

Asics Trabuco Hills - 4/3/2009 to 4/4/2009
Track/Field Invitational & Distance Carnival
Trabuco Hills High School
Meet - Records

2	Boys Distance Medley Frosh/Soph	10:46.50	1992	Mission Bay - Mission Bay High School
4	Boys 110 Meter Hurdles Open	13.92	1997	Dominique DaGrammont - Tustin High School
7	Boys 4x100 Meter Relay Frosh/Soph	44.10	1995	- Dominguez High School
8	Boys 4x100 Meter Relay Open	41.30	2005	Long Beach Poly - Long Beach Poly
11	Boys 1600 Meter Run Doug Speck In	4:10.60	2006	Brandon Bethke - El Toro High School
13	Boys 800 Sprint Medley 1-2-2-4 Fros	1:38.20	2001	Dana Hills - Dana Hills High School
15	Boys 1600 Sprint Medley 2-2-4-8 Inv	3:30.48	2005	Fremont - Fremont High School
19	Boys 100 Meter Dash Open	10.52	1994	Brian Howard - Canyon Springs High
21	Boys 800 Meter Run Inv	1:53.00	1995	Jess Strutzel - Huntington Beach
25	Boys 400 Meter Dash Open	47.56	2006	Bryshon Nellum - Long Beach Poly
27	Boys 4x200 Meter Relay Frosh/Soph	1:32.64	2006	Long Beach Poly - Long Beach Poly
29	Boys 4x200 Meter Relay Open	1:29.04	1995	University City - University City High
31	Boys Distance Medley 12-4-8-16 Inv	10:22.27	2005	La Sierra - La Sierra High
34	Boys 300 Meter Hurdles Open	37.50	1997	Dominique DaGrammont - Tustin High School
38	Boys 3200 Meter Run Gene Gurule In	9:13.53	2006	Chad Hall - Big Bear High School
42	Boys 200 Meter Dash Open	21.28	2002	Deun White - Rancho Bernardo High
44	Boys 4x400 Meter Relay Frosh/Soph	3:27.20	1995	- Dominguez High School
46	Boys 4x400 Meter Relay Open	3:17.70	2002	- Long Beach Poly
47	Boys Shot Put Frosh/Soph	55-06.50	1999	Jake Knight - Rubidoux High School
48	Boys Shot Put Hugo DeGroot Open	63-05.75	1993	Tyson Lingenfelder - Upland High School
52	Boys High Jump DwightStones Open	7-00.00	2002	Keno White - Rancho Bernardo High
53	Boys High Jump Frosh/Soph	6-05.00	1993	Clay Kilbarger - Canyon High School
55	Boys Long Jump Open	23-05.25	1995	Tyee Washington - La Sierra High School
57	Boys Long Jump Frosh/Soph	21-07.25	2006	Johy Byrd - Arlington High School
60	Boys Discus Throw Open	198-09.50	1997	Scott Moser - Huntington Beach
63	Boys Pole Vault Open	16-05.00	2000	Aden Logan - Marina High School
64	Boys Pole Vault Frosh/Soph	13-00.00	2002	Matt Stevenson - Rancho Bernardo High
66	Boys Triple Jump Al Joyner Open	49-00.00	2008	Chris Bernard - Rancho Bernardo High
67	Boys Discus Throw Frosh/Soph	151-04	1998	Matt Gomez - Rubidoux High School
69	Boys Triple Jump Frosh/Soph	43-09.75	2007	Blaine Bolus - Corona Del Mar High
102	Boys 4x1600 Meter Relay Frosh/Soph	18:47.16	2008	- Trabuco Hills High
104	Boys 3200 Meter Run Open	9:42.50	2008	Shane Berglas - Woodbridge High School
106	Boys 4x800 Meter Relay Frosh/Soph	8:27.12	1992	- Mission Bay High School
108	Boys 3200 Meter Run Open	9:42.50	2008	Shane Berglas - Woodbridge High School
110	Boys 800 Meter Run Frosh/Soph	2:02.80	2008	Jantzen Oshier, Fr. - Trabuco Hills High
112	Boys 800 Meter Run Open	1:57.94	2007	Jason Peck, Sr. - Northwood High School
114	Boys 1600 Meter Run Frosh/Soph	4:38.58	2007	Joseph Ruelas, Soph - Rancho Cucamonga
116	Boys 1600 Meter Run Open	4:23.55	2007	Steve Norton, Jr. - La Sierra High