

Based on VCYTC Records and Top VCYTC Marks, 1999+ Varsity Finals, 2010+ CCC Finals, and Cosmos Club Records. "c" denotes 0.24s hand-time-to-FAT conversion. \*\*Does not include converted 1500M/3000M times.

		7-8 Boys Gremlin			9-10 Boys Bantam			11-12 Junior			13-14 Boys Youth			15-16 Boys Intermediate			17-18 Boys Young		
100M	Club Record	15.71c	B. Gershater	1997	13.80	M. Alexander	1992	12.80	B. Sells	2001	11.36	B. Selig	2008	11.72	J. Gunsalus	2022	11.35	J. Gunsalus	2023
	Top Performers	15.77	T. Bluhm	2007	13.87	J. Jordan	2002	12.99	B. Blair	2017	11.50	M. Contreras	2019	11.87	C. Timm	2013	11.51	D. Winbush	2023
		15.77	J. Moss	2008	13.90	S. Porta	2007	13.00	M. Beavers	2003	11.60	D. Weisenberger	2009	11.94	D. Aslan	2006	13.40	F. Pagan	2023
		15.85	B. Middleton	2017	13.99	B. Middleton	2019	13.08	D. Weisenberger	2007	11.87	J. Belew	2017	11.99	C. Hernandez	2012	13.91	E. Seymour	2023
		15.87	S. Porta	2005	14.07	J. Bueno	2019	13.10c	M. Alexander	1994	12.00	J. Gray	1999	12.01	P. Marlow	2008			
16.00	V. Holmes III	2023	14.38	B. Carr	2015	13.10	J. Harrison	2001	12.00	J. Flynn	2000	12.09	A. Liranzo	2002					
200M	Club Record	32.72	B. Middleton	2017	29.05	J. Jordan	2002	26.62	J. Jordan	2004	24.03	B. Selig	2008	23.77	J. Gunsalus	2022	23.58	J. Gunsalus	2023
	Top Performers	33.14c	B. Gershater	1997	29.60	J. Bueno	2019	27.07	J. Belew	2015	24.53	J. Belew	2017	24.38	A. Liranzo	2002	26.76	F. Pagan	2023
		33.20	K. Pelangka	2022	29.80	S. Porta	2007	27.74c	M. Alexander	1994	24.54	C. Hernandez	2011	24.50c	S. Richards	2006	29.05	E. Seymour	2022
		33.21	T. Bluhm	2007	29.82	A. Olson	2014	27.75	J. Bueno	2021	24.58	D. Weisenberger	2009	24.54c	E. Thomas	1986			
		33.76	J. Moss	2008	29.84c	M. Alexander	1992	27.79	B. Selig	2006	24.68	N. Reid	2013	24.68	T. Wrout	2008			
34.10	J. Bueno	2017	29.90	J. Harrison	1999	27.80	J. Harrison	2001	24.74c	M. Phillips	1997	24.76	C. Hernandez	2012					
400M	Club Record	1:13.70	A. Olson	2012	1:04.57	J. Jordan	2002	59.42	J. Jordan	2004	54.55	M. Dickran	2022	54.27	F. Gravel	2017	53.26	D. Winbush	2023
	Top Performers	1:17.91c	M. Watson	1984	1:07.31	B. Carr	2015	59.86	B. Selig	2006	54.58	C. Hernandez	2011	54.41	C. Hernandez	2012	1:05.27	E. Seymour	2023
		1:18.23	R. Tomasetti	2015	1:07.37	A. Olson	2014	1:02.14	D. Ondrejko	2007	54.60	A. Jones	2023	54.43	A. Liranzo	2002			
		1:19.38	T. Stimpson	2015	1:09.33	D. Weisenberger	2005	1:02.14	D. Weisenberger	2007	54.92	VanKeersbilck	2014	54.97	S. Richards	2006			
		1:19.57	D. Dellalibera	2007	1:09.33	A. Sahlman	2015	1:02.90	M. Schultze	2001	55.09	M. Brown	2015	55.22	T. Wrout	2008			
