

Season's Best 2008
Girls'

100m

Ruppert, Brooke	12.8
Koe, Kelsi	13.3
Rock, Kalina	13.54
Heholt-Leeds, Sandie	13.62
Kamisato, Yoshi	13.5
Palow, Chandra	13.5
Zaliwski, Jessica	13.7
Moiseyev, Jessica	13.7
Donohue, Shannon	13.8
Miller, Callie	14.0
Stephensen, Tori	14.20
Stutz, Sara	14.2
Bourne, Kaela	14.4
Tarnai, Andrea	14.4
Thompson, Sarah	14.5
Dexter, Sarah	14.6
Nichols, Makenzie	14.6
Tran, Ashley	14.6
Faussette, Jessica	14.7
McNealy, Alex	14.7
Kawaguchi, Lauren	14.8
Sacks, Destinee	14.9
Shaw, Kendal	14.9
Hosaka, Krystal	15.1
Stewart, Laken	15.2
Harris, Corinne	15.6
Hutton, Megan	15.8
Ruggles, Ali	15.8
Benware, Kayla	16.1
Halsey, Dallas	16.2
Miller, Kassy	16.3
McCalla, Miranda	17.1
White, Brandy	17.1
Cohen, Rachel	17.2
Zentai, Sydnee	17.8
Dean, Bria	18.3

110m Hurdles

Boman, Nicole	18.1
Mora, Allison	19.80
Scheffield, Kayla	20.17
Kawaguchi, Lauren	20.2
Manley, Brooke	21.0
Burklund, Kaitlyn	22.3
McKenna, Alex	22.3
Elliot, Lauren	23.4
Lamphere, Breanna	25.2
Sobczyk, Taylor	26.3

200m

Ruppert, Brooke	27.00
Koe, Kelsi	28.11
Heholt-Leeds, Sandie	28.2
Stephensen, Tori	28.30
Rock, Kalina	28.5
Kamisato, Yoshi	28.7
Moiseyev, Jessica	29.0
Palow, Chandra	29.0
D'Addario, Christine	29.1
Collins, Katie	29.2
Dexter, Sarah	29.6
Donohue, Shannon	29.7
Miller, Callie	29.8
Stutz, Sara	30.0
Sacks, Destinee	30.5
Bourne, Kaela	30.8
Faussette, Jessica	31.4
Shaw, Kendal	31.7
Tarnai, Andrea	31.7
Nichols, Makenzie	32.2
Harris, Corinne	32.8
McNealy, Alex	33.2
Stewart, Laken	33.2
Hutton, Megan	33.7
Halsey, Dallas	34.2
McCalla, Miranda	35.3
Thompson, Sarah	35.5
Cohen, Rachel	35.7
Hickey, Jenny	36.1
Miller, Kassy	36.1
White, Brandy	38.2
Zentai, Sydnee	38.7
Dean, Bria	40.3

300m Hurdles

Mora, Allison	52.6
Twiddy, Morgan	52.91
Hosaka, Krystal	53.8
Boman, Nicole	53.8
Kawaguchi, Lauren	56.4
Scheffield, Kayla	60.1
McKenna, Alex	60.7
Manley, Brooke	62.4
Burklund, Kaitlyn	62.7
Elliot, Lauren	63.7
Lamphere, Breanna	70.8
Sobczyk, Taylor	72.8

400m

Heholt-Leeds, Sandie	61.44
Laurent, Michaelanne	62.7
Lucas, Lauren	62.9
Swan, Sam	63.9/64.7
Ruppert, Brooke	63.3/64.8
Miller, Callie	63.5/65.31
Collins, Katie	65.40
D'Addario, Christine	66.4/67.88
Shaw, Kendal	69.9/70.61
Hosaka, Krystal	69.8
Stutz, Sara	73.2
McNealy, Alex	74.4
Palow, Shandra	74.4
Thompson, Sarah	74.7
Halsey, Dallas	75.4
Stewart, Laken	76.6
McCalla, Miranda	78.0
Ruggles, Ali	79.7
Zentai, Sydnee	81.4
Hart, Taylor	81.5
Tran, Ashley	82.9
Miller, Kassy	83.3

