

**FREMONT HIGH SCHOOL
BOYS TOP TRACK & FIELD MARKS**

<u>100 METER</u>		
NAME	TIME	YEAR
Gary Mahan	10.5	1964
J. Mesa	10.7	1950
M. Kirbort	10.8	1978
T. Wilson	10.85	1990
T. Gross	10.9	1958
K. Brownson	10.9	1962
M. Krider	10.9	1965
C. Racanelli	10.9	1969
P. Kelett	10.9	1970
M. Martin	10.9	1976
A. Brigman	10.9	1979
F. Galang	10.9	1986

<u>220 YARD DASH</u>		
NAME	TIME	YEAR
Gary Mahan	21.4	1964
J. Mesa	21.9	1950
B. Albert	21.9	1985
G. Baker	22.1	1960
J. Snowden	22.44	1993
W. Coulter	22.5	1965
M. Kibort	22.6	1978
T. Wilson	22.6	1990
R. J. Theodore	22.7	1984
F. Galang	22.79	1986
K. Brownson	22.8	1961
M. Krider	22.8	1965
A. Brigman	22.8	1979

<u>440 YARD DASH</u>		
NAME	TIME	YEAR
Don Ross	50.2	1962
J. Larson	50.4	1972
K. Wigton	50.5	1974
G. Flagler	50.6	1977
D. James	50.6	1985
J. Snowden	50.66	1993
G. Baker	50.8	1960
P. Galleguillos	50.8	1966
M. Boeker	50.8	1980
M. Yielding	50.9	1971
G. Kranz	50.9	1979
J. Naughton	50.9	1981
R. Weaver	50.9	1981
M. Najarian	50.9	1981

<u>880 YARD DASH</u>		
NAME	TIME	YEAR
Jim Neuhaus	1:55.7	1974
J. Naughton	1:55.8	1981
J. Johnson	1:55.9	1967
J. Larson	1:56.5	1972
J. Flores	1:57.23	1993
P. Jolissant	1:57.5	1966
W. Anthony	1:57.6	1971
D. Caris	1:58.1	1968
D. Walter	1:58.3	1968
M. Winger	1:58.4	1975
M. Powers	1:58.77	1992
K. Spears	1:59.0	1970

**FREMONT HIGH SCHOOL
BOYS TOP TRACK & FIELD MARKS**

ONE MILE RUN

TWO MILE RUN

NAME	TIME	YEAR	NAME	TIME	YEAR
Eric Delore	4:19.9	1980	Roger Yager	9:20.0	1980
R. Yager	4:20.6	1980	J. Larson	9:20.1	1969
J. Naughten	4:21.6	1981	J. Mangan	9:27.0	1974
M. Powers	4:23.3	1992	E. Reith	9:33.7	1977
J. Larson	4:23.3	1968	J. Miller	9:46.6	1978
G. Eggers	4:26.0	1974	S. Fagundez	9:47.0	1965
B. Caris	4:27.4	1967	J. Naughten	9:51.8	1981
J. Mangan	4:27.4	1975	G. Eggers	9:52.0	1973
E. Schowalter	4:28.0	1976	M. Sapp	9:53.4	1978
E. Reith	4:28.6	1977	J. Flores	9:54.0	1992
M. Larson	4:30.6	1972	B. Huggins	9:54.77	1989

120 YARD HIGH HURDLES

330 YARD IM HURDLES

NAME	TIME	YEAR	NAME	TIME	YEAR
Steve Pensinger	14.5	1966	Bill Naivalu	40.65	1993
Jim Peteralia	14.5	1969	D. James	41.06	1986
J. Connolly	14.6	1967	L. Garth	41.2	1991
K. Cole	14.7	1956	S. Roey	41.4	1985
B. Feddema	14.79	1992	B. Feddema	41.8	1992
A. Biggs	14.8	1965	T. Williams	42.21	1993
D. McNeil	14.8	1970	D. Cahoon	42.4	1985
T. Carrico	14.9	1975	A. Nepomuceno	43.34	1993
B. Naivalu	15.06	1993	T. Berschens	43.89	1990
M. Bowman	15.3	1976	J. Moyoli	44.2	1985
T. Bibeau	15.3	1977	B. Franco	44.74	1992

400 M IH HURDLES

Bill Naivalu	59.2	1993
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**FREMONT HIGH SCHOOL
BOYS TOP TRACK & FIELD MARKS**

