

Campolindo High School

COUGAR TRACK & FIELD

2013 Personal Records

100m
 Swanson 12 13.07
 Coffee 12 13.24
 Bernardo 12 13.48
 DeCrescenzo 11 13.66
 Seeley 13 13.93
 Wong 13 14.18
 Duncan 12 14.23
 Chiang 12 14.29
 Protzen 12 14.38
 Quint 12 15.34
 Sabey 13 15.40
 Nagy 13 15.67
 Dewey 13 16.09

100m
 H. Hughes 13 11:32
 Hoffman 13 11.53
 J. Hughes 13 11.84
 Lothamer 13 11.89
 VanHeuit 12 11.92
 Goodrich 13 12.20
 Galindo 13 12.20
 Vince 13 12.30
 HarlandDunaway 12 12.57
 Pfaff 13 12.94
 Amsden 13 13.0
 Luchin 13 13.01
 Wu 13 13.29
 Lobzakov 12 13.30
 Nichols 13 13.37
 Kim 13 13.54
 Yanaga 11 13.92
 Shurtz 12 14.28
 Capurro 13 14.32
 B. Wilson 13 14.53

200m
 Swanson 12 25.88
 Coffee 12 27.28
 Wong 13 28.53
 Chiang 13 28.85
 Cella 13 29.28
 Duncan 12 29.55
 Dewey 13 30.46
 Seto 13 32.09
 Seeley 13 32.49
 Nagy 13 33.70
 Quint 11 34.4

200m
 Hoffman 13 22.63
 H. Hughes 13 22.99
 Lothamer 13 24.00
 Galindo 13 24.13
 VanHeuit 12 24.37
 J. Hughes 13 24.97
 Vince 13 25.51
 Luchin 13 26.18
 Amsden 13 27.00
 Nichols 13 27.27
 Yanaga 11 28.65
 Goodrich 10 29.3ce
 Capurro 12 29.58
 B. Wilson 13 29.99
 Heutmayer 13 30.75

400m
 Swanson 12 58.97
 Coffee 12 62.14
 Wong 13 62.65
 Leach 13 63.03
 Sun 13 65.47
 Duncan 13 66.0
 Chiang 12 66.13
 Johnson 12 67.01
 Powell 13 67.74
 Ishida 13 68.7
 Cella 13 68.95
 DeCrescenzo 11 69.06
 Sabey 13 69.50
 Hann 11 70.53
 Ryles 12 70.70
 Dewey 13 71.66
 Seto 13 72.36
 Mattioda 13 74.80
 Seeley 13 75.08
 Nagy 13 75.30
 Zywiec 13 79.10

400m
 Hoffman 13 49.64
 Goodrich 13 52.28
 Lothamer 13 52.81
 H. Hughes 12 53.34
 VanHeuit 13 53.48
 Galindo 12 54.34
 Sun 13 54.35
 Pfaff 13 55.96
 Hathaway 13 56.47
 Nichols 13 57.52
 Amsden 13 57.62
 Valverde 12 57.65
 Takata 12 58.47
 Vince 13 59.19
 Farvard 13 59.27
 Weinberg 13 59.46
 Wu 13 59.57
 Sauerberg 13 60.48
 Luchin 13 60.74
 Yanaga 12 61.25
 Moran 13 61.34
 K. Buckley 13 61.54
 Shurtz 13 61.70
 Boozarpour 13 62.04
 Whitley 12 62.26
 Heutmayer 13 64.32
 B. Wilson 13 65.81
 Capurro 13 66.11
 Tucker 11 66.19

400m Split
 Swanson 12 58.9
 Coffee 12 60.7
 Leach 13 62.7
 Wong 13 64.6
 H. Shipway 11 64.9
 Orders 12 64.9
 Duncan 13 65.2
 Chiang 12 65.5
 Bernardo 12 66.5
 Johnson 12 66.9
 Sun 13 67.1
 Cella 13 68.6

