

ADAL T&F LEAGUE RECORDS (2004-2025)

BOYS 6TH	Year	Athlete(s)	School	Result
Boys 6th-50 Meters	2025	Ethan Dillon	Fletcher/Terman	7.31
Boys 6th-75 Meters	2015	Lucas Castillo	Bowditch	10.35
Boys 6th-100 Meters	2007	K.C. Montgomery	Central	12.95
Boys 6th-4X100 Meters	2012	Bowditch	Bowditch	0:55.93
Boys 6th-200 Meters	2012	Rishu Manu	Bowditch	28.27
Boys 6th-4X200 Meters	2012	Bowditch	Bowditch	1:58.35
Boys 6th-400 Meters	2025	Niconalu Park	Parkside	1:03.09
Boys 6th-4X400 Meters	2009	Ralston	Ralston	4:39.13
Boys 6th-800 Meters	2009	Vingarek,Mark	Ralston	2:29.03
Boys 6th-1600 Meters	2009	Vingarek,Mark	Ralston	5:15.73
Boys 6th-Discus Throw	2009	Kaznik,Guy	Fletcher/Terman	86-04.00
Boys 6th-High Jump - TIE	2004	He-sub Kim	JLS	4-10.0
Boys 6th-High Jump - TIE	2005	Christoph Bono	Greene/Jordan	4-10.0
Boys 6th-High Jump - TIE	2023	Quentin Studdert	Fletcher/Terman	4-10.0
Boys 6th-High Jump - TIE	2024	Ethan Lui	Fletcher/Terman	4-10.0
Boys 6th-Long Jump	2015	Lucas Castillo	Bowditch	15-05.00
Boys 6th-Shot Put	2017	Zheng, Albert	Bowditch	33-00.00
BOYS 7TH	Year	Athlete(s)	School	Result
Boys 7th-50 Meters	2010	Sa-Ra,Dumisani	Abbott	6.89
Boys 7th-75 Meters	2022	Dungan, Lucas	Fletcher/Terman	9.63
Boys 7th-100 Meters	2006	Miles Anderson	Greene/Jordan	12.10
Boys 7th-4X100 Meters	2017	Jack Hickey, Addison Yeh	Borel	0:52.73
Boys 7th-200 Meters	2022	Nguyen, Kurt	Borel	25.96
Boys 7th-4X200 Meters	2009	Ralston	Ralston	1:51.90
Boys 7th-400 Meters	2025	Ashton Huber	Ralston	0:59.34
Boys 7th-4X400 Meters	2019	Fletcher/Terman	Fletcher/Terman	4:19.23
Boys 7th-800 Meters	2010	Vingarek,Mark	Ralston	2:21.32
Boys 7th-1600 Meters	2005	Philip MacQuity	Greene/Jordan	5:04.13
Boys 7th-Discus Throw	2023	Beckett Webster	Borel	101-05.00
Boys 7th-High Jump	2019	Luo, Kyle	Fletcher/Terman	5-02.0
Boys 7th-Long Jump	2004	Irwin Suguitan	Ralston	17-00.00
Boys 7th-Shot Put	2016	Castillo. Lucas	Bowditch	44-05.00
BOYS 8TH	Year	Athlete(s)	School	Result
Boys 8th-50 Meters - TIE	2025	Mason Tachiki	Tierra Linda	6.68
Boys 8th-75 Meters	2025	Angel Ruvalcaba	Borel	9.45
Boys 8th-100 Meters	2007	Kyle Fung	Borel	11.54
Boys 8th-4X100 Meters	2022	Borel	Borel	0:48.52
Boys 8th-200 Meters	2004	Deandre Stallworth	Borel	24.43
Boys 8th-4X200 Meters - TIE	2010	Ralston	Ralston	1:44.69
Boys 8th-4X200 Meters - TIE	2014	Bowditch	Bowditch	1:44.69
Boys 8th-400 Meters	2010	Dismond,Stefan	Ralston	0:55.13
Boys 8th-4X400 Meters	2014	Ralston	Ralston	4:01.17
Boys 8th-800 Meters	2024	Oliver Olbekson	Borel	2:10.31
Boys 8th-1600 Meters	2024	Oliver Olbekson	Borel	4:34.12
Boys 8th-Discus Throw	2009	Prado,Hector	Ralston	113-07.00
Boys 8th-High Jump	2009	Du,Vlctor	JLS	5-07.0
Boys 8th-Long Jump - TIE	2005	Bobby Holman	Greene/Jordan	18-08.75
Boys 8th-Long Jump - TIE	2005	Irwin Suguitan	Ralston	18-08.75
Boys 8th-Shot Put	2016	Lester. Bobby	Cuhna	46-00.00