SHOTPUT

NAME	DISTANCE	YEAR
Steve Wilhelm	65'10	1964
B. Wilhelm	65'6	1963
B. Aldrich	59'5 1/2	1971
B. Tarabonovic	57'9 1/2	1965
A. Richert	56' 2 1/4	1966
W. Ireland	55'10 1/2	1968
K. McGowen	55'2 1/2	1973
B. Green	55'2 1/2	1978
D. Costella	54'10	1974
D. Schoenwetter	54'7	1960

DISCUS

NAME	DISTANCE	YEAR
Kim McGowen	182'6	1973
B. Green	181'7	1978
B. Perry	177'10	1975
D. Schoenwetter	175'5	1959
J. Tarabonovic	172'11 1/2	1970
B. Wilhelm	172'7	1963
J. Friestedt	172'5	1968
S. Wilhelm	171'11	1967
M. Tarabonovic	166'10 1/2	1981
B. Tarabonovic	166'4 1/2	1965

LONG JUMP

NAME	DISTANCE	YEAR
Jack Master	23'5	1975
G. Mahan	23'2	1964
P. Nguyen	23' 1/4	1989
R. Drickery	22'11 3/4	1979
D. Wilson	22'11 1/2	1960
T. Carrico	22'11 1/2	1975
E. Motch	22'11 1/2	1979
D. McNeil	22'9	1971
J. Zamlich	22'7 1/4	1959
B. Feddema	22'0	1991
R. J. Theodore	21'11 1/2	1984
D. Callanta	21'10 1/2	1985

TRIPLE JUMP

NAME	DISTANCE	YEAR
Brendon Feddema	47'6 3/4	1992
Phu Nguyen	47'2 3/4	1989
R.J. Theodore	46'5 1/2	1984
T. Carrico	46'5	1975
R. Mezzaros	45'8 1/2	1978
J. Mesa	45'3	1950
D. Callanta	45'3	1985
K. Snowberger	44'9	1981
L. Lonie	44'7 3/4	1978
S. Lee	44'7	1974
N. Retuta	44'5	1973
S. Call	44'5	1986

**FREMONT HIGH SCHOOL
BOYS TOP TRACK & FIELD MARKS**

<u>HIGH JUMP</u>			<u>POLE VAULT</u>		
NAME	HEIGHT	YEAR	NAME	HEIGHT	YEAR
M. Horsley	6'7 3/4	1992	Jim Westlund	15'3	1977
G. Anderson	6'7	1961	R. Royal	15'0	1969
G. Mancuso	6'5	1968	Mr. Kibort	15'0	1978
M. Flemming	6'4	1966	T. Nigh	14'9	1976
J. Royston	6'4	1974	A. Avellar	14'5	1983
R. J. Theodore	6'3	1983	Mi. Kibort	14'1 1/4	1981
J. Hines	6'2 1/2	1963	K. Leal	14'0	1980
W. Coulter	6'2	1965	D. Kay	13'6	1972
E. Motch	6'2	1979	B. Luke	13'2	1963
B. Feddema	6'2	1991	T. Hartford	13'1	1965
K. Snoeberger	6'1 1/2	1981			
P. Lum	6'1 1/4	1988			

<u>440 YARD RELAY</u>			<u>MILE RELAY</u>	
	TIME	YEAR	TIME	YEAR
	43.2	1978	3:25.5	1972
Arnold Brigman Mike Bernstein Mark Kibort Mike Jocoy				
	43.4	1986	3:26.9	1967
	43.6	1985	3:27.1	1968
	44.1	1972	3:27.8	1993
	44.2	1968	3:28.1	1969
	44.2	1973	3:29.8	1973
	44.2	1984	3:30.7	1985
	44.3	1977	3:31.0	1970
	44.44	1993	3:31.0	1974
	44.5	1975, 1988, 1990, 1991	3:31.0	1978
	44.6	1976	3:31.8	1977
	44.7	1970	3:32.2	1984

**FREMONT HIGH SCHOOL
GIRLS TOP TRACK & FIELD MARKS**

100 METERS

NAME	TIME	YEAR
Karen Robinson	12.1	1980
T. Stanley	12.4	1979
M. Barga	12.3	1987
M. Pilla	12.33	1993
S. Miller	12.6	1982
N. Bien	12.7	1981
L. Filkowski	12.8	1977
M. Pilla	12.88	1990
Kym Robinson	12.89	1991
B. Bunnell	12.97	1987

220 YARD DASH

NAME	TIME	YEAR
Michele Barga	24.9	1988
S. Miller	25.1	1982
K. Robinson	25.9	1982
T. Stanley	26.5	1979
M. Pilla	26.66	1993
N. Bien	26.9	1981
H. Jamieson	27.0	1991
Freeman	27.2	1974
T. Gray	27.40	1993
K. Robinson	27.45	1991
C. Jacobs	27.5	1977
J. Walker	27.5	1977

