

Top 8 Records

BAY AREA TOP "8" MEET RECORDS 400 Meter Relay Frosh/Soph

McClymonds

1997

43.15 Women James Logan 1995 46.00 Men

Skyline 1995 41.70

1600 Meters Frosh/Soph

Giliat Gherbray James Logan

1997 43.15 Women Kristen Gordon Carondolet 1996 4.50.25 Men

Mike Perez Lower Lake 2006 4.09.91

110/100 Hurdles Frosh/Soph

Daveed Diggs Berkeley

1998

15.18 Women Daveta Sheppard De Anza 1997 13.84 Men

Joe Navilu Fremont, Sunnyvale 1996 14.16

400 Meters Frosh/Soph

Kwamin Taylor St. Mary's 1996 49.75 Women Kelli White James Logan 1995 54.87

Men

Felton Charles McClymonds 1996 47.36

100 Meters Frosh/Soph

Lawrence Parks Oakland Tech 1996 11.04 Women Tania Woods Skyline 1999 11.60

Men

Barry Smith Mission-SF 1989 10.60

800 Meters Frosh/Soph

Tim Wallach O' Dowd 2000 2:00.18 Women Lindsay Hyatt Placer 1998 2:09.40

Men

Jon Stevens Mission San Jose 1997 1:51.33

300 Hurdles Frosh/Soph

Halihi Guy Berkeley 1999 40.51 Women Natasha Neal James Logan 1998 41.30 Men

Joe Navilu Fremont, Sunnyvale 1996 37.89

200 Meters Frosh/Soph

Demondre Ward; Oakland High 2005 22.11 Women Jeneba Tarmoh Mt. Pleasant 2006

23.47 Men

Javid Best Salesians 2006 21.16

3200 Meters Frosh/Soph

Steven Springhom Central Valley 1998 9:45.86 Women Lindsay Allen College Park 2004

10:35.82 Men

Michael Stember Jesuit 1995 9:02.32

1600 Meter Relay Frosh/Soph

St. Mary's 1996 3:21.78 Women St. Bernard 1997 3:43.91 Men

McClymonds 1996 3:16.29

Long Jump Frosh/Soph

Martin Boston Mt. Eden 2000 22'3" Women Renee Williams Skyline 2003 20' 2 1/2"

Men

Brandon Parker Lincoln 2002 24' 1/2"

Triple Jump Frosh/Soph

Nkosinza Balumbu Logan 2003 46' 1/4" Women Rosheena Duree Burton 2002 40' 2"

Men

Nkosinza Balumbu James Logan 2005 50' 1/2"

High Jump Frosh/Soph

Abby Hussein St. Mary's 1991 6'4" Women Jamilla Churchill Bishop

O' Dowd 1995 5'9" Men

Darrell Lewis Pittsburg 1997 6'8"

Pole Vault Frosh/Soph

Jeff Harris Las Lomas 2001 13'2" Women Staley Bryson Cordova 2005

12' 9" Men

Scott Roth Granite Bay 2005 16' 10"

Shot Put Frosh/Soph

John Badovinac Jesuit 1995 56'8" Women Chaniqua Ross Laguna Creek 1997

47'10" Men

John Badovinac Jesuit 1997 59'9 1/2"

Discus	Frosh/Soph							
Kersten Sheridan	Livermore	1990	151'7"	Women	Melissa Reis	James Logan	1998	
163'10"	Men							
Lance Jaron	McQueen, NV	1996	188'1"					