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## Soquel Track & Field

*Soquel*

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*Pickard reads*  
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## Soquel HS Track & Field Records

### SOQUEL HIGH SCHOOL BOYS TRACK & FIELD RECORDS

#### 110 METER HIGH HURDLES

- :16.8 y Kevin Hall Freshman S.L.V. Dual 5-02-91
- :15.9 y Mike Paul Sophomore 1964
- :15.0 y Marty Capron Junior MBL 5-11-74
- :14.44 Dan Race Senior CCS-SJCC 5-22-94

#### 65 METER HIGH HURDLES

- :09.8 y Phil Kitchen Freshman MBL 5-12-73
- :09.1 y Phil Kitchen Sophomore MBL 5-11-74

#### 300 METER INT. HURDLES

- :41.8 (LH, y) Louis Fusari Freshman MBL Trials 5-10-75
- :40.2 (LH, y) Eric Bentley Sophomore Region IV 5-21-77
- :40.9 Kevin Hall Sophomore CCS Trials - SJCC 5-23-92
- :39.0 (LH, y) Jim Verduzco Junior Region IV 5-21-77
- :38.2 (LH, y) Jim Verduzco Senior Region IV 5-20-78
- :38.7 Jim Schmidt Senior Region IV 5-24-86

#### 100 METER DASH

- :11.5 Randy Starbird Freshman SCCAL Trials 5-03-84
- :11.2 Randy Starbird Sophomore SCCAL Trials 5-09-85
- :10.1 y Dave Clare Junior SC Relays 5-03-75
- :10.1 y Robert East Junior Harbor Dual 4-13-78
- :10.69 Johnny Cleveland Senior CCS - SJCC 5-19-84

#### 200 METER DASH

- :23.5 Randy Starbird Freshman SCCAL Finals 5-05-84
- :22.8 y Robert East Sophomore Region IV 5-21-77
- :21.9 Johnny Cleveland Junior Region IV 5-14-83
- :21.6 Johnny Cleveland Senior CCS - SJCC 5-19-84

#### 400 METER RUN

- :52.8 y Robert East Freshman Region IV 5-21-76
- :52.8 c Shannon Monday Freshman 1981
- :50.7 y Robert East Sophomore CCS - SJCC 5-27-77
- :49.0 y Robert East Junior Region IV 5-20-78
- :49.10 Nick Affleck Senior CCS Finals - SJCC 5-28-99

#### 800 METER RUN

- 2:04.2 y Dave Capron Freshman MBL 5-12-73
- 1:59.8 y Rick Ifland Sophomore Region IV 5-21-77
- 1:56.6 y Rick Ifland Junior CCS - SJCC 5-26-78
- 1:54.9 y Mark Wagner Senior MBL 5-11-74

#### 1600 METER RUN

- 4:36.6 y Joe Mayers Freshman SCCAL Finals 5-14-88
- 4:28.1 y Rick Ifland Sophomore CCS - SJCC 5-27-77
- 4:26.3 Joma DeWald Sophomore CCS Trials
- 4:19.5 y Rick Ifland Junior CCS - SJCC 5-26-78
- 4:17.2 y Marc Goulet Senior CCS - SJCC 5-19-84
- 4:16.90 Joma DeWald Senior CCS - SJCC 5-29-98

*4:17.2 y Marc Goulet Senior CCS - SJCC 5-19-84 - Jr Record*

#### 3200 METER RUN

- 10:08.0 y John Kinsella Freshman SC Relays 1969
- 10:04.8 Liam Jones Freshman SCCAL Finals 5-11-91
- 9:49.6 y Rick Ifland Sophomore Harbor Dual 4-21-77
- 9:34.6 y Mark McConnell Junior SC Relays 5-09-70

9:14.4 y Mark McConnell Senior State Meet - UCLA 6-05-71

## 400 METER RELAY

:45.6 y FROSH-SOPH (Mark Myers, Dave Clare,  
John Walder, Scott Meyer) Region IV 5-19-73:43.1 VARSITY (Rod Brower, Johnny Cleveland,  
David Locke, Duane Woodlief) Region IV 5-14-83