440 YARD DASH

NAME	TIME	YEAR
Sherril Miller	54.68	1980
M. Barga	56.45	1989
S. Hollman	59.7	1977
H. Jamieson	59.94	1990
K. Carpenter	60.7	1979
N. Bien	60.9	1981
M. Ruben	60.9	1981
D. Crank	60.95	1984

880 YARD DASH

NAME	TIME	YEAR
Beth Bartolomew	2:14.27	1989
S. Miller	2:15.3	1982
D. Crank	2:21.9	1985
E. Nelson	2:23.8	1989
P. Sites	2:24.1	1987
Myers	2:24.3	1974
D. Ferrante	2:27.1	1990
K. Wolf	2:28.7	1981
R. Lee	2:30.8	1983
C. Gonzalez	2:32.1	1993
Br. Bartholomew	2:34.0	1986
J. Phillips	2:35	1991
J. Myers	2:35.3	1985

3.000 METER

Beth Bartolomew	10:13.0	1989
Phuong Sites	10:26.00	1987

**FREMONT HIGH SCHOOL
GIRLS TOP TRACK & FIELD MARKS**

ONE MILE

NAME	TIME	YEAR
Beth Bartholomew	4:53.6	1989
A. Mears	5:04.0	1973
P. Sites	5:07.7	1987
D. Ferrante	5:29.1	1990
J. Huff	5:34.1	1989
S. Miller	5:35.0	1979
R. Lee	5:35.5	1983
J. Myers	5:39.0	1985
R. Flores	5:40.0	1983
E. Nelson	5:45.0	1990
P. Naughten	5:48.5	1981
D. Ferrante	5:49.0	1990

TWO MILES

NAME	TIME	YEAR
Beth Bartholomew	10:53.5	1990
P. Sites	11:08.8	1987
J. Huff	11:58.1	1989
C. Romero	12:04.0	1987
S. Aflaque	12:21.0	1985
Br. Bartholomew	12:34.55	1986
T. Fridman	12:37.0	1991
R. Flores	12:46.0	1983
D. Ferrante	12:45.0	1991
R. Lee	12:47.5	1984
A. Duran	12:53.0	1978
D. Nauman	12:53.0	1982
J. Myers	12:54.0	1985

100 METERS LOW HURDLES(30")

NAME	TIME	YEAR
Margeret Ruden	14.6	1981
H. Jamieson	14.79	1991
B. Bartholomew	15.0	1988
J. Pendleton	15.1	1987
T. Fairfield	15.2	1985
N. Page	15.59	1983
J. Su	15.8	1987
L. Newman	16.0	1978
J. Carbajal	16.9	1982
F. Olterman	17.4	1981

330 YARDS LOW HURDLES

NAME	TIME	YEAR
Hanneke Jamieson	44.72	1990
Jolene Pendleton	45.6	1986
M. Ruben	46.6	1981
M. Quong	47.9	1984
B. Bartholomew	47.9	1986
J. Su	49.7	1987
J. Carbajal	50.3	1983
M. Easterling	51.66	1983
F. Olterman	51.8	1983
C. Herrador	52.9	1991
A. Petersen	53.3	1981

100 METERS (NEW) LOW HURDLES (33")

C. Herrador	17.3	1993
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**FREMONT HIGH SCHOOL
GIRLS TOP TRACK & FIELD MARKS**

LONG JUMP

NAME	DISTANCE	YEAR
Sherril Miller	17'10 1/2	1982
L. Filkoski	17'2	1979
A. Cossey	17'2	1980
T. Cesari	17'1 1/4	1977
K. Sanchagrin	17'0	1986
L. Ito	16'10	1993
F. Jameson	16'6	1993
M. Fairfield	16'5 1/2	1986
M. Ruden	16'4	1981
J. Carbajal	16'0 1/4	1982
C. Harr	15'8	1977
D. McElroy	15'6	1982
B. Givens	15'6	1983

TRIPLE JUMP

NAME	DISTANCE	YEAR
Brooke Bartholomew	39	1987
T. Fairfield	37'8	1985
L. Ito	35'11	1993
B. Givens	35'2	1983
N. Page	34' 8 1/2	1983
J. Sanchagrin	34' 7 1/2	1984
M. Fairfield	34' 4 1/4	1986
F. Jamieson	34'3	1988
M. Farnsworth	33'11	1993
S. Lowery	33' 10	1984
J. Ignacio	33'4	1983
K. Wolff	32'10	1993
C. Kelly	32'7 1/2	1987
H. Ocumen	32'2	1986

