

Campolindo High School

COUGAR TRACK & FIELD

2010 Personal Records

GIRLS 100m

Swanson 10 13.0ce
Nelson 09 13.3
Lukins 10 13.8ce
Wilson 09 14.0
Coffee 10 14.2ce
Warren 07 14.3
Jayachandran 10 14.6ce
Cahill 10 14.7ce
Garcia 10 15.1
Pines 10 15.1ce
Hyde 09 15.2ce
Isaksson 09 15.5ce
Seto 10 16.6ce

BOYS 100m

Hoffman 10 10.9ce
Keeble 08 11.5ce
Maag 10 11.6ce
Cucarola 10 11.8
Salemme 10 11.8ce
Ebarle 10 11.8ce
Trotter 08 12.2
Reinke 10 12.2ce
Wang 08 12.3ce
Gherghiceanu 10 12.4
Zhang 08 12.5
Knox 10 12.5ce
Abbott 09 12.9ce
Honda 09 12.9ce
Patel 09 13.0ce
Evans 10 13.0
McPhee 10 13.5ce
Wilson 10 13.5ce
Galindo 10 13.5ce
DelValle 09 13.6ce
Palano 10 13.7ce
Goodrich 10 14.0ce
Ghaziani 09 14.9ce

GIRLS 200m

Swanson 10 26.5ce
Warren 08 28.1
Nelson 09 28.7ce
Cahill 10 28.8
Coffee 10 28.9ce
Lukins 10 29.5ce
Magidson 09 30.0
Seto 10 30.0ce
Wilson 09 30.1
Hyde 09 30.9ce
Faoro 09 31.4
Garcia 10 31.5ce
Isaksson 09 31.8ce
Pines 10 31.9

BOYS 200m

Hoffman 10 22.4ce
Trotter 09 23.5ce
Keeble 10 23.5ce
Maag 10 24.2
Reinke 09 24.3ce
Ebarle 10 24.3
Cucarola 10 24.7ce
Salemme 09 24.8ce
Gherghiceanu 10 24.8ce
Wang 09 25.0ce
Zhang 10 25.1
J. Joyce 09 25.2ce
Honda 10 25.8ce

Abbott 10 25.9ce
Kalish 09 26.2ce
Patel 09 26.4ce
Galindo 10 27.2ce
Knox 09 28.4
McPhee 10 28.4ce
Goodrich 10 29.3ce
Ghaziani 10 29.9
Jonathan Lee 10 36.0

GIRLS 400m

Swanson 10 59.4ce
Warren 07 62.0ce
Nelson 10 62.1ce
Brennan 09 62.6
Cahill 10 63.4ce
Verdon 10 65.4ce
Mostatabi 09 65.9ce
G. Orders 09 66.6ce
Magidson 09 66.8
Seto 10 66.8ce
Coffee 10 67.9
S. Orders 10 70.4ce
Garcia 10 70.4ce
Faoro 08 71.3ce
Pines 10 71.5ce
Isaksson 09 79.1ce

BOYS 400m

Trotter 10 52.5ce
Reinke 09 52.6ce
Gherghiceanu 10 55.3ce
Abbott 09 56.6
Laucher 10 56.7ce
Kalvass 10 57.4ce
L. Wong 09 57.7ce
Compestine 10 57.7ce
Patel 10 58.2ce
J. Joyce 08 58.7ce
Zhang 10 59.1
Honda 10 59.2ce
Galindo 10 59.4ce
Eames 10 59.6ce
Garcia 10 60.1ce
Geiger 10 60.4ce
Goodrich 10 60.4ce
Cucarola 08 60.6ce
Gelston 10 60.6ce
McPhee 10 60.8ce
Coe 10 61.2ce
Verdon 10 61.7ce
Settle 10 62.4ce
Kalish 08 64.3ce
Miller 10 65.9ce
Ghaziani 09 66.6ce
Goldbeck 10 68.9
John Lee 10 78.6

GIRLS 400m Split

Swanson 10 59.8
Nelson 10 60.1
Brennan 10 60.9
Warren 08 61.7
Verdon 10 63.2
Cahill 10 63.2
G. Orders 10 64.7
Magidson 10 66.3
Lukins 10 66.7
Coffee 10 66.8

Ross 10 68.0
Jayachandran 10 68.3
Mostatabi 09 68.5
Seto 10 68.8
Meadows 10 70.7
Faoro 08 72.5
Pines 10 72.7
S. Orders 10 74.0
Coe 10 74.0
Garcia 10 75.2
Settle 10 76.4
DeCrenscenzo 10 79.0
Isaksson 10 81.7