## 880 YARD RELAY

1:36.7 FROSH-SOPH (Mark Myers, Dave Clare,  
John Walder, Marty Capron) SC Relays 5-04-731:32.0 VARSITY (Bruce Buckner, Jean Strouse,  
Bob Johnson, Gerry Haas) CCAL Meet 5-11-63

## SPRINT MEDLEY RELAY

3:47.9 FROSH-SOPH (Robert East, Mike Anecito,  
Mike Seaman, Rick Ifland) Watsonville Relays 3-26-773:35.1 VARSITY (Jim Verduzco, Kurt Kruger,  
Robert East, Rick Ifland) West Valley Relays 4-22-78

## 1600 METER RELAY

3:34.84 y FROSH-SOPH (Rod Brower, David Locke,  
Bruce Corum, Shannon Monday) CCS - SJCC 5-29-813:24.3 y VARSITY (Jim Verduzco, Kurt Kruger,  
Bob Bauld, Robert East) CCS - SJCC 5-26-78

## 3200 METER RELAY

8:39.0 FROSH-SOPH (Brian deDiego, Joe Mayers,  
Robert Spencer, Jason Stein) Kiwanis Relays 4-22-898:04.4 y VARSITY (Dave Capron, Tim Hoffman,  
Gerry Capron, Rob Hussey) Hill Invitational 4-10-76

## FOUR MILE RELAY

18:01.5 VARSITY (Mark McConnell, Ed Noyes,  
Steve Hazen, John Kinsella) Watsonville Relays 3-28-71

## DISTANCE MEDLEY RELAY

10:57.2 y FROSH-SOPH (Mike Hamm, Tim Hoffman,  
Dave Capron, Dave Clemens) SC Relays 5-04-7410:44.3 y VARSITY (Rick Funk, Mark Capron,  
Don Schwartz, John Kinsella) SC Relays 5-06-72

## 10 LB. SHOT

49' 01 ?" Tony Fontes Freshman MBL 1968

50' 06 ?" Chuck Burket Sophomore SLV Dual 5-03-79

## ✓ 12 LB. SHOT

47' 06 ?" Tony Fontes Sophomore Alisal Dual 4-17-69

53' 03 ?" Tony Fontes Junior Kiwanis Invitational 5-01-70

57' 04 ?" Don Silva Senior CCAL 1965

## ✓ DISCUS

131' 01" Mike Hamm Freshman MBL 5-09-73

147' 11" Wes Borgstedt Sophomore Region IV 5-18-85

160' 02" Wes Borgstedt Junior CCS - Indep. HS 5-30-86

177' 11" Wes Borgstedt Senior NMC Dual 5-07-87

## LONG JUMP

19' 10 ?" Victor Lopez Freshman Watsonville Dual 4-23-87

21' 06 ?" Randy Starbird Sophomore SCCAL Finals 5-11-85



24' 09 ?" Johnny Cleveland Junior CCS - SJCC 5-20-83  
26' 00" Johnny Cleveland Senior Golden West Invitational 6-09-84

✓ TRIPLE JUMP

40' 09 ?" Neil Theilen Freshman Kiwanis Invitational 4-20-74  
44' 04 ?" Neil Theilen Sophomore CCS - SJCC 5-30-75  
46' 02" Johnny Cleveland Junior CCS - SJCC 5-20-83  
45' 03 ?" Johnny Cleveland Senior SCCAL 5-05-84

✓ HIGH JUMP

5' 10" Phil Kitchen Freshman MBL Trials 5-09-73  
6' 07" Marc Cornell Sophomore Aptos Dual 5-08-86  
6' 08" Marc Cornell Junior San Jose Dual 3-26-87  
6' 06" Marc Cornell Senior Harbor Dual 3-24-88

✓ POLE VAULT

12' 01" Scott Boehner Freshman SCCAL F/S Finals 5-12-88  
13' 01 ?" Scott Boehner Sophomore S.C. Coast Invitational 4-15-89  
14' 00" Bob Bauld Junior CCS - SJCC 5-27-77  
14' 06" Bob Bauld Senior West Valley Relays 4-22-78

STATE MEET QUALIFIERS

1965 Don Silva Shot 1983 Johnny Cleveland Long Jump  
1971 Mark McConnell 2-Mile 1987 Randy Starbird Long Jump  
1974 Mark Wagner 880 1994 Dan Race 110 Hurdles

