

## Men's Track & Field Records

EVENT	MARK		NAME	YEAR	HIGH SCHOOL
100 Yards	9.7h		Rick Geddes	1972	San Clemente
<b>100 Meters</b>	<b>10.42</b>		<b>Tanner Terry</b>	<b>2011</b>	<b>Mission Viejo</b>
<b>200 Meters</b>	<b>21.09</b>		<b>Tanner Terry</b>	<b>2011</b>	<b>Mission Viejo</b>
400 Meters	47.16		Mike Norris	1995	Vista
800 Meters	1:49.4h		John Cronin	1987	
1,500 Meters	3:53.9h		Alan Roberts	1995	Edison
3000 Meters	8:52.28		DJ Neumann	2010	San Clemente
3000 M Steeplechase	9:03.2h		Mark La Bonte	1980	Mission Viejo
5,000 Meters	14:23.7h		Mark La Bonte	1980	Mission Viejo
10,000 Meters	31:29.3h		Adalberto Sanchez	1996	Capistrano Valley
110 Hurdles	13.8h		David Ashford	1982	West Covina
400 Hurdles	52.2h		David Ashford	1982	West Covina
Shot Put	60' 2 3/4"		Jim Doehring	1981	San Clemente
Discus	173' 1"		Ken Mills	1981	
Javelin (Pre 1986)	220' 3"		Bill Sargenti	1980	Foothill (Tustin)
Javelin	211' 7"		Roberto Vasquez	1989	
<b>Hammer</b>	<b>189' 10"</b>	<b>57.87</b>	<b>Remy Conatser</b>	<b>2011</b>	<b>Capistrano Valley</b>
Long Jump	24' 3 3/4"		Tracy Mitchell	1983	Lowell, MA
Triple Jump	50' 1/4"		Stuart Richmond	2003	London, UK
High Jump	7' 2 1/4"		Elliott Parks	1998	El Toro
<b>Pole Vault</b>	<b>17' 1"</b>	<b>5.21</b>	<b>Cameron Savage</b>	<b>2011</b>	<b>Upland</b>
	17' 1"		Nick Jennings	2010	San Clemente
Decathlon (1985)	5908		Andrew Carlson	2010	El Toro
Decathlon (1962)	7353		Mark Hafliger	1984	Hemet
400 M Relay	41.25		Anton Jamir, Jonathan Woods, Chris Epstein, Raphael McFarlane	2004	
800 M Relay	1:27.3h		Dave DeMars, Jim Glead, Vince Harris, David Asford	1982	
<b>1,600 M Relay</b>	<b>3:14.76</b>		<b>Edgar Vazquez, James Poole, Andrew Kokinakes, Tanner Terry</b>	<b>2011</b>	
3200 M Relay	7:50.3h		Thom Fogerty, John Olmeda, Luis Beckford, Dennis Acosta	1981	
6400 M Relay	17:20.6h		Chet Vert, John Olmeda, Bob Olmeda, Dennis Acosta	1982	

440 M Shuttle Hurdle Relay					
Distance Medley	10:19.38		Jesse Armijo, Christian Monterroso, John Morgan, Chris Kemp	2001	
Sprint Medley	3:22.45		Dave DeMars, John Hall, Luis Beckford, Thom Fogerty	1981	
Updated through 5/21/11					