

Coast Conference / Golden Gate Conference
Track & Field Championships
Meet Records

MEN

EVENT	CC MARK	NAME, SCHOOL, YEAR	GGC MARK	NAME, SCHOOL, YEAR
100m	10.27	Guy McGowan, SJCC, 2003	10.0	Ernest Lewis, SJCC, 1978
200m	20.78	Shaun Williams, CCSF, 1997	20.4	Millard Hampton, SJCC, 1976
400m	46.63	Solov Nakaunicina, WVC, 1997	46.5 (440yds)	Lee Evans, SJCC, 1966
800m	1:53.07	Dave Navarrete, CCSF, 1999	1:48.4 (880yds)	James Robinson, Laney, 1974
1500m	3:50.9	John Sup, MPC, 1979	3:49.9	Vernon Sallaz, Chabot, 1978
3000m SC	9:18.4	Jim Martinelli, Skyline, 1977	9:07.6	Mike Dyer, WVC, 1979
5000m	14:53.5	Sam Barazza, MPC, 1982	14:34.8	Paul Mello, San Mateo, 1978
10000m	30:51.6	Tom Mckeown, Cuesta, 1982	31:18.7	Danny Hernandez, SJCC, 1981
110m H	14.34	Tom Robertz, Skyline, 1979	13.7	Scott Monroy, SJCC, 1977
400m H	53.00	Jovesa Naivalu, WVC, 1998	50.9	Andre Phillips, SJCC, 1978
High Jump	6-11	Neil Lahey, Hartnell, 1996	7-3	Thurlis Gibbs, SJCC, 1978
Pole Vault	16-0	Erik Knight, Hartnell, 1998	17-4.25	Ralph Preiman, Foothill, 1982
Long Jump	23-10	Kerry Threats, Skyline, 1984	24-8.25	Henry Stuckey, Merritt, 1970
Triple Jump	49-1	Craig Price, Hartnell, 1992	52-0	Ralph Bird, Chabot, 1973
Shot Put	54-6	Greg Tafralis, Skyline, 1978	60-5.25	Dave Laut, SJCC, 1977
Discus	204-11	Mike Gravelle, Skyline, 1986	187-3	Les Mills, Foothill, 1963
Javelin-new	197-7	Ben Fogel, San Mateo, 2000	167-11	Matt Foreman, 1990, DVC
Javelin-old	216-10	Steve Roller, Skyline, 1979	219-9	Tom Walker, Chabot, 1976
Hammer	176-6	Dave Charlesworth, WVC, 1996	197-8	Eric Finch, DeAnza, 1986
4x1 Relay	40.87	CCSF, 2004	40.0	SJCC, 1978
4x4 Relay	3:12.36	CCSF, 1997	3:10.8	SJCC, 1978

WOMEN

100m	12.08	Christina Hardeman, DeAnza, 2003	12.0	Tina Gibbs, SJCC, 1980
200m	24.72	Patricia Jacinto, Chabot, 1996	24.3	Pat Mobley, SJCC, 1986
400m	56.07	Shavone Popoola, CSM, 1999	55.75	Pat Mobley, SJCC, 1986
800m	2:16.4	Linda Spaargaren, Skyline, 1983	2:15.4	Diana Figliomeni, WVC, 1981
1500m	4:29.1	Sabrina Peters, MPC, 1980	4:35.3	Lisa Lopez, CCSF, 1993
3000m	9:43.3	Sabrina Peters, MPC, 1980	9:45.3	Ann Weatherspoon, WVC, 1978
3000m SC	12:17.0	Jayde Solorio, Chabot, 2005	Not contested	
5000m	18:04.80	Elena Lopez, WVC, 2003	17:32.80	Dina Farage, WVC, 1991
10000m	37:53.64	Kathy Lenno, Hartnell, 2000	Not contested	
100m H	14.69	Renee Warner, CCSF, 1998	14.0	Janet Yarborough, DeAnza, 1981
400m H	61.65	Christynna Serrano, Hartnell, 1996	62.8	Jamie Blake, Chabot, 1980
High Jump	5-8	Kathy Raugust, Hartnell, 1980	5-8	Wendy Craig, DeAnza, 1980
Pole Vault	11-0	Stevie Odle, WVC, 2006	Not contested	
Long Jump	19-0.5	Christynna Serrano, Hartnell, 1996	20-1.25	Vivian Riley, SJCC, 1985
Triple Jump	38-8	Janis Diggs, Hartnell, 1985	39-0.25	Stephanie Hanf, DVC, 1993
Shot Put	45-2	Andrea Pappas, CSM, 1998	43-5.5	Angel Mahan, CSM, 1990
Discus	148-02	Cami Carroll, CSM, 2001	159-2	Jennifer Ruff, CSM, 1989
Javelin-new	134-10	Sarah Faulkner, CSM, 2004	Not contested	
Javelin-old	148-0	Nadine Bowers, Hartnell, 1980	162-2	Tiffany Janssen, DVC, 1992
Hammer	170-05	Cami Carroll, CSM, 2001	Not contested	
4x1 Relay	47.17	CCSF, 2001	47.2	SJCC, 1980
4x4 Relay	3:57.55	Hartnell, 1996	3:52.7	WVC, 1980