



Saint Francis High School Track & Field Records

06/07/09



Boys Varsity

EVENT	MARK	RECORD HOLDER	GRADE	YEAR
100m	10.75e	Glen Borel	10	2008
200m	21.83e	Mike Davidson	11	1983
400m	47.49e	Mike Davidson	11	1983
800m	1:52.4	Mike Kasser	12	1974
1600m	4:10.55c	Ben Sitler	12	2006
1 Mile	4:16.0 (4:12.00)	Mike Kasser (Ben Sitler - Converted from 1600 time)	12 (12)	1974 (2006)
3200m	8:53.47	Ben Sitler	12	2006
2 Mile	9:13.68 (8:56.56)	Ben Sitler (Ben Sitler - converted from 3200 time)	11 (12)	2005 (2006)
4x100m Relay	41.63	Anthony Andrighetto(12) , Glyn Borel(11) , Marty Manoukian(12) , Phil DePond(12)		2009
4x400m Relay	3:19.3	Mike Regimbal(12), Rob Durkin(12), Joe Awender(11), Mike Davidson(11)		1983
110m HH	14.2	Ian Kenworthy	12	2001
300m IH	38.3	Karl Broussard	12	1979
Long Jump	23' 8 ¾"	Kyle Mills-Bunje	12	2006
Triple Jump	47' 6"	Alton Page	12	1974
High Jump	6' 7 ½"	Bill Maston	12	1974
Discus	174' 3" 174' 3"	Greg Winkler Nick Sheuerman	11 12	1987 2004
Shot Put	60' ½"	Gian Rossini	12	1975
Pole Vault	17' 5"	Casey Roche	11	2006

Yellow indicates record set this year

e- Indicates electronic times. Subtract 0.24 seconds to achieve equivalent hand times.

c – indicates time converted from/to metric



Saint Francis High School Track & Field Records

03/10/07



Boys Varsity

EVENT	MARK	RECORD HOLDER	GRADE	YEAR
4x200m Relay	1:31.89	Oliver Plattner(11), Ryan Perry(10), Desmond Howard(10), Pat Smith(12)		2004
Distance Medley (1200,400,800,1600)	10:24.51	Eric Johnson (3:20-12), Ben Plattner (54-12), Sam Pompei (1:58-12), Ben Sitler (4:12-12)		2006
5x2Mile (XC Postal)	48:14.8	?, ?, ?, ?, ?		1973
Sprint Medley (100,100,200,400)				
Sprint Medley (400,200,200,800))	3:31.52	Tom Rees (50.7-12), Ronald Nunn(10), Shiraz Qadri(12), Adam Tucker (1:55.5-12)		1998
4x800m Relay	8:06.43	Michael Atkinson (2:04.7-11), Chris Allen (2:04.1-10), David Huss (2:01.4-10), Adam Tucker (1:56.0-12)		1998
4x1600m Relay	18:21.7	Brian Foster (4:34.0-12), Michael Cheung (4:37.4-11), Anthony Culazzo (4:43.9-11), John Collin (4:27.8-12)		1996
3000 (1)	8:33.42 (8:16.93)	Ben Sitler Ben Sitler (subtract 36.54 from 3200)	12 12	2006 2006
Decathlon	6549 (CCS Record)	Matt Chisam	12	2000

(1) Ben ran 8:33.42 at Stanford in 2006. He ran 8:53.47 for 3200 meters at Arcadia in 2006, which converts to 8:16.93 for 3000.

