 100 METERS

11.17 Ashton Purvis (St. Elizabeth, Oakland) 2010

11.34 \*Sharon Ware (Berkeley) 1980

11.44 Cherrelle Garrett (Mt. Eden, Hayward) 2007

11.55 Kelli White (James Logan, Union City) 1995

11.56 \*Jernae Wright (James Logan, Union City) 1995

11.56 \*Kristina Davis (James Logan, Union City) 2005

11.61 Lesa Parker (Bishop O'Dowd, Oakland) 1992

11.63 Aisha Margain (Berkeley) 2000

11.65 Angelique Smith (James Logan, Union City) 2004

11.67 \*Gabriella Cantrell (San Leandro) 2013

Wind-aided:

11.43 Kelli White (James Logan, Union City) 1995

11.44+ Latasha Gilliam (Pittsburg) 1994

11.50 \*Gabriella Cantrell (San Leandro) 2013

11.63 Angelique Smith (James Logan, Union City) 2004

### 200 METERS

22.90 Ashton Purvis (St. Elizabeth, Oakland) 2010

23.38 Aisha Margain (Berkeley) 2000

23.44 Angelique Smith (James Logan, Union City) 2004

23.49 Kelli White (James Logan, Union City) 1995

23.62 \*Sharon Ware (Berkeley) 1980

23.62 Latasha Gilliam (Pittsburg) 1994

23.72A Freida Cobbs (Berkeley) 1978

23.77 \*Gabriella Cantrell (San Leandro) 2013

23.80 \*Kristina Davis (James Logan, Union City) 2005

23.83 Cherrelle Garrett (Mt. Eden, Hayward) 2007

Wind-aided:

23.38 Kelli White (James Logan, Union City) 1995

23.41 \*\*Freida Cobbs (Berkeley) 1976

23.76 Cherrelle Garrett (Mt. Eden, Hayward) 2007

23.80 \*\*\*Kirsten Carter (Santa Rosa) 2015

### 400 METERS

53.06 Chizoba Okodogbe (Deer Valley, Antioch) 2010  
53.12 Freida Cobbs (Berkeley) 1978  
53.27 \*\*Carla Estes (James Logan, Union City) 1995  
53.79 Thandi Stewart (James Logan, Union City) 2010  
53.83 \*Nedrea Rodgers (Berkeley) 1982  
53.90 Kim White (Berkeley) 1979  
53.93 Latasha Gilliam (Pittsburg) 1994  
53.94A Kelli White (James Logan, Union City) 1995  
54.05 \*\*Tierra Robinson-Jones (Bishop O'Dowd, Oakland) 2016  
54.24 \*\*\*Kirsten Carter (Santa Rosa) 2015

#### 800 METERS

2:05.84 \*Jessica Spies (Livermore) 1981  
2:06.86 \*\*Alyssa Brewer (California, San Ramon) 2016  
2:07.25 Becky Spies (Livermore) 1991  
2:07.9h Kathy Costello (Pleasant Hill) 1975  
2:08.22 Katie Hotchkiss (Mission San Jose, Fremont) 1999  
2:09.10 \*\*Morgan Banks (Sir Francis Drake, San Anselmo) 2000  
2:09.13 Miesha Marzell (Bishop O'Dowd, Oakland) 1993  
2:09.2h Cheri Williams (Livermore) 1978  
2:09.31 \*\*Avi Perteete (St. Mary's, Berkeley) 2015  
2:09.52 \*\*Madison Ricks (California, San Ramon) 2012

#### 1,600 METERS

4:42.79 Julia Stamps (Santa Rosa) 1997  
4:43.4+ Cheri Williams (Livermore) 1978  
4:43.92 \*\*\*Rylee Bowen (Sonoma Academy, Santa Rosa) 2015  
4:43.96+ Brighie Leach (Campolindo, Moraga) 2015  
4:45.11 Becky Spies (Livermore) 1991  
4:45.35 Elissa Riedy (Mission San Jose, Fremont) 1995  
4:45.4+ Jessica Spies (Livermore) 1982  
4:46.17 Sara Bei (Montgomery, Santa Rosa) 2001  
4:46.24 Kristen Gordon (Carondelet, Concord) 1997  
4:47.45+ Brooke Starn (Monte Vista, Danville) 2016

#### 3,200 METERS

10:06.3+ Cheri Williams (Livermore) 1978  
10:11.11 \*Sara Bei (Montgomery, Santa Rosa) 2001



10:12.20 \*\*Julia Stamps (Santa Rosa) 1996  
10:13.20 \*\*Rylee Bowen (Sonoma Academy, Santa Rosa) 2016  
10:19.84 Kristen Gordon (Carondelet, Concord) 1997  
10:19.97 Brooke Starn (Monte Vista, Danville) 2016  
10:20.36 Brighie Leach (Campolindo, Moraga) 2015  
10:20.5h Amber Trotter (Ukiah) 2002  
10:20.72 \*Morgan Coonfield (McKinleyville) 2015  
10:22.50 \*Carrie Verdon (Campolindo, Moraga) 2011

