

Campolindo High School

COUGAR TRACK & FIELD

2015 Personal Records

100m
 Williams 15 12.93
 Wong 15 13.71
 Bernardo 14 14.04
 Liu 15 14.03
 Chiang 15 14.16
 Hyatt 14 14.23
 Protzen 12 14.38
 Ahearn 15 14.45
 Lee 15 14.69
 Hughes 15 14.72
 Sabey 14 15.03
 Isola 15 15.0
 McCaffery 15 15.19
 Mak 15 15.26
 Li 15 15.5
 Dewey 13 16.09

100m
 Hughes 15 11.61
 Movahedi 15 11.73
 Lothamer 13 11.89
 Amsden 15 12.09
 Vince 15 12.12
 Fleming 15 12.25
 A. Capurro 15 12.33
 Weyland 15 12.56
 Visht 15 12.79
 J. Lin 15 12.97
 T. Capurro 14 13.43
 Y. Kim 13 13.54
 Farne 14 13.38
 Socher 15 13.79
 Pratt 15 14.1
 Protzen 15 14.07
 Shurtz 12 14.28

200m
 Williams 15 27.19
 Chiang 14 27.80
 Cella 14 28.43
 Hyatt 14 28.79
 Dewey 14 28.97
 Liu 15 29.03
 Bernardo 14 29.53
 Ahearn 15 30.15
 Li 15 31.06
 Hughes 15 32.38
 Mak 15 32.90
 Gonzalez 15 33.29

200m
 Hughes 15 22.84
 Lothamer 14 23.63
 Moore 14 24.33
 Amsden 15 24.75
 Vince 15 24.94
 Fleming 15 25.02
 J. Lin 15 26.31
 Pfaff 14 26.43
 Farne 14 26.86
 Landry 14 28.02
 T. Capurro 15 29.02
 M. Lee 15 29.05
 Heutmayer 13 30.75

400m
 Hyatt 15 60.07
 Leach 15 61.17
 Arnsald 15 62.66
 Chiang 14 65.27
 Sun 13 65.47

Mar. Brown 14 65.52
 Williams 14 66.19
 Dewey 14 66.65
 Bernardo 15 66.69
 Johnson 12 67.01
 Ahearn 15 67.43
 Powell 13 67.93
 Li 15 68.28
 Hughes 15 68.37
 Ishida 13 68.93
 Cella 13 68.95
 Sabey 13 69.50
 K. Ryles 12 70.70
 Gonzalez 15 72.02
 McCullough 14 73.03

400m
 Hughes 15 49.69
 Moore 14 51.31
 Lothamer 15 51.79
 Movahedi 15 53.70
 A. Capurro 15 55.02
 Amsden 14 55.41
 Vince 14 56.40
 Pfaff 15 56.4
 Weyland 15 56.74
 Fleming 15 57.70
 Landry 15 59.40
 J. Lin 15 59.7
 N. Sauerberg 13 60.48
 K. Buckley 13 61.54
 Shurtz 13 61.70
 Farne 14 61.88
 Heutmayer 14 61.94
 M. Lee 15 62.99
 T. Capurro 14 65.88
 Protzen 15 68.73

400m Split
 Hyatt 15 59.9
 Leach 15 61.5
 Cella 15 61.7
 Arnsald 15 62.1
 Chiang 14 63.0
 Sun 14 64.2
 Orders 12 64.9
 Wong 15 65.1
 Mar. Brown 15 65.3
 Johnson 12 66.9
 Powell 14 67.2
 Bernardo 15 67.4
 Ahearn 15 67.7
 Dewey 14 67.9
 Lee 15 67.9
 Hughes 15 68.0
 Ruane 15 68.3
 Ishida 15 68.4
 Li 15 68.5
 Chao 15 69.2
 Foxworthy 15 69.8
 Settle 14 71.7
 K. Ryles 12 71.8
 Shipway 14 71.8
 Sabey 13 72.6
 Finnane 15 73.2
 Protzen 12 74.3
 McCaffery 14 74.8
 Hilton 15 75.0
 Gonzalez 15 76.0
 Garcia 15 76.0
 Mak 15 77.5
 Jiang 15 78.0

