

## Mustang Relays Meet Records - 2010

Event	F/S Girls	F/S Boys	Varsity Girls	Varsity Boys
100 / 110H	Whitfield (LB Wilson) 16.53 2009	Wilson (MCHS) 2006 Ruth (V. Murietta) 2007 16.1	Liehr (PVHS) 14.4 2007	Johnston (MCHS) 14.5 2006
300 IH	Whitfield (LB Wilson) 49.05 2009	Huber (Pasadena) 2005 Wilson (MCHS) 2006 42.7	Cousar (LB Wilson) 43.25 2009	Yowell (North Torrance) 38.5 2007
Invitational Varsity 100M			Reaser (El Segundo) 12.45 2009	Nicholls (Servite) 10.88 2010
Invitational Varsity 1600M			A. Louis (Culver City) 5:08.46 2008	Cardona (North Torrance) 4:20.25 2009
Distance Medley Relay	Peninsula 13:12.2 2000	Antelope Valley 10:52.6 2003	Mira Costa 12:16.0 2000	Loyola 10:17.3 2003
4 X 100M Relay	Vista Murietta 51.6 2007	Peninsula 44.5 2000	Long Beach Wilson 48.96 2009	Culver City 42.1 1998
4 X 200M Relay	Santa Monica 1:48.54 2010	Peninsula 1:34.3 2000	Long Beach Wilson 1:42.71 2009	Carson 1:30.0 2004
4 X 400M Relay	Mira Costa 4:15.90 2010	Peninsula 3:33.0 2000	Mira Costa 4:04.4 1999	Loyola 3:24.2 1998
4 X 800M Relay	Palos Verdes 10:03.00 2010	Palos Verdes 8:19.38 2010	Peninsula 9:37.6 2000	Loyola 7:59.7 2000
4 X 1600M Relay	Vista Murietta 23:00.9 2007	West Torrance 19:02.41 2010	Mira Costa 21:25.36 2010	Loyola 18:13.3 2003
Long Jump	Rodriguez (V. Murrietta) 15'9" 2007	Lloyd (Vista Murrietta) 21'01" 2007	Reaser (El Segundo) 18'3" 2010	Almond (St. Paul) 22'7"
Triple Jump	Rodriguez (V. Murrietta) 34'5" 2007	Wesson (Loyola) 42'9" 1998	Liehr (PVHS) 38'9.5" 2007	Valencia (Servite) 44'8.5" 2010
High Jump	Smuckler (MCHS) 5'2" 2000	Weaver (Palos Verdes) 6'2" 2010	Rasmussen (QHHS) 2002 Avery (Culver City) 2008 Barnes (North Torr) 2009 Guitare (West Torr) 2010 5'4"	Till (South Torrance) 6'7" 2006
Pole Vault	DiPressi (Quartz Hill) 10'0" 2009	Barr (Loyola) 13'6" 2009	Shibley (QHHS) 2004 Morioka (W Torr) 2010 11'7"	Contreras (Loyola) 16'0" 2004
Shot Put	Jessie Enisco (MCHS) 33'8" 1999	Beer (CVHS) 50'4" 1999	Burrell (North Torr) 45'2" 2010	Daou (Santa Monica) 57'3.5" 2010
Discus	Murray (MCHS) 105'11" 1999	Kopfer (Magnolia) 132'1" 2000	Burrell (North Torr) 135'3" 2009	Probasco (MCHS) 165'01" 2007