BOYS 400m Split

Hoffman 10 49.6
Keeble 10 50.4
Trotter 10 50.5
Reinke 09 52.1
Wang 08 54.7
Cucarola 10 54.9
Chudler 10 55.1
Ebarle 10 55.1
Zhang 09 55.4
Gherghiceanu 10 55.7
Maag 10 55.8
L. Wong 10 55.9
Abbott 09 56.7
Salemme 10 57.0
J. Joyce 08 57.1
Laucher 10 57.3
Patel 10 57.7
Kalvass 10 57.8
Compestine 09 58.1
Hathaway 10 58.8
Palano 10 58.9
Galindo 10 60.0
Garcia 10 60.4
Honda 10 60.4
DelValle 10 60.8
Wilson 10 61.1
Geiger 10 61.3
Knox 09 61.7
Brodowy 10 61.7
McPhee 10 62.5
Gelston 09 62.6
Goodrich 10 62.6
Melkote 10 63.0
Coe 10 63.0
Oto 09 63.4
Verdon 10 63.5
Goldbeck 10 64.4
Eames 10 65.0
Settle 10 65.0
Kalish 07 65.7
Mostaghimi 10 67.1
Ghaziani 10 67.5
John Lee 10 68.8
Farvard 10 68.9
Miller 10 71.0
Jonathan Lee 10 73.9

GIRLS 100 Hurdles

Nelson 10 16.7ce
Jayachandran 10 16.8ce
Lukins 10 19.4ce
Wilson 10 20.3ce
Hyde 09 20.4ce
Isaksson 10 21.8ce

BOYS 110 Hurdles

Keeble 10 14.7ce
Wang 10 15.2ce
Zhang 10 17.2
Brodowy 10 19.2ce
DelValle 09 19.5ce
Wilson 10 20.0
Knox 10 20.0ce
Cucarola 09 22.2

GIRLS 300 Hurdles

Nelson 10 46.5ce
Jayachandran 10 50.2ce
Lukins 10 54.0ce
Hyde 09 56.6ce
Wilson 09 59.5
Isaksson 09 60.9

BOYS 300 Hurdles

Keeble 10 40.2
Wang 08 41.1ce
Zhang 09 44.5
Brodowy 10 45.5ce
L. Wong 09 46.5
Knox 10 47.1ce
Wilson 10 48.6ce
Del Valle 09 48.7ce
Cucarola 09 50.5

GIRLS 400m Relay

Seto-Garcia-Pines-Gryko
10 54.9ce
Wilson-Cahill-Gryko-Faoro
10 54.4ce
Seto-Garcia-Pines-Isakson
10 57.9ce

BOYS 400m Relay

Reinke-Hoffman-Cucarola-
Trotter
10 44.4ce
Knox-Maag-Ebarle-
Gherghiceanu
10 44.7ce
Reinke-Hoffman-Selemme-
Keeble
10 44.9ce
Ebarle-Hoffman-Cucarola-
Maag
10 44.9ce
Knox-Maag-Gherghiceanu-
Abbott
10 47.2
Knox-Maag-Ebarle-Abbott
10 47.2
Honda-Gallindo-Kalvass-
McPhee
10 49.8
Honda-Palano-Galindo-
McPhee
10 50.1ce
Salemme-J. Joyce-Melkote-
Ghaziani
10 52.4