Jia 15 87.9
 Svozil 15 103.6

400m Split
 Hughes 15 49.0
 Moore 15 50.6
 Lothamer 15 50.7
 Movahedi 15 50.8
 Amsden 15 54.0
 A. Capurro 15 54.2
 Fleming 15 55.6
 Gong 15 56.1
 N. Sauerberg 15 56.6
 Weyland 15 56.6
 Pfaff 14 57.0
 Baier 15 57.1
 Vince 13 57.4
 Yabu 15 57.4
 Semenza 15 57.6
 Landry 15 57.6
 Pappa 15 57.7
 Heutmayer 14 57.8
 K. Buckley 15 57.8
 Socher 15 58.3
 Kuckuk 15 58.4
 Baliwag 15 58.9
 Visht 15 59.0
 Sams 15 59.8
 A. Lin 14 59.9
 Gourlin 15 60.2
 Flett 15 60.4
 Nelson 15 60.6
 E. Sauerberg 15 61.2
 Haresco 14 61.3
 Kim 14 61.7
 J. Lin 14 62.0
 Steingrube 14 62.0
 M. Lee 15 62.8
 Boozarpour 15 62.9
 McAuliffe 15 63.7
 Farne 14 64.1
 T. Capurro 13 66.0
 Strong 14 66.1
 Shurtz 12 66.9
 Protzen 15 67.0
 Diaz 14 69.0
 Bishop 14 69.0
 Kimball 15 70.3
 W. Buckley 15 71.8

400m Relay
 Wong-Williams-
 Hyatt-Arnsald
 15 51.47
 Chiang-Arnsald-
 Hyatt-Wong
 15 52.58
 Wong-Hyatt-
 Cella-Arnsald
 15 52.61
 Liu-Wong-
 Ahearn-Li
 15 53.21
 Chiang-Mar. Brown-
 Dewey-Arnsald
 15 53.82
 Chiang-Arnsald-
 Hyatt-Dewey
 15 54.53
 Isola-Liu-
 Ahearn-Baier
 15 54.84

Bernardo-Liu-
 Hughes-Li-
 15 55.50
 Isola-Liu-
 Ahearn-Li
 15 55.90
 Liu-Bernardo-
 Ahearn-Li
 15 55.91
 Isola-Hughes-
 Li-Wong
 15 56.32

400m Relay
 Amsden-Movahedi-
 Vince-Hughes
 15 44.82
 Lothamer-Hughes-
 Moore-Vince
 15 45.42
 Amsden-Movahedi-
 Pfaff-Vince
 15 46.45
 Visht-Baier
 J. Lin-Gipson
 15 48.58
 Visht-Baier-
 Gipson-M. Lee
 15 50.91

1600m Relay
 Hyatt-Leach-
 Cella-Arnsald
 15 4:09.13
 Hyatt-Cella-
 Arnsald-Chiang
 15 4:10.84
 Hyatt-Cella-
 Arnsald-Chiang
 15 4:13.47
 Hyatt-Cella-
 Arnsald-Dewey
 15 4:15.33
 Hyatt-Cella-
 Leach-Brown
 15 4:18.27
 Wong-Lee-
 Ahearn-Hughes
 15 4:28.91
 Orders-Sun-
 Shipway-Ruane
 15 4:34.5
 Bernardo-Ahearn-
 Hughes-Li
 15 4:35.76
 Li-Ahearn-
 Wong-Lee
 15 4:37.75
 Li-Ahearn-
 Foxworthy-Chao
 15 4:38.76

1600 Relay
 Lothamer-Hughes-
 Moore-Movahedi
 15 3:21.38
 Hughes-Lothamer-
 Moore-Movahedi
 15 3:27.88
 Fleming-Gong-
 A. Capurro-Baier
 15 3:44.44

