

# Empire League Prelims

Thursday, April 26, 2018

Valencia High School

## *Order of Events*

All Running Races begin at 3:00 p.m.

5.	Girl's Frosh/Soph	1600
6.	Boy's Frosh/Soph	1600
7.	Girl's Varsity	1600
8.	Boy's Varsity	1600
9.	Girl's Frosh/Soph	100 Hurdles
10.	Girl's Varsity	100 Hurdles
11.	Boy's Frosh/Soph	110-Hurdles
12.	Boy's Varsity	110 Hurdles
13.	Girl' Frosh/Soph	400
14.	Boy's Frosh/Soph	400
15.	Girl's Varsity	400
16.	Boy's Varsity	400
17.	Girl's Frosh/Soph	100
18.	Boy's Frosh/Soph	100
19.	Girl's Varsity	100
20.	Boy's Varsity	100
21.	Girl's Frosh/Soph	800
22.	Boy's Frosh/Soph	800
23.	Girl's Varsity	800
24.	Boy's Varsity	800
25.	Girl's Frosh/Soph	300 Hurdles
26.	Girl's Varsity	300 Hurdles
27.	Boy's Frosh/Soph	300 Intermediate Hurdles
28.	Boy's Varsity	300 Intermediate Hurdles
29.	Girl's Frosh/Soph	200
30.	Boy's Frosh/Soph	200
31.	Girl's Varsity	200
32.	Boy's Varsity	200
33.	Girls Frosh/Soph	3200 Finals Event
34.	Boys Frosh/Soph	3200 Finals Event

## Field Events FINALS

Time	Level	Event	Standards	Board
3:00 pm	Boy's F/S	<del>Pole Vault</del>		
2:00 pm	Boy's F/S	Long Jump		
	Girl's F/S	Triple Jump		
	Boy's F/S	Shot Put		
	Girl's F/S	High Jump		
	Girl's F/S	Discus		
Following	<del>Girl's F/S</del>	<del>Pole Vault</del>		
	Boy's F/S	Triple Jump		
	Girl's F/S	Long Jump		
	Girl's F/S	Shot Put		
	Boy's F/S	High Jump		
	Boy's F/S	Discus		

# Empire League Finals

Thursday, May 3, 2018

Valencia High School

## Order of Events

*All Running Races begin at 5:00 p.m.*

- |     |                   |                          |
|-----|-------------------|--------------------------|
| 1.  | Girl's Frosh/Soph | 400 Relay                |
| 2.  | Boy's Frosh/Soph  | 400 Relay                |
| 3.  | Girl's Varsity    | 400 Relay                |
| 4.  | Boy's Varsity     | 400 Relay                |
| 5.  | Girl's Frosh/Soph | 1600                     |
| 6.  | Boy's Frosh/Soph  | 1600                     |
| 7.  | Girl's Varsity    | 1600                     |
| 8.  | Boy's Varsity     | 1600                     |
| 9.  | Girl' Frosh/Soph  | 100 Hurdles              |
| 10. | Girl's Varsity    | 100 Hurdles              |
| 11. | Boy's Frosh/Soph  | 110 Hurdles              |
| 12. | Boy's Varsity     | 110 Hurdles              |
| 13. | Girl's Frosh/Soph | 400                      |
| 14. | Boy's Frosh/Soph  | 400                      |
| 15. | Girl's Varsity    | 400                      |
| 16. | Boy's Varsity     | 400                      |
| 17. | Girl's Frosh/Soph | 100                      |
| 18. | Boy's Frosh/Soph  | 100                      |
| 19. | Girl's Varsity    | 100                      |
| 20. | Boy's Varsity     | 100                      |
| 21. | Girl's Frosh/Soph | 800                      |
| 22. | Boy's Frosh/Soph  | 800                      |
| 23. | Girl's Varsity    | 800                      |
| 24. | Boy's Varsity     | 800                      |
| 25. | Girl's Frosh/Soph | 300 Hurdles              |
| 26. | Girl's Varsity    | 300 Hurdles              |
| 27. | Boy's Frosh/Soph  | 300 Intermediate Hurdles |
| 28. | Boy's Varsity     | 300 Intermediate Hurdles |
| 29. | Girl's Frosh/Soph | 200                      |
| 30. | Boy's Frosh/Soph  | 200                      |
| 31. | Girl's Varsity    | 200                      |
| 32. | Boy's Varsity     | 200                      |
| 35. | Girl's Varsity    | 3200                     |
| 36. | Boy's Varsity     | 3200                     |
| 37. | Girl's Frosh/Soph | 1600 Relay               |
| 38. | Boy's Frosh/Soph  | 1600 Relay               |
| 39. | Girl's Varsity    | 1600 Relay               |
| 40. | Boy's Varsity     | 1600 Relay               |