*Italics = Split Time*3200m

Laurent, Michaelanne	11:33.57
Lucas, Lauren	13:13.4
Debry, Jeramy	13:14.6
Almeido, Casey	13:20.0
Calvert, Cassie	14:10.0
Godfrey, Jessica	13:53.5
Villarreal, Melissa	15:00.0
Tan, Shen	15:31.0
Hickey, Jenny	14:41.0

Long Jump

Milewicz, Urszula	13' 8.5"
Carver, Kristen	13' 8.5"
Burch, Emily	13' 2"
Bright, Savannah	13' 0.5"
Hedger, Lindsey	12' 4"
Roman, Karla	12' 2"
Benware, Kayla	12' 1"
Bybee, Alyssa	12' 1"
Bashaw, Kelsie	9' 11"

Shot Put

Swanson, Samantha	33' 0.5"
Smith, Jessica	29' 3"
Buckley, Jessica	28' 10"
Villalobos, Kc	25' 10.5"

800m

Laurent, Michaelanne	2:17.83	
Lucas, Lauren	02:34.4	<i>/2:29:00</i>
Swan, Sam	2:35.82	<i>/2:32:00</i>
Villarreal, Melissa	02:48.1	
Almeido, Casey	02:50.0	
Ruggles, Ali	02:52.5	
Godfrey, Jessica	02:52.8	
Debry, Jeramy	02:54.6	
Hickey, Jenny	03:10.0	
Tan, Shen	03:12.9	

1600m

Laurent, Michaelanne	5:17.48
Lucas, Lauren	5:27.62
Debry, Jeramy	06:07.0
Almeido, Casey	06:09.0
Calvert, Cassie	06:24.0
Godfrey, Jessica	06:25.2
Villarreal, Melissa	06:25.7
Hickey, Jenny	06:35.0
Tan, Shen	06:49.4

2000m Steeple Chase

D'Addario, Christine	11:21.49
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5000m

Debry	21:52.6
Almeido	22:48.2

Triple Jump

Carver, Kristen	30' 0.5"
Bright, Savannah	29' 9"
Hedger, Lindsey	27' 10.5"
Benware, Kayla	25' 11.5"

High Jump

Milewicz, Urszula	4' 10"
Burch, Emily	4' 6"
Rhodes, Stephanie	4' 6"
Carver, Kristen	4' 4"
Bybee, Alyssa	4' 4"
Hedger, Lindsey	4' 4"
Bright, Savannah	4' 2"
Benware, Kayla	4' 0"

Discus

Swanson, Samantha	112' 10"
Smith, Jessica	97' 4"
Buckley, Jessica	89' 6"
Colby, Elyse	76' 6"
Villalobos, Kc	64' 5"

Javelin

Smith, Jessica	62' 10"
Buckley, Jessica	56' 2"
Colby, Elyse	53' 10"

Pole Vault

Kashka, Emily	10' 6"
Rhodes, Stephanie	9' 0"
DeBry, Mikayla	7' 6"
Ruggles, Ali	6' 0"
Elliot, Lindsey	6' 0"
Flores, Mellisa	5' 6"
Jennings, Alexis	5' 0"

Relays

400m

Ruppert, Brooke	51.6
Heholt-Leeds, Sandie	
Rock, Kalina	
Koe Kelsi	

Palow, Chandra	57.3
Stephenson, Tori	
Moisjeyev, Jessica	
Sacks, Destinee	

800m

Ruppert, Brooke	1:51.09
D'Addario, Christine	
Rock, Kalina	
Koe Kelsi	

Dexter, Sarah	1:58.72
Stephenson, Tori	
Moisjeyev, Jessica	
Stutz, Sara	

Dexter, Sarah	2:01.3
Rock, Kalina	
Stutz, Sara	
Tarnai, Andrea	

1600m

Lucas, Lauren	4:12.27
Swan, Sam	
Miller, Callie	
Heholt-Leeds, Sandie	

Collins, Katie	4:26.9
Rock, Kalina	
Shaw Kendal	
Ruppert, Brooke	

Hosaka, Kristal	4:58.6
Boman, Nicole	
Ruggles, Ali	
Halsey, Dallas	

3200m

Lucas, Lauren	10:07.07
Swan Sam	
D'Addario, Christine	
Laurent, Michaelanne	

BOLD = SCHOOL RECORD

Season's Best 2008
Boys'