Moore-N. Sauerberg-
 K. Buckley-Gong
 15 3:44.8
 Fleming-Weyland-
 A. Capurro-Landry
 15 3:45.18
 Fleming-Landry-
 A. Capurro-Weyland
 15 3:48.01
 Fleming-Gong-
 Landry-Visht
 15 3:49.52
 A. Capurro-Gong-
 Socher-M. Lee
 15 3:53.66

800m
 Leach 15 2:13.37
 Cella 15 2:14.52
 Orders 15 2:21.25
 Sun 15 2:22.08
 Johnson 12 2:24.93
 Finnane 15 2:28.46
 Miles 15 2:30.24
 Ruane 15 2:30.42
 Powell 14 2:33.47
 Hyatt 15 2:35.01
 Ishida 15 2:35.67
 Mar. Brown 14 2:35.84
 Arnsald 14 2:36.12
 Chao 15 2:38.52
 Shipway 15 2:38.92
 Settle 14 2:40.77
 Foxworthy 15 2:40.82
 Wong 14 2:41.53
 Williams 15 2:41.73
 Chiang 12 2:41.99
 Ahearn 15 2:43.25
 Bernardo 14 2:44.33
 Protzen 12 2:44.59
 Hilton 15 2:45.03
 McCullough 14 2:45.25
 Garcia 15 2:48.71
 Lee 14 2:48.75
 Liu 15 2:48.84
 Hughes 15 2:49.80
 K. Ryles 13 2:51.91
 Sabey 14 2:53.70
 McCaffery 14 2:54.70
 Dewey 13 2:55.66
 Isola 15 2:56.05
 Jiang 15 3:03.27
 Gonzalez 15 3:04.47
 Jia 15 3:15.80

800m
 Moore 15 1:56.08
 Lothamer 15 1:57.43
 K. Buckley 15 2:06.36
 N. Sauerberg 15 2:06.77
 Yabu 15 2:07.73
 Semenza 15 2:09.45
 Kuckuk 15 2:10.00
 Gong 15 2:10.01
 Nelson 15 2:10.71
 Sams 15 2:13.56
 Hughes 14 2:13.84
 Pappa 15 2:13.93
 S. Lee 15 2:15.07
 Amsden 15 2:15.37
 Gourlin 15 2:15.77
 Flett 15 2:17.50

Movahedi 15 2:17.70
 A. Capurro 15 2:18.56
 A. Lin 15 2:19.02
 Vince 15 2:20.10
 McAuliffe 15 2:20.54
 Baier 15 2:21.53
 E. Sauerberg 15 2:22.39
 J. Lin 14 2:22.87
 Fleming 14 2:23.64
 Haresco 14 2:25.18
 Heutmayer 14 2:25.12
 Diaz 14 2:25.23
 Boozarpour 2:25.39
 Landry 15 2:26.10
 Steingrube 15 2:26.98
 Baliwag 14 2:27.56
 M. Lee 15 2:28.57
 Parhar 15 2:28.81
 Socher 14 2:28.82
 Visht 15 2:29.79
 Chambers 15 2:29.98
 Strong 14 2:30.76
 M. Farne 15 2:30.76
 Bishop 14 2:31.91
 W. Buckley 14 2:36.72
 Garvey 15 2:37.12
 Kim 15 2:37.13
 Shurtz 12 2:38.97
 T. Capurro 13 2:43.52
 Marinier 15 2:47.60

800m Split

Leach 15 2:13.37
 Orders 15 2:19.0
 Johnson 12 2:23.4
 Ruane 15 2:25.1
 Sun 14 2:25.5
 Cella 15 2:25.7
 Miles 15 2:25.9
 Ishida 15 2:28.3
 Chao 15 2:29.6
 Powell 13 2:39.1
 Chiang 12 2:39.9
 Hilton 15 2:42.0
 Foxworthy 15 2:42.6
 Shipway 15 2:43.4
 Hyatt 15 2:46.1
 Arnsald 15 2:48.5
 Garcia 15 2:50.1
 Dewey 13 2:52.7