DISCUS

Tamara Bermudes	137'11 1/2	1987
A. Markel	131'5	1982
S. Westerhold	125'8	1982
R. Harford	121'1	1991
B. Greening	119'10	1978
M. Burt	114'6	1978
J. Aquino	112'1	1982
T. Westerhold	109'4	1991
C. Jacobs	109'0	1977
M. Nua	106' 1/2	1992
E. Rajna	105'9	1986
C. Aubry	105'7	1984
A. Boklund	105'1	1987

SHOT PUT

Rachel Harford	36'1	1991
L. Filkowski	35'10 1/2	1981
A. Markel	35'2	1981
M. Burt	34'10 1/2	1978
T. Bermudes	34'4	1987
E. Rajna	34'1/2	1986
S. Westerhold	33'7	1982
J. Aquino	32'2 1/2	1984
J. Jae	32'2	1987
A. Boklund	32'1	1988
M. Nua	31'8"	1992
T. Westerhold	31'2	1991
J. Edwards	30'9 1/2	1985

**FREMONT HIGH SCHOOL
GIRLS TOP TRACK & FIELD MARKS**

400 YARD RELAY

NAME	TIME	YEAR
Kelli Carpenter Karen Robinson Tara Stanley Sherril Miller	48:74	1979
	49:09	1980
	49:8	1987

MILE RELAY

NAME	TIME	YEAR
Erica Nelson Hanneke Jamieson Michele Barga Beth Bartholomew	3:59.1	1989
	4:00.99	1980
	4:01.99	1981

HIGH JUMP

NAME	DISTANCE	YEAR
Karen Robinson	5'8 1/4	1981
T. Fairfield	5'7	1984
J. Walker	5'4	1979
T. Cesari	5'2	1977
S. Lowery	5'2	1986
F. Jamieson	4'10	1988
A. Flanders	4'10	1982
J. Sanchagrín	4'10	1983
L. Ito	4'10	1993
P. Luotonen	4'8	1988
C. Harr	4'8	1977
A. Koning	4'8	1982
M. Fairfield	4'8	1986
K. Sanchagrín	4'8	1987
M. Pilla	4'8	1990
M. Farnsworth	4'8	1993

**FREMONT HIGH SCHOOL
SOPHOMORE TRACK & FIELD RECORDS**

<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>YEAR</u>
100 METERS	Trey Wilson	10.85	1990
220 YARD DASH	Trey Wilson	22.6	1990
440 YARD DASH	Joe Naughton	50.9	1979
880 YARD DASH	Mike Powers	1:58.77	1992
ONE MILE RUN	Mike Powers	4:23.3	1992
TWO MILE RUN	Issac Miller	9:46.6	1978
70 HH	Eric Motch	9.3	1977
330 LH	Rod J. Theodore	40.0	1982

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>YEAR</u>
SHOT PUT	Bill Green	53'11	1976
DISCUS	Mark Tarabanovic	141'10	1979
LONG JUMP	Jack Masters	20'11	1974
TRIPLE JUMP	Phu Nguyen	44'4 3/4	1987
HIGH JUMP	Pat Lum	6'1 1/4	1988
POLE VAULT	Mike Kibort	14'1 1/4	1981

**FREMONT HIGH SCHOOL
FRESHMEN TRACK & FIELD RECORDS**

<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>YEAR</u>
100 METERS	Fred Montwheeler	11.2	1972
220 YARD DASH	Mike Bernstein	23.4	1976
400 METERS	Igwee Shatteen	53.53	1991
440 YARD DASH	Brad Pedersen	53.4	1979
880 YARD DASH	Doug Weed	2:04.8	1983
ONE MILE RUN	Roger Yeager	4:31.8	1977
TWO MILE RUN	Isac Miller	10:04.4	1977
70 HH	Steve Yaggi	9.9	1976
	Eric Motch	9.9	1976
	Darryl Cahoon	9.9	1982
120 HH	Joe Naivalu	15.59	1993
330 LH	Dave Faulkner	41.22	1983

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>YEAR</u>
SHOT PUT	Kim McGowen	52'6	1970
DISCUS	Bill Perry	129'6	1972
LONG JUMP	Frank Myers	20'7	1983
TRIPLE JUMP	Eric Motch	42'10 1/2	1976
HIGH JUMP	Matt Horsley	6'0	1989
POLE VAULT	Mark Kibort	12'0	1975