100m

Johnson, John	10.9
Lanzalaco, Kenny	11.5
Hemenway, Kyle	11.6
Tran, Andrew	11.7
Chatlin, Donald	11.8
Varwig, Trevor	12.0
Harwell, Aaron	12.1
Johnson, A'Ryan	12.1
Aken, Isaiah	12.2
Wynkoop, Anthony	12.2
Esparza, Daniel	12.3
Mathew, Lucien	12.3
Greenlee, Charles	12.4
Barnard, Ryan	12.6
Lim, Jin	12.6
Scotti, Nick	12.6
Rowe, Garrett	12.6
Simmons, Tyler	12.7
Dalia, Joseph	12.9
Huston, Kyle	12.9
Taumalolo, Noke	12.9
Damora, Joey	13.0
Yslas, Cory	13.0
Lomando, Anthony	13.1
Arcana, Michael	13.2
Johnson, Tyler	13.2
Springer, Tyler	13.2
Sarmiento, Brian	13.4
Morgan, Matthew	13.5
Hoskins, Taylor	13.6
Lipshitz, Brandon	13.7
Stoops, Steven	16.1

800m

Stoops, Sean	1:59.63
Riley, DeVone	2:00
Denney, Justin	2:02/2:07
Lee, Dustin	2:04/2:09
Chupinsky, Spencer	02:12.6
Esparza, Daniel	02:15.0
Terrones, Nathan	02:19.0
Stipanov, Mark	02:24.0
May, Justin	02:25.3
Wu, Chih-Hsuan	02:28.0
Gehring, Tyler	02:29.1
Lipschitz, Brandon	02:59.0

200m

Johnson, John	22.3
Lanzalaco, Kenny	23.88
Riley, DeVone	24.3
Hemenway, Kyle	24.5
Johnson, A'Ryan	24.5
Chatlin, Donald	24.99
Esparza, Daniel	25.4
Wynkoop, Anthony	26.0
Barnard, Ryan	26.1
Aken, Isaiah	26.2
Lim, Jin	26.6
Greenlee, Charles	27.2
Scotti, Nick	27.2
Johnson, Tyler	27.7
Lomando, Anthony	27.8
Arcana, Michael	28.3
Sarmiento, Brian	28.6
Purvines, Warren	29.4

400m

Riley, DeVone	49.7/50.77
Lanzalaco, Kenny	52.2
Stoops, Sean	53.3
Johnson, A'Ryan	52.4/54.03
Wynkoop, Anthony	56.6
Yslas, Cory	57.8
Johnson, Tyler	62.2
Scotti, Nick	63.1
Hoskins, Taylor	63.8
Lomando, Anthony	64.3
Stipanov, Mark	64.5
Morgan, Matthew	65.9
Arcana, Michael	67.8
Sarmiento, Brian	68.5

italics = split time

1600m

Lee, Dustin	04:48.8
Denney, Justin	04:51.4
Terrones, Nathan	05:12.0
Gehring, Tyler	05:21.0
Chupinsky, Spencer	05:38.0
Berry, Nick	05:39.0
May, Justin	05:42.0
Stipanov, Mark	05:50.0
Wu, Chih-Hsuan	05:55.0
Hoopes, Scott	06:09.0

110m Hurdles

Johnson, Kurt	16.62
Stoops, Sean	17.5
Harwell, Aaron	18.1
Krowkowski, Jake	18.3
Moorhead, Derek	18.7