1:19.83	J. Skeeters	2018	1:09.92	A. Renken	2013	1:03.46	A. Olson	2016	55.90	D. Gomez	2013	55.51	C. Sahlman	2018					
800M	Club Record	2:53.06	A. Olson	2012	2:34.75	M. Dickran	2018	2:24.03	M. Logan	2023	2:01.89	M. Dickran	2022	2:10.27	T. Wrout	2008	2:33.19	E. Seymour	2023
	Top Performers	2:54.00	J. Skeeters	2018	2:35.04	A. Olson	2014	2:25.85	Leo Young	2017	2:08.15	J. Pelascini	2023	2:11.34c	G. Aanerud	1984			
		2:56.41	G. Addison	2012	2:36.53	C. Dickran	2023	2:26.80	T. Stimpson	2019	2:09.98	M. Brown	2015	2:12.01	K. Smith	2015			
		2:57.84	Leo Young	2013	2:39.25	Lex Young	2015	2:27.31	M. Brown	2013	2:10.50	M. Burr	2015	2:12.35	F. Gravel	2017			
		2:58.27	S. Borja	2018	2:40.05	G. Cazares III	2023	2:27.58	M. Dickran	2019	2:11.39	D. Weisenberger	2009	2:13.49	C. Sahlman	2018			
2:58.38	Lex Young	2013	2:40.69	H. Goldman	2023	2:27.69	A. Olson	2015	2:11.73	J. Fitzgerald	2011	2:14.10	N. Sloan	2022					
1500M	Club Record	5:43.51	Lex Young	2013	5:08.83	Lex Young	2015	4:49.53	Lex Young	2017	4:17.38	M. Dickran	2022	4:27.70	N. Sloan	2022			
	Top Performers	5:45.59	G. Addison	2012	5:13.62	H. Goldman	2023	4:53.90	Leo Young	2017	4:25.37	J. Pelascini	2023	4:36.66	Mar. Pizza	2015			
		5:45.69	Leo Young	2013	5:17.54	Leo Young	2015	4:59.09	A. Sahlman	2017	4:26.77	Lex Young	2019	4:40.82	K. Smith	2015			
		5:56.94	M. Logan	2019	5:24.57	M. Burr	2011	5:00.61	J. Winslow	2022	4:29.55	M. Burr	2015	4:50.72	Z. Garcia	2015			
		6:14.73	D. Montag	2014	5:27.70	G. Cazares III	2023	5:01.86	M. Burr	2012	4:29.75	A. Sahlman	2019	4:53.40	C. Wrout	2011			
6:21.46	V. Pizza	2017	5:37.26	G. Addison	2013	5:02.51	T. Stimpson	2019	4:37.05	M. Pizza	2014	5:25.45	J. Pearson	2010					
1600M	Club Record	6:05.19	Jacob Skeeters	2018	5:35.76	Lex Young	2015	5:14.09	M. Logan	2023	4:41.20	M. Dickran	2022	4:48.40	N. Sloan	2022	5:50.74	E. Seymour	2022
	Top Performers	6:09.74	Leo Young	2013	5:35.89	Leo Young	2015	5:14.77	Leo Young	2017	4:45.09	Lex Young	2019	4:48.86	C. Sahlman	2018			
		6:12.01	Lex Young	2013	5:36.13	G. Cazares III	2024	5:14.86	Lex Young	2017	4:45.59	E. Tackett	2007	4:51.55	M. Pizza	2015			
		6:13.66	G. Cazares III	2022	5:37.42	H. Goldman	2023	5:17.31c	D. Laskey	1982	4:46.57	A. Sahlman	2019	4:54.98	J. Pelascini	2024			
		6:13.99	S. Borja	2018	5:39.91	Micah Dickran	2018	5:18.74	M. Burr	2013	4:48.56	J. Pelascini	2023	4:57.69	K. Smith	2015			
6:17.73c	M. Watson	1984	5:47.83	M. Burr	1982	5:23.41	T. Stimpson	2019	4:53.65	M. Burr	2015	5:05.20	T. Wrout	20182008					
3000M	Club Record							10:34.06	M. Burr	2013	9:41.04	M. Burr	2015	9:27.07	N. Sloan	2022			
