

Campolindo High School

COUGAR TRACK & FIELD

2025 Personal Records

Girls' 100m

School Record 11.87

Golden Foot 12.66

Varsity Letterman 13.50

FS Letterman 14.20

Graves 25 12.55w

J. McCasland 24 12.63

Moore 25 13.00

Worster 25 13.29

Stimmler 25 13.31

Doane 25 13.41

Ross 24 13.82

Getze 25 13.89

Joseph 25 14.00

Stankus 25 14.09

Lechner 24 15.23

Massa 25 15.71

Boys' 100m

School Record 10.69

Golden Foot 11.22

Varsity Letterman 11.90

FS Letterman 12.30

Dang 25 11.55

Parker 25 11.66

Dong 24 11.78

Narayan 25 11.98w

Freer 25 12.21

Walsh 25 12.23w

Javinsky 25 12.49

Luckhurst 25 12.64w

Gill 25 12.71

Shiba 25 12.77

Katz 23 12.88w

Carrico 25 12.89

Li 25 13.40

Smith-Wilde 25 13.63

Hearn 24 13.70

Sharma 25 13.83

LaMarche 25 14.04

Harkavy 25 14.55

Girls' 200m

School Record 24.62

Golden Foot 25.62

Varsity Letterman 28.30

FS Letterman 29.90

J. McCasland 25 25.25w

Worster 25 26.42w

Graves 25 26.69w

Doane 25 26.96

Ross 24 28.66

Heerin 25 32.67

Massa 25 33.82

Boys' 200m

School Record 21.78w

Golden Foot 22.43

Varsity Letterman 24.10

FS Letterman 25.30

Dong 25 23.21

Dang 25 24.21

Freer 25 24.59

Parker 24 24.78

Walsh 25 25.02

Katz 23 26.39w

Sharma 24 26.55

Klisura 24 27.63

Hu 23 27.99

Harkavy 25 29.83

LaMarche 25 30.17

Girls' 400m

School Record 55.52

Golden Foot 58.60

Varsity Letterman 64.50

FS Letterman 67.50

J. McCasland 25 57.78

Doane 25 61.02

Andrzejek 25 61.30

J. Randolph 25 62.69

Graves 25 62.88

K. McCasland 25 63.76

Worster 24 65.12

Contreras 25 67.15

Joseph 24 67.32

Stankus 24 67.59

Ross 25 68.78

Lechner 25 69.47

Rao 23 79.13

Massa 25 80.69

Heerin 25 81.73

Boys' 400m

School Record 48.43

Golden Foot 50.29

Varsity Letterman 54.00

FS Letterman 58.00

Ehrhorn 25 51.85

Dang 25 52.35

Dong 25 52.49

Freer 25 53.86

Walsh 25 54.41

Klisura 24 56.93

Parker 24 57.05

Luckhurst 25 58.28

Li 23 59.77

Shiba 25 59.87

Gill 25 60.04

Carrico 25 62.08

Narayan 22 62.28

Shubh 23 63.62

Lam 25 65.17

Pinedo 25 65.36

Shansab 25 65.74

Harkavy 25 69.24

LaMarche 71.71

Girls' 400m Split

Varsity Letterman 63.50

FS Letterman 66.50

J. McCasland 25 56.6

Worster 25 59.6

Graves 25 60.6

Andrzejek 24 62.2

Doane 25 62.3

K. McCasland 25 63.4

H. Randolph 25 63.9

Stimmler 25 64.1

Gill 25 64.4

J. Randolph 25 64.8

Getze 24 66.1

Stankus 24 66.6

Joseph 25 67.0

Worster 24 68.2

Contreras 25 68.2

Lechner 25 70.5

Fung 25 72.1

Z. Freese 24 72.9

Shephard 25 74.6

Massa 25 75.6

Rao 23 76.9

Heerin 25 77.3

Galindo 25 79.9

Beeson 25 80.2

C. Freese 24 80.3

ML Nguyen 24 84.7

Boys' 400m Split

Varsity Letterman 53.00

FS Letterman 57.00

Dang 24 51.1

Dong 25 51.9

Ehrhorn 25 52.9

De La Cruz 24 53.6

Freer 25 53.9

Iyer 25 54.0