GIRLS 1600m Relay

Swanson-Brennan-Nelson-
Cahill

10 4:05.2ce

Swanson-Nelson-Warren-
Brennan
10 4:06.8ce

Nelson-Brennan-Warren-
Cahill
10 4:10.8ce

Warren-Brennan-Swanson-
Cahill
10 4:15.3

G. Orders-Brennan-Warren-
Swanson
10 4:21.0

Coffee-Meadows-Settle-Ross
10 4:51.5

BOYS 1600 Relay

Reinke-Trotter-Hoffman-
Keeble
10 3:22.5ce

Reinke-Trotter-Hoffman-
Cucarola
10 3:36.3

Gherghiceanu-Kalvass-
Maag-L. Wong
10 3:43.54

Gherghiceanu-L. Wong-
Ebarle-Palano
10 3:46.4ce

L. Wong-Maag-Kalvass-
Gherghiceanu
10 3:52.5

Patel-J. Joyce-Salemme-
Ghaziani
10 4:00.7

GIRLS 800m

Warren 09 2:17.4ce
Brennan 10 2:17.4ce
Verdon 10 2:19.7ce
G. Orders 10 2:22.6ce

Cahill 09 2:31.5
Mostatabi 10 2:31.6
S. Orders 10 2:33.8

Meadows 10 2:34.9ce
Jayachandran 10 2:35.8ce
Nelson 09 2:37.9ce

Farnan 10 2:38.3ce
Lukins 10 2:41.8ce
Coffee 10 2:42.8ce

Coe 10 2:44.1ce
Ross 10 2:47.1ce
Faoro 08 2:47.6

Seto 10 2:52.0ce
Settle 10 2:54.7ce
DeCrenscenzo 10 2:57.4ce

Isaksson 10 3:03.6ce
Eagle 10 3:06.8

BOYS 800m

Laucher 10 2:05.9
Compestine 10 2:06.0ce
Trotter 10 2:06.4

L. Wong 09 2:06.5ce
Chudler 10 2:07.5ce
Reinke 09 2:08.8ce

Maag 10 2:12.9ce
Gabrielli 10 2:13.0ce
Patel 10 2:13.3ce

T. Joyce 10 2:13.4ce

Keeble 08 2:13.7ce
Abbott 09 2:13.7ce
Settle 10 2:15.4ce
J. Joyce 09 2:15.8ce
Ebarle 10 2:16.5ce
Wang 08 2:16.6ce
Knox 10 2:16.8ce
Hathaway 10 2:16.8ce
Garcia 10 2:17.6ce
Wilson 10 2:18.8ce
Hoffman 10 2:18.8ce
Honda 10 2:19.3ce
Coe 10 2:19.6ce
Geiger 10 2:19.6ce
Mostaghimi 10 2:19.8ce
Chen 10 2:20.4
Evans 10 2:20.9ce
Brodowy 10 2:20.9ce
Zhang 08 2:21.2ce
Cucarola 10 2:21.6ce
Kalvass 10 2:23.4ce
Palano 10 2:23.7ce
Salemme 10 2:24.0ce
Eames 10 2:24.8ce
Yagi 10 2:25.7ce
Miller 10 2:25.7ce
Galindo 10 2:26.1ce
Goodrich 10 2:26.3ce
Verdon 09 2:26.9ce
McPhee 10 2:27.3ce C.
Wong 10 2:27.4ce
Sun 10 2:27.9ce
Gelston 10 2:27.9ce
Martin 10 2:28.2ce
DelValle 10 2:29.5ce
Melkote 10 2:29.6ce
VanHeuit 10 2:30.1
Gabrielson 10 2:32.3ce
Merryman 10 2:32.8ce
Fong 10 2:33.5
Oto 09 2:34.0ce
Brumbaugh 09 2:34.9ce
Farvard 10 2:35.0
Ghaziani 10 2:38.4ce
Goldbeck 10 2:39.0ce
Jonathan Lee 10 2:43.3
Kalish 07 2:44.4ce
John Lee 10 2:47.0ce

GIRLS 800m Split

Warren 10 2:18.7
Brennan 10 2:21.3
Verdon 10 2:22.4
G. Orders 09 2:23.8
Meadows 10 2:28.1
Cahill 08 2:29.7
Mostatabi 09 2:30.1
S. Orders 10 2:35.3
Faoro 08 2:35.5
Nelson 09 2:36.5
Magidson 10 2:37.6
Farnan 10 2:39.1
Coe 10 2:41.4
Ross 10 2:40.6
Lukins 10 2:41.4
Coffee 10 2:41.5
Pines 10 2:48.2
Settle 10 2:54.3
Garcia 10 3:03.6
Eagle 10 2:58.9
DeCrenscenzo 10 3:06.7
Isaksson 10 3:07.3

BOYS 800m Split

Compestine 10 2:04.7
Laucher 09 2:06.0
T. Joyce 10 2:06.2
Chudler 09 2:06.9
L. Wong 10 2:06.9
Reinke 09 2:07.4
Geiger 10 2:09.1
Hathaway 10 2:11.2
Patel 10 2:14.8
Gabrielli 10 2:15.8

Coe 10 2:17.1
Knox 10 2:17.2
Garcia 09 2:19.3
J. Joyce 10 2:19.0
Chen 10 2:19.6
Goodrich 10 2:20.9
Honda 10 2:22.0
Wilson 10 2:22.9
Miller 10 2:24.1
Yagi 10 2:24.1
Gelston 10 2:25.3
Settle 10 2:26.5
Palano 10 2:27.5
Verdon 07 2:27.9
Fong 10 2:30.5
VanHeuit 10 2:31.4
Mostaghimi 09 2:32.4
C. Wong 10 2:33.0
Salemme 10 2:33.0
Gabrielson 10 2:34.7
Oto 10 2:35.1
Ghaziani 10 2:42.0

