



TRACK & FIELD

CYO TRACK & FIELD RECORDS

CYO Track and Field records may be set in the A-heats and field events at the Qualifying and Championship Meets

**Denotes new record*

4th Grade Girls

50m	7.65	Hunter-Villa Academy	2013
60m	8.78	Laesch-Seattle Country Day	2013
75m	11.32	Dan-Cedar Park	2018
100m	14.2	Woods-Zion Prep	1993
200m	29.19	Franklin-St. Al/John	2011
400m	67.3	McRee-St. Therese	1994
800m	2:37.96	Jaculewicz-North End Striders	2013
1600m	5:52.72	Jaculewicz-North End Striders	2013
240m Shuttle	38.57	St. Joseph Seattle	2012
4 x 100m Relay	59.7	St. Therese	1976 & 1980
Long Jump	14'2"	Treace-St. Louise	1983
*Softball Throw	121'9"	Catorcini-St. Louise	2022
Turbo Jav	61'10.5"	Dan-Cedar Park	2018

4th Grade Boys

50m	7.25	Hunter-Villa Academy	2016
60m	9.25	Hanzeli-St. Al/John	2018
75m	11.28	Yi-Westside	2015
100m	13.9	White-St. Therese	1983
200m	29.73	Miller-Flyers	2015
400m	66.2	Johnson-Our Lady of the Lake	1994
800m	2:35.00	Johnson-Our Lady of the Lake	1993
1600m	5:42.08	Kimani-St. George	2017
240m Shuttle	38.32	St. Anne	2016
4 x 100m Relay	59.3	St. Therese	1983
Long Jump	13'11"	Altenhofen-St. Louise	1977

Softball Throw	154'7"	Hardy-St. Therese	2006
Turbo Jav	94'11"	Maher-St. Anne	2018

5th Grade Girls

50m	6.91	Danielle-HFK	2012
60m	8.86	Voce-St. Luke	2014
75m	10.81	Helena-OLF	2012
100m	13.41	Bain-St. Al/John	2009
200m	27.35	Williams-St. Edward	2003
400m	66.8	Padon-Holy Rosary Seattle	2006
800m	2:34.76	Houck-St. Anne	2013
1600m	5:42.53	Harnett-St. Anne	2014
240m Shuttle	36.69	Our Lady of Fatima	2012
4 x 100m Relay	58.6	Flyers	2005
Long Jump	14'11"	Lemus-North End Striders	2014
Softball Throw	129'	Kopf-St. Anne	1987
		Blatner – Holy Rosary Seattle	2010
Turbo Jav	83'11"	Nguyen – North End Striders	2010

5th Grade Boys

50m	7.35	Gardner-St. Al/John	2012
60m	9.02	Mallary-St. Edward	2014
75m	10.77	Stokes-St. Anthony	2015
100m	12.8	White-St. Therese	1984
200m	28.72	Braun-St. Francis	2011
400m	1:04.57	Bonnet-St. Anne	2013
800m	02:36.6	Kaftanski-Immaculate	1999
1600m	05:38.8	Kaftanski-Immaculate	1999
240m Shuttle	37.39	Villa Academy	2015
*4 x 100m Relay	58.94	St. Francis	2019
Long Jump	15'4.5"	Baumann-Holy Family Kirkland	1993
Softball Throw	187	Martin-St. Bernadette	1988
Turbo Jav	107'1"	Daviscourt-Holy Rosary Edmonds	2009

6th Grade Girls

75m	10.15	Voce-St. Luke	2015
100m	13.03	Lemus-North End Striders	2015
200m	28.44	Henry-Holy Family Kirkland	2013
400m	60.11	Magnusson-Our Lady of Guadalupe	2003
800m	02:28.0	McRae-St. Therese	1993
1600m	05:19.18	Harnett-St. Anne	2015

4 x 100m Relay	56.1	St. Therese	1982
Long Jump	15'9"	Duckett-North End Striders	2014
Shot Put	33'9"	Pagano-Holy Rosary Edmonds	1984
High Jump	4'9"	Johnson-St. Therese	2015
Softball Throw	145'0.75"	A.Beyer-Villa	2006
Turbo Jav	96'8"	Galando-St. Francis	2010

6th Grade Boys

75m	10.24	Ursino-Eastside Catholic	2014
100m	12.24	Millana-Holy Rosary Seattle	2017
200m	25.2	White-St. Therese	1985
400m	60.4	Stanton-Lakeside	1997
800m	2:22	Kaftanski-Immaculate	2000
1600m	5:16	Kaftanski-Immaculate	2000
4 x 100m Relay	54.9	St. Mary	1983
Long Jump	17'."	White-St. Therese	1985
Shot Put	34'5.5"	Trejo-Luna-St. Anthony	2015
High Jump	5'6"	Greenheck-Holy Family Kirkland	1978
Softball Throw	184'0.5"	Cummings-Our Lady of Fatima	2012
Turbo Jav	118'11"	Daviscourt -Holy Rosary Edmonds	2010