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GIRLS 6TH	Year	Athlete(s)	School	Result
Girls 6th-75 Meters	2022	Luong, Evelyn	Fletcher/Terman	10.57
Girls 6th-100 Meters	2023	Vivian Ivanov	Tierra Linda	13.94
Girls 6th-4X100 Meters	2022	Fletcher/Terman	Fletcher/Terman	0:57.72
Girls 6th-200 Meters	2012	Alex Santos	Bowditch	29.58
Girls 6th-4X200 Meters	2010	Ralston	Ralston	2:04.32
Girls 6th-400 Meters	2023	Isabella Schuett	Ralston	1:07.24
Girls 6th-4X400 Meters	2004	Cunha	Cuhna	4:50.97
Girls 6th-800 Meters	2013	Emma Madyic	Borel	2:41.50
Girls 6th-1600 Meters	2005	Erin Robinson	Fletcher/Terman	5:36.61
Girls 6th-Discus Throw	2019	Renners, Grace	Greene/Jordan	75-03.00
Girls 6th-High Jump	2023	Stina Beck	JLS	4-08.0
Girls 6th-Long Jump	2005	Greta Sohn	Greene/Jordan	13-10.00
Girls 6th-Shot Put	2018	Gaboury, Ava	Ralston	62-05.00
GIRLS 7TH	Year	Athlete(s)	School	Result
Girls 7th-50 Meters	2022	Yang, Julie	JLS	7.23
Girls 7th-75 Meters	2023	Evelyn Luong	Fletcher/Terman	10.26
Girls 7th-100 Meters	2022	Yang, Julie	JLS	13.38
Girls 7th-4X100 Meters	2003	Jordan	Greene/Jordan	0:55.99
Girls 7th-200 Meters	2004	Jasmine Evans	Fletcher/Terman	28.22
Girls 7th-4X200 Meters	2005	Cunha	Cuhna	2:00.52
Girls 7th-400 Meters	2016	Schinaman. Aaliyah	Abbott	1:04.91
Girls 7th-4X400 Meters	2019	Fletcher/Terman	Fletcher/Terman	4:45.53
Girls 7th-800 Meters	2014	Madgic. Emma	Borel	2:29.55
Girls 7th-1600 Meters	2004	Haley Pascale	Tierra Linda	5:13.29
Girls 7th-Discus Throw	2013	Makenzie Smith	Ralston	85-07.50
Girls 7th-High Jump	2007	Julia Maggioncalda	Fletcher/Terman	5-00.0
Girls 7th-Long Jump	2023	Evelyn Luong	Fletcher/Terman	15-09.00
Girls 7th-Shot Put	2014	Fainga. Salote	Bayside	32-09.50
GIRLS 8TH	Year	Athlete(s)	School	Result
Girls 8th-50 Meters	2023	Julie Yang	JLS	7.24
Girls 8th-75 Meters	2025	Cristina Ye	JLS	10.45
Girls 8th-100 Meters	2023	Julie Yang	JLS	13.11
Girls 8th-4X100 Meters - TIE	2005	Jordan	Greene/Jordan	0:54.23
Girls 8th-4X100 Meters - TIE	2016	Borel	Borel	0:54.23
Girls 8th-200 Meters	2005	Jasmine Evans	Fletcher/Terman	27.58
Girls 8th-4X200 Meters	2016	Borel	Borel	1:56.49
Girls 8th-400 Meters	2005	Justine Fedronic	Ralston	0:59.96
Girls 8th-4X400 Meters	2005	Ralston	Ralston	4:35.01
Girls 8th-800 Meters	2012	Gillian Meeks	JLS	2:29.61
Girls 8th-1600 Meters	2005	Haley Pascale	Tierra Linda	5:01.36
Girls 8th-Discus Throw	2016	Fainga. Nala	Bayside	89-07.00
Girls 8th-High Jump - TIE	2008	Maggioncalda, Julia	Fletcher/Terman	5-00.0
Girls 8th-High Jump - TIE	2025	Stina Beck	JLS	5-00.0
Girls 8th-Long Jump	2024	Evelyn Luong	Fletcher/Terman	15-05.00
Girls 8th-Shot Put	2016	Fainga. Nala	Bayside	36-06.50