1976 Mike Hamm Discus 1998 Joma DeWald 1600

1979 Rick Iland Mile 1999 Nick Affleck 400, 200

NorCal QUALIFIERS (meet held in 1983 & 1984 only)

1983 Johnny Cleveland LJ, TJ  
1984 Johnny Cleveland LJ, 100, 200

1984 Marc Goulet Mile

SOQUEL HIGH SCHOOL  
GIRLS TRACK & FIELD RECORDS

100 METER LOW HURDLES

:16.65 Jamie Prochnow Freshman Gilroy Invitational 3-30-96  
:15.3 y Marianne Eck Sophomore CCS - SJCC 5-25-79  
:15.09 Jennifer Poli Junior SCCAL Finals 5-09-92  
:14.3 Kim Horn Senior CCS - SJCC 5-29-81

300 METER LOW HURDLES

:47.6 Rae Ann Pifferini Freshman CCS - SJCC 5-19-84  
:46.84 Kelly Thomson Sophomore Top 8 Meet @ Los Gatos 4-23-99  
:44.6 Rae Ann Pifferini Junior Region IV 5-24-86  
:44.79 Kelly Thomson Junior CCS Semi-Finals (Re-Run) 5-22-00  
:45.3 Kim Horn Senior 1981

100 METER DASH

:12.5 Jennifer Poli Freshman SCCAL Finals 5-12-90  
:12.3 Jennifer Poli Sophomore SCCAL Trials 5-09-91  
:11.8 y Kris Allyne Junior SCCAL Trials 5-11-77  
:11.7 y Kris Allyne Senior SCCAL 5-13-78

200 METER DASH

:25.95 Jennifer Poli Freshman CCS Trials - SJCC 5-24-90  
:26.3 y Kelly Osterkamp Sophomore SCCAL 5-14-77  
:24.66 Maggie Vessey Junior CCS Trials - Hartnell 5-15-99  
:24.43 Maggie Vessey Senior CCS Semi-Finals @ SJCC 5-20-00

✓ 400 METER RUN

:60.6 y Kelly Osterkamp Freshman CCS - SJCC 5-28-76  
:59.0 y Kelly Osterkamp Sophomore SCCAL Finals 5-14-77

:55.32 Maggie Vessey Junior CCS Finals - SJCC 5-28-99  
 :54.60 Maggie Vessey Senior Golden West Inv. - Sacramento 6-10-00

## ✓ 800 METER RUN

2:20.20 Mary Maleta Freshman SCCAL Finals 5-06-00  
 2:13.24 Mary Maleta Sophomore CCS Finals @ Los Gatos 5-25-01  
 2:14.82 Mary Maleta Junior CCS Finals @ SJCC 5-24-02  
 2:17.06 Mary Maleta Senior CCS Finals @ SJCC 5-24-03

## ✓ 1600 METER RUN

5:26.6 Theresa Radvanyi Freshman SLV Dual 4-02-98  
 5:22.85 Hannah Anderson Sophomore S.C.C.A.L. Meet @ Soquel 5-12-01  
 5:23.0 y Helen Muth Junior West Valley Relays 4-24-82  
 5:19.05 Hannah Anderson Senior SCCAL Meet - Aptos 5-08-03

## ✓ 3200 METER RUN

11:56.1 y Theresa Radvanyi Freshman Gilroy Invitational 4-04-98  
 11:32.8 y Helen Muth Sophomore CCS - SJCC 5-29-81  
 11:15.7 Helen Muth Junior CCS - SJCC 5-28-82  
 11:49.32 Jamie Hughins Senior SCCAL Finals 5-06-00

## 400 METER RELAY

:51.2 y FROSH-SOPH (Sue Tompkins, Kris Allyne,  
 Kelly Osterkamp, Mindy Guilbert) CCS - SJCC 5-22-76

:49.29 VARSITY (Lindsey Otis, Rashina Bowden,  
 Kelly Thomson, Maggie Vessey) CCS Finals @ SJCC 5-26-00

## 1600 METER RELAY

4:13.9 FROSH-SOPH (Briana Wiles, Lindsey Fitch,  
 Mary Maleta, Camila Gerard) Los Gatos Frosh-Soph Classic 4-07-00