#### 100 HURDLES (33'')

13.15 \*Trinity Wilson (St. Mary's College, Berkeley) 2011  
13.18 \*Mecca McGlaston (Dublin) 2015  
13.32 Ke'Nyia Richardson (Holy Names, Oakland) 2007  
13.32 \*Julian Purvis (St. Elizabeth, Oakland) 2007  
13.33 \*Sasha Wallace (Holy Names, Oakland) 2012  
13.44 \*Kaylah Robinson (El Cerrito) 2016  
13.53 \*Natasha Neal (James Logan, Union City) 1997  
13.55 Daveetta Shepherd (De Anza, Richmond) 1997  
13.61 Briana Stewart (James Logan, Union City) 2008  
13.63 Ashlee Lodree (El Cerrito) 2003

#### Wind-aided:

13.31 Talia Stewart (James Logan, Union City) 2004  
13.35 \*\*Trinity Wilson (St. Mary's College, Berkeley) 2010

#### 300 HURDLES

40.86 \*Natasha Neal (James Logan, Union City) 1998  
40.45 Thandi Stewart (James Logan, Union City) 2010  
41.08 Jamesha Youngblood (Hercules) 2007  
41.31 Talia Stewart (James Logan, Union City) 2004  
41.42 Daveetta Shepherd (De Anza, Richmond) 1997  
41.54 Ashlee Lodree (El Cerrito) 2003  
41.98 Tierra Ward (James Logan, Union City) 2006  
42.16 Michelle De Coux (Bishop O'Dowd, Oakland) 1988  
42.37 Sherifa Sanders (Berkeley) 1981  
42.67 \*Carrie McGraw (Mission San Jose, Fremont) 1998

#### 4 X 100 METERS

45.13 Berkeley 1981

45.20 James Logan, Union City 1996  
45.53 San Lorenzo 1999  
45.58 James Logan, Union City 2004  
45.66 James Logan, Union City 2006  
45.67 James Logan, Union City 1997  
45.84+ Berkeley 1980  
45.90 James Logan, Union City 1995  
45.96 Berkeley 2000  
46.01+Berkeley 1979  
46.01 James Logan, Union City 2005

#### 4 X 400 METERS

3:37.88 James Logan, Union City 2004  
3:41.33 Berkeley 1981  
3:43.33 St. Mary's, Berkeley 2015  
3:43.39 James Logan, Union City 1996  
3:44.25 Deer Valley, Antioch 2010  
3:44.50 James Logan, Union City 2003  
3:44.96 Bishop O'Dowd, Oakland 1993  
3:44.96 James Logan, Union City 2002  
3:44.97 James Logan, Union City 2008  
3:45.14 James Logan, Union City 2006

#### HIGH JUMP

5-11 Maggie Van Zeeland (Acalanes, Lafayette) 1981  
5-11 \*Mindy Wiley (Sonoma Valley, Sonoma) 2005  
5-10 Lisa Greenfield (Redwood, Larkspur) 1980  
5-10i Julie Jenkins (San Ramon Valley, Danville) 1992  
5-10 \*Jamilla Churchill (Bishop O'Dowd, Oakland) 1994  
5-10 \*\*Adrienne Johnson (Carondelet, Concord) 2008  
5-09 Candy Ross (Berkeley) 1976  
5-09 Cheryl Bishop (Berkeley) 1980  
5-09 Debbie Disbrow (Granada, Livermore) 1981  
5-09 \*\*Celeste Rietveld (Livermore) 2009  
5-09 \*Morgan Bertsch (Santa Rosa) 2013

#### POLE VAULT

12-10 \*Kelsey Hintz (Del Norte, Crescent City) 2007

12-10 Ariel Cheng (Mission San Jose, Fremont) 2013  
12-09 \*Cimran Viridi (Las Lomas, Walnut Creek) 2011  
12-06 Stacey Jung (Campolindo, Moraga) 2008  
12-06 \*Nicola Garoutte (Piedmont) 2010  
12-05 Megan Gemar (Las Lomas, Walnut Creek) 2012  
12-03 Clara Davis (Piedmont) 2010  
12-03 Michelle Stone (Ursuline, Santa Rosa) 2010  
12-01 Lauryann Jiang (Las Lomas, Walnut Creek) 2010  
12-00.50 Siobhan Anderson (Maria Carrillo, Santa Rosa) 2012  
12-00.50 Danielle Steffen (Petaluma) 2012

#### LONG JUMP

21-00.00 Jamesha Youngblood (Hercules) 2007  
20-11.50 \*\*Jernaë Wright (James Logan, Union City) 1996  
20-10.25 Ke'Nyia Richardson (Holy Names, Oakland) 2007  
20-06.50 Alitta Boyd (Moreau Catholic, Hayward) 2009  
20-00.00 Ma'Ane Mosley (St. Mary's, Berkeley) 2015  
19-09.75 Yvette Bates (Berkeley) 1984  
19-09.75 \*Carla Estes (James Logan, Union City) 1996  
19-09.75 Tracy Stewart (James Logan, Union City) 2006  
19-08.00 \*Amey Mitchell (Rancho Cotate, Rohnert Park) 1990  
19-07.25 Ciarra Brewer (James Logan, Union City) 2011

