

# 2019 All-San Gabriel Valley - Boys

## 100 meters

SGV Record: 10.31 Remontay McClain (Covina) 2011

2018 SGV Best: 10.75 Jaloni West (Pasadena)

SGV '19 Standard: 11.08 California #100: 10.86 SGV ALL-TIME #50: 10.74

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
11.02	Nathaniel Gadsby	12	Claremont	

*Marks with wind readings of up to 3.0 mps are included*

## 200 meters

SGV Record: 20.57y James Sanford (Pasadena) 1977

2018 SGV Best: 21.86 Jaloni West (Pasadena)

SGV '19 Standard: 22.59 California #100: 22.14 SGV ALL-TIME #50: 21.74

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
21.88	Brendan Fong	12	Maranatha	School Record

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**This list is based on all recorded performances through March 23, 2019**

# 2019 All-San Gabriel Valley - Boys

## 400 meters

SGV Record: 45.14 Obea Moore (Muir) 1995

2018 SGV Best: 48.88 Nick Guajardo (Bishop Amat)

SGV '19 Standard: 50.85 California #100: 49.84 SGV ALL-TIME #50: 48.66

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
48.72	Brendan Fong	12	Maranatha	School Record
<b>49.18</b>	<b>Keeshonne Robinson</b>	<b>12</b>	<b>Monrovia</b>	
<b>49.79</b>	<b>Jadyn Sanchez</b>	<b>10</b>	<b>Diamond Bar</b>	
50.45	Kai Dettman	12	South Pasadena	
<b>50.52</b>	<b>Jared Arrellano</b>	<b>12</b>	<b>Walnut</b>	

## 800 meters

SGV Record: 1:46.41 Michael Granville (Bell Gardens) 1996

2018 SGV Best: 1:54.52 Miguel Ayala (La Puente)

SGV '19 Standard: 1:59.26 California #100: 1:56.88 SGV ALL-TIME #50: 1:54.14

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
<b>1:53.61</b>	<b>Kai Dettman</b>	<b>12</b>	<b>South Pasadena</b>	SR & #39 All-Time SGV
<b>1:55.36</b>	<b>Anthony Carranza</b>	<b>12</b>	<b>Arcadia</b>	
1:57.58	Dillon Hightower	12	South Hills	
1:57.85	Christian Santiago	12	La Mirada	
<b>1:58.09</b>	<b>Sebastian Evans</b>	<b>12</b>	<b>Flintridge Prep</b>	
<b>1:58.21</b>	<b>Jesse Montez</b>	<b>12</b>	<b>La Serna</b>	
<b>1:58.26</b>	<b>John Martinez</b>	<b>12</b>	<b>Rowland</b>	
<b>1:58.96</b>	<b>Vicente Huerta</b>	<b>12</b>	<b>Claremont</b>	
<b>1:59.13</b>	<b>Nick Ponzi</b>	<b>12</b>	<b>Glendora</b>	

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# 2019 All-San Gabriel Valley - Boys

## 1600 meters

SGV Record: 4:06.61y Amar Mussa (Arcadia) 2011

2018 SGV Best: 4:14.55 Ryan Cowgill\* (Claremont)

SGV '19 Standard: 4:25.15 California #100: 4:19.85 SGV ALL-TIME #50: 4:16.63

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
<b>4:07.25</b>	<b>Noah Hibbard</b>	<b>12</b>	<b>Arroyo</b>	SR & #3 All-Time SGV
<b>4:18.21</b>	<b>Jacob Moran</b>	<b>12</b>	<b>Claremont</b>	
<b>4:20.56</b>	<b>Ryan Cowgill</b>	<b>12</b>	<b>Claremont</b>	
<b>4:21.02</b>	<b>John Martinez</b>	<b>12</b>	<b>Rowland</b>	
4:23.54	Dillon Hightower	12	South Hills	
<b>4:23.80</b>	<b>Lukas Amare</b>	<b>11</b>	<b>Diamond Bar</b>	

*y = times converted from mile (x .9942)*

## 3200 meters

SGV Record: 8:48.71y Amar Mussa (Arcadia) 2011

2018 SGV Best: 9:07.11 Xian Shively (Pasadena Poly)

SGV '19 Standard: 9:38.42 California #100: 9:26.86 SGV ALL-TIME #50: 9:13.95

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
<b>9:27.02</b>	<b>Joshua Orellana</b>	<b>11</b>	<b>Arroyo</b>	
<b>9:31.04</b>	<b>Jack Keough Lansford</b>	<b>10</b>	<b>Claremont</b>	
<b>9:32.15</b>	<b>Jaden Clark</b>	<b>11</b>	<b>Claremont</b>	
<b>9:33.95</b>	<b>Adam Trafecanty</b>	<b>11</b>	<b>Claremont</b>	
<b>9:34.69</b>	<b>Marco Perez</b>	<b>12</b>	<b>La Serna</b>	
<b>9:35.02</b>	<b>Owvaldo Cervantes</b>	<b>12</b>	<b>Nogales</b>	
9:35.36	Soichiro Nagao	12	Arcadia	
<b>9:35.93</b>	<b>Owen Serricchio</b>	<b>12</b>	<b>La Cañada</b>	
9:36.64	Gerald Baltzer	11	La Serna	
9:36.90	Jacob Hsu	11	Arcadia	