M. Cook 25 55.5

Walsh 25 55.6

Klisura 25 56.0

Chiba 25 56.2

Li 25 56.8

Gregory 25 57.2

C. Cook 25 57.4

Smith 25 57.7

Javinsky 24 58.6

Hearn 25 59.1

Smith-Wilde 24 59.6

Chung 24 59.7

Henwood 24 59.8

Shogan 25 59.9

Durden 25 60.0

Van Delft 25 60.6

Parker 24 60.7

Shephard 25 62.2

Galatanu 25 62.7

Hall 25 63.8

Marchetti 25 64.9

C. Wang 23 65.3

Thompson 25 65.3

J. Beardsley 23 67.9

Narayan 22 67.9

Cui 25 70.2

Harkavy 25 70.3

Wen 23 71.5

A. Wang 23 72.9

Sandler 24 75.3

Girls' 400m Relay

School Record 48.04

Golden Foot 49.49

Varsity Letterman 51.60

FS Letterman 54.00

Worster-Graves-Doane-J.

McCasland

25 48.91

Worster-Graves-Moore-J.

McCasland

25 49.09

Worster-J. McCasland-

Doane-Graves

25 50.85

Stimmler-Moore-Joseph-

Ross

25 52.56

Stimmler-Stankus-Joseph-

Ross

25 52.76

Joseph-Graves-Ross-

Worster

24 55.59

Joseph-Ross-Heerin-

Speckman

25 56.11

Boys' 400m Relay

School Record 43.19

Golden Foot 43.24

Varsity Letterman 45.00

FS Letterman 47.00

Dang-Freer-Dong-Parker

25 44.52

Dang-Narayan-Dong-Parker

25 46.26

Javinsky-Walsh-Luckhurst-

Shansab

25 48.40

Javinsky-Shiba-Freer-Walsh

25 51.22

Girls' 1600m Relay

School Record 3:53.56

Golden Foot 4:04.25

Varsity Letterman 4:23.00

FS Letterman 4:33.00

E. Doane-Graves-Worster-

J. McCasland

25 4:00.53

Worster-Graves-Doane-J.

McCasland

24 4:19.10

25 4:00.71

K. McCasland-Graves-

Worster-J. McCasland

25 4:06.97

K. McCasland-Graves-

Worster-Andrzejek

25 4:08.71

Andrzejek-Doane-Worster-

Stimmler

25 4:11.02

Andrzejek-Graves-Worster-

H. Randolph

25 4:12.14

Andrzejek-Gill-K.

McCasland-Joseph

25 4:28.22

J. McCasland-Gill-Graves-

Stankus

25 4:21.15

Worster-Contreras-

McCasland-Joseph

24 4:35.64

J. Randolph-Contreras-

Lechner-Massa

25 4:42.49

H. Randolph-Jillian

Randolph-Shephard-Z.

Freese

25 4:45.44

Lechner-Contreras-Z.

Freese-Heerin

25 4:42.39

Gill-Shephard-C. Freese-

Stankus

25 4:56.70

Fung-Freese-Massa-Heerin

25 5:07.68

Lechner-Rao-Beeson-

Galindo

25 5:13.55

Boys' 1600 Relay

School Record 3:21.38

Golden Foot 3:25.70

Varsity Letterman 3:36.00

FS Letterman 3:48.00

Dang-Ehrhorn-Dong-M.

Cook

25 3:32.47

Freer-Dang-Walsh-Dong

25 3:32.69

Ehrhorn-Iyer-C. Cook-Li

25 3:40.67

Ehrhorn-Iyer-M. Cook-

Gregory

Andrzejek 25 4:05.8
 Gill 25 4:18.5
 Fung 25 4:27.8
 Lechner 25 4:38.8
 J. McCasland 25 4:43.2
 Moore 25 4:46.8
 Pridatko 25 4:48.5
 Shephard 25 4:48.9
 Z. Freese 25 4:52.9
 Rao 25 4:53.9
 Stimmler 25 5:00.4
 Graves 23 5:04.0
 Beeson 25 5:04.7
 Worster 25 5:21.1
 Ross 24 5:23.9
 Speckman 25 5:25.3
 Doane 25 5:30.6
 Getze 25 5:35.9
 Joseph 25 5:40.6
 Stankus 25 5:40.9
 Massa 25 5:44.8
 ML Nguyen 25 5:53.7
 Dunn 25 6:29.7
 Rayner 25 6:34.9
 Comerford 23 6:40.1