#### Wind-aided:

20-07.25 Alitta Boyd (Moreau Catholic, Hayward) 2009  
20-02.50 Lauryn Newson (Pinole Valley, Pinole) 2008  
20-02.00 Sasha Wallace (Castro Valley) 2013  
19-07.50 Ashley Lodree (El Cerrito) 2001  
19-11.50 Ciarra Brewer (James Logan, Union City) 2011

#### TRIPLE JUMP

44-05.50 Ke'Nyia Richardson (Holy Names, Oakland) 2007  
43-04.25 \*\*Ciarra Brewer (James Logan, Union City) 2009  
42-11.75 Alitta Boyd (Moreau Catholic, Hayward) 2009  
42-05.50 Yvette Bates (Berkeley) 1984  
42-05.25 Kennedy Jones (Castro Valley) 2015  
42-04.75 \*Sasha Wallace (Holy Names, Oakland) 2012  
41-10.00 Christina Chenault (Carondelet, Concord) 2015  
41-08.50 Jamesha Youngblood (Hercules) 2007

41-07.75 Tracey Stewart (James Logan, Union City) 2006  
41-04.25 Briana Stewart (James Logan, Union City) 2008  
40-11.00 Decontee Kaye (James Logan, Union City) 2005  
40-07.25 Aziza Baker (St. Mary's College, Berkeley) 2009  
Wind-aided:  
45-04.25 Ke'Nyia Richardson (Holy Names, Oakland) 2007  
43-08.00 Alitta Boyd (Moreau Catholic, Hayward) 2009  
42-08.75 Decontee Kaye (James Logan, Union City) 2005  
42-06.50 Yvette Bates (Berkeley) 1984  
42-01.75 Jamesha Youngblood (Hercules) 2007  
41-06.00 \*\*Briana Stewart (James Logan, Union City) 2006  
40-08.75 \*\*Sasha Wallace (Holy Names, Oakland) 2011

#### SHOT PUT

52-11.50 Kristin Heaston (Ygnacio Valley, Concord) 1993  
47-10.50 Kamaiya Warren (St. Mary's College, Berkeley) 2002  
47-03.75 Amanda Garcia (Carondelet, Concord) 2000  
45-11.25 Mika Hilaire (Pittsburg) 1991  
45-10.25 Miranda Wilson (Bishop O'Dowd, Oakland) 2007  
45-02.75 Jelaia Jones (Pittsburg) 2015  
45-00.50 Nicole Logan (Novato) 1991  
44-11.75 Cindy Niko (Mt. Eden, Hayward) 1983  
44-07.25 Jere Summers (Berkeley) 2005  
44-02.50 Jalessa Jeffery (James Logan, Union City) 2006

#### DISCUS

167-01 Laura DeSnoo (Washington, Fremont) 1981  
165-10 Kristin Heaston (Ygnacio Valley, Concord) 1993  
165-05 Kamaiya Warren (St. Mary's College, Berkeley) 2002  
163-10 Melissa Reis (James Logan, Union City) 1998  
159-01 Miranda Wilson (Bishop O'Dowd, Oakland) 2007  
158-03 Alexaraee Toeaina (Pittsburg) 2005  
155-06 Debbie Cembellin (Amador Valley, Pleasanton) 1989  
153-08 Jessica Alderman (Mission San Jose, Fremont) 1991  
150-07 \*\*Gina Niko (Mt. Eden, Hayward) 1983  
150-02 Linda Read (Alameda) 1979

#### ABBREVIATIONS

A=mark made at altitude (above 1,000 meters); h=hand-timed; +=mark converted from yards (meters) and/or hand to automatic; before names, \*=junior;

\*\*=sophomore; \*\*\*=freshman, etc.; i=indoors; y=yards.

#### TIMING

Where applicable, hand times (in tenths) have been placed on the automatic timing lists

in positions of relative "value" by adding a conversion factor of either 0.24 (100, 200, 110H, etc.) or 0.14 (400, 400H). For longer distances no conversion is applied.

#### CONVERSIONS

I have adopted a policy of converting yards to meters (or vice versa) based upon a ratio between the equivalent yard and metric distance (i.e., 200m to 220y, 400m to 440y, etc.). Therefore, all conversions from yards to meters use the ratio .994194 multiplied by the time (in seconds). The resultant number is then rounded to the next higher tenth or hundredth of a second depending upon the timing system used. This produces conversions, which in most cases, are identical to those used for many years (i.e., 220y to 200m, -0.1; 440y to 400m, -0.3, etc.). Other conversions: 120yH to 110mH, +0.04 (auto only).

#### AMENDMENTS

I welcome all amendments to these lists. Please send amendments to Keith Conning, 3263 Vineyard Avenue Space 100, Pleasanton, CA 94566.

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