800m Split

Moore 15 1:57.5
 Lothamer 14 2:01.8
 Semenza 15 2:03.4
 Gong 15 2:05.9
 N. Sauerberg 15 2:06.3
 K. Buckley 15 2:08.1
 Diaz 15 2:08.3
 Yabu 15 2:10.6
 Hughes 14 2:12.0
 Baliwag 15 2:12.9
 Pappa 15 2:15.8
 Gourlin 15 2:18.3
 Boozarpour 15 2:19.9
 Flett 15 2:20.5
 A. Lin 15 2:20.7
 Sams 15 2:23.0
 E. Sauerberg 15 2:30.3
 Bishop 15 2:31.1
 Steingrube 15 2:33.1
 Chambers 15 2:34.3
 W. Buckley 15 2:37.7

1200m Split

Finnane 15 3:40.1
 Orders 14 3:46.2
 Sun 15 3:51.7
 Powell 15 4:12.6
 Ishida 15 4:14.6

1200m Split

N. Sauerberg 15 3:19.6
 Yabu 15 3:20.0
 Diaz 15 3:27.4
 McAuliffe 15 3:40.0
 E. Sauerberg 15 3:43.9

1600m

Leach 15 4:50.32
 Finnane 15 4:59.14
 Orders 15 5:02.35
 Sun 15 5:08.10
 Johnson 12 5:10.09
 Ruane 15 5:17.27
 Cella 14 5:20.98
 Miles 15 5:23.27
 Ishida 15 5:33.84
 Powell 14 5:35.94
 Chao 15 5:37.65
 Hilton 15 5:41.86
 Foxworthy 15 5:44.18
 Shipway 14 5:49.71
 Garcia 15 5:54.71
 Settle 14 5:56.84
 McCullough 14 6:17.70

1600m

Yabu 15 4:29.56
 N. Sauerberg 15 4:31.72
 K. Buckley 15 4:36.08
 Semenza 15 4:38.38
 Diaz 15 4:38.01
 Gong 15 4:40.87
 Baliwag 15 4:44.15
 Flett 15 4:46.75
 Kuckuk 15 4:53.29
 S. Lee 15 4:53.98
 McAuliffe 15 4:55.26
 Gourlin 15 4:55.35
 Pappa 15 4:55.36
 Valverde-Turner 15 4:55.69
 Sams 15 5:01.10
 Nelson 15 5:02.95
 Boozarpour 15 5:05.36
 E. Sauerberg 15 5:05.69
 A. Lin 15 5:12.60
 Strong 14 5:14.12
 Chambers 15 5:17.66
 Steingrube 14 5:17.82
 Socher 14 5:20.34
 W. Buckley 15 5:24.86
 Heutmayer 14 5:27.68
 Bishop 14 5:27.90
 J. Lin 14 5:32.21
 Marinier 15 5:57.44

1600m Split

Leach 15 4:48.7
 Finnane 15 5:00.4
 Orders 15 5:05.4
 Sun 15 5:09.2
 Johnson 12 5:13.1
 Ruane 15 5:17.0
 Cella 14 5:19.5
 Miles 15 5:26.7
 Chao 15 5:41.6
 Foxworthy 15 5:49.3
 Powell 13 5:53.3
 Hilton 15 5:53.2
 Shipway 15 5:59.1
 Garcia 15 6:06.6
 McCullough 13 6:55.7

1600m Split

Yabu 15 4:31.6
 K. Buckley 15 4:33.9
 Semenza 15 4:34.0
 N. Sauerberg 15 4:39.3
 Diaz 15 4:47.1
 Semenza 15 4:49.0
 Flett 15 4:51.4
 Gong 15 4:55.3
 Valverde-Turner 15 5:03.7
 McAuliffe 15 5:04.7
 Baliwag 15 5:06.1
 Gourlin 15 5:06.4
 Pappa 13 5:13.3
 Chambers 15 5:13.8
 Nelson 15 5:14.0
 Sams 15 5:16.4
 A. Lin 15 5:21.0
 Steingrube 15 5:25.4
 E. Sauerberg 15 5:28.9