3:54.29 VARSITY (Kelly Thomson, Mary Maleta,  
 Rashina Bowden, Maggie Vessey) State Meet Trials - Cerritos JC 6-02-00

## SPRINT MEDLEY RELAY

4:36.8 y FROSH-SOPH (Leanna Mucciacciaro, Kris Allyne,  
 Kelly Osterkamp, Laurie Spence) Watsonville Relays 3-27-76

4:26.5 y VARSITY (Kelly Osterkamp, Kris Allyne,  
 Sue Tompkins, Laurie Spence) Kiwanis 4-16-77

## 800 METER RELAY

1:47.7 VARSITY (Lindsey Otis, Kelly Thomson,  
 Rashina Bowden, Maggie Vessey) Watsonville Relays 3-11-00

## ✓ SHOT PUT

35' 09" Jenica Hadley Freshman Scotts Valley Dual @ Soquel. 4-22-04  
 31' 06" Kalia Lydgate Sophomore Pacific Grove Inv. 4-28-01  
 34' 09" Gail Harlamoff Junior SCCAL Trials 5-11-79  
 35' 11" Gail Harlamoff Senior Buchser 3-15-80

## ✓ DISCUS

112' 07" Jenica Hadley Freshman Kearney Invit. - Hartnell 4-17-04  
 104' 03" April Miller Sophomore SCCAL Finals 5-11-91  
 115' 08" Emily Doyle Junior Top 8 Meet - Los Gatos 4-23-04  
 115' 10" Laurel McAndrews Senior SCCAL Finals - Aptos 5-08-03

## LONG JUMP

16' 04" ? Mercedes Blair Freshman Gilroy Invitational 4-12-86  
 15' 09" ? Mercedes Blair Sophomore Santa Cruz Dual 3-19-87  
 17' 09" ? Maggie Vessey Junior CCS Finals - SJCC 5-28-99  
 18' 03" Jennifer Poli Senior Aptos, MVC Double Dual 4-29-93



## ✓ TRIPLE JUMP

31' 06" Judi Nelson Freshman SCCAL 5-05-84  
 33' 02 ?" Natascha Vandermolen Sophomore CCS Semis - Los Gatos 5-19-01  
 36' 06" Heidi Skewis Junior CCS - SJCC 5-20-83  
 36' 08 ?" Heidi Skewis Senior CCS - SJCC 5-19-84

## ✓ HIGH JUMP

5' 02" Jennifer Poli Freshman Top 8 Meet 4-28-90  
 5' 00" Jennifer Poli Sophomore Easter Pentathlon - Soquel 3-25-91  
 5' 02" Jennifer Poli Junior Santa Cruz Dual 3-26-92  
 5' 00" Melanie Dominguez Senior Kiwanis Relays 4-16-88

## ✓ POLE VAULT

11' 00" Natasha Barthel Freshman S.L.V. Dual at Soquel 4-15-04  
 11' 06" Chelsea Connolly Sophomore CCS Finals - SJCC 5-28-99  
 11' 10" Chelsea Connolly Junior Top 8 Meet @ Los Gatos 4-21-00  
 12' 00" Chelsea Connolly Senior CCS Semi-Finals @ Los Gatos 5-19-01

## STATE MEET QUALIFIERS

1981 Kim Horn 100 LH 2000 Chelsea Connolly Pole Vault  
 1993 Jennifer Poli Long Jump 2000 Buffie Ryan Pole Vault  
 1995 Rosada Martin Pole Vault 2000 Maggie Vessey 400, 200, 1600 Relay  
 1998 Buffie Ryan Pole Vault 2000 Rashina Bowden 1600 Relay  
 1999 Chelsea Connolly Pole Vault 2000 Mary Maleta 1600 Relay  
 1999 Buffie Ryan Pole Vault 2000 Kelly Thomson 1600 Relay  
 1999 Maggie Vessey 400, 1600 Relay 2001 Chelsea Connolly Pole Vault  
 1999 Rashina Bowden 1600 Relay 2001 Mary Maleta 800  
 1999 Lora Kihorany 1600 Relay 2002 Mary Maleta 800  
 1999 Kelly Thomson 1600 Relay

## NorCal QUALIFIERS (meet held in 1983 &amp; 1984 only)

1983 Heidi Skewis Triple Jump

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