

HHS TRACK AND FIELD RECORDS (as of 2006)
VARSITY BOYS

100 Meters	Henry Thomas	10.24	1985
200 Meters	Henry Thomas	20.64	1985
400 Meters	Henry Thomas	45.09	1985
800 Meters	Greg Vining	1:50.6	1980
1600 Meters	Greg Vining	4:17.9	1980
1 Mile	Greg Vining	4:17.9	1980
3200 Meters	Kevin McCarthy	9:19.3	1972
2 Miles	Darrell Cessor	9:19.2	1976
110 Meter HH	Raymond Young	13.91	1984
300 Meter IH	Michael Graham	36.56	1985
4 x 100 Relay	C. Alexander, A. Smith, E. Allen, C. Conway	40.24	1989
4 x 100 Relay		40.64	1985
4x 1000 SHR		58.6	1984
4 x 200 Relay		1:26.30	1984
4 x 400 Relay	M. Marsh, M. Graham, S. Kelly, H. Thomas	3:07.40	1985
Sprint Medley Relay	H. Thomas, M. Marsh, M. Graham, S. Kelly	03:21.1	1985
Dist Medley Relay	(1200, 400, 800, 1600)	10:33.0	1985
Long Jump	Anthony Smith	24' 4-1/2"	1989
Long Jump	Jeff Lee	23' 11-1/4"	1984
Triple Jump	Trini Woods	50' 1/2"	1986
Pole Vault	Clark Millman	14' 6"	1976
Shot Put	Dan Dye	61' 10-1/2"	1962
High Jump	John Medford	6' 10"	1985

FROSH – SOPH

100 Meters	Eric Allen	10.79	1989
100 Meters	Henry Thomas	11.00	1982
200 Meters	Eric Allen	21.59	1989
200 Meters	Travis Hannah	21.94	1986
400 Meters	Travis Hannah	47.85	1986
800 Meters	Sean Kelly	1:58.2	1982
1600 Meters	Greg Vining	4:22.1	1978
3200 Meters	Ricardo Rubio	9:59.2	1982
110 Meter HH	Damond Smith	14.51	1990
110 Meter HH	Marlon Young	15.10	1981
110 Meter HH	Raymond Young	15.109	1982
300 Meter IH	Damond Smith	37.84	1990
300 Meter IH	Kevin Gillespie	41.20	1986
4 x 100 Relay	Del Pino, Alexander, Sampson, Smith	42.71	1988
4 x 100 Relay		43.02	1986
4 x 400 Relay	Thomas, Conway, Gillespie, Hannah	3:21.42	1986
Long Jump	Anthony Smith	22' 9-1/2"	1988
Long Jump	Damon Parham	22' 0"	1982
Triple Jump	Travis Hannah	43' 6-3/4"	1986
Pole Vault	Steve Juillerat	12' 8"	1991
Shot Put	Lance Jackson	55' 3-1/2"	1982
High Jump	Romero Guyton	6' 4-1/4"	1990
High Jump	Tim Gallegos	6' 2"	1976

CROSS COUNTRY 2.9 MILES

VARSITY	Larry Kerns	14.58	1983
JR VAR	Adam Bryan	16.25	1980

SOPH	Greg Vining	15.12	1977
FROSH	Steve Paterson	16.06	1979

VARSAITY

Ocean League Champions	1982 1983 1984 1985 1986
CIF Champions	1982 1983 1984 1985 1986 1988 1989
Southern California Champions	1983 1984
California State Champions	1983 1984 1985 1987 1988

FROSH – SOPH

Ocean League Champions	1979 1980 1981 1982 1983 1984
	1985 1986 1987 1988 1989

CROSS COUNTRY

Ocean League Champions	1979 1980 1981 1982
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U. S. A. NATIONAL TRACK AND FIELD RECORDS

4 x 400 RELAY Hawthorne 3:07.40 Austin, TX 6 Apr 1985
 (Michael Graham 48.1, Mike Marsh 47.7, Sean Kelly 47.1, Henry Thomas 44.5)

Sprint Medley Hawthorne 03:21.1 Los Angeles, CA 16 Mar 1985
 (Henry Thomas 46.9, Mike Marsh 21.7, Michael Graham 21.8, Sean Kelly 1:50.8)

BEST MARKS IN CALIFORNIA

60 Meters Indoors	Henry Thomas (Junior)	6.22	1984
100 Meters	Henry Thomas (Senior)	10.25	1985
100 Meters	Henry Thomas (Junior)	10.27	1984
200 Meters	Henry Thomas (6th Best) (Senior)	20.64	1985
400 Meters	Henry Thomas (Senior)	45.09	1985
300 Meter IH	Michael Graham (15th Best) Senior	36.56	1985
4 x 100 Relay	Alexander, Smith, Allen, Conway (2nd Best) California State Meet Record	40.24	1989
4 x 100 Relay	Marsh, Graham, Parnam, Thomas (8th Best)	40.64	1985
4 x 200 Relay	(6th Best)	1:25.41	1987
4 x 400 Relay	Graham, Marsh, Kelly, Thomas	3:07.40	1985
4 x 400 Relay	Graham, Young, Kelly, Thomas (5th Best)	3:09.45	1984
4 x 400 Relay	McGee, Torrence, Kelly, Thomas (8th Best)	3:10.11	1983
4 x 400 Relay	Alexander, Comway, Del Pino Hannah (13th)	3:10.46	1988
1600 Sprint Medley	Thomas, Marsh, Graham, Kelly	3:21.10	1985

1600 Sprint Medley	(4th Best)	3:23.82	1984
Mile Relay Indoors	Best ever (in 1985)	3:20.8	1985