7th Grade Girls

75m	10.03	Voce-St. Luke	2016
100m	12.4	Huegli-Holy Rosary Edmonds	2006
200m	26.05	Duckett-North End Striders	2015
400m	61.5	Jones-St. Therese	1995
800m	02:24.2	Ripple – North End Striders	2012
1600m	05:09.79	David-Smith-FASPS	2016
4 x 100m Relay	52.4	St. Therese	1984
Long Jump	18'1"	Duckett-North End Striders	2015
Shot Put	36'8"	Jackson-Lakeside	1990
High Jump	5'1"	Thometz-St. Louise	1979
		Marty-St. Al/John	2011
Turbo Jav	103' 11.5"	Nguyen-North End Striders	2012

7th Grade Boys

*75m	9.23	Endter-St. Al/John	2019
100m	11.09	Julian Beaver-St. Therese	1999
200m	24.3	Thomas-St. George	2012
400m	55.88	Bonnet-St. Anne	2015
800m	02:14.3	Tamminen-St. Louise	1980

1600m	04:59.5	Kaftanski-Immaculate	2001
4 x 100m Relay	50.00	All Saints Puyallup	1982
Long Jump	18'8"	Phillips-St. Therese	1983
Shot Put	40'1.5"	Menges-St. Paul	1976
High Jump	5'8.25"	Walker-St. John	2006
Turbo Jav	144'9.25"	Becles-St. Charles	2018

8th Grade Girls

75m	10.06	Le-St. Louise	2014
100m	12.33	Lemus-North End Striders	2017
200m	25.79	Harlowe-St. Therese	2016
400m	59.87	Johnson-Lakeside	2010
800m	02:17.43	Ripple-North End Striders	2013
1600m	05:06.79	Mirkin-St. Joseph Seattle	2017
4 x 100m Relay	52.2	St. Therese	1980
Long Jump	17' 6"	Lemus-North End Striders	2017
Shot Put	38'4"	Bigham-St. Therese	2001
High Jump	5'3"	Thometz-St. Louise	1980
Turbo Jav	105' 9"	Suhadolnick-Holy Rosary Seattle	2009

8th Grade Boys

*75m	9.47	Tim-St. Louise	2012
	9.47	Morris-St. Luke	2014
	9.47	Olson-Holy Rosary Seattle	2019
100m	11.00	Kendrick-Zion Prep	1988
200m	23.7	Alan-Zion Prep	1988
400m	53.1	Guibertson_St. Brendan	1984
800m	02:06.8	Velling_St. Bernadette	1976
*1600m	04:41.0	Schneider-North End Striders	2019
4 x 100m Relay	47.7	Zion Prep	1988
Long Jump	20'2"	Austin-St Benedict	1988
Shot Put	47'10"	Connell-St. Therese	1991
High Jump	6'3"	Bond-Villa Academy	1997
Turbo Jav	173'	Wheeler-Zion Prep	2008

Team

Girls Sprint Medley Relay	2.00.32	North End Striders	2015
Boys Sprint Medley Relay	1.45.00	St. Anthony	2010
4 x 400m Relay	3:55.46	North End Striders	2013
*Girls 4 x 200m Relay	2:03.88	Westside School	2019
*Boys 4 x 200m Relay	1:46.69	Holy Rosary Seattle	2019

Pentathlon Championships (Top Five Totals)*

BOYS

2017 – Dawit Davis	3950	St. George
2014 – Kaiden Braun	3876	St. Francis of Assisi
2013 – Evan Malfilas	3760	North End Striders
2014 – Chance Johnson	3622	St. Anthony
2017 – Jack Velling	3568	Holy Rosary Seattle

GIRLS

2023 – Danaya Judgewart	2980	St. Al/St. John
2017 – Cassie Lemus	2961	North End Striders
2023 – Avery Sleeth	2941	North End Striders
2023 – Dahnya Campbell	2809	St. Al/ St. John
2013 – Erin Ripple	2807	North End Striders