## Field Event FINALS

Time	Level	Event	Standards	Board
	<del>Boy's Varsity</del>	<del>Pole Vault</del>		
4:00 pm	Boy's Varsity	Long Jump		
	Girl's Varsity	Triple Jump		
	Boy's Varsity	Shot Put		
	Girl's Varsity	High Jump		
	Girl's Varsity	Discus		
Following	<del>Girl's Varsity</del>	<del>Pole Vault</del>		
	Boy's Varsity	Triple Jump		
	Girl's Varsity	Long Jump		
	Girl's Varsity	Shot Put		
	Boy's Varsity	High Jump		
	Boy's Varsity	Discus		

# Empire League Track & Field **RECORDS**

## Boy's VARSITY

<b>EVENT</b>	<b>TIME/ DISTANCE</b>	<b>NAME</b>	<b>SCHOOL</b>	<b>YEAR</b>
<b>100 M</b>	<b>10.70</b>	<b>Eric Mitchell</b>	<b>Los Alamitos</b>	<b>1990</b>
	<b>10.70</b>	<b>Charles Crook</b>	<b>Katella</b>	<b>1997</b>
<b>200 M</b>	<b>21.38</b>	<b>Eric Mitchell</b>	<b>Los Alamitos</b>	<b>1990</b>
<b>400 M</b>	<b>48.44</b>	<b>Roshawn Sims</b>	<b>Esperanza</b>	<b>1990</b>
<b>800 M</b>	<b>1.53.01</b>	<b>Sean Krinik</b>	<b>Valencia</b>	<b>2010</b>
<b>1600 M</b>	<b>4:15.00</b>	<b>Matt Bell</b>	<b>Foothill</b>	<b>1975</b>
<b>3200 M</b>	<b>9:12.60</b>	<b>Mark Spilsbury</b>	<b>Foothill</b>	<b>1976</b>
<b>110 HH</b>	<b>13.33</b>	<b>Terry Johnson</b>	<b>Katella</b>	<b>1986</b>
<b>300 LH</b>	<b>37.21</b>	<b>Keith Pontiflet</b>	<b>Esperanza</b>	<b>1986</b>
<b>400 M Relay</b>	<b>42.47</b>	<b>Pacifica</b>	<b>Pacifica</b>	<b>2011</b>
<b>1600 M Relay</b>	<b>3:22.72</b>	<b>Los Alamitos</b>	<b>Los Alamitos</b>	<b>1983</b>
<b>Long Jump</b>	<b>23'7"</b>	<b>J.J. Cisneros</b>	<b>Los Alamitos</b>	<b>1988</b>
<b>Triple Jump</b>	<b>48'0.5"</b>	<b>Clayton Tharrington</b>	<b>Esperanze</b>	<b>1990</b>
<b>High Jump</b>	<b>6'10"</b>	<b>Kevin Carlson</b>	<b>Katella</b>	<b>1991</b>
<b>Pole Vault</b>	<b>14'9.25"</b>	<b>Trevor Lycett</b>	<b>Esperanza</b>	<b>1991</b>
<b>Shot Put</b>	<b>63'0.5"</b>	<b>Nick Coghill</b>	<b>Valencia</b>	<b>2015</b>
<b>Discus</b>	<b>175'5"</b>	<b>Nick Coghill</b>	<b>Valencia</b>	<b>2015</b>

# Empire League Track & Field **RECORDS**

## Girl's VARSITY

<b>EVENT</b>	<b>TIME/ DISTANCE</b>	<b>NAME</b>	<b>SCHOOL</b>	<b>YEAR</b>
<b>100 M</b>	<b>11.73</b>	<b>Janice Nsor</b>	<b>Kennedy</b>	<b>2005</b>
<b>200 M</b>	<b>24.67</b>	<b>Cavetra Mitchell</b>	<b>Los Alamitos</b>	<b>1993</b>
<b>400 M</b>	<b>56.54</b>	<b>Brittney Flores</b>	<b>Cypress</b>	<b>2006</b>
<b>800 M</b>	<b>2:17.13</b>	<b>Lauren Jirges</b>	<b>Cypress</b>	<b>2004</b>
<b>1600 M</b>	<b>5:09.04</b>	<b>Rachel Iida</b>	<b>Yorba Linda</b>	<b>2013</b>
<b>3200 M</b>	<b>10:57.98</b>	<b>Martha Pinto</b>	<b>Katella</b>	<b>1990</b>
<b>100 LH</b>	<b>14.63</b>	<b>Danielle Reaves</b>	<b>Esperanza</b>	<b>1988</b>
<b>100 IH</b>	<b>15.63</b>	<b>Cira Wright</b>	<b>Kennedy</b>	<b>1998</b>
<b>300 LH</b>	<b>44.74</b>	<b>Debbie Arthur</b>	<b>Esperanza</b>	<b>1982</b>
<b>400 M Relay</b>	<b>48.03</b>	<b>Kennedy</b>	<b>Kennedy</b>	<b>2005</b>
<b>1600 M Relay</b>	<b>3:57.4</b>	<b>Esperanza</b>	<b>Esperanza</b>	<b>1989</b>
<b>Long Jump</b>	<b>18'6"</b>	<b>Erin Pike</b>	<b>Kennedy</b>	<b>1978</b>
<b>Triple Jump</b>	<b>39'1"</b>	<b>Courtney Stafford</b>	<b>Katella</b>	<b>2000</b>
<b>High Jump</b>	<b>5'8"</b>	<b>Lori Svoboda</b>	<b>El Dorado</b>	<b>1989</b>
<b>Pole Vault</b>	<b>11'1.5"</b>	<b>Melissa Morris</b>	<b>Cypress</b>	<b>2007</b>
<b>Shot Put</b>	<b>44'11.5"</b>	<b>Melissa Yunghans</b>	<b>Orange Lutheran</b>	<b>2003</b>
<b>Discus</b>	<b>136'6.5"</b>	<b>Melissa Yunghans</b>	<b>Orange Lutheran</b>	<b>2004</b>

