

## SPRINT EVENTS

100 Meters (with 100 yard conversions)			200 Meters (with 220 Yard conversions)			400 Meters (with 440 Yard conversions)		
Name	Time	Date	Name	Time	Date	Name	Time	Date
Gary Mahan	10.5	1964	Gary Mahan	21.4	1964	Don Ross	50.2	1962
Joe Naivalu	10.5	1996	Kathir Balakrishnan	21.75 @	2023	J. Larson	50.4	1972
Kathir Balakrishnan	10.78 @	2023	Joe Naivalu	21.6	1995	K. Wigton	50.5	1974
T. Wilson	10.85 @	1990	J. Mesa	21.9	1950	G. Flagler	50.6	1977
J. Mesa	10.7	1950	B. Albert	21.9	1985	D. James	50.6	1985
Mark Kibort	10.8	1978	G. Baker	22.1	1960	Antonio Taylor	50.82 @	2002
M. Pasibe	10.8	1996	M. Pasibe	22.3	1996	J. Snowden	50.7	1993
Shou Shimaya	11.08 @	2018	J. Snowden	22.44 @	1993	G. Baker	50.8	1960
T. Gross	10.9	1958	Leroy Duncan	22.63 @	2018	P. Galleguillos	50.8	1966
K. Rowson	10.9	1978	W.Coulter	22.5	1965	Mike Boeker	50.8	1980
M. Krider	10.9	1965	Tim Brown	22.5	2009	M. Yielding	50.9	1971
C. Racanelli	10.9	1969	Mark Kibort	22.6	1978	G. Kranz	50.9	1979
P. Kellett	10.9	1970	T. Wilson	22.6	1990	J. Naughton	50.9	1981
Arnold Brigman	10.9	1979	R.J. Theodore	22.7	1984	R. Weaver	50.9	1981
F. Galang	10.9	1986	John McDowell	22.98 @	2009	M. Najarian	50.9	1981

**Amperсанд (@) = FAT = Fully Automatic Timing**

## DISTANCE and MIDDLE DISTANCE

800 Meters (with 880 Yard conversion)			1600 Meters (with 1 Mile conversions)			3000 Meters			3200 Meters (with 2 Mile conversions)		
Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Mike Powers	1:53.76 @	1993	M. Powers	4:19.23 @	1992	Kevin Schneider	9:07.43 @	2006	Roger Yager	9:20.0	1980
Jonathan Halperin	1:55.57 @	2022	Eric Delore	4:19.9	1980				J. Larson	9:20.1	1969
Jim Neuhaus	1:55.7	1974	Roger Yager	4:20.6	1980				J. Mangan	9:27.0	1974
J. Naughton	1:55.8	1981	J. Naughton	4:21.6	1981				E. Reith	9:33.7	1977
J. Johnson	1:55.9	1967	Isaac Tiscaeno	4:21.91	2023				Kevin Schneider	9:44.57	2005
J. Larson	1:56.5	1972	J. Larson	4:23.3	1968				Isaac Tiscaeno	9:45.09	2023
Julio Flores	1:57.23	1993	G. Eggers	4:26.0	1974				J. Miller	9:46.6	1978
P. Jolissant	1:57.3	1966	B. Caris	4:27.4	1967				S. Fagundez	9:47.0	1965
W. Anthony	1:57.5	1966	J. Mangan	4:27.4	1975				J. Naughton	9:51.8	1981
D. Caris	1:58.1	1968	Jeff Rosado	4:27.82	1989				G. Eggers	9:52.0	1973
D. Walter	1:58.3	1968	E. Showalter	4:28.6	1977				M. Sapp	9:53.4	1978
M. Winger	1:58.4	1975	E. Reith	4:28.6	1977				Chris Swanson	9:53.71	2013
Leland Nguyen	1:58.92 @	2023	Elijah Carrillo	4:29.08	2007				Julio Flores	9:54.0	1992
K. Spears	1:59.0	1970	Julio Flores	4:33.81	1993				M. Flores	09:59.9	1993
Elijah Carrillo	1:59.4	2007	Kevin Schneider	4:34.88	2005				J. Gutierrez	10:02.2	1993

