



Open Schedule of Running Events (Rolling Schedule Begins @ 9:00 AM)

<u>Event</u>	<u>Record</u>
Girls 4x100m Relay	53.13 – San Ramon Valley – 2014
Boys 4x100m Relay	44.96 – San Ramon Valley – 2014
Girls 1600m	5:33.52 - Chloe Beardsley - College Park - 2016
Boys 1600m	4:44.90 – Harsh Wadhwa – Dougherty Valley – 2013
Girls 100mH	18.55 – Kiya Washington – Dublin – 2018
Boys 110mH	19.00 – Ansel Bridgewater – San Ramon Valley - 2014
Girls 400m	62.13 – Carley Gwynn – San Ramon Valley – 2014
Boys 400m	51.77 – Deshawn Carter – Hayward – 2018
Girls 100m	13.10 - Belle Aduaka - Foothill - 2017
Boys 100m	11.53 – Bennie Lokula – Livermore – 2012
Girls 800m	2:26.80 - Haven Decker - Foothill - 2017
Boys 800m	2:08.36 – Andre Starr – Monte Vista – 2012
Girls 300mH	51.88 – Alyssa Gable – St. Joseph Notre Dame – 2013
Boys 300mH	44.98 - Loucas Xenakis - Head-Royce - 2018
Girls 200m	27.38 – Carley Gwynn – San Ramon Valley – 2014
Boys 200m	23.05 – Daunte Griffith-Johnson – Emery – 2013
Girls 3200m	12:38.97 - Kelsey Dempsey - Carondelet - 2016
Boys 3200m	10:23.50 – Luke Giusto – De La Salle – 2015
Girls 4x400m Relay	4:32.38 – Clayton Valley – 2018
Boys 4x400m Relay	3:47.09 - De La Salle - 2016

Open Schedule of Field Events – 9:00 AM

<u>Event</u>	<u>Flight(s)</u>	<u>Record</u>
Boys Discus	3	125’11” – Nate Esparza – Amador Valley – 2013
Girls Shot Put	3	33’1.5” – Valerie Osborne – Oakdale – 2018
Boys Long Jump	5	19’4” – Malik Bhisimillah – Dougherty Valley – 2011 Sinjin Speer - Clayton Valley - 2017
Girls Long Jump	3	15’6” - Semhar Negasi - Las Lomas - 2016
Boys Pole Vault	“5 Alive” Opening Height @ 5’6”	11’0” – Rex Lueth – San Ramon Valley – 2014
Girls High Jump	“5 Alive” Opening Height @ 3’6”	4’10” - Indigo Carlson - Berkeley - 2018
Boys Shot Put (after Girls Shot Put)	3	42’10” - Benjamin Acebo - Clayton Valley - 2016
Girls Discus (after Boys Discus)	3	98’11” – Angelica Lowry – Oakdale – 2018
Boys Triple Jump (after Boys Long Jump)	2	39’8.5” - Eric Lee - Monte Vista - 2016
Girls Triple Jump (after Girls Long Jump)	2	32’4” – Indigo Carlson – Berkeley – 2018
Girls Pole Vault (after Boys Pole Vault)	“5 Alive” Opening Height @ 5’0”	9’0” – Miranda Protzen – Campolindo – 2013
Boys High Jump (after Girls High Jump)	“5 Alive” Opening Height @ 4’4”	5’8” – William Sornberher - Northgate - 2017

Seeded & Invitational Schedule of Running Events

<u>Time</u>	<u>Event</u>	<u>Record</u>
5:00	Girls Seeded 4x100m Relay Girls Invitational 4x100m Relay	52.14 – California – 2018 49.08 – Bishop O’Dowd – 2015
5:08	Boys Seeded 4x100m Relay Boys Invitational 4x100m Relay	45.15 – Foothill – 2018 44.10 – De La Salle (2011) & San Leandro (2016)
5:15	Girls Invitational 1600m	5:02.28 - Cassy Haskell - Miramonte - 2016
5:25	Boys Invitational 1600m	4:27.08 – Cooper Teare – St. Joseph Notre Dame – 2015
5:35	Girls Seeded 100mH Girls Invitational 100mH	16.16 - Amina Middleton-Pearson - Dublin - 2018 14.24 – Reonna Collier – Vacaville – 2015
5:45	Boys Seeded 110mH Boys Invitational 110mH	17.88 - Matthew Leung (American '15) & Austin Mac (Miramonte '16) 15.06 – Marquis Morris – De La Salle – 2012
5:50	Girls Seeded 400m Girls Invitational 400m	61.24 – Isabella Noden – San Ramon Valley – 2017 56.05 – Christina Chenault – Carondelet – 2013
5:55	Boys Seeded 400m Boys Invitational 400m	51.70 – Isaiah King – Skyline – 2012 50.55 – Jake Heinlein – College Park – 2017
6:00	Girls Seeded 100m Girls Invitational 100m	12.93 – Erika Perez – Monte Vista – 2012 12.12 – Jazlynn Gibbs – Bishop O’Dowd – 2018
6:05	Boys Seeded 100m Boys Invitational 100m	11.37 – Rohit Menon – Amador Valley – 2015 10.92 – Austin Kresley – Northgate – 2018
6:10	Girls Invitational 800m	2:19.60 – Ileana Moon – Casa Grande – 2013
6:20	Boys Invitational 800m	1:55.63 – Christopher Middleton-Pearson – Dublin – 2018
6:30	Girls Seeded 300mH Girls Invitational 300mH	50.66 – Alaina Adamos – Dublin – 2018 43.22 – Reonna Collier – Vacaville – 2015
6:40	Boys Seeded 300mH Boys Invitational 300mH	43.75 - Jailin Price - Pittsburg - 2016 40.57 – Marquis Morris – De La Salle – 2012
6:50	Girls Seeded 200m Girls Invitational 200m	26.55 – Zoe McDonough – Washington – 2018 24.91 – Destiny Smith-Barnett – Skyline – 2012
6:55	Boys Seeded 200m Boys Invitational 200m	23.17 – Anthony Pierce – San Leandro – 2013 22.00 – Christian Corbin – Novato – 2012
7:00	Girls Invitational 3200m	10:59.84 - Kate Tavella - San Ramon Valley - 2016
7:20	Boys Invitational 3200m	9:31.66 – Cooper Teare – St. Joseph Notre Dame – 2015
7:35	Girls Seeded 1600m Relay Girls Invitational 1600m Relay	4:11.38 – Amador Valley – 2017 4:06.74 – Carondelet – 2014
7:50	Boys Seeded 1600m Relay Boys Invitational 1600m Relay	3:37.62 – Foothill – 2018 3:25.14 – De La Salle – 2015

Invitational Schedule of Field Events

<u>Time</u>	<u>Event</u>	<u>Record</u>
4:00	Boys Invitational Discus Girls Invitational Shot Put Girls Invitational Pole Vault (“5 Alive”/Opening Height @ 7’0”)	151’10” - John Maka - Pittsburg - 2017 37’10” - Joanna Togial - Hayward - 2018 13’0” - Kelly Kern - Carondelet - 2018
4:30	Boys Invitational Long Jump Girls Invitational Long Jump Boys Invitational High Jump (“5 Alive”/Opening Height @ 5’0”)	21’6.75” - Jeremy Washington - San Leandro '16 17’7” – Arden Creson – Miramonte – 2014 Gianna Cole – Livermore – 2015 6’5” - Daylon Hicks - Clayton Valley - 2017
5:30	Girls Invitational Discus Boys Invitational Shot Put	121’7” – Emma Harper – Oakdale – 2018 50’1” – Ben Campagna – San Ramon Valley – ‘15
6:00	Boys Invitational Triple Jump Girls Invitational Triple Jump Girls Invitational High Jump (“5 Alive”/Opening Height @ 4’4”) Boys Invitational Pole Vault (“5 Alive”/Opening Height @ 8’0”)	42’4.25” – Malik Stinson – St. Mary’s – 2014 37’3.5” – Hana Johnson – Bishop O’Dowd – 2015 5’2” – Devron Martin – Marin Academy – ‘11 5’2” – Lola Olabode – Miramonte – 2014&15 5’2” - Amina Middleton-Pearson - 2018 13’6” – Louis Smith – San Ramon Valley – ‘13