# Empire League Track & Field RECORDS

## Boy's FROSH/SOPH

EVENT	TIME/ DISTANCE	NAME	SCHOOL	YEAR
100 M	11.39	Kezue Nwachie	Loara	2010
200 M	22.99	Chris Yedinak	Katella	1977
400 M	50.70	Cary Burt	Huntington Beach	
800 M	2:01.50	Randy Kammerer	Saddleback	1988
1600 M	4:36.08	Mike Moreno	Katella	1976
3200 M	9:57.36	Mike Moreno	Katella	1974
110 HH	15.86	Steve Reynolds	Pacifica	1991
300 LH	40.41	Keith Pontiflet	Esperanza	1991
400 M Relay	44.84	El Dorado	El Dorado	1982
1600 M Relay	3:33.32	El Dorado	El Dorado	1983
Long Jump	21'8	James Chun	Kennedy	1983
Triple Jump	42'10.25"	David Liu	Katella	1983
High Jump	6'5.75"	Todd Broesder	Loara	1987
Pole Vault	14'0"	Tim McIntyre	Los Alamitos	1991
Shot Put	56'7"	Mark Parlin	Esperanza	1980
Discus	144'5"	Mark Parlin	Esperanza	1977

## Girl's FROSH/SOPH

EVENT	TIME/ DISTANCE	NAME	SCHOOL	YEAR
100 M	12.89	Kandyce Doxey	Cypress	2005
200 M	26.54	Tasha Walker	El Dorado	1992
400 M	59.71	Misty Hartung	Cypress	1990
800 M	2:26.52	Summer Cashman	Los Alamitos	1990
1600 M	5:34.13	Wendy Leos	Western	2014
3200 M	12:09.03	Kori Padilla	Los Alamitos	1990
110 LH	16.30	Sheila Filsinger	Cypress	1990
110 IH	17.19	Kyley Remington	El Dorado	1999
300 LH	48.75	Kim Itsu	Loara	1992
400 M Relay	50.84	Cypress	Cypress	2005
1600 M Relay	4:19.35	Esperanza	Esperanza	1990
Long Jump	16'	Pam Lee	Cypress	1989
Triple Jump	34'11.5"	Pam Lee	Cypress	1989
High Jump	5'0"	Lupe Nara	Cypress	1993
		Stacy Wright	Katella	1993
Pole Vault	8'	Tammy Adams	Katella	2001
Shot Put	35'4.5"	Alyxa Bennett	Loara	1992
Discus	97'5"	Renee Gomez	El Dorado	1992

**EMPIRE LEAGUE  
TRACK AND FIELD  
PRELIMS**

**CYPRESS CENTURIONS  
KENNEDY FIGHTING IRISH  
PACIFICA MARINERS  
TUSTIN TILLERS  
VALENCIA TIGERS  
WESTERN PIONEERS**

**APRIL 26, 2018**

Live Results  
[www.finishedresults.com/liveresults](http://www.finishedresults.com/liveresults)  
or smartphone app Finished Results live app

# **EMPIRE LEAGUE TRACK AND FIELD FINALS**

**CYPRESS CENTURIONS  
KENNEDY FIGHTING IRISH  
PACIFICA MARINERS  
TUSTIN TILLERS  
VALENCLIA TIGERS  
WESTERN PIONEERS**

**MAY 3, 2018**

Live Results  
[www.finishedresults.com/liveresults](http://www.finishedresults.com/liveresults)  
or smartphone app Finished Results live app