



SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL MEET RECORDS



Event	Event Name	Div	Mark	Year	Athlete - School
1	3000 Meter Run	Women	10:04.94	1987	Mary Mendoza - Presentation
2	100 Meter Hurdles	Women	14.53	2009	Hannah Goranson – Valley Christine
3	4x100 Meter Relay	Women	48.24	2006	James Logan – James Logan
4	1 Mile Run	Women	4:57.90	1984	Garcia - Silver Creek
5	400 Meter Dash	Women	55.74	1987	Andreen Alveranga - Mitty
6	100 Meter Dash	Women	11.94	1985	Green - Menlo Atherton
7	Distance Medley	Women	12:28.47	2009	Mountain View – Mountain View
8	800 Meter Run	Women	2:12.50	1985	Teresa Dowell - Santa Teresa
9	800 Sprint Medley	Women	1:48.44	2006	James Logan – James Logan
10	300 Meter Hurdles	Women	41.74	1984	Leslie Maxie - Mills
11	4x400 Meter Relay	Women	3:57.94	2001	Los Gatos - Los Gatos
12	Discus Throw	Women	141-04	2001	Kamaiya Warren - St. Mary's
13	Shot Put	Women	45-00.50	2001	Kamaiya Warren - St. Mary's
14	Long Jump	Women	20-01.00	1984	Wendy Brown - Woodside
15	Triple Jump	Women	41-11.50	1984	Wendy Brown - Woodside
16	High Jump	Women	5-09.50	1991	Chi Johnson - Menlo Atherton
17	Pole Vault	Women	12-05.00	2007	Natasha Barthel – St. Francis

Event	Event Name	Div	Mark	Year	Athlete - School
21	3000 Meter Run	Men	8:43.83	2005	Ben Sitrler - St. Francis
22	110 Meter Hurdles	Men	14.63	1998	Wheeler - Hogan
23	4x100 Meter Relay	Men	42.21	2009	Valley Christian - Valley Christian
24	1 Mile Run	Men	4:13.54	2006	Mike Perez – Lower Lakes
25	400 Meter Dash	Men	48.44	1993	Gaulta Belony - Oak Grove
26	100 Meter Dash	Men	10.74	1993	Gaulta Belony - Oak Grove
27	Distance Medley	Men	10:45.64	2007	Willow Glen – Willow Glen
28	800 Meter Run	Men	1:52.74	1995	Dan Sikiric - Leland
29	800 Sprint Medley	Men	1:32.54	2006	James Logan – James Logan
30	300 Meter Hurdles	Men	38.47	2001	Halihl Guy - St. Mary's
31	4x400 Meter Relay	Men	3:22.64	1990	Leigh - Leigh
32	Discus Throw	Men	189-08	1988	John Wirtz - Leland
33	Shot Put	Men	58-10.00	1985	Mohr - Los Altos
34	Long Jump	Men	24-02.00	1995	Dan Nord - Los Altos
35	Triple Jump	Men	47-04.50	1986	Rucker - Silver Creek
36	High Jump	Men	6-10.00	1985	Rogers - Overfelt
37	Pole Vault	Men	16-00.00	2006	C.Roche/ Bunje – St. Francis



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Event	Event Name	Div	Mark	Year	Athlete - School
42	100 Meter Hurdles	F/S Girls	16.5h	2006	Jackson, Crystal – James Logan
43	4x100 Meter Relay	F/S Girls	51.22	2007	St. Mary's College - St. Mary's College
44	1 Mile Run	F/S Girls	5:23.86	2008	Jessie Petersen – Carlmont
45	400 Meter Dash	F/S Girls	59.6h	2006	Powell, Donnise – James Logan
46	100 Meter Dash	F/S Girls	12.8h	2006	Orange, Kiyoko – James Logan
47	Distance Medley	F/S Girls	13:19.79	2007	Burlingame
48	800 Meter Run	F/S Girls	2:25.79	2009	Serina Rye – Los Altos
49	800 Sprint Medley	F/S Girls	1:56.5h	2006	James Logan – James Logan
50	300 Meter Hurdles	F/S Girls	49.8h	2006	Sarah Fong – Bishop O'Dowd
51	4x400 Meter Relay	F/S Girls	4:15.97	2007	St. Mary's College - St. Mary's College
52	Discus Throw	F/S Girls	104-11.00	2007	Chung, Michelle – Cupertino
53	Shot Put	F/S Girls	34-07.00	2007	Chung, Michelle – Cupertino
54	Long Jump	F/S Girls	17-00.50	2006	McGlory, Nicole – James Logan
55	Triple Jump	F/S Girls	35-11.00	2007	Baker, Aziza – St. Mary's College
56	High Jump	F/S Girls	5-00.00	2007 2008	Baker, Aziza – St. Mary's College Kirsten Koslovsky – S. Francis
57	Pole Vault	F/S Girls	9-09.00	2009	Allison Ang – Henry M. Gunn

Event	Event Name	Div	Mark	Year	Athlete – School
62	70 Meter Hurdles	F/S Boys	9.24	1999	Ian Kenworthy - St. Francis
63	4x100 Meter Relay	F/S Boys	42.64*	2006	James Logan – James Logan
64	1 Mile Run	F/S Boys	4:26.64	1994	Dominique - Leigh
65	400 Meter Dash	F/S Boys	50.84	1985	Myles - No. Monterey Co.
66	100 Meter Dash	F/S Boys	11.14	1988	Hill - Oak Grove
67	Distance Medley	F/S Boys	11:18.32	2007	Palma – Palma
68	800 Meter Run	F/S Boys	1:58.14	1993	Robby Williams - Gunn
69	800 Sprint Medley	F/S Boys	1:41.31	2001	St. Ignatius - St. Ignatius
70	300 Meter Hurdles	F/S Boys	40.94	1996	Edmon/McGowan - Bell/Leigh
71	4x400 Meter Relay	F/S Boys	3:33.44	1985	Santa Teresa - Santa Teresa
72	Discus Throw	F/S Boys	150-10	1990	John Dossey - Serra
73	Shot Put	F/S Boys	54-10.00	1999	Pete Bjorklund - Los Altos
74	Long Jump	F/S Boys	21-04.50	1996	Jacob Tolbert - Silver Creek
75	Triple Jump	F/S Boys	44-00.75	1996	Jacob Tolbert - Silver Creek
76	High Jump	F/S Boys	6-05.00	1994	John Bull - Mt.View
77	Pole Vault	F/S Boys	13-00.00	1985	Buckley/Harris - St. Francis