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<b>HURDLE EVENTS</b>								
<b>400 Meter Hurdles</b>			<b>110 Meter or 120 Yard Hurdles</b>			<b>300 Meter or 330 Yard Hurdles</b>		
<b>Name</b>	<b>Time</b>	<b>Date</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>	<b>Name</b>	<b>Time</b>	<b>Date</b>
Joe Naivalu	52.25	1995	Joe Naivalu	13.65	1995	Joe Naivalu	36.26 @	1996
Kathir Balakrishnan	54.10 @	2023	Kathir Balakrishnan	14.34 @	2022	Kathir Balakrishnan	37.54 @	2022
Bill Naivalu	59.2	1993	Steve Pensinger	14.50	1966	Mike Boeker	38.03	1980
Idreece Barnes	59.63 @	2019	Jim Peteralia	14.50	1969	Bill Naivalu	38.26	1994
Roy Ross	60.1	1996	J. Connolly	14.60	1967	Idreece Barnes	39.80 @	2019
			K. Cole	14.70	1956	Rod Theodore	40.0	1982
			Brendon Feddema	14.79	1992	Roy Ross	40.2	1997
			A. Biggs	14.80	1965	Jay-Dino Angeles	40.85 @	2016
			D. McNeil	14.80	1970	Seamus Quillinan	41.27 @	1999
			T. Carrico	14.90	1975	D. James	41.06	1986
			Jay-Dino Angeles	14.94 @	2016	L. Garth	41.2	1991
			Bill Naivalu	15.10	1993	Faulkner	41.22	1983
			Idreece Barnes	15.32 @	2019	S. Roey	41.4	1985
			Roy Ross	15.59 @	1997	J. Colley	41.68	1995
			Willie Yeh	15.70 @	2014	Brendon Feddema	41.8	1992

<b>THROWS and VAULT</b>								
<b>Discus</b>			<b>Shot Put</b>			<b>Pole Vault</b>		
<b>Name</b>	<b>Distance</b>	<b>Date</b>	<b>Name</b>	<b>Distance</b>	<b>Date</b>	<b>Name</b>	<b>Height</b>	<b>Date</b>
Kim McGowen	182'06"	1973	Steve Wilhelm	65'10"	1964	Jim Westlund	15'03"	1977
B. Green	181'07"	1978	Bruce Wilhelm	65'06"	1963	R. Royal	15'00"	1969
B. Perry	177'10"	1975	Matt Barkley	61'07"	2004	Mark Kibort	15'00"	1978
D. Schoenwetter	175'05"	1959	B. Aldrich	59'05.5"	1971	T. Nigh	14'09"	1976
J. Tarabonovic	172'11.5"	1970	B. Tarabonovic	57'09.5"	1965	A. Avellar	14'05"	1983
Steve Wilhelm	172'11"	1963	A. Richert	56'02.25"	1966	Mike Kibort	14'01.25"	1981
Bruce Wilhelm	172'07"	1965	W. Ireland	55'10.5"	1968	K. Leal	14'00"	1980
J. Friestedt	172'05"	1967	Kim McGowen	55'02.5"	1973	D. Kay	13'06"	1972
M. Tarabonovic	166'10.5"	1981	B. Green	55'02.5"	1978	B. Luke	13'02"	1963
B. Tarabonovic	166'04.5"	1965	D. Costella	54'10"	1974	T. Hartford	13'01"	1965
Hubert Bones	145'08"	1993	D. Schoenwetter	54'07"	1960			
Ozzy Aufang	145'03	2013	Jeff Chinn	52'04"	1989			
Ruben Chagoya	144'08"	2005	Mike Mattman	49'10"	2001			
Michael Gambucci	142'06"	2021	Ozzy Aufang	49-10	2013			
Jeff Chinn	142'05"	1989	Daniel Shay	48'11"	1999			