3200m

Leach 15 10:20.36
 Finnane 15 10:29.21
 Orders 14 10:58.64
 Sun 15 10:59.83
 Johnson 12 11:07.13
 Ruane 15 11:13.26
 Miles 15 11:29.77
 Powell 14 12:06.95
 Ishida 15 12:13.49
 Chao 15 12:15.95
 Hilton 15 12:30.92
 Shipway 15 12:33.25
 Foxworthy 15 12:43.81
 Garcia 15 12:44.28
 Settle 14 13:07.90
 McCullough 14 14:00.19

3200m

Yabu 15 9:29.91
 K. Buckley 15 9:38.22
 N. Sauerberg 15 9:41.77
 Semenza 15 10:02.54
 Diaz 15 10:05.25
 Valverde-Turne 15 10:05.72
 Gong 15 10:13.24
 Baliwag 15 10:15.58
 Flett 15 10:24.54
 Sam Lee 15 10:25.00
 McAuliffe 15 10:25.02
 Pappa 15 10:26.22
 Kuckuk 15 10:32.95
 Boozarpour 15 10:47.16
 Chambers 15 10:49.55
 Sams 15 10:56.29
 E. Sauerberg 15 10:56.98
 Nelson 15 11:12.95
 W. Buckley 15 11:21.61
 Steingrube 14 11:25.26
 A. Lin 15 11:25.57
 Socher 14 11:31.52
 Strong 14 11:39.61
 Gourlin 15 11:40.91
 Bishop 14 11:52.53
 J. Lin 14 12:32.53
 Marinier 15 12:37.55
 M. Lee 14 13:00.53

100 Hurdles

Brown 15 17.74
 K. Ryles 14 17.82
 Arnsald 15 18.51
 Lee 15 18.61
 Hyatt 15 18.77
 Sabey 15 18.84
 Protzen 13 19.04
 Wong 15 19.16
 Ishida 13 20.96
 Dewey 13 26.28

110 Hurdles

J. Lin 15 18.52
 A. Capurro 15 18.92
 Y. Kim 15 19.03
 Landry 15 19.57
 Baier 15 19.76
 Gipson 15 19.84
 Socher 15 19.91
 Movahedi 14 20.43
 Heutmayer 14 20.92
 Parhar 14 37.27

300 Hurdles

Arnsald 15 47.74
 Protzen 13 48.18
 Mar. Brown 14 49.01
 Hyatt 15 49.68
 Wong 15 51.30
 Lee 15 52.98
 K. Ryles 13 55.31
 Ishida 13 55.46
 Sabey 15 56.57
 Bernardo 14 59.93
 Dewey 13 69.35

300 Hurdles

A. Capurro 15 44.50
 Pfaff 14 45.63
 Gipson 15 45.93
 Movahedi 14 46.23
 Baier 15 47.03
 J. Lin 15 47.05
 Heutmayer 15 47.30
 Socher 15 47.92
 Landry 15 48.47
 Y. Kim 14 49.53
 Parhar 14 55.47

Long Jump

Williams 15 15-8
 Chiang 15 15-0
 Leach 12 14-3.75
 Lee 15 14-6.75
 Bernardo 15 13-11
 Liu 15 13-7.75
 Mar. Brown 14 13-6
 Cella 13 13-5.25
 Isola 15 12-10.5
 Protzen 13 12-7.75
 Li 15 11-7
 Ishida 13 10-10
 Mak 15 10-8
 Jiang 15 10-7