Dewey 13 69.2
 Ishida 13 69.6
 Powell 13 71.5
 Hann 13 71.6
 Ryles 12 71.8
 Quint 13 72.0
 Sabey 13 72.6
 Protzen 12 74.3
 Mattioda 13 75.8
 DeCrescenzo 10 79.0
 Seeley 13 79.6
 Zywiec 12 86.5
 Smit 11 91.9

400m Split
 Hoffman 13 48.9
 H. Hughes 13 50.5
 VanHeuit 13 51.6
 Lothamer 13 51.6
 Goodrich 13 52.7
 Galindo 13 54.1
 Sun 13 54.3
 HarlandDunaway 12 55.6
 Takata 12 55.6
 Hathaway 13 55.6
 J. Hughes 13 56.4
 Valverde 12 56.6
 Nichols 13 56.6
 Goltra 13 57.2
 Vince 13 57.4
 Yanaga 13 57.6
 Amsden 13 57.9
 Pfaff 13 58.2
 Whitley 13 58.4
 Farvard 13 58.6
 Weinberg 13 60.0
 Sauerberg 13 60.7
 Moran 13 60.9
 K. Buckley 13 61.9
 Boozarpour 13 62.0
 Luchin 13 62.8
 Lobzakov 12 63.7
 Steaingrube 13 65.5
 Semenza 13 65.8
 Capurro 13 66.0
 Heutmayer 13 66.1
 Shurtz 12 66.9
 Rowland 12 70.9
 W. Buckley 13 78.0

400m Relay
 Coffee-Bernardo-
 Chiang-Wong
 12 51.97
 Bernardo-Wong-
 Chiang-Cella
 13 52.38
 Coffee-Wong-
 Duncan-Protzen
 13 52.9
 Bernardo-Wong-
 Chiang-Protzen
 12 53.12
 Quint-Wong-
 Duncan-Protzen
 13 53.33
 Bernardo-Coffee-

Duncan-DeCrescenzo
 12 53.43
 Ishida-Cella-
 Dewey-Seeley
 13 55.64
 Ishida-Cella-
 Dewey-Seeley
 13 56.10
 Chiang-Sabey-
 Ishida-Seeley
 13 56.73
 Quint-Seeley-
 Coffee-Nagy
 13 57.11
 Chiang-Sabey-
 Dewey-Seeley
 13 58.30

400m Relay
 Lothamer-H. Hughes-
 Galindo-Hoffman
 13 43.48
 Lothamer-H. Hughes-
 Goodrich-Hoffman
 13 44.92
 Lothamer-H. Hughes-
 Goodrich-J. Hughes
 13 45.26
 Lothamer-H. Hughes-
 VanHeuit-J. Hughes
 13 45.28
 Galindo-H. Hughes-
 Goodrich-J. Hughes
 13 45.5
 Vince-Amsden-
 Wu-Capurro
 13 49.46
 Amsden-Nichols-
 B. Wilson-Hoffman
 13 50.70
 Kim-Amsden-
 Wu-Capurro
 13 51.0
 Kim-Heutmayer-
 Wu-Capurro
 13 53.55

1600m Relay
 Wong-Leach-
 Duncan-Protzen
 13 4:16.10
 Swanson-Coffee-
 Leach-Duncan
 12 4:17.22
 Leach-H. Shipway-
 Hann-Orders
 13 4:37.95
 Chiang-Cella-
 Dewey-Powell
 13 4:40.31
 Johnson-Sun-
 Powell-Mattioda
 13 4:49.29
 Cella-Ishida-
 Nagy-Dewey
 13 4:50.4

1600 Relay
 Lothamer-H. Hughes-
 VanHeuit-Hoffman
 13 3:23.19
 Goodrich-Hoffman-
 H. Hughes-VanHeuit
 13 3:27.82
 Hoffman-Lothamer-
 Hughes-VanHeuit
 13 3:27.89
 Goodrich-Lothamer-
 VanHeuit-Galindo
 13 3:38.20
 Lothamer-H. Hughes-
 Takata-HarlandDunaway
 12 3:42.96
 Goodrich-
 HarlandDunaway-
 J. Hughes-Galindo
 13 3:44.7
 Lothamer-
 HarlandDunaway-
 Galindo-Nichols
 13 3:44.85

