

San Gabriel Valley All-Time Performers

100 Meters

10.31	Remontay McClain	Covi	2011
10.34y	Michael Sanford	Pasa	1979
10.36	Corey Ealy	Muir	1987
10.39	Ray Brown	Muir	1984
10.48	Beejay Lee	WeCo	2011
10:50	Ronald Hill	Waln	2002
10.51	Sheldon Price	BiAm	2009
10.52	Sultan McCullough	Muir	1997
10.59	Martin Cannady	Duar	1986
10.60	Rodney Sermons	BiAm	1994

100 Meters

11.33	Jasmin Baldwin	BiAm	2004
11.48	Carrie Franklin	Muir	1985
11.49	Janeen Vickers	Pomo	1987
11.55	Inger Miller	Muir	1990
11.58	Zelda Johnson	Gare	1981
11.58	Heather Sumpter	Muir	1994
11.59	Brittany Brown	Clar	2013
11.61	Gervaise McGraw	Gane	1982
11.68	Kylie Price	BiAm	2010
11.69	Heather Sumpter	Pasa	1994

200 Meters

20.58y	James Sanford	Pasa	1977
20.62	Sultan McCullough	Muir	1997
20.68	Remontay McClain	Covi	2011
20.77	Obea Moore	Muir	1996
20.80	Corey Ealy	Muir	1987
20.84yc	Mel Clipper	Muir	1958
20.88y	Michael Sanford	Pasa	1979
20.96	Beejay Lee	WeCo	2011
21.04yc	Bob Poynter	Pasa	1956
21.04yc	Harold Busby	Muir	1965

200 Meters

22.86	Jasmin Baldwin	BiAm	2004
23.27	Gervaise McCraw	Gane	1982
23.73	Inger Miller	Muir	1988
23.77	Zelda Johnson	Gare	1981
23.78	Brittany Brown	Clar	2013
23.80	Diane Pullins	Muir	1982
23.87	Heather Sumpter	Muir	1994
23.94	Tori Edwards	Pomo	1995
24.01	Kristin Holmes	Clar	2005
24.07	Brianna Atkins	Boni	2007

400 Meters

45.14	Obea Moore	Muir	1995
46.15	Michael Granville	BeGa	1995
46.30y	James Sanford	Pasa	1977
46.74yc	Ray Johnson	Blair	1971
46.97	Damian Allen	Dami	1995
46.98	Ron Brown	Muir	1981
47.10	Mike Russell	Rowl	1994
47.14yc	Mike Newton	Whit	1967
47.27	Gary Brown	BiAm	1982
47.33	Terry Parks	Muir	1982

400 Meters

51.91	Mable Ferguson	Gane	1972
52.25	Janeen Vickers	Pomo	1986
53.10	Linetta Wilson	Muir	1985
53.76	Gayle Kellon	Waln	1982
54.15	Gervaise McGraw	Gane	1981
54.28	Brianna Atkins	Boni	2007
54.51	Nicole Gaskins	DBar	2000
54.58	Diane Pullins	Muir	1981
54.89	Jeanine Stewart	Duar	1989
55.05	Michelle Taylor	Gane	1983

800 Meters

1:46.45	Michael Granville	BeGa	1996
1:48.34yc	Richard Joyce	Sier	1965
1:48.74yc	Dennis Carr	Lowl	1963
1:49.16	Obea Moore	Muir	1995
1:49.99	John Phillips	LoAl	1982
1:51.04yc	Bill Heinzen	Glen	1972
1:51.14	Mario Cobian	Rose	2003
1:51.44yc	Ray Van Asten	Boni	1960
1:51.94yc	Randy Lopez	Alha	1973
1:52.28	Nathan Woods	Duar	1994

800 Meters

2:08.18	Michelle Taylor	Gane	1982
2:09.75	Evelyn Acuna	SaGa	1980
2:11.81	Carina Quezada	StLu	1984
2:13.54c	Joan Quezada	StLu	1983
2:13.63	Andrea Sansom	Glen	1988
2:13.88	A. Mansoorbahkt	Monr	2012
2:13.93	Marissa Scott	Boni	2013
2:14.41	Catrina McAlister	Arca	2010
2:14.88	Baily Sanin	Clar	2010
2:15.05	Justine Diaz	LaSe	2006

C = converted hands times + .24 seconds * = Conversion for low hurdles: boys + .6 girls + .3
Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.7; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1