Boys' 1200m TT or Split

Iyer 25 3:23.1
 Shogan 25 3:25.4
 Hearn 25 3:27.3
 Ehrhorn 25 3:28.9
 Gregory 25 3:30.8
 Gunn 25 3:37.3
 Durden 25 3:38.1
 M. Cook 24 3:39.4
 C. Cook 25 3:39.8
 Van Delft 25 3:40.3
 Chiba 25 3:41.4
 J. Beardsley 25 3:43.8
 Chung 24 3:43.9
 Henwood 25 3:47.5
 De La Cruz 23 3:58.4
 Hall 25 3:58.5
 C. Wang 25 4:00.3
 Galatanu 25 4:01.9
 Smith 25 4:03.9
 Javinsky 24 4:04.6
 Sharma 24 4:07.3
 Thompson 25 4:10.8
 Katz 23 4:11.9
 Klisura 24 4:12.9
 Walsh 24 4:15.9
 Javinsky 25 4:18.6
 A. Wang 25 4:19.0
 Ma 25 4:19.3
 Hu 24 4:24.9
 Shephard 24 4:26.4
 Smith-Wilde 25 4:26.9
 Cui 25 4:29.9
 Marchetti 25 4:31.6
 Katz 25 4:31.9
 Li 25 4:32.4
 Narayan 22 4:34.8
 M. Beardsley 25 4:34.3
 Dong 22 4:34.9
 Ma 24 4:39.2
 Luckhurst 25 4:39.6
 Carrico 25 4:43.6
 Shansab 25 4:44.7
 Shiba 25 4:45.2
 Dang 24 4:52.8
 Char 25 4:53.4
 Harkavy 25 4:56.9
 Sandler 25 4:57.6
 Axelrod 25 5:03.0
 LaMarche 25 5:03.7
 Blumberg 25 5:06.4
 Gill 25 5:07.7
 Pinedo 25 5:13.5
 De Paschalis 25 5:24.0
 Parker 23 5:25.1

Girls' 1600m

School Record 4:43.96
Gold Foot 5:04.53
Varsity Letterman 5:32.00
FS Letterman 5:58.00
 H. Randolph 25 5:05.34
 Andrzejek 25 5:06.50
 Gill 25 5:14.52
 K. McCasland 25 5:14.78
 J. Randolph 25 5:16.49
 Contreras 24 5:20.20
 Lechner 25 5:36.58
 Fung 25 5:47.01
 Shephard 25 5:48.87
 Beeson 25 6:04.71
 C. Freese 24 6:13.33
 Z. Freese 25 6:13.59
 Pridatko 25 6:19.03
 Galindo 25 6:21.11
 Rao 25 6:30.20
 ML Nguyen 24 7:06.49

Boys' 1600m

School Record 4:10.35
Gold Foot 4:24.16
Varsity Letterman 4:41.00
FS Letterman 5:06.00
 Gregory 25 4:24.44
 Ehrhorn 25 4:25.63
 M. Cook 25 4:28.23
 Gunn 25 4:28.51
 Iyer 25 4:28.96
 De La Cruz 24 4:32.83
 Chiba 25 4:33.64
 Durden 25 4:33.84
 Hearn 25 4:37.12
 C. Cook 25 4:37.76
 Shogan 24 4:38.24
 Chung 24 4:38.60
 Van Delft 25 4:40.82
 Smith 25 4:48.94
 J. Beardsley 24 4:55.06
 Thompson 25 4:57.49
 Shephard 25 4:57.80
 C. Wang 25 4:59.46
 Klisura 25 5:00.01
 Galatanu 25 5:00.77
 Henwood 24 5:01.62
 Hall 25 5:16.69
 Ma 25 5:23.32
 Marchetti 25 5:25.67
 Cui 25 5:34.47
 M. Beardsley 25 5:37.33
 Char 25 5:37.89
 A. Wang 24 5:38.77
 Sandler 25 6:00.14