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Saint Francis High School Track & Field Records

03/10/07



Boys Frosh/Soph

EVENT	MARK	RECORD HOLDER	GRADE	YEAR
100m	10.78e (1)	Ronald Nunn	10	1998
200m	22.38e (1)	Ronald Nunn	10	1998
400m	51.3 (1)	Mike Atkinson	10	1997
800m	1:54.7	Mike Kasser (time is for longer 880 yards)	10	1972
1600m	4:22.09 4:18.8c	Ben Sitler Ben Sitler (subtract 1.5 from mile [.584% shorter])	10 10	2004 2004
1 Mile	4:20.33	Ben Sitler	10	2004
3000m	8:39.18	Ben Sitler	10	2004
3200m	9:21.345	Ben Sitler	10	2004
2 Mile	9:38.7 9:23.6c	Bob McCarty Ben Sitler (converted from 3200 time)	10 10	1968 2004
4x100m Relay	44.09	David Glassanos, Desmond Howard, Ryan Perry, Kyle Mills-Bunje	10	2004
4x400m Relay	3:30.9	Bob Durkin(10), Mike Regimbal(10), Pat Sheehy(10), Joe Awender(9)		1981
65m HH	8.8	Steve Ruffin	9	1986
110m HH				
300m IH	40.3	Alex Cabello	10	1982
Long Jump	22' 8.5"	Kyle Mills-Bunje	10	2004
Triple Jump	46' 8 ½"	Allen Picci	10	1981
High Jump	6' 2"	Allen Picci(81), Stan Logsdon(86), John Fernquest(92), Kyle Mills Bunje(04)	10	1981
Discus	154' 7"	Chris Chisam	10	2000
Shot Put (10lb)	55' 4"	Gian Rossini	10	1973
Pole Vault	15' 8"	Casey Roche	9	2005

** No 3000 F/S time could be found prior to 2004

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03/10/07



Boys Frosh/Soph

EVENT	MARK	RECORD HOLDER	GRADE	YEAR
Distance Medley (1200,400,800,1600)	11:31.89	Kyle Stewart (3:28-9), Kevin Rouse (59-9), Eric Johnson (2:09-10), Alex Blease (4:55-9)		2004
Sprint Medley (100,100,200,400)				
Sprint Medley (400,200,200,800))				

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Saint Francis High School Track & Field Records

03/10/07



Boys Freshmen

EVENT	MARK	RECORD HOLDER	GRADE	YEAR
100m	11.11e	Ronald Nunn	9	1997
200m	22.59	Ronald Nunn	9	1997
400m	51.92	Chris Caldwell	9	1000
800m	1:59.3	Joe Awender	9	1981
1600m	4:32.81e	Ben Sitler	9	2003
1 Mile	4:37.5	Kurt Rochlitz	9	1976
3000m	9:15.28e	Ben Sitler	9	2003
3200m	9:42.39	Ben Sitler	9	2003
2 Mile	9:52.3	David Cortez	9	1974
4x100m Relay	45.1	Mike Kasser, Carl Hammer, John Gomez, Rick Voss	9	1974
4x400m Relay	3:40.8	ShirazQardi, Tom Rees, David Smith, Ron Jones	9	1995
65m HH	8.8	Steve Ruffin	9	1986
110m HH				
300m IH	42.0	Rob Durkin	9	1980
Long Jump	21' 3"	Jeff Rossman	9	1980
Triple Jump	44' 8"	Jeff Rossman	9	1980
High Jump	6' 2"	Kyle Mills-Bunje	9	2003
Discus	147' 10"	Greg Shob	9	1975
Shot Put (10lb)	53' 4"	Bob Wiley	9	1974
Pole Vault	15' 5"	Casey Roche	9	2004

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A few notes about the records listed here:

- ? The list was reconstituted in 2004 from a 2000 official records list and subsequent information. While every effort has been made to ensure accuracy, there are a few marks still under investigation. Any disputed marks should be addressed with Steve Fuller via EMail at steve@juststeveinc.com.
- ? In 1985 most events were converted from English to Metric measurements. While reconstructing the school records, we decided to leave the English event records (e.g., Mile) separate from the Metric equivalent (e.g., 1600). While the distances are nearly identical, we decided that it would not be fair to the convert marks achieved at the shorter distance to the longer distance. However, if the longer distance time was significantly faster than the metric time, the longer time was converted to the metric record. For example, Mike Kasser's 1 Mile (4:16.0) converted to a 4:14.5 1600 time, which is much faster than the "official" 1600 time.

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