800m
 Leach 13 2:21.48
 Johnson 12 2:24.93
 H. Shipway 11 2:25.8
 Orders 13 2:27.81
 Sun 13 2:29.91
 Swanson 12 2:31.11
 Cella 13 2:33.02
 Coffee 12 2:34.16
 Duncan 11 2:36.71
 Hann 13 2:36.91
 Ishida 13 2:38.80
 Powell 12 2:40.75
 Chiang 12 2:41.99
 Wong 12 2:44.37
 Protzen 12 2:44.59
 Bernardo 13 2:45.32
 DeCrescenzo 11 2:49.01
 Quint 11 2:50.25
 S. Shipway 13 2:51.22
 Ryles 13 2:51.91
 Mattioda 12 2:52.33
 McCullough 13 2:53.02
 Smit 12 2:55.25
 Dewey 13 2:55.66
 Seto 13 3:02.33
 Zywiec 12 3:03.49
 Aquil 13 3:19.5
 Nagy 13 3:24.25

800m
 Sun 13 2:01.57
 Goltra 13 2:05.62
 Hathaway 11 2:06.65
 VanHeuit 13 2:08.87
 Valverde 13 2:08.96
 Farvard 13 2:09.15
 Lothamer 13 2:10.08
 Goodrich 12 2:10.39
 Weinberg 13 2:11.94
 Hoffman 12 2:12.34
 H. Hughes 13 2:12.97