Girls' 1600m Split

Varsity Letterman 5:31.00
FS Letterman 5:57.00
 K. McCasland 25 5:15.2
 Shephard 25 6:09.7

Boys' 1600m Split

Varsity Letterman 4:40.00
FS Letterman 5:05.00
 M. Cook 25 4:34.5
 Durden 25 4:43.2
 Van Delft 25 4:44.1
 Henwood 24 5:06.1
 Galatanu 24 5:13.1

Girls' 3200m

School Record 10:20.36
Gold Foot 11:03.32
Varsity Letterman 12:18.00

FS Letterman 13:05.00

H. Randolph 25 10:44.26
 J. Randolph 25 11:17.44
 K. McCasland 25 11:31.52
 Contreras 24 11:39.78
 Gill 25 11:45.36
 Lechner 25 12:32.06
 Fung 25 12:35.81
 Beeson 25 13:14.92
 C. Freese 23 13:26.38
 Shephard 25 13:28.24
 Pridatko 25 13:42.14
 Rao 24 13:56.56
 Galindo 25 13:58.11
 Z. Freese 25 14:05.45
 ML Nguyen 24 16:19.92

Boys' 3200m

School Record 8:54.24
Gold Foot 9:28.40
Varsity Letterman 10:15.00

FS Letterman 11:10.00

Gregory 25 9:18.27
 Ehrhorn 25 9:37.50
 Durden 25 9:42.08
 Gunn 25 9:46.01
 Hearn 25 9:50.07
 Iyer 25 9:53.73
 M. Cook 24 9:55.39
 Shogan 25 9:56.13
 De La Cruz 24 9:59.94
 C. Cook 25 10:09.06
 Van Delft 25 10:12.48
 Chung 24 10:16.13
 J. Beardsley 24 10:26.29
 Henwood 24 10:34.87
 Galatanu 25 10:51.37
 Shephard 25 10:55.55
 Thompson 25 11:07.87
 Smith 25 11:14.38
 Cui 24 11:32.79
 C. Wang 24 11:44.50
 A. Wang 25 11:55.63
 Ma 25 11:48.61
 Marchetti 25 12:15.05
 Dong 21 12:15.56

Char 25 12:21.83
 M. Beardsley 25 12:28.74

Girls' 100 Hurdles

School Record 14.50
Gold Foot 15.65
Varsity Letterman 17.90
FS Letterman 19.40
 Stimmler 25 16.02
 Lechner 24 19.02
 Joseph 25 19.23
 Stankus 25 19.36
 Getze 25 20.90

Boys' 110 Hurdles

School Record 14.84
Gold Foot 15.68
Varsity Letterman 17.50
FS Letterman 19.00
 Narayan 25 15.57
 Li 25 16.86
 Smith-Wilde 25 18.22
 Javinsky 25 18.51
 Hu 24 19.47
 Shiba 25 19.93
 Sharma 24 21.11
 Hearn 24 22.33
 Carrico 25 23.53

Girls' 300 Hurdles

School Record 44.76
Gold Foot 46.50
Varsity Letterman 53.90
FS Letterman 56.50
 Stimmler 25 47.64
 Getze 25 50.60
 Stankus 23 51.63
 Joseph 25 52.69
 Moore 25 55.23
 Lechner 24 56.14

Boys' 300 Hurdles

School Record 39.54
Gold Foot 40.65
Varsity Letterman 45.50
FS Letterman 48.00
 Narayan 25 42.84
 Javinsky 25 17
 Smith-Wilde 25 45.55
 Li 23 46.60
 Shiba 25 46.66
 Sharma 24 47.84
 Hearn 24 50.62
 Dang 24 50.91
 Hu 23 51.26
 Luckhurst 25 56.10
 Carrico 25 56.60
 Dong 22 62.01

Girls' Long Jump

School Record 18-3
Gold Foot 16-11
Varsity Letterman 14-6
FS Silver Letterman 13-0
 J. McCasland 24 17-4
 Joseph 25 15-7
 K. McCasland 24 14-6
 Doane 23 13-6
 Stankus 23 12-5.75
 Graves 23 12-4
 Getze 25 12-3
 Worster 24 12-2
 Allen 22 11-8.75
 Lechner 24 11-5.25
 Ross 24 10-11