GIRLS 1200m Split

G. Orders 10 3:50.2
Mostatabi 08 3:54.7
Verdon 09 3:55.5
Brennan 08 3:59.1
S. Orders 10 3:59.9
Faoro 08 4:19.3

BOYS 1200m Split

Laucher 10 3:18.9
Chudler 09 3:25.7
Compestine 10 3:25.7
L. Wong 09 3:32.0
Settle 10 3:35.5
Gabrielli 10 3:37.3
Geiger 09 3:57.9

GIRLS 1600m

Verdon 10 4:56.6ce
Warren 10 5:04.9ce
G. Orders 10 5:05.4ce
Brennan 10 4:20.1ce
Mostatabi 09 5:23.2
S. Orders 10 5:24.5ce
Faoro 08 5:39.6
Meadows 10 5:40.4
Farnan 10 5:41.1
Ross 10 5:45.0ce
Cahill 09 5:45.8ce
Coe 10 5:49.2
Chan 10 5:53.3ce
Settle 10 6:09.9ce
DeCrenscenzo 10 6:21.0ce
Eagle 10 6:23.3ce

BOYS 1600m

Laucher 10 4:26.2ce
Chudler 10 4:38.1
Compestine 10 4:38.9ce
L. Wong 09 4:45.4
T. Joyce 10 4:47.6ce
Geiger 10 4:48.0ce
Hathaway 10 4:49.5ce
Settle 10 4:49.8
Gabrielle 10 4:50.3ce
Coe 10 4:52.2ce
Garcia 10 4:56.6
Chen 10 4:59.9
Miller 10 5:01.4
Eames 10 5:07.4ce
Verdon 10 5:09.3
Mostaghimi 10 5:09.5ce
Yagi 10 5:15.6ce
Sun 10 5:15.9ce
C. Wong 10 5:17.8
Fong 10 5:18.5
Oto 10 5:21.1ce
Gelston 10 5:21.6
Merryman 10 5:22.2ce
Gabrielson 10 5:22.4

Farvard 10 5:30.7ce
VanHeuit 10 5:48.2ce

GIRLS 1600m Split

Warren 10 5:04.8
Verdon 10 5:06.1
G. Orders 08 5:12.7
Brennan 10 5:16.9
Mostatabi 09 5:28.8
Farnan 10 5:39.3
Meadows 10 5:41.3 S.
Orders 10 5:44.5
Cahill 09 5:51.0
Ross 10 5:54.6
Coe 10 5:59.3
Faoro 08 6:02.3
Settle 10 6:05.7
Eagle 10 6:34.9
DeCrenscenzo 10 6:42.9

BOYS 1600m Split

Laucher 10 4:35.8
Chudler 10 4:37.6
Compestine 10 4:42.3
L. Wong 09 4:46.7
T. Joyce 10 4:51.0
Hathaway 10 4:54.8
Geiger 10 4:57.7
Gabrielli 10 4:57.8
Coe 10 4:57.8
Chen 10 4:58.6
Settle 08 5:00.4
Garcia 09 5:06.7
Miller 10 5:08.2
Verdon 10 5:17.2
Oto 10 5:23.1
Gelston 10 5:24.5
C. Wong 10 5:24.9
Mostaghimi 09 5:37.4
Merryman 10 5:47.5

GIRLS 3200m

Verdon 10 10:42.7ce
G. Orders 10 10:57.7ce
S. Orders 10 11:27.3ce
Mostatabi 09 11:27.4ce
Brennan 10 11:59.2ce
Farnan 10 12:20.2ce
Faoro 08 12:23.4
Meadows 10 12:25.7ce
Cahill 09 12:43.3
Coe 10 12:44.2
Ross 10 12:50.5ce
Eagle 10 13:34.8ce
Settle 10 13:47.2ce
DeCrenscenzo 10 14:22.6

BOYS 3200m

Laucher 10 9:39.8ce
Chudler 10 9:43.2ce
Compestine 10 10:06.8ce
T. Joyce 10 10:12.4ce
Geiger 10 10:22.4ce
Hathaway 10 10:23.0ce
Miller 10 10:29.6ce
Coe 10 10:30.7ce
Garcia 10 10:37.5ce
L. Wong 09 10:38.5ce
Settle 10 10:40.4ce
Chen 10 10:50.3ce
Verdon 10 10:55.7ce
Yagi 10 11:03.0ce
Sun 10 11:09.3ce
Eames 10 11:12.5
Motaghimi 10 11:14.9ce
Gabrielson 10 11:26.9ce
Fong 10 11:31.0ce
Gabrielli 10 11:34.2
C. Wong 10 11:34.4ce
Gelston 10 11:36.8ce
Oto 10 11:37.0ce
Farvard 10 11:59.7ce
Merryman 10 12:14.5