3200m

Terrones, Nathan	11:07.0
Gehring, Tyler	11:38.0
Chupinsky, Spencer	13:06.0

Long Jump

Pycior, Sebastian	18' 4.75"
Macejak, John	17' 9"
Anderson, Chris	17' 7"
Carle, Alex	17' 5"
Rowe, Garrett	17' 3.25"
Mathew, Lucien	17' 2.25"
Pearson, Jakob	16' 9"
Massinari, Jake	16' 1"
Purvine, Warren	14' 2"
Lopez, Joseph	14' 0"
Stoops, Steven	10' 9"

High Jump

Macejak, John	5' 9"
Pycior, Sebastian	5' 4"
Pearson, Jakob	5' 4"
Varwig, Trevor	5' 3"
Anderson, Chris	4' 11"
Lopez, Joseph	4' 10"
Carle, Alex	4' 10"

Discus

Kamal, Jelani	107' 6"
Tran, Huy	107' 1"
Damshen, Lee	101' 2"
Day, Theron	93' 9"
Laurent, Chris	92' 2"
Taumlolo, Noke	90' 8"
Fakauho, Senituli	80' 0"
Kaalekahi, Nakana	58' 7"

300m Hurdles

Johnson, Kurt	41.99
Stoops, Sean	42.6
Esparza, Daniel	44.2
Harwell, Aaron	46.4
Mathew, Lucien	48.2
Moorhead, Derek	48.3
Krowkowski, Jake	49.0

2000m Steeple Chase

Denney, Justin	07:14.4
Terrones, Nathan	08:15.5
Lee, Dustin	08:20.5

Triple Jump

Macejak, John	40' 0.5"
Rowe, Garrett	39' 0"
Anderson, Chris	36' 0"
Pycior, Sebastian	35' 10"
Carle, Alex	35' 6.5"
Pearson, Jakob	33' 7"
Massinari, Jake	33' 4"
Purvine, Warren	32' 10"
Lopez, Joseph	31' 1"

Shot Put

Tran, Huy	32' 2.75"
Kamal, Jelani	39' 9.5"
Laurent, Chris	35' 8.25"
Damshen, Lee	34' 0"
Day, Theron	37' 8.25"
Wynkoop, Anthony	32' 0.25"
Taumlolo, Noke	41' 11"
Fakauho, Senituli	32' 3"
Kaalekahi, Nakana	23' 11.5"

Javelin

Esparza, Daniel	123' 0.5"
Rowe, Garrett	84' 4"
Damshen, Lee	61' 1"

Pole Vault

Varwig, Trevor	14' 6"
Varwig, Travis	11' 6"
Simmons, Tyler	10' 0"
Timnak, Matt	9' 0"
Yung, Homer	9' 0"

BOLD = SCHOOL RECORD

Relays

400m

Hemenway, Kyle 44.5
 Riley, DeVone
 Lanzalaco, Kenny
 Johnson, John

Hemenway, Kyle 46.08
 Johnson, A'Ryan
 Lanzalaco, Kenny
 Esparza, Daniel

Greenlee, Charles 49.9
 Scotti, Nick
 Johnson, Tyler
 Wynkoop, Anthony

1600m

Lanzalaco, Kenny 3:28.91
 Johnson, A'Ryan
 Stoops, Sean
 Riley, DeVone

800m

Hemenway, Kyle 1:36.8
 Riley, DeVone
 Lanzalaco, Kenny
 Johnson, John

Hemenway, Kyle 1:37.4
 Johnson, A'Ryan
 Lanzalaco, Kenny
 Stoops, Sean

Hemenway, Kyle 1:38.15
 Johnson, A'Ryan
 Lanzalaco, Kenny
 Esparza, Daniel

Greenlee, Charles 1:45.8
 Scotti, Nick
 Johnson, Tyler
 Wynkoop, Anthony

3200m

Riley, DeVone 8:14.49
Stoops, Sean
Lee, Dustin
Denney, Justin