

Citrus College Track & Field

Men's 10 Deep Board

100 Meters

10.38	Demetrius Perry	1984
10.54	Rich Wilmoth	1974
10.74	Lionel Manuel	1981
10.79	Tarynn Myers	2007
10.84	Calvin Jones	1980
10.84	Sergio Murillo	1982
10.84	Ervie Barnes	1988
10.84	J.R. Ruffin	2002
11.05	Daro Johnson	2009
11.15	Tyler Hopkins	2010

800 Meters

1:51.84	Ron Arnold	1979
1:52.24	Joe Moran	1982
1:52.24	Richard Walker	1973
1:52.44	Joe Garcia	1994
1:53.24	Vince Engel	1966
1:53.34	Parry Kleinsasser	1976
1:53.34	Glenn Wright	1976
1:54.24	Jeff Sharp	1976
1:54.24	Robert Nesbitt	1985
1:54.24	Chris Jimenez	1987

200 Meters

20.99	Demetrius Perry	1984
21.64	Dwayne Sims	1972
21.64	Harold Carter	1976
21.14	Terry Andrews	1975
21.23	Rich Wilmoth	1974
21.24	Pat Cranor	1975
21.34	Ray Washington	1981
21.44	Tarynn Myers	2007
21.44	Allen Browning	1975
21.54	J.R. Ruffin	2002

1 Mile

4:13.07	Mike Ayon	1975
4:14.24	Harold Krotzer	1964
4:07.24	Richard Walker	1973
4:17.34	Ron Woltman	1966
4:18.24	Ed Chaldez	1972
4:19.24	Tom Ashcraft	1974
4:20.34	John Gregg	1963
4:20.34	Jeff Clark	1975

400 Meters

48.14	Dwayne Sims	1972
48.34	Ron Goolsby	1982
48.44	Calvin Dupleasis	1976
48.64	Richard McDowell	1962
48.74	Steve Nevels	1978
49.04	Tony Domer	1957
49.04	Weldon Howlett	2004
49.09	Jimmy Aviles	2011
48.92	Demetrius Perry	1984
49.24	David Long	1963
49.34	E. Carter	1931

1500 Meters

3:45.14	Mike Ruelas	1982
3:49.24	Fernando Velasquez	1983
3:49.94	Parry Kleinsasser	1976
3:54.04	Joe Garcia	1994
3:54.54	Uberto Medrano	2004
3:55.54	Brian Kleinsasser	1982
3:55.54	Mike Carlton	1982
3:55.94	Darren Near	1984
3:56.34	Peter Williams	1983
3:56.34	Chris Jimenez	1988

3 Mile

14:08.04	Ed Chaidez	1973
14:24.94	Tom Ashcraft	1975
14:27.24	Manuel Reynoso	1975

14:28.14	Jeff Clark	1975
14:34.24	John Gregg	1963
14:38.24	Gregg Morrison	1975
14:39.14	Phil Steinberger	1976
14:47.44	Mike Ayon	1975
14:58.24	Terry Porter	1972
14:58.34	Chris Carlson	1975

32:25.14	Dickson Mwai	1997
33:07.24	Eddie Hernandez	1986
33:33.24	Willie Wilkens	1983
33:36.24	Carlos Chavez	1997
33:46.24	Craig Copping	1978
34:10.24	Jesus Luna	1992

3000 Steeplechase

9:18.09	Mike Carlson	1982
9:32.00	Darren Near	1985
9:40.04	Juan Torres	1983
9:43.00	Miguel Cabanas	2004
9:44.64	Jorge Gutierrez	1994
9:49.00	Dickson Mwai	1997
9:58.23	Carlos Chavez	1997
10:05.90	Jesus Luna	1992
10:26.41	Frank Huerta	2002
10:27.00	Antonio Perez	1997

3000 Meters

9:11.24	Uberto Medrano	2004
9:16.24	Carlos Chavez	1998
9:17.44	Joe Garcia	1994
9:19.84	Jorge Gutierrez	1994
9:25.34	Guillermo Medrano	1993
9:32.14	Art Molina	1990
9:32.54	Chris Serrano	1990
9:34.94	Dickson Mwai	1997
9:35.10	Hector Cordova	2005
9:36.34	Jason Vensor	2002

110 Meter Hurdles

14.54	Willie McLaurin	1975
14.74	Steve Cook	1971
14.77	Travis Johnson	1993
14.94	Darrell Jackson	1976
15.03	Kenneth Boggs	2008
15.04	Larrach Neal	1994
15.14	Dale Mittag	1960
15.24	John Gonzales	1976
15.24	Myron Bourne	1982
15.24	Robert Butler	1982
15.24	Mike Tarr	1982

2 Mile

9:01.64	Richard Walker	1975
9:13.44	Ed Chaldez	1973
9:14.64	Tom Ashcraft	1975
9:19.24	Harold Krotzer	1964
9:21.34	Mike Ayon	1975
9:26.24	Jeff Clark	1975
9:26.24	Jorge Gutierrez	1994
9:29.34	Manuel Reynoso	1975
9:30.24	Phil Steinberger	1976
9:31.24	Terry Porter	1972