GIRLS Long Jump

Swanson 10 16-10.5
Gryko 10 15-0
Nelson 10 14-4.5
Lukins 10 14-3.5
Magidson 10 13-8
Vaccaro 10 13-6.75
Warren 07 13-1
DeCrenscenzo 10 12-10
Garcia 10 12-5
Settle 10 12-2.5
Brennan 09 11-10
Seto 10 11-7
Pines 10 11-3
Pines 10 10-6.75
J. Macy 10 9-9
Coffee 10 8-11.5

BOYS Long Jump

Wang 10 20-8.5
Keeble 09 19-6.25
Ebarle 10 18-8.75
Salemme 09 18-1.75
Zhang 09 17-8
Kalvass 10 17-8
Kalish 09 17-6
L. Wong 16-11
Knox 10 16-8.75
Maag 10 16-5
Brumbaugh 09 16-4
Trotter 08 16-1
Evans 10 16-0.75
Reinke 08 15-5
Honda 10 15-4
Abbott 10 14-5
Palano 10 14-4
Patel 09 14-0.75
Compestine 09 14-0
Brodowy 09 13-7
Galindo 10 11-7
Sun 10 10-4
Farvard 10 10-1

GIRLS Triple Jump

Jayachandran 10 31-6.5
Vaccaro 10 30-4.5
Magidson 10 29-9.75
Wilson 10 29-0
Coffee 10 25-9.5
Faoro 08 25-5.5

BOYS Triple Jump

Keeble 10 44-4.5
Wang 08 41-3
Zhang 09 38-3
Knox 10 37-2.75
Evans 10 35-0
Salemme 09 34-9.5
Trotter 07 34-8.5
Ebarle 09 34-4
Reinke 08 33-6
Gherghiceanu 10 33-4.75
Abbott 09 30-9.5
Patel 09 29-3
Goldbeck 28-6.5
Galindo 10 27-5

GIRLS High Jump

Jayachandran 10 4-10
Swanson 10 4-10
Gryko 10 4-8
DeCrenscenzo 10 4-6
S. Orders 10 4-4
Nelson 09 4-2
Vaccaro 10 4-2
Faoro 08 4-0
Cahill 08 4-0
Brennan 09 4-0
Lukins 10 3-8

BOYS High Jump

Evans 10 5-8
Keeble 08 5-6

Trotter 09 5-6
L. Wong 10 5-4
Wang 07 4-10
Brodowy 10 4-10
Zhang 07 4-8
Gelston 09 4-8
Eames 10 4-8
Gherghiceanu 10 4-6
Compestine 09 4-4
Salemme 09 4-0

GIRLS Pole Vault

Hyde 10 11-0
Wilson 10 9-0
Gryko 10 8-6

BOYS Pole Vault

Kalish 10 15-0
Del Valle 10 13-6
Wilson 10 10-0
Goodrich 10 9-0
J. Joyce 07 8-0
Oto 09 7-6

GIRLS Shot Put 4k

Isaacs 10 38-7
Vaccaro 10 30-9
M. Macy 10 28-10
Dokos 09 28-3.5
Mostatabi 09 25-11
J. Macy 10 25-5
Pakzadan 10 24-7
Isaksson 09 24-0.75
Touhy 10 23-4
Coffee 10 23-0
Pines 10 21-6.5
Ross 09 18-9
Faoro 09 16-10
Farnan 09 16-7
Magidson 09 11-7

BOYS Shot Put 12lb

Brumbaugh 10 42-1.5
Hakimjavadi 10 39-9
Martin 10 33-3.5
Greenway 10 33-3
Kalish 09 27-7

BOYS Shot Put 10lb

Brumbaugh 09 41-1
Reinke 08 32-2.25
Gabrielli 10 29-8.5
Goldbeck 10 26-2.5
McPhee 10 25-1.5
Jonathan Lee 10 23-3
Verdon 08 18-1

GIRLS Discus

Isaacs 10 124-5
M. Macy 10 98-10
Dokos 09 94-11
Vaccaro 10 90-0
J. Macy 10 81-1
Touhy 10 75-5
Pakzadan 10 72-2
Isaksson 09 66-2
Faoro 09 58-11
Farnan 09 51-7
Ross 09 48-0
Magidson 09 36-2

BOYS Discus

Brumbaugh 10 129-3
Hakimjavadi 10 119-9
Martin 10 106-4
Greenway 10 97-3
Gabrielli 10 85-4
McPhee 10 73-7
Kalish 09 73-0
Jonathan Lee 10 51-5