	Top Performers							10:39.00	C. Chavez	2019	9:55.78	Mark Pizza	2014	10:15.79	Mar. Pizza	2015			
								10:52.58	J. Winslow	2022	10:07.54	J. Pelascini	2023	11:57.2	E. Terry	2019			
								11:06.79	F. Gravel	2014	10:22.98	A. Jarnit-Bjergson	2023	12:24.36	Q. Ricci	2019			
								11:23.05	T. Stimpson	2019	10:28.52	J. Hammond	2013						
							11:29.67	M. Bukowski	2010	10:28.66	M. Smith	2017							

		7-8 Boys Gremlin			9-10 Boys Bantam			11-12 Junior			13-14 Boys Youth			15-16 Boys Intermediate			17-18 Boys Young			
3200M	Club Record							<b>11:16.44c</b>	<b>C. Malesich</b>	<b>1984</b>	<b>10:09.78</b>	<b>Lex Young</b>	<b>2019</b>	<b>10:11.31</b>	<b>Noah Sloan</b>	<b>2022</b>	<b>12:20.47</b>	<b>E. Seymour</b>	<b>2022</b>	
	Top Performers							11:23.15	M. Burr	2013	10:12.17	E. Tackett	2007	10:51.21	C. Sahlman	2018				
									<b>11:31.10</b>	<b>L. Winslow</b>	<b>2024</b>	10:33.00	M. Burr	2015	10:58.22	M. Pizza	2015			
								<b>11:43.84</b>	<b>H. Goldman</b>	<b>2024</b>	10:37.42	Leo Young	2019	11:12.59	E. Kuske	2018				
								11:47.65	C. Chavez	2019	10:37.87	M. Dickran	2022	11:13.13	C. Couchman	2008				
								11:53.14	N. Hernandez	2022	10:39.5	P. FitzGerald	2001	11:27.34	T. Sloan	2018				
80M HURDLES	Club Record							<b>13.49</b>	<b>M. Contreras</b>	<b>2017</b>										
	Top Performers							13.61	R. Smith	2011										
								13.75	S. Botha	2015										
								14.26	A. Amesse	2014										
							14.29	C. Ewing	2009											
							14.29	K. Majam	2013											
100/110M HURDLES	Club Record	13-14: 33" hurdles 15-16: 33" hurdles 17-18: 110 m, 39" hurdles						<b>17.70</b>	<b>T. Beavers</b>	<b>2001</b>	<b>14.30</b>	<b>M. Contreras</b>	<b>2019</b>	<b>13.80</b>	<b>E. Thomas</b>	<b>1986</b>				
	Top Performers							18.14	T. Brown	2002	15.53	T. Rust	2016	15.11	K. Maddux	2002				
									19.20	A. Lein	2001	15.63	J. Favis	2015	15.72	M. Kytlica	2012			
									This event is no longer run for 11-12 boys.			15.82	C. Ewing	2011	15.74	P. Marlow	2008			
										16.09	C. High	1997	15.94	P. Pizzo	2009					
										16.34	C. Bethurem	2011	16.07	T. Erickson	2008					
HIGH JUMP	Club Record					<b>4'5.75"</b>	<b>K. Taylor</b>	<b>1994</b>	<b>5'3"</b>	<b>E. Thomas</b>	<b>1983</b>	<b>5'9"</b>	<b>A. Lein</b>	<b>2003</b>	<b>6'5.25"</b>	<b>E. Thomas</b>	<b>1986</b>			
	Top Performers					4'3"	Z. Erickson	2007	5'1"	S. Botha	2015	5'7.5"	C. Ewing	2011	5'10"	P. Pizzo	2009			
							S. Speakman	2001	4'11"	C. Ewing	2009	5'6"	C. Thompson	2014	5'5"	M. Berry	2006			
						4'1.25"	J. Jordan	2002	4'10"	R. Smith	2011	5'5.25"	C. Daley	2003	5'4"	C. Erickson	2009			