400 Meter Hurdles

53.04	Paul Nelson	1973
53.04	Billy Davis	1979
53.14	Steve Cook	1971
53.14	Reggin Salazar	1977
53.14	Mike Martinez	1980
54.64	Mario Venzor	1982
55.14	Travis Johnson	1993
55.24	Mike Tarr	1982
55.25	Kenten Harris	2006
55.74	John Gonzales	1977

5000 Meters

13:59.44	Mark Ruelas	1982
14:51.24	Fernando Velasquez	1983
15:01.24	Tom McCann	1977
15:07.34	Darren Near	1984
15:15.84	Peter Williams	1993
15:16.44	Juan Torres	1979
15:24.44	Joe Moreno	1979
15:33.14	Dickson Mwai	1997
15:33.24	Art Molina	1990
15:42.74	Chris Jimenez	1987

Shot Put

57'1.5	Rene Bustamente	1993
54'7.75	Jim Green	1963
53'3.75	Curt Thomas	1982
52'10.5	Brian Zwick	1964
51'3	O'Neill Roussell	2005

10000 Meters

31:34.44	Frank Selvaggio	1982
31:44.44	Joe Moreno	1979
31:50.84	Aaron Martinez	1981
32:04.24	Juan Torres	1983

50'9	Jeff Crow	1984
50'8.5	Mark Velasquez	1976
49'7.75	Jeff Holder	1976
48'9.75	Bob McCreery	1973
48'3.5	Mats Laamenen	1998

46'7	Frank Gildea	1979
46'5	Terry McFate	1969
46'3.5	Harold Carter	1975
46'2	Vince Anderson	1978
46'2	Ron Russell	1982
46'1	Shamori Walker	1994
44'11	Todd Burns	1984

Discus

167'2	Eric Benson	1981
166'4	Rene Bustamente	1993
165'8	Curt Thomas	1982
165'	Mats Laamensen	1998
164'6	Mike Rowe	1962
156'7	Gary Costello	1962
156'6	Keith Harriot	2002
156'1	Steve Boe	1974
156'4	Brian Zwick	1964
155'8	Pete Corkery	1983

Long Jump

25'	Harold Carter	1976
24'9.75	Jarius Ellis	2000
24'2.75	Larry Monroe	1973
24'0.5	Lionel Manue	1981
24'0.25	Pat Kooba	1996
23'9	Gary Poynter	1960
23'7	Dave Ostranger	1979
23'6.5	Willie Farrow	1993
23'3.75	Houston Courtney	1978
23'10.5	Ed Horton	1962

Javelin

195'11	Johnathan Stewart	2002
192'9	Jason Cetina	1994
187'10	Mark Hanke	1991
183'5	Rene Bustamente	1991
180'1	Frank Vacek	1994
179'2	Danny Pitts	1997
179'1	Terry Noice	1994
179'1	Mike Bailey	1994
175'3	Siitupe Tuala	1988
163'11	Justin Nicholson	1998

High Jump

7'	Kelly Johnson	1978
6'9.75	John Hall	1975
6'9.75	Wade Freier	1978
6'8	Christopher Pope	2009
6'7.75	Mike Brown	1974
6'6.75	Harrison Roberts	1966
6'6.75	Bob Proctor	1973
6'6.75	Johnathan Stewart	2000
6'6.5	Larry Manson	1965
6'6.5	Jeff Russell	1974
6'6.5	Bob Lynch	1976

Hammer

183'3	Rene Bustamente	1993
173'6	Marty McNair	1989
172'10	Daniel Korhonen	1999
166'2	Mohammad Saa-tar	1992
161'3	Joe Garufi	1991
161'2	Siitupe Tuala	1988
158'2	Keith Harriot	2002
158'0	Art Esparza	1987
157'6	Cam Mickey	1988
155'4	Curt Thomas	1982

Pole Vault

15'9.5	Bill Chew	1970
15'4.5	John kock	1965
15'1	Mike Lovera	1964
15'	Tony Hall	1999
14'6	Warren Wilke	1968
14'6	Mark Kegans	1976
14'6	Vince Anderson	1978
14'6	Joe Alcantera	1995
14'4.5	Len Cirino	1963
14'4.5	Harry Hindman	1976

Triple Jump

48'8	Hura Hill	1976
47'	Dion Tolbert	1988
46'7	Willie Farrow	1993

Citrus College Track & Field

Women's 10 Deep Board

100 Meters

11.34	Christy Opara	1990
11.80	Stephanie Brown	1981
11.88	Kate Iheagwam	1990
12.00	Teri Brown	1981
12.22	Shakan Lewis	2002
12.40	Lisa Welton	1983
12.55	Keeli Garbut	2002
12.56	Shawn Miller	2011
12.57	Laurie D'Amore	1991
12.67	Nakaya Davis	1994

200 Meters

23.65	Christy Opara	1990
24.53	Kate Iheagwam	1990
24.62	Stephanie Brown	1982
24.92	Teri Brown	1982
25.53	Lataya Woods	1994
25.92	Lisa Welton	1983
25.94	Rochelle Vance	1983
25.98	Shawn Miller	2011
26.12	Shakan Lewis	2002
26.29	Cynthia Acedo	2009

400 Meters

56.89	Teri Brown	1982
57.00	Christy Opara	1990
57.15	Lataya Woods	1994
58.44	Rochelle Vance	1982
59.53	Cynthia