# JUMPS

Long Jump			High Jump			Triple Jump		
Name	Distance	Date	Name	Height	Date	Name	Distance	Date
Jack Master	23'05"	1975	Matt Horsley	6'07.75"	1992	Brendon Feddema	47'06.75"	1992
Gary Mahan	23'02"	1964	G. Anderson	6'07"	1961	Phu Nguyen	47'02.75	1989
Phu Nguyen	23'00.25"	1989	G. Mancuso	6'05"	1968	R.J. Theodore	46'05.5"	1984
R. Drickery	22'11.75	1979	M. Flemming	6'04"	1966	T. Carrico	46'05"	1975
D. Wilson	22'11.5"	1960	J. Royston	6'04"	1974	R. Mezzarco	45'08.5"	1978
T. Carrico	22'11.5"	1975	David Sarver	6'04"	2012	J. Mesa	45'03"	1950
E. Motch	22'11.5"	1979	R.J. Theodore	6'03"	1983	D. Callanta	45'03"	1985
D. McNeil	22'09"	1971	J. Hines	6'02.5"	1963	D. Douglas	45'01"	1997
J. Zamlich	22'07.25"	1959	W. Coulter	6'02"	1965	B. Johnston	44'10"	1995
Brendon Feddema	22'00"	1991	E. Motch	6'02"	1979	K. Snowberger	44'09"	1981
R.J. Theodore	21'11.5"	1984	Brendon Feddema	6'02"	1991	Lewis Louie	44'07.75"	1978
D. Callanta	21'10.5"	1985	Alex Cassidy	6'02"	2019	S. Lee	44'07"	1974
Lewis Louie	21'08"	1978	K. Snoeberger	6'01.5	1981	N. Retuta	44'05"	1973
John Angeles	21'01.50"	2017	P. Lum	6'01.25"	1988	S. Call	44'05"	1986
Bryan Johnston	20'11.25"	1996	Shawnty Lopez	6'00"	1999	Charles Ferguson	44'04.25"	1996