							R. Smith L. Higgins V. Pizza	2009 2014 2019	4'9"	J. Jordan	2004		J. Jordan	2006		R. Martin D. Cline	2002 2004			
					4'1"		4'8"	J. Roach	2007	5'5"	V. Pizza	2023	5'3"	M. Kytlica C. Timm	2012 2013					
LONG JUMP	Club Record	<b>11'6"</b>	<b>S. Lewis</b>	<b>1982</b>	<b>14'2.5"</b>	<b>D. Adams</b>	<b>2023</b>	<b>16'8"</b>	<b>J. Harrison</b>	<b>2001</b>	<b>21'0.5"</b>	<b>B. Selig</b>	<b>2008</b>	<b>18'10.5"</b>	<b>A. Lirzanzo</b>	<b>2002</b>	<b>20'6"</b>	<b>D. Winbush</b>	<b>2023</b>	
	Top Performers	10'11"	S. McClone	2014	13'9"	T. Bluhm	2009	15'11.25	S. Botha	2015	18'7"	C. Hernandez	2011	18'2.25"	M. Kytlica	2012	16'1"	J. Gunsalus	2023	
		10'10.5"	A. Olson	2012	13'7.75"	M. Alexander	1992	15'11"	B. Selig	2006	18'5.75"	J. Harrison	2003	18'0.5"	C. Flaaten	2004				
		10'7.75"	Kai Pelangka	2022	13'5.5"	Kai Stewart	2023	15'7.75"	S. Hatcher	1979	18'4.5"	D. Alameda	2014	17'11.75"	C. Timm	2013				
		<b>10'7.25"</b>	<b>D. Mulick</b>	<b>2024</b>	13'1.5"	B. Carr	2015	15'5"	J. Harrison	2000	18'1.75"	M. West	1998	17'2.25"	S. Richards	2006				
	10'5.5"	B. Middleton	2017	13'1.25"	K. Chapman	2015	15'3"	R. Smith	2011	18'1.75"	C. Chiong	2003	17'0.25"	J. Needham	2018					
SHOT PUT	Club Record	9-10: 6 lb. 11-12: 6 lb. 13-14: 4Kg			<b>30'4"</b>	<b>R. Rosene</b>	<b>2006</b>	<b>38'4.5"</b>	<b>W. Denham</b>	<b>2004</b>	<b>42'7.5"</b>	<b>W. Denham</b>	<b>2006</b>	<b>41'1.5"</b>	<b>C. Flaaten</b>	<b>2004</b>				
	Top Performers	15-16: 10 lb. 17-18: 12 lb.			28'2.25"	W. Benson	2009	38'2.25"	B. Book	1980	42'6.5"	E. Benson	2008	38'6.75"	B. Maddux	2005				
					27'3.75"	J. Macasieb	1996	35'3.25"	J. Radwan	2012	41'6"	B. Benson	2008	35'7"	P. Auten	2005				
					26'7.75"	B. Stroh	2007	34'7.25"	V. Barragan	2019	40'9"	A. Ahearn	2006	34'8"	P. Lynch	2023				
					26'6.5"	A. Fowler	2010	33'2"	C. Wood	2004	39'5"	J. Radwan	2014	34'4"	T. Wrout	2008				
			25'3.00"	V. Barragan	2017	32'7.25"	D. Lorch	2004	39'3.5"	K. Sherry	1998	33'11"	Z. Meyer	2005						

		7-8 Boys Gremlin			9-10 Boys Bantam			11-12 Junior			13-14 Boys Youth			15-16 Boys Intermediate			17-18 Boys Young			
4X100M RELAY	Club Record	1:04.92	V. Holmes III H. Steele D. Adams K. Pelangka	2022	57.21	V. Pizza J. Bueno C. Tullis B. Middleton	2019	53.50		2001	47.54c	A. Flynn M. Kawamoto P. Mooney M. West	1998	47.11	D. Aslan J. Jordan S. Richards Ti. Souza	2006	47.51	B. Noble J. Gunsalus A. Jones D. Winbush	2023	
	Top Performers	1:05.61	A. Jones J. Bueno V. Pizza B. Middleton	2017	59.04	B. Carr K. Chapman M. Contreras R. Jertberg	2015	54.25	S. Aleman J. Bueno C. Tullis B. Middleton	2021	48.00		2003	47.84	P. Marlow W. Sanders B. Selig T. Wroust	2008	48.66	F. Pagan J. Gunsalus A. Jones D. Winbush	2023	