Takata 12 2:12.46	Powell 13 5:42.36	McCullough 13 14:42.7	Ishida 13 10-10	Duncan 13 22-5.25
Moran 13 2:14.12	S. Shipway 13 6:00.41	Eng 13 14:56.11	Toohey 13 10-7	Firstenberg 13 21-6
Yanaga 13 2:14.32	Smit 12 6:10.33	Aquil 13 15:33.76		Maghsoodnia 13 21-5.5
Pfaff 13 2:15.87	DeCrescenzo 10 6:21.0ce		Long Jump	Shot Put 12lb
Sauerberg 13 2:16.70	Zywicz 13 6:23.57	3200m	Pfaff 13 19-4	Rowland 13 38-9
Nichols 13 2:17.09	Eng 13 6:38.07	Goltra 13 9:16.53	Lothamer 13 19-3.5	Shurtz 13 36-1.5
K. Buckley 13 2:17.5	McCullough 6:39.03	Hathaway 13 9:34.09	Whitley 12 17-6	Matsuda 13 35-10.75
Whitley 13 2:17.94	Aquil 13 7:08.90	Sun 13 9:44.29	Vince 13 17-3	Tong 13 28-9
HarlandDunaway 11 2:20.17		Weinberg 13 9:53.57	VanHeuit 12 16-6	Evans 13 28-2
Pappa 13 2:21.82	1600m	Moran 13 9:55.51	HarlandDunaway 12 16-4.75	Chen 13 26-8.75
Fong 11 2:21.84	Goltra 13 4:24.19	Farvard 13 10:06.37	Hoffman 11 16-0.5	Wong 13 22-11.75
Galindo 12 2:21.98	Hathaway 13 4:26.92	Fong 13 10:05.20	J. Hughes 13 15-10	S. Garvey 13 16-8.5
Boozarpour 13 2:22.80	Sun 13 4:36.5	Valverde 13 10:11.13	Shurtz 13 15-8.75	
Amsden 13 2:24.27	Farvard 12 4:36.46	K. Buckley 13 10:21.29	Yanaga 12 15-5	Shot Put 10lb
Tucker 12 2:24.93	Brennan 13 4:42.06	Boozarpour 13 10:36.38	Sauerberg 13 15-1.25	Shurtz 13 39-10
C. Garvey 13 2:27.08	Moran 13 4:42.47	Sauerberg 13 10:36.39	Chen 13 15-0	Rowland 12 38-8.5
Vince 13 2:27.16	Fong 12 4:45.00	C. Garvey 13 10:50.34	Amsden 13 14-11	Chen 13 37-11
Semenza 13 2:27.5	Weinberg 13 4:45.2	Pappa 13 10:58.89	Capurro 13 14-10	Galindo 11 34-1
Lee 12 2:30.64	Sauerberg 13 4:46.66	Takata 13 10:59.18	B. Wilson 13 13-6	Wong 13 30-11.5
Beaver 12 2:31.01	Valverde 12 4:46.6	Beaver 13 11:03.24	Kim 13 11-1	S. Garvey 13 20-9.5
Wu 13 2:33.06	K. Buckley 13 4:47.30	Semenza 13 11:09.92	Sun 10 10-4	
Baker 13 2:35.26	Boozarpour 12 4:55.28	Yanaga 12 11:13.79	Farvard 10 10-1	Discus
Heutmaker 13 2:36.11	Pappa 13 5:02.80	Tucker 12 11:14.91		DeCrescenzo 13 107-5
Kim 13 2:37.35	Takata 12 5:02.93	Lee 12 11:18.6	Triple Jump	M. Daum 13 100-4
Steaingrube 13 2:38.88	Semenza 13 5:03.47	Baliwag 13 11:43.97	Leach 12 33-0	Toohey 13 80-7
Shurtz 12 2:38.97	C. Garvey 13 5:04.38	Whitley 12 12:02.94	Bernardo 13 31-8	Duncan 11 68-7
B. Wilson 2:39.10	Yanaga 13 5:10.98	Steaingrube 13 12:10.10	Wong 13 30-9	Maghsoodnia 13 64-0
Baliwag 13 2:40.20	Tucker 12 5:12.15	W. Buckley 13 12:23.27	Ryles 13 29-3	Firstenberg 13 61-7
W. Buckley 13 2:42.52	Beaver 13 5:14.65	Baker 13 13:14.03	Coffee 11 28-10.5	
Capurro 13 2:43.52	Lee 12 5:20.95	Bishop 13 13:17.09	Nagy 13 26-2.75	Discus
Bishop 13 2:44.87	Whitley 12 5:34.00			Shurtz 13 122-1
	Steaingrube 13 5:36.4	100 Hurdles	Triple Jump	Rowland 13 106-3
800m Split	W. Buckley 13 5:43.87	Bernardo 13 17.40	Lothamer 13 39-6.5	Chen 13 96-9
Johnson 12 2:23.4	Baliwag 13 5:44.78	Quint 12 18.59	Pfaff 12 39-5	Matsuda 13 91-10
Sun 13 2:27.69	VanHeuit 10 5:48.2ce	Protzen 13 19.04	Whitley 13 39-0.25	Evans 13 88-10
H. Shipway 11 2:28.3	Baker 13 5:52.00	Ryles 13 19.23	Vince 13 37-5	Wong 13 87-8