San Gabriel Valley All-Time Performers

1600 Meters

4:06.65y	Amar Moussa	Arca	2011
4:07.04cy	Ray Wickwell	WeCo	1974
4:07.54cy	Dennis Carr	Lowl	1962
4:08.62	Mike Parkinson	SoPa	1980
4:08.63	Luis Medina	Aryo	2005
4:08.64	Andy DiConti	LaCa	1980
4:09.84cy	Eric Taborek	Arca	1974
4:10.04cy	Tracy Smith	Arca	1963
4:10.37	Sam Pons	SoPa	2011
4:10.74	Daniel De La Torre	LaSa	2012

1600 Meters

4:43.72	Annie Ebiner	StLu	1996
4:44.74cy	Debbie Heald	Neff	1970
4:47.52	Shannon Clark	MtVw	1984
4:49.44	Karen Hecox	SoHi	1990
4:50.75	Tracey Williams	MtVw	1988
4:50.78	Catrina McAlister	Arca	2010
4:52.59	Christy Adamyk	Glen	2006
4:55.03	Marissa Scott	Boni	2013
4:59.92	Lauren Magdaleno	StPa	2004
5:01.45	Emily Hubert	BiAm	2013

3200 Meters

8:48.71y	Ammar Moussa	Arca	2011
8:50.67	Sam Pons	SoPa	2011
8:52.81	Mike Carlton	Norv	1981
8:54.29	Andy DiConti	LaCa	1980
8:54.38	Mark Reulas	LaSa	1980
8:55.87	Mohamed Trafteh	Duar	2003
8:56.34	Angel Martinez	SaGa	1992
8:56.55	Esteban de la Rosa	Arca	2014
9:00.10	Aaron Mascarro	Rose	1986
9:00.30	Jesus Gutierrez	Pasa	1981

3200 Meters

10:16.14	Karen Hecox	SoHi	1988
10:18.80	Rayna Cervantes	Mont	1988
10:19.83	Christy Adamyk	Glen	2006
10:24.70	Tracey Williams	MtVw	1986
10:27.86	Catrina McAlister	Arca	2010
10:35.16	Alma Martinez	Whit	2007
10:37.35	Stephanie Felix	LaMi	2007
10:38.24y	Teresa Ebiner	BiAm	1979
10:41.40	Evelyn Acuna	SaGa	1980
10:42.32	Lauren Magdaleno	StPa	2004

110 meter High Hurdles

13.54	Marcell Allmond	StPa	1999
13.59	Terry Prentice	DiRa	2006
13.67	David Ashford	WeCo	1981
13.79	Troy Weaver	Edge	1982
13.80	Ron Brown	BiAm	1982
13.80	Makio Haywood	Muir	1996
13.84	Dana Hall	Gane	1987
13.89	Zion Babb	Alha	2007
13.90	Damon Thomas	Pasa	1985
13.97	Milan Stewart	WeCo	1978

100 meter Hurdles

13.55	Kori Carter	Clar	2010
13.64*	Janeen Vickers	Pomo	1987
13.86	Leslie Mercado	DiRa	2005
13.87*	Lana Cantrell	Muir	1985
13.95*	Carrie Franklin	Muir	1985
13.96	Karynn Dunn	DiRa	2009
13.98*	LaShawn Simmons	ElMo	1987
14.04	Kiani Profit	Muir	2007
14.04	Sydney Mosley	Monr	2014
14.09	Katherine Salcido	SaDi	2010

300 meter Intermediate Hurdles

36.18	Makio Haywood	Muir	1996
36.45*	Tony Atkins	Waln	1982
36.55	Terry Jenkins	Muir	1999
36.65	Ken Haslip	Muir	1994
36.71	Kenny Hall	Gane	1985
36.74	Terry Prentice	DiRa	2007
36.80	Jarrett Gonzales	Dami	2012
36.84	Gordon Bugg	WeCo	1984
37.03*	David Ashford	WeCo	1980
37.07*	James Knowles	Blair	1981

300 meter Low Hurdles

40.26	Janeen Vickers	Pomo	1987
40.44	Kori Carter	Clar	2010
41.09	Gayle Kellon	Waln	1982
41.44	Michelle Taylor	Gane	1984
41.54	Linetta Wilson	Muir	1985
41.97	Kiani Profit	Muir	2006
42.26	Ebony Crear	Mara	2012
42.36	Lana Cantrell	Muir	1985
42.90	Jalissa Williams	Muir	2006
43.12	Ashika Charan	Clar	2005

C = converted hands times + .24 seconds * = Conversion for low hurdles: boys + .6 girls + .3
Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.7; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1

