

## **Men**

100 M Dash: Jack Roxas – 10.79 (1990)

200 M Dash: Nick Powell – 22.51 (Regional Meet – 2014) Carson HS

400 M Dash: Matt Virden – 49.45 (Reed Rotary – 2004)

800 M Run: Brad Meyer – 1:56.18 (State Meet – 1991)

1600 M Run: Brad Meyer – 4:10.00 (1991)

3200 M Run: Don Bernard – 9:30.12 (Arcadia Invitational – 2012)

110 M High Hurdles: Jake Hanson – 15.18 (Regional Meet – 2005)/Cameron Bozarth – 14.9h (Fallon Elks Invitational – 2007)

300 M Intermediate Hurdles: Jake Hanson – 39.86 (Regional Meet – 2005)  
[next best Zach Besso - 40.04] 2009

Long Jump: Josh Dupree – 21'10.5" (Trackfest – 2008) (Best of the season?)

Triple Jump: Kenny Visor – 45'0.5" (McQueen Invitational – 2005)

High Jump: Tony Monroe – 6'5" (1998)

Pole Vault: Joe Sambrano – 15'6" (1985)

Shot Put: Joe Bartlett – 61'3.25" (State Meet – 2007)

Discus: Joe Bartlett – 199'08" (State Meet – 2008)

4 x 100 M Relay: Zamboni, Powell, Shapiro, Meyer – 43.57 (Regional Meet – 2014)

4 x 200 M Relay: Visor, O'Neil, Hanson, Barker – 1:29.74 (Regional Meet – 2005)

4 x 400 M Relay: O'Neil, Tutson, Hanson, Mowry – 3:23.95 (Regional Meet – 2005)

4 x 800 M Relay: Tackes, Besso, Dolan, Ballinger – 8:13.51 (Regional Meet – 2006)

Decathlon: N/A

<http://nvtrackstats.com>

[http://www.niaa.com/Sports/Spring/Track\\_&\\_Field/2008\\_boys\\_track\\_record\\_book.pdf](http://www.niaa.com/Sports/Spring/Track_&_Field/2008_boys_track_record_book.pdf)

## Women

100 M Dash: Marin Zaccheo – 12.47 (Big Thunder Invite, Rocklin CA – 2014)

200 M Dash: Tara McMullen – 25.4h (State Meet – 2000)

400 M Dash: Kim Krtnich – 56.76 (Regional Championships – 2010)

800 M Run: Carissa Meyer – 2:16.20 (State Meet – 1994)

1600 M Run: Carissa Meyer – 5:06.38 (State Meet – 1994)

3200 M Run: Carissa Meyer – 11:10.4 (1992)

100 M High Hurdles: Ann Barnet 16.6 (1992)

300 M Intermediate Hurdles: Alex Luckado– Div I Regional Championships 46.65 (2010)

Long Jump: Pauline Riley – 17'10.75" West Valley Invite, Oroville CA (2013)

Triple Jump: Andrea Meizel – 36'9" (1995)

High Jump: Stephanie Hardwick – 5'4" (1998)

Pole Vault: Madison Mills – 13'.0" - LeFerve Relays, Placer high school CA (2012)

Shot Put: Jean Walsh – 36'5" (1987)

Discus: Jean Walsh – 117'7" (1987)

4 x 100 M Relay: Griggs, Zaccheo, Adams, Elkins – 50.15 (2014) Sac Meet of Champions [Next Best is Grogan, Cullen, Luckadoo, Krtnich – 50.36 (Regional Meet – 2010)]

4 x 200 M Relay: Adams, Elkins, Lawson, M. Zaccheo – 1:45.48 Regional Finals Carson hs (2014)

4 x 400 M Relay: Johnson, Clemmensen, Scurry, Barker – 4:09.63 (Regional Meet – 2005)

4 x 800 M Relay: 10:03.72 Reed Rotary (2009)  
Mowry, Acosta, Katlin Sullivan, Makenzi Gansert

Heptathlon: Andrea Meizel – 3590 (1994)

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[http://www.niaa.com/Sports/Spring/Track\\_&\\_Field/2008\\_girls\\_track\\_record\\_book.pdf](http://www.niaa.com/Sports/Spring/Track_&_Field/2008_girls_track_record_book.pdf)