Boys' Long Jump

School Record 23-2
Gold Foot 20-11
Varsity Letterman 18-6
FS Letterman 16-6
 Parker 25 21-1.5
 Freer 25 17-5
 Dong 22 16-11
 Gill 25 16-8
 Walsh 25 16-4
 Luckhurst 25 15-8
 Katz 23 15-0.5
 Hu 23 14-8.25
 Chiba 24 14-9
 Dang 24 14-7
 Iyer 24 14-5
 Narayan 23 13-6
 Javinsky 24 12-1

Girls' Triple Jump

School Record 36-6
Gold Foot 35-10.5
Varsity Star 30-6
FS Star 27-6
 Ross 25 31-3.75
 Stankus 25 30-0.75
 Doane 23 28-9.75

Allen 22 27-10.25

Boys' Triple Jump

School Record 47-1
Gold Foot 43-0
Varsity Letterman 38-0
FS Letterman 36-0
 Parker 25 46-0.25
 Narayan 24 40-0.75
 Luckhurst 25 36-5
 Hu 24 34-2.5
 Hearn 24 31-7
 Gill 25 31-5.5
 Smith-Wilde 23 30-9.5
 Sharma 25 30-6.5
 Dong 22 26-8

Girls' High Jump

School Record 5-6
Gold Foot 5-1
Varsity Letterman 4-6
FS Letterman 4-2
 Stimmler 25 4-10
 Ross 24 4-2
 Stankus 23 4-0
 Lechner 24 4-0
 Getze 24 3-10

Boys' High Jump

School Record 6-6.5
Gold Foot 6-1
Varsity Letterman 5-6
FS Letterman 5-2
 De La Cruz 23 5-0
 Hu 23 4-10
 Parker 23 4-8
 Shansab 25 4-8
 Blumberg 22 4-6
 Dang 25 4-6
 Shiba 25 4-6
 Gill 25 4-4
 Sharma 23 4-2
 Freer 25 4-2

Girls' Pole Vault

School Record 12-6
Gold Foot 10-6
Varsity Letterman 8-6
FS Letterman 7-0
 Worster 25 10-7
 Moore 25 10-0
 Ross 25 6-6
 Heerin 25 6-6
 Massa 25 6-0

Boys' Pole Vault

School Record 15-0
Gold Foot 13-4
Varsity Letterman 11-0
FS Letterman 9-6
 Li 25 14-4
 Smith-Wilde 24 10-6
 Harkavy 25 7-0

Girls' Shot Put 4k

School Record 40-7
Gold Foot 36-1
Varsity Letterman 26-0
FS Letterman 24-0
 Comerford 25 36-0
 Allen 24 32-0
 Sarang 24 26-9.5
 Markey 25 26-8
 Mendiola 25 22-3
 Doane 23 20-11
 Dunn 25 20-5
 YY Nguyen 25 20-1
 Speckman 25 17-8.5
 ML Nguyen 25 15-0

Boys' Shot Put 10lb

FS Letterman 36-0
 Katz 24 40-2.5
 Wen 24 39-1
 Harrison 25 36-0
 Henwood 23 34-2
 Blumberg 23 30-11
 De Paschalis 25 29-10.5

Boys' Shot Put 12lb

School Record 56-10
Gold Foot 48-7
Varsity Letterman 38-0
 Axelrod 25 43-6
 Katz 25 40-0
 Hu 25 36-11
 Wen 25 33-0.5
 Blumberg 25 32-11

Girls' Discus

School Record 136-8
Gold Foot 117-6
Varsity Letterman 79-6

FS Letterman 72-0

Allen 25 115-4
 Comerford 25 103-3
 Markey 25 79-2
 Sarang 25 75-2
 YY Nguyen 24 66-1
 Mendiola 25 60-5
 Dunn 25 60-4
 Speckman 25 59-10
 Doane 23 50-0
 ML Nguyen 25 36-10

Boys' Discus

School Record 182-8
Gold Foot 148-3
Varsity Letterman 106-6
FS Letterman 90-0
 Axelrod 25 140-1
 Blumberg 25 133-5
 Katz 25 122-6
 Wen 25 102-3
 Hu 25 100-11
 Henwood 23 87-1
 Harrison 25 81-6
 De Paschalis 25 65-11