# RELAYS

4x100m Relay or 4 x 110y Relay			4x400m Relay or Mile Relay			Distance Medley Relay (1200, 400, 800, 1600)			Sprint Medley Relay (200, 200, 400, 800)		
Team	Time	Date	Team	Time	Date	Team	Time	Date	Team	Time	Date
Brigman, Bernstein, Ma.Kibort, Jocoey	<b>43.2</b>	<b>1978</b>	Figueroa, Halperin, Nguyen, Balakrishnan	<b>3:24.71 @</b>	<b>2022</b>	Nguyen, Carder, Oduk, I.Tiscareno	<b>11:19.58 @</b>	<b>2023</b>	Brown, Nieveen, Staab, Carrillo	<b>3:45.09 @</b>	<b>2007</b>
Pasibe, Douglas, Ross, Naivalu	<b>43.38 @</b>	<b>1996</b>	Wigton, Neuhaus, Eggers, Larson	<b>03:25.5</b>	<b>1972</b>	JL Gurrola, Wilbourn, Montenegro, Pacheco	<b>11:28.1</b>	<b>2009</b>	Solanzo, D.Brown, Sarver, Montenegro	<b>3:49.88 @</b>	<b>2010</b>
Galang, Calle, James. Albert	<b>43.4</b>	<b>1986</b>	Oduk, Mases, Nguyen, Balakrishnan	<b>3:26.75 @</b>	<b>2023</b>	Pashut, Shaw, Carrillo, Schneider	<b>11:52.7</b>	<b>2006</b>			
Solanzo, Brown, McDowell, Wilbourn	<b>43.63 @</b>	<b>2009</b>	Fremont Boys (no names on record)	<b>03:26.9</b>	<b>1967</b>	Pham, Shaw, Carrillo, Schneider	<b>12:00.2</b>	<b>2006</b>			
Fremont Boys (no names on record)	<b>44.1</b>	<b>1972</b>	Fremont Boys (no names on record)	<b>03:27.1</b>	<b>1968</b>	<b>4 X 800m or 4x880yd Relay</b> (3200m or 2 mile relay)			<b>4x200m Relay or 4x220yd Relay</b>		
Fremont Boys (no names on record)	<b>44.2</b>	<b>1968</b>	Fremont Boys (no names on record)	<b>03:27.1</b>	<b>1968</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>
Fremont Boys (no names on record)	<b>44.2</b>	<b>1973</b>	Fremont Boys (no names on record)	<b>03:27.8</b>	<b>1993</b>	Nguyen, I. Tiscareno, Oduk, Chizik	<b>8:25.57 @</b>	<b>2023</b>	Staab, Wong, J.Mills, Cathey	<b>01:38.9</b>	<b>2006</b>
Fremont Boys (no names on record)	<b>44.2</b>	<b>1984</b>	Fremont Boys (no names on record)	<b>03:28.1</b>	<b>1969</b>	Chizik, Rhee, I. Tiscareno, Carder	<b>8:41.14 @</b>	<b>2023</b>	Shimaya, Kiele, JAngeles, Sabherwal	<b>1:40.73 @</b>	<b>2017</b>
Shimaya, Duncan, JAngeles, Kiele	<b>44.32 @</b>	<b>2017</b>	Fremont Boys (no names on record)	<b>03:28.3</b>	<b>1996</b>	Chizik, Rhee, I. Tiscareno, Tsai	<b>8:53.69 @</b>	<b>2023</b>	Cabana, Yee, Gonzalez, Smith	<b>01:43.0</b>	<b>2008</b>
Fremont Boys (no names on record)	<b>44.44 @</b>	<b>1993</b>	Figueroa, Mases, Nguyen, Balakrishnan	<b>3:29.78 @</b>	<b>2022</b>	Sabherwal, Benitez, Balgi, F.Wang	<b>08:59.5</b>	<b>2017</b>	Fremont Boys (no names on record)	<b>01:43.2</b>	<b>2004</b>
Fremont Boys (no names on record)	<b>44.3</b>	<b>1977</b>	Fremont Boys (no names on record)	<b>03:29.8</b>	<b>1973</b>	<b>4 X 1600m or 4x 1-mile Relay</b>			<b>Speed Medley Relay</b> (100, 100, 200, 400)		
Shimaya, Duncan, Jackson, Barnes	<b>44.54 @</b>	<b>2018</b>	Fremont Boys (no names on record)	<b>03:30.4</b>	<b>1980</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>	<b>Team</b>	<b>Time</b>	<b>Date</b>
Fremont Boys (no names on record)	<b>44.5</b>	<b>1975</b>	Fremont Boys (no names on record)	<b>03:30.7</b>	<b>1985</b>	Schneider, Carrillo, Pashut, Pham	<b>19:51.0</b>	<b>2006</b>	Solanzo, Wilbourn, Calderon, Brown	<b>01:39.0</b>	<b>2009</b>
Fremont Boys (no names on record)	<b>44.5</b>	<b>1988</b>	Mai, Brown, JLGurrola, Montenegro	<b>3:31.12 @</b>	<b>2009</b>	JL Gurrola, Pacheco, Montenegro, Shen	<b>19:59.5</b>	<b>2008</b>	Cathey, Cabana, Brown, Montenegro	<b>01:40.6</b>	<b>2008</b>
Fremont Boys (no names on record)	<b>44.5</b>	<b>1990</b>	Fremont Boys (no names on record)	<b>03:31.0</b>	<b>1970</b>				Kawai, Mases, Parry, Oduk	<b>1:42.91 @</b>	<b>2023</b>