Long Jump

Lothamer 13 19-3.5
 Weyland 15 19-2.5
 Fleming 15 18-7.5
 Moore 14 18-6
 Vince 15 18-3.5
 Pfaff 14 17-10.75
 Hughes 13 15-10
 Shurtz 13 15-8.75
 Amsden 14 15-5.5
 Sauerberg 13 15-1.25
 Heutmayer 14 14-5.5
 Chen 13 15-0
 T. Capurro 13 14-10
 M. Lee 14 13-10.5
 M. Farne 14 12-9.25
 Y. Kim 13 11-1

Triple Jump

Williams 15 33-5
 Leach 12 33-0
 K. Ryles 15 31-5
 Lee 15 30-9
 Ahearn 15 30-3
 S. Ryles 15 29-9.5
 Bernardo 15 27-6.5
 Li 15 27-6
 Liu 15 27-5.5
 Isola 15 24-2.25

Triple Jump

Lothamer 14 40-0
 Vince 13 37-5
 Weyland 15 36-9.75
 Visht 15 35-7
 A. Capurro 15 34-4.75
 T. Capurro 15 32-8.5
 Amsden 13 30-3.25
 M. Lee 15 30-3
 Shurtz 12 28-3.25

High Jump

Wirth 15 5-6
 Arnsald 14 4-10
 K. Ryles 15 4-8
 S. Ryles 15 4-8
 Hyatt 14 4-6
 Mar. Brown 14 4-2
 Powell 14 4-2
 Tucker 15 4-2
 Leach 12 3-8
 Protzen 12 3-6
 Hughes 15 3-6

High Jump

Pfaff 14 6-2
 J. Lin 14 5-7

Hughes 13 5-6
 Gipson 15 5-2
 Gong 14 5-0
 N. Sauerberg 13 4-10
 M. Lee 14 4-10
 E. Sauerberg 15 4-10
 Visht 15 4-8
 Flett 14 4-6

Pole Vault

Protzen 14 9-6
 McCaffery 15 8-6
 Ahearn 15 8-0
 Gonzalez 15 7-6
 Sabey 13 6-0
 Dewey 15 6-6
 Isola 15 6-0
 Williams 14 5-6

Pole Vault

Movahedi 15 12-0
 Amsden 15 11-6
 Visht 15 10-6
 Weyland 15 10-6
 Y. Kim 15 10-6
 Landry 14 9-0
 A. Capurro 14 8-6
 Protzen 15 8-6
 Pratt 15 7-6
 Gipson 15 5-6

Shot Put 4k

Daum 13 29-9.5
 Wirth 15 27-0.5
 S. Ryles 15 25-7
 Tucker 15 24-4.5
 Mac. Brown 15 24-3
 Svozil 15 22-10
 Jia 15 22-8
 Powell 15 21-1
 McCaffery 14 19-4
 Jiang 15 17-6

Shot Put 12lbs

Shurtz 13 39-10
 Chen 13 37-11
 Farne 15 34-11.5
 Haresco 14 34-1
 Kimball 15 33-5.5
 Wong 13 30-11.5
 Strong 15 29-6
 A. Capurro 15 28-3.75
 Nelson 14 25-6.75
 Garvey 14 25-1.75

Shot Put 10lbs

Shurtz 15 46-5.5
 Chen 15 39-4
 Wong 14 35-1
 Farne 15 34-5
 Haresco 15 33-2
 Pollock 15 30-3.75
 Garvey 15 26-8.25

Discus

Daum 15 106-8
 Mac. Brown 15 93-8
 S. Ryles 15 79-5
 Tucker 15 78-5
 Jia 15 71-4
 Svozil 15 67-0
 Jiang 15 57-1
 McCaffery 14 51-7
 Powell 15 38-3

Discus

Shurtz 15 162-7
 Chen 15 124-0
 Wong 15 108-5
 Haresco 15 105-9
 Pollock 15 87-8
 Farne 15 88-7
 Garvey 15 87-7
 Kimball 15 80-0
 Strong 15 78-2
 Nelson 14 64-8
 Baier 14 55-5