San Gabriel Valley All-Time Performers

4 x 100 meter Relay

40.28	Muir	1997
40.64	Muir	1996
40.78	Muir	1987
41.09	Muir	1994
41.14	Muir	1983
41.16	Muir	1990
41.25y	Pasadena	1979
41.25	Muir	1981
41.28	Muir	1984
41.28	Muir	1989

4 x 100 meter Relay

45.23	Muir	1985
46.20	Muir	1990
46.26	Ganesha	1982
46.46	Muir	1989
46.49	Muir	1984
46.58	Muir	1981
46.60	Muir	1995
46.94	Ganesha	1982
47.01	Monrovia	2013
47.07	Pomona	1995

4x400 meter Relay

3:08.66	Muir	1996
3:08.72	Muir	1997
3:12.44	Muir	1995
3:12.45	Muir	1981
3:12.54	Muir	1994
3:12.84yc	Pasadena	1977
3:12.94yc	Muir	1974
3:13.57	Muir	1982
3:13.91	La Serna	2010
3:14.00	Muir	1990

4x400 meter Relay

3:37.69	Muir	1985
3:43.26	Ganesha	1982
3:46.42	Muir	1990
3:47.04	Muir	1989
3:47.09	Muir	1996
3:47.53	Muir	1982
3:47.90	Pomona	1995
3:48.33	Muir	1987
3:49.17	South Pasadena	2013
3:49.28	Ganesha	1981

C = converted hands times + .24 seconds * = Conversion for low hurdles: boys + .6 girls + .3
Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.7; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1

San Gabriel Valley All-Time Performers

Shot Put

65'9-3/4"	John Buehler	Whit	1967
64'8-3/4"	Scott Garnett	Muir	1980
64'3-1/2"	Bill Pace	ElRa	1961
64'-3/4"	Clark Branson	Pasa	1957
64'-1/2"	Bill Slinkard	StPa	1975
63'11"	Randy Withrow	Pasa	1970
63'1-1/4"	Ray Alger	Whit	1965
62'7-1/2"	Brian Faul	WeCo	1978
62'6"	John Caulfield	LaSa	2003
62'4-1/2"	Jim Spillers	Rowl	1979

Discus

193'8"	Ric Luiten	Monr	1982
190'10"	Garry Zimmerman	Waln	1980
190'9"	Richard Legarra	Wils	1998
186'10"	Kyle Hammerquest	Webb	2003
183'1"	Robert Clark	Waln	1989
181'7"	Robert Hogan	Glen	2004
179'0"	Scott Weigand	Arca	1998
177'11"	Rick Fuller	Arry	1988
176'7"	Deron Lord	SoPa	1983
175'7"	Corey Cranford	ChOk	2002

Long Jump

26'-3/4"	Jerry Proctor	Muir	1967
	Joe Richardson	Pasa	1984
25'7"	James McAlister	Blar	1970
25'-1/2"	Ed Tave	Muir	1981
24'9-1/4"	Tyron Edwards	Noga	1991
24'5"	Charles Mayfield	Muir	1980
	Terry Prentice	DiRa	2006
24'4-1/4"	Ronald Hill	Waln	2002
24'4"	Tony Allmond	StPa	2000
24'-3/4"	Glen Yates	Duar	1976

Triple Jump

53'6-1/2"	Joe Richardson	Pasa	1984
52'10-1/2"	Charles Mayfield	Muir	1980
51'3"	Ricky Holliday	Muir	1980
49'11-1/2"	Tom Lomax	Work	1976
49'10-3/4"	Terry Williams	Muir	1985
49'9-1/4"	Tony Phillips	Muir	1982
49'7-3/4"	Ed Tave	Muir	1981
49'6"	Klyvens Delaunay	Clar	2011
49'3-1/2"	Mike Pullins	Muir	1982
	Mingo Hosey	Pasa	1988

Shot Put

50'3-1/2"	Lynn Graham	Muir	1965
47'5-1/4"	Ramona Ebert	Schu	1979
47'4-1/2"	Gail Brani	Rowl	1986
44'11-1/2"	Peka Laulu	Noga	1994
43'7"	Tierra Adams	Muir	2014
43'0"	Myra Smith	Work	1991
42'8"	Nicole Kraus	StLu	1998
42'7-1/2"	Julie Flynn	LaCa	1976
42'3-3/4"	Tamara Bryant	LaSa	2002
42'1-1/2"	Nashay Trice	Muir	2004

