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

Time	Athlete	Gr	School	Notes
10.91	**Matthew Hoskins**	**12**	**Bishop Amat**	
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

Time	Athlete	Gr	School	Notes
21.88	Brendan Fong	12	Maranatha	School Record

Marks with wind readings of up to 3.0 mps are included

This list is based on all recorded performances through March 30, 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

Time	Athlete	Gr	School	Notes
48.72	Brendan Fong	12	Maranatha	School Record
49.18	Keeshonne Robinson	12	Monrovia	
49.79	Jadyn Sanchez	10	Diamond Bar	
50.04	**Kai Dettman**	**12**	**South Pasadena**	
50.37	**Jared Arrellano**	**12**	**Walnut**	

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

Time	Athlete	Gr	School	Notes
1:53.61	Kai Dettman	12	South Pasadena	SR & #39 All-Time SGV
1:55.36	Anthony Carranza	12	Arcadia	
1:56.19	**Dillon Hightower**	**12**	**South Hills**	
1:57.85	Christian Santiago	12	La Mirada	
1:58.09	Sebastian Evans	12	Flintridge Prep	
1:58.21	Jesse Montez	12	La Serna	
1:58.26	John Martinez	12	Rowland	
1:58.64	**Jonathan Pfieffer**	**11**	**Wilson**	
1:58.96	Vicente Huerta	12	Claremont	
1:59.13	Nick Ponzi	12	Glendora	

This list is based on all recorded performances through March 30, 2019

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

Time	Athlete	Gr	School	Notes
4:07.25	Noah Hibbard	12	Arroyo	SR & #3 All-Time SGV
4:18.21	Jacob Moran	12	Claremont	
4:20.56	Ryan Cowgill	12	Claremont	
4:20.90	**Devin Hightower**	**12**	**South Hills**	
4:21.02	John Martinez	12	Rowland	
4:23.80	Lukas Amare	11	Diamond Bar	

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

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

This list is based on all recorded performances through March 30, 2019

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

Time	Athlete	Gr	School	Notes
14.62	**Zach Reid**	**12**	**Bonita**	
14.87	Matthew Uballe	12	Diamond Bar	
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

Time	Athlete	Gr	School	Notes
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	
40.93	**Jeremiah Harris**	**11**	**South Hills**	

This list is based on all recorded performances through March 30, 2019

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

Time	Athlete	Gr	School	Notes
43.57			**Bishop Amat**	
43.62			Monrovia	
43.81			La Serna	
43.89			**St. Francis**	

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

Time	Athlete	Gr	School	Notes
3:26.23			**South Pasadena**	
3:26.63			**Monrovia**	
3:28.13			Rowland	
3:28.13			**Covina**	
3:28.32			Diamond Bar	

This list is based on all recorded performances through March 30, 2019

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

Mark	Athlete	Gr	School	Notes

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

Mark	Athlete	Gr	School	Notes

This list is based on all recorded performances through March 30, 2019

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

Mark	Athlete	Gr	School	Notes
6-06	Kailen Smith	12	Diamond Bar	
6-06	**Matthew Molina**	**12**	**St. Francis**	
6-04	Julian Thai	12	Gabrielino	
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

Mark	Athlete	Gr	School	Notes
15-00	David Miketta	11	La Cañada	#27= All-Time SGV
14-09	**Aaron Rodriguez**	**11**	**Covina**	#43= All-Time SGV
14-06	D'Angelo Gonzalez	12	California	
14-06	**Dylan Zubieta**	**12**	**California**	

This list is based on all recorded performances through March 30, 2019

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

Mark	Athlete	Gr	School	Notes
21-11.50	Julian Thai	12	Gabrielino	
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

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

Marks with wind readings of up to 3.0 mps are included

This list is based on all recorded performances through March 30, 2019