Swanson 11 2:30.4	Bishop 13 5:59.07	Sabey 13 20.43	HarlandDunaway 12 37-9.5	Tong 13 80-10
Leach 12 2:30.7		Ishida 13 20.96	Yanaga 12 33-5	Pfaff 12 70-0
Cella 13 2:32.9	1600m Split	Dewey 13 26.28	H. Hughes 11 31-2.5	S. Garvey 13 55-3
Coffee 11 2:33.9	Leach 13 5:06.2		Capurro 13 32-0.5	Galindo 11 42-8
Hann 13 2:33.9	Johnson 12 5:13.1	110 Hurdles	Hoffman 11 30-3.25	
Powell 13 2:39.1	Orders 12 5:13.5	Pfaff 13 15.56	Amsden 13 30-3.25	
Chiang 12 2:39.9	Sun 13 5:16.7	HarlandDunaway 13 16.07	Shurtz 12 28-3.25	
Bernardo 12 2:41.1	H. Shipway 13 5:27.77	Whitley 13 17.46	Galindo 10 27-5	
S. Shipway 13 2:50.7	Powell 13 5:53.3	VanHeuit 12 18.22	High Jump	
Dewey 13 2:52.7	Hann 11 5:55.8	Yanaga 13 19.58	Swanson 11 5-4	
Smit 13 2:55.3	S. Shipway 13 6:04.3	Kim 13 20.18	DeCrescenzo 10 4-6	
DeCrescenzo 10 3:06.7	Smit 13 6:38.3	Wu 13 21.58	Ryles 13 4-6	
	DeCrescenzo 10 6:42.9	B. Wilson 13 24.64	Hann 12 4-2	
	McCullough 13 6:55.7		Wong 11 4-0	
800m Split		300 Hurdles	Powell 13 4-0	
Goltra 13 2:01.4	1600m Split	Protzen 13 48.18	Firstenberg 13 4-0	
Hathaway 13 2:02.3	Goltra 13 4:20.9	Bernardo 12 51.17	Leach 12 3-8	
Sun 13 2:05.6	Hathaway 12 4:28.7	Quint 12 55.31	Protzen 12 3-6	
Takata 12 2:09.4	Sun 13 4:34.2	Ryles 13 55.31	Toohey 13 3-6	
Farvard 13 2:09.5	Farvard 13 4:37.0	Ishida 13 55.46		
Weinberg 13 2:10.5	Valverde 13 4:48.5	Sabey 13 57.69	High Jump	
Moran 13 2:10.7	Moran 13 4:49.8	Dewey 13 69.35	Pfaff 12 6-2	
Fong 12 2:10.9	Fong 12 4:58.0		H. Hughes 12 5-10	
Sauerberg 13 2:12.0	Boozarpour 13 4:59.4	300 Hurdles	J. Hughes 13 5-6	
K. Buckley 13 2:14.0	Takata 13 5:03.0	Pfaff 13 41.47	HarlandDunaway 11 5-2	
Valverde 11 2:20.1	Semenza 13 5:11.7	VanHeuit 13 41.54	Sauerberg 13 4-10	
Boozarpour 13 2:20.7	Pappa 13 5:13.3	HarlandDunaway 13 42.17		
Tucker 12 2:24.5	Tucker 12 5:17.0	Goodrich 12 43.90		
Pappa 13 2:26.0	Yanaga 12 5:20.4	Whitley 12 45.7	Pole Vault	
Semenza 13 2:29.6	Weinberg 11 5:23.5	Wu 13 47.02	Quint 13 10-7	
VanHeuit 10 2:31.4	Lee 12 5:32.6	Yanaga 13 47.63	Protzen 13 9-1	
Baker 13 2:40.6	Steaingrube 13 5:41.0	Nichols 13 50.90	Bernardo 11 7-6	
W. Buckley 13 2:50.4	Baliwag 13 5:42.3	Kim 13 51.11	Seeley 13 7-0	
		B. Wilson 13 55.62	Sabey 13 6-0	
1200m Split	3200m	Long Jump	Pole Vault	
M. Orders 13 3:50.09	Leach 13 10:41.45	Swanson 12 18-3	Goodrich 13 10-6	
	Orders 12 11:01.86	Bernardo 12 16-0	Lobzakov 13 10-6	
1200m Split	Johnson 12 11:07.13	Wong 13 14-5.75	Nichols 13 10-6	
Hathaway 11 3:21.4	Sun 13 11:16.24	Leach 12 14-3.75	Kim 13 8-6	
	H. Shipway 13 11:39.15	Chiang 13 14-3	Amsden 13 8-0	
1600m	Mattioda 13 12:19.42	DeCrescenzo 11 13-8		
Leach 13 4:49.99	Hann 13 12:27.59	Cella 13 13-5.25	Shot Put 4k	
Johnson 12 5:10.09	Powell 13 12:32.81	Protzen 13 12-7.75	M. Daum 13 29-9.5	
Orders 12 5:14.95	S. Shipway 13 12:59.06	Hann 12 12-10.25	DeCrescenzo 13 29-1	
Sun 13 5:15.09	Smit 12 13:06.22	Nagy 13 12-3.25	Toohey 13 28-4	
H. Shipway 11 5:18.98	Zywicz 13 14:03.61	Seto 13 11-1	Coffee 10 23-0	
Hann 13 5:34.13	DeCrescenzo 10 14:22.6ce			
Mattioda 13 5:39.19				