Discus

163'3"	Genessa Guzman	ChOk	2001
162'2"	Lill Ili	Noga	1985
153'0"	Reneeka Williams	Noga	1988
149'8"	Brandi Gail	Rowl	1986
140'11"	Shelby McCray	LaSa	2007
135'9"	Mary Ong	Alha	2004
134'2"	Kimya Phillips	Waln	1989
	Rocki Bartholomew	Glen	2013
133'11"	Tamara Bryant	LaSa	2002
132'9"	Itohan Aikhionbare	LaSa	2011

Long Jump

21'3-1/4"	Juliana Yendork	Waln	1990
20'1-1/4"	LaShawn Simmons	ElMo	1987
19'10-1/2"	Karynn Dunn	DiRa	2008
19'9"	Ashika Charan	Clar	2006
19'7-1/2"	Kristin Holmes	Clar	2005
	Kylie Price	BiAm	2011
19'7"	Veronica Bell	Gare	1979
19'4-1/4"	Katrena Johnson	Mars	1982
19'2-1/2"	Candyce Babb	Pomo	2002
19'1-1/4"	Andrea Allmond	Waln	2004

Triple Jump

44'-1/2"	Juliana Yendork	Waln	1991
41'9-1/2"	Ashika Charan	Clar	2006
40'1-3/4"	Karynn Dunn	DRan	2009
39'8-1/4"	Domin. Wheatley	Boni	2012
39'5"	Madeline LeDuc	Glen	2007
39'4-3/4"	Brianna Glenn	LaMi	1998
38'11-1/4"	Amber Roberts	Muir	1994
38'11"	Jessica Delaunay	Clar	2004
38'9-3/4"	Andrea Allmond	Waln	2005
38'7"	Candyce Babb	Pomo	2004

C = converted hands times + .24 seconds * = Conversion for low hurdles: boys + .6 girls + .3
Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
1 mile->1600: -1.7; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1

San Gabriel Valley All-Time Performers

High Jump

7'0"	Mike Powell	Edge	1981
	Mike Wilson	ChOk	1989
	Rich Pitchford	ChOk	1994
6'11-1/2"	Samuel Rockwood	DBar	2009
6'11"	Jonathan Golden	Azus	2004
6'10"	Randy Fulkerson	SaFe	1970
	Imre Santha	Arca	1975
	Jerry Sanders	Muir	1976
	Kellie Gordien	Clar	1977
	Charles Mayfield	Muir	1979
	Rob Martin	Arca	1986
	Sederick Bonner	Azus	1986
	Todd Barnes	Pasa	2010

Pole Vault

16'1"	Sam Boswell	Covi	1999
16'0"	David Gehrke	DiBa	1993
15'8"	Phillipe Ueng	TeCi	2012
15'7"	Walter Thurmond	WeCo	2005
	Kris Danielson	Dami	2008
15'6"	Bob White	LaCa	1978
	Andrew Steben	StFr	2006
15'3"	Matt Todd	Waln	2005
15'2-1/2	Bob Richards	Boni	1968
15'2"	Jeff Truman	Covi	1994

High Jump

6'0"	C. Kieffer-Wright	SoPa	2013
5'11	Katrena Johnson	Mars	1982
	Alexis Walker	Pasa	2010
5'10"	Julie Stevenson	DiBa	1998
5'8"	Kari Gibbs	Glen	1988
	Zibby Boyer	Poly	2011
5'7"	Elisa Cooks	Wils	1982
	Karen Han	Arca	2008
5'6"	Jasmine Williams	Muir	2004
	Ashika Charan	Clar	2006
	Katherine Salcido	SaDi	2011
	Domin. Wheatley	Boni	2011

Pole Vault

12'4"	Laura Chen	TeCi	2000
12'0"	Brittani Bernhard	WeCo	2002
11'8"	Dayla Taman	Waln	2004
	Shas. van der Wyk	TeCi	2006
	Mish. McNamara	Covi	2007
11'6"	Sai-Ting Yuan	Arca	2008
11'4"	Makayla Jacoub	Glen	2012
11'3"	Taylor Bernhard	WeCo	2011
	Dre Mercado	Covi	2012
11'2"	Sarah Kasai	Glen	2007

C = converted hands times + .24 seconds * = Conversion for low hurdles: boys + .6 girls + .3
 Y = Races run in yards. Conversions: 220->200: -.1 second; 440->400: -.3; 880->800: -.7;
 1 mile->1600: -1.7; 2 mile->3200: -4.0; 440 R->400 R: -.2; Mile R->1600 R-> -1.1