		1:05.84	J. Ayala J. Rodriguez J. Skeeters S. Borja	2018	59.76	B. Middleton J. Bueno Z. Chapman C. Tullis	2018	54.29	S. Carney A. Olson S. Botha J. Belew	2015	48.46	J. Fitzgerald C. Ewing C. Hernandez J. Fielding	2011	48.64	D. Alameda L. VanKeersbick C. Thompson M. Zoltak	2014	48.79	F. Pagan J. Gunsalus J. Dawson D. Winbush	2023	
		1:07.91	R. Corcoran A. Espardinez H. Jameson D. Escobar	2019	1:00.71	J. Skeeters J. Bueno C. Cahill B. Middleton	2019		R. Jertberg B. Blair A. Driver M. Contreras	2017	48.64	D. Caldino P. Kennedy E. Wardlow M. Contreras	2019	48.74	J. Caldino C. Tullis J. Gunsalus A. Jones	2022	55.91	E. Seymour E. Medina E. Francisco C. Cash	2023	
		1:08.04c	C. Freeland N. Hafer M. Mathis M. Pizza	1978	1:00.80	D. DellaLibera R. Smith N. Steward T. Bluhm	2009	55.08	A. Amesse S. Botha J. Rust T. Rust	2014	49.21	A. Ahearn T. Diazdeleon J. Jordan S. Richards	2005	48.76		2004				
		1:08.17	R. Corcoran A. Espardinez H. Jameson R. Ard	2019	1:00.84		2005	55.27	A. Espardinez T. McBride R. Corcoran Z. Rigard	2023	49.24	N. Koler D. Ondrejko A. Robertson D. Weisenberger	2009	48.96	O. Ziese F. Gravel N. Porath J. Belew	2017				
4X400M RELAY	Club Record				4:45.80	I. Auger J. Bueno Z. Chapman M. Dickran	2018	4:23.53	B. Balderama C. Doyle J. Jordan J. Koval	2004	3:53.30	P. FitzGerald	2001	3:48.50	S. Brown C. Ewing C. Hernandez C. Wroust	2011	3:49.10	J. Pelascini D. Winbush A. Jones J. Gunsalus	2023	
	Top Performers				4:54.27	G. Addison A. Renken B. Floro A. Olson	2013	4:27.66	A. Espardinez C. Filmer D. Escobar M. Logan	2023	3:54.22	C. Tullis A. Jones J. Pelascini M. Dickran	2022	3:52.28	M. Berry J. Jordan S. Richards Ti. Souza	2006	3:58.42	J. Dawson J. Pelascini A. Jones J. Gunsalus	2023	
					4:56.83	G. Cazares III H. Goldman C. Dickran K. Stewart	2023	4:31.04c	S. DeLaTorre M. Leander R. Miyamoto D. Young	1993	3:54.81	K. Ewing N. Koler D. Ondrejko D. Weisenberger	2009	3:55.38	J. Favis M. Burr K. Smith M. Brown	2015				
					4:59.20	R. Morreale J. Germann H. Amesse A. Olson	2014	4:31.45	V. Barragan C. Chavez M. Dickran T. Stimpson	2019	3:57.62	D. Webster D. Alameda M. Brown L. VanKeersbick	2014	3:55.86	C. Hurd J. Nunnery W. Sanders T. Wroust	2008				
					5:00.54	A. Sahlman Leo Young Lex Young R. Jertberg	2015	4:32.35	J. Favis M. Brown F. Gravel M. Burr	2013	3:58.60			2000	3:58.01	J. Hammond D. Gomez C. Timm L. VanKeersbick	2013			
					5:04.56	M. Dickran T. Stimpson A. Rocha Z. Chapman	2016	4:34.60			2001	3:59.30		2003	3:57.14	J. Needham C. Sahlman T. Sloan K. Epstein	2018			