*New scoring system began in 2013

Track Championship Records

4th Grade Girls

50m	8.32	Barloon – Villa Academy	2019
*60m	10.01	L. C. – St. Thomas	2018
	10.01	Townes – St. Joseph Seattle	2022
75m	11.56	Dan – Cedar Park	2018
100m	15.16	Foster – OLG	2019
200m	32.56	Isaac – St. Francis	2018
400m	1:14.96	Wagner – HRS	2019
*800m	2:54.53	Madison Davis - NES	2023
1600m	6:06.25	Campbell – St. Al/John	2019
240m Shuttle	41.03	North End Striders	2018
4 x 100m Relay	1:04.72	St. Thomas	2018

4th Grade Boys

50m	8.19	Williams – Our Lady of Fatima	2018
60m	9.69	Pape – Holy Family Kirkland	2018
75m	11.78	Stock – St. Francis	2019
100m	14.64	Sheedy – SCDS	2019
200m	30.00	Stordahl – St. Francis	2018
400m	1:08.61	Moksivong – St. George	2019
800m	2:49.58	Rodrigo – St. Anne	2019

1600m	5:48.71	Mirkin – St. Joseph	2018
240m Shuttle	39.59	St. Anne	2019
4 x 100m Relay	1:00.76	St. Francis	2018

5th Grade Girls

50m	7.42	Jones – Lakeside	2019
*60m	9.41	Alexis Gold - Lakeside	2023
75m	11.64	Onwuneme – St. Anne	2019
100m	14.60	Sturdivant – St. Therese	2019
200m	29.90	O’Sullivan – Flyers	2018
400m	1:11.65	Pedersen – Holy Rosary Seattle	2018
*800m	2:54.10	Cassie Holt – St Al/St. John	2023
1600m	6:18.19	Wilken – St. Louise	2018
240m Shuttle	38.55	Lakeside	2019
4 x 100m Relay	1:01.02	Holy Rosary Seattle	2018

5th Grade Boys

*50m	8.10	Lucas Aguilar – Sacred Heart	2023
*60m	9.54	Guidero – Lakeside	2022
*75m	11.26	Ryan Flasko – Holy Family Kirkland	2023
100m	14.29	Amaranto – St. Charles	2019
200m	29.85	Stordahl – St. Francis	2019
400m	1:09.12	Macaulay – NW Gliders	2019
*800m	2:04.71	Darrow – St. Anne	2022
1600m	5:46.72	Bordeaux – St. Charles	2018
240m Shuttle	38.45	St. Anne	2019
4 x 100m Relay	58.67	St. Francis	2019

6th Grade Girls

75m	10.78	Stevens – St. Anne	2019
*100m	14.23	Anderson – Holy Family Kirkland	2022
200m	29.12	O’Sullivan – Flyers	2019
400m	1:06.85	Lewis – St. Anne	2018
800m	2:47.07	Welch – St. Al/John	2019
*1600m	5:56.38	Corr – Westside	2022
4 x 100m Relay	58.48	St. Al/John	2018

6th Grade Boys

75m	10.62	Endter – St. Al/John	2018
100m	13.17	Endter – St. Al/John	2018
*200m	27.45	Isaac Spong - NES	2023

400m	1:04.79	Johnston – St. Charles	2018
800m	2:33.19	Henzke – Holy Rosary Seattle	2018
1600m	5:40.96	Shaules – St. Louise	2019
4 x 100m Relay	57.56	St. Al/John	2018

7th Grade Girls

*75m	11.04	Brewer – North End Striders	2022
*100m	13.70	Zoe Villeneuve – St. Al/St. John	2023
200m	28.35	Wheeler – St. George	2018
*400m	1:02.40	Caroline Tessin - SCD	2023
800m	2:37.01	Leonard – St. Anne	2019
*1600m	5:23.21	Elise Corr – Westside	2023
4 x 100m Relay	55.49	St. Al/John	2019

7th Grade Boys

75m	9.91	Alindogan – North End Striders	2018
*100m	12.79	Kaden Johnson - Lakeside	2023
*200m	26.10	Berger – St. Thomas More	2022
*400m	59.23	Moksivong – St. George	2022
800m	2:24.71	Henzke – Holy Rosary Seattle	2019
*1600m	4:56.22	Davis – St. Anne	2022
*4 x 100m Relay	52.22	St. Thomas More	2022

8th Grade Girls

75m	10.65	Shields – St. Francis	2018
100m	13.32	Kahn – St. Al/John	2018
200m	27.54	Griffin – St. Edward	2018
*400m	1:03.04	Leighton Wagner – Holy Rosary (S)	2023
*800m	2:35.17	Dahnya Campbell – St Al/St. John	2023
*1600m	5:29.69	Beliard – St. Anne	2022
4 x 100m Relay	54.27	St. Francis	2019