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# 2019 All-San Gabriel Valley - Boys

## 110 meter Hurdles

SGV Record: 13.54 Marcell Allmond (St. Paul) 1999

2018 SGV Best: 14.44 Aaron Mahlow (La Serna)

SGV '19 Standard: 15.43 California #100: 15.13 SGV ALL-TIME #50: 14.44

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
14.87	Matthew Uballe	12	Diamond Bar	
14.88	Zach Reid	12	Bonita	
15.21	Matthew Molina	12	St. Francis	
15.34	Miguel Alcaraz	12	West Covina	
15.40	Jasari Jumal	12	Monrovia	

*Marks with wind readings of up to 3.0 mps are included*

## 300 meter Hurdles

SGV Record: 36.18 Makio Haywood (Muir) 1996

2018 SGV Best: 39.78 Aaron Mahlow (La Serna)

SGV '19 Standard: 40.96 California #100: 40.15 SGV ALL-TIME #50: 38.30

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
39.27	Reggie Myles	12	Muir	
39.27	Justin Scalf	12	Bishop Amat	
39.85	Zach Reid	12	Bonita	
40.78	Matthew Uballe	12	Diamond Bar	

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# 2019 All-San Gabriel Valley - Boys

## 4 x 100m Relay

SGV Record: 40.28 Muir 1997

2018 SGV Best: 42.90 Bishop Amat

SGV '19 Standard: 43.92 California #100: 43.05 SGV ALL-TIME #50: 42.14

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
43.60			Bishop Amat	
43.62			Monrovia	
43.81			La Serna	

## 4 x 400m Relay

SGV Record: 3:08.66 Muir 1997

2018 SGV Best: 3:23.97 Bishop Amat

SGV '19 Standard: 3:30.32 California #100: 3:26.12 SGV ALL-TIME #50: 3:19.24

<u>Time</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
3:26.93			Monrovia	
3:28.13			Rowland	
3:28.32			Diamond Bar	
3:29.62			South Pasadena	

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# 2019 All-San Gabriel Valley - Boys

## Shot

SGV Record: 65-09.75 John Buehler (Whittier) 1967

2018 SGV Best: 52-10 Min Han (Gabrielino)

SGV '19 Standard: 49-01 California #100: 50-01 SGV ALL-TIME #50: 57-07

<u>Mark</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>

## Discus

SGV Record: 196-05 Kyle Hammerquest (Webb) 2004

2018 SGV Best: 174-03 Aaron May (Glendora)

SGV '19 Standard: 148-11 California #100: 151-11 SGV ALL-TIME #50: 158-08

<u>Mark</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>

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# 2019 All-San Gabriel Valley - Boys

## High Jump

SGV Record: 7-01 Mark Wilson (Charter Oak) 1989

2018 SGV Best: 6-08.25 Matthew Molina (St. Francis)

SGV '19 Standard: 6-01 **California #100: 6-02** SGV ALL-TIME #50: 6-07

<u>Mark</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
6-06	Kailen Smith	12	Diamond Bar	
<b>6-05</b>	<b>Matthew Molina</b>	<b>12</b>	<b>St. Francis</b>	
6-01	Christian Urbina	12	Bishop Amat	

## Pole Vault

SGV Record: 16-04.75 Paul Hegler (Muir) 1966

2018 SGV Best: 15-01 Nathaniel Carranza (California)

SGV '19 Standard: 13-06 **California #100: 13-09** SGV ALL-TIME #50: 14-07

<u>Mark</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
<b>15-00</b>	<b>David Miketta</b>	<b>11</b>	<b>La Cañada</b>	#27= All-Time SGV
14-06	D'Angelo Gonzalez	12	California	
14-00	Aaron Rodriguez	11	Covina	

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# 2019 All-San Gabriel Valley - Boys

## Long Jump

SGV Record: 26-00.75 Jerry Proctor (Muir) 1967

2018 SGV Best: 22-10 Jaylen Park (South Pasadena)

SGV '19 Standard: 21-08 **California #100: 22-01** SGV ALL-TIME #50: 23-05.75

<u>Mark</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
<b>21-11.50</b>	<b>Julian Thai</b>	<b>12</b>	<b>Gabrielino</b>	
21-10	Jeremiah Harris	11	South Hills	NWI

*Marks with wind readings of up to 3.0 mps are included*

## Triple Jump

SGV Record: 53-06.50 Joe Richardson (Pasadena) 1984

2018 SGV Best: 47-06 Tianho Wei\*\* (South Pasadena)

SGV '19 Standard: 43-04 **California #100: 44-02.50** SGV ALL-TIME #50: 46-06.25

<u>Mark</u>	<u>Athlete</u>	<u>Gr</u>	<u>School</u>	<u>Notes</u>
<b>47-06</b>	<b>Tianho Wei</b>	<b>11</b>	<b>South Pasadena</b>	SR & #33 All-Time SGV
<b>45-05</b>	<b>Nicholas Johnson</b>	<b>12</b>	<b>Webb</b>	PR 46-10 is #42 All-Time SGV

*Marks with wind readings of up to 3.0 mps are included*

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