

HHS TRACK & FIELD RECORDS (as of 2006)

Compiled by Glenn Crist HHS64

100 Meters	Henry Thomas	10.25	1985
200 Meters	Henry Thomas	20.64	1985
400 Meters	Henry Thomas	45.09	1985
800 Meters	Greg Vining	1:50.6	1980
1 Mile	Greg Vining	4:17.9	1980
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 400 Relay	M. Marsh, M. Graham, S. Kelly, H. Thomas	3:07.40	1985
Pole Vault	Clark Millman	14' 6"	1977
High Jump	John Medford	6' 10"	1985
Long Jump	Anthony Smith	24' 4-1/2"	1989
Triple Jump	Trini Woods	50' 1/2"	1986
Shot Put	Dan Dye	61' 10-1/2"	1962

FROSH – SOPH

100 Meters	Eric Allen	10.79	1989
200 Meters	Eric Allen	21.59	1989
400 Meters	Travis Hannah	47.85	1986
800 Meters	Sean Kelly	1:58.2	1982
1 Mile	Greg Vining	4:22.1	1978
2 Miles	Ricardo Rubio	9:59.2	1982
110 Meter HH	Damond Smith	14.51	1990
300 Meter IH	Damond Smith	37.84	1990
4 x 100 Relay	Del Pino, Alexander, Sampson, Smith	42.71	1988
4 x 400 Relay	Thomas, Conway, Gillespie, Hanna	3:21.42	1986
Pole Vault	Steve Juillerat	12' 8"	1991
High Jump	Romero Guyton	6' 4-1/4"	1990
Long Jump	Anthony Smith	22' 9-1/2"	1988
Triple Jump	Travis Hanna	43' 6-3/4"	1986
Shot Put	Lance Jackson	55' 3-1/2"	1982

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

VARSITY

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

U. S. A. NATIONAL TRACK AND FIELD RECORDS

4 x 400 RELAY	Hawthorne (Michael Graham 48.1, Mike Marsh 47.7, Sean Kelly 47.1, Henry Thomas 44.5)	3:07.40	Austin, TX	6 Apr 1985
Sprint Medley	Hawthorne (Henry Thomas 46.9, Mike Marsh 21.7, Michael Graham 21.8, Sean Kelly 1:50.8)	03:21.1	Los Angeles, CA	16 Mar 1985

BEST MARKS IN CALIFORNIA

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, Conway, 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