8th Grade Boys

75m	9.85	Dimalantea – St. Anthony	2018
*100m	12.28	Keller - Lakeside	2022
200m	25.02	Fairchild – St. Al/John	2018
400m	53.23	Davis – St. George	2018
*800m	2:18.51	Santiago Rodrigo – St. Anne	2023
1600m	4:40.38	Schneider – NES	2019
4 x 100m Relay	49.48	Holy Rosary Seattle	2019

		Team	
*Girls Sprint Medley	2:04.08	St. Charles Borromeo	2022
*Boys Spring Medley	1:51.19	St. George	2022
4 x 400m Relay	4:05.52	Holy Rosary Seattle	2019
Girls 4 x 200m Relay	1:58.07	Westside	2018
Boys 4 x 200m Relay	1:45.41	Holy Rosary Seattle	2019

*Electronic Timing Records began in 2018

SEE RETIRED RECORDS BELOW

4th Grade Girls

50 yards	Bowers-Holy Rosary Seattle	6.99-2001
60 yards	Williams-Our Lady of Fatima	8.26-2001
	Woods-Zion Prep	8.26-1993
75 yards	Klosky-St. Therese	10.2-1984
800m	Woods – SCDS	3:02.08 -2019
240 yard Shuttle Relay	St. Louise	32.0-2010
Softball throw		

4th Grade Boys

50 yards	Dempsey-St. Francis Cabrini	6.9-1983
60 yards	Baker-Holy Rosary Tacoma	8.3-1979
75 yards	Chiles-St. Therese	10.1-1983
240 yard Shuttle Relay	Our Lady of the Lake	33.8-1995

5th Grade Girls

50 yards	Lewis-Zion Prep	6.8-1989
60 yards	Delgado-St. Mary	8.2-2009
60m	Lauren C. – St. Thomas	10.53-2019
75 yards	Galando-St. Francis	9.81-2009
240 yard Shuttle Relay	Holy Rosary Seattle	30.08-2006

5th Grade Boys

50 yards	Siegel-Lakeside	6.5-1998
60 yards	King-St. Francis Cabrini	7.8-1983
60m	Hanzeli – St. Al/John	9.66-2019
75 yards		9.6
800m	Effgen – Our Lady of Fatima	2:33.08-2018
240 yard Shuttle Relay	St. Anne/SCDS	33.0-2009

6th Grade Girls

75 yards	Kemp-Our Lady of the Lake	9.4-1994
100m	Schwartz – St. Al/John	14.32-2018

1600m	Rain – St. Anne	6:00.14-2019
	6th Grade Boys	
75 yards	Naldo-St. Matthew	8.64-1998
200m	Klebeck- ASB	29.22-2019
	7th Grade Girls	
75 yards	Donohue-South End Saints	8.63-2006
75m	Horner – Hamlin Robinson	10.05-2019
400m	Lewis – St. Anne	1:05.04-2019
	7th Grade Boys	
75 yards	King-St. Mary	8.6-1983
200m	Burns – St. Thomas More	26.37-2018
400m	Johnston – St. Charles	1:00.85-2019
1600m	Schneider – North End Striders	5:06.48-2018
4 x 100m Relay	Holy Rosary Seattle	52.32-2018
	8th Grade Girls	
75 yards	Valentine-St. Therese	8.8-1979
1600m	Vertetis – Flyers	5:41.66-2018
	8th Grade Boys	
75 yards	Villaneve-Villa Academy	8.1-2002
100m	Stokes- St. Anthony	12.76-2018
800m	Jake – St. Thomas	2:23.60-2018
	Team	
Girls Spring Medley	St. Francis	2:05.05-2018
Boys Spring Medley	Holy Rosary Seattle	1:52.93-2018

In 2013, CYO Athletics adopted a new scoring table for the 8th Grade Pentathlon, retiring the previous leaders from the old scoring system.

Retired Pentathlon Championships (Top 5 Totals)

1983	Matt Jones-St. Bernadette	4529
1984	Pat Sievers-St. John	4480
1981	Chris Tamminen-St. Louise	4451
1980	David Dorland-St. Joseph Seattle	4438
1978	Paul Klinkenburg-Holy Family Kirkland	4432
1978	Lynette Dickson-Holy Rosary Edmonds	4918
1980	Kimberly Phillips-St Therese	4854
1983	Kim Thoreen-St. Alphonsus	4652
1988	Michelle Perkins-Lakeside	4612

1981

Paula Gunder-Holy Family Kirkland

4461

In 2014, CYO Athletics changed the weight of the 6th grade boys shot from 8-lb to 6-lb, retiring the previous leader from the old weight.

**6th Grade Shot Put
BOYS**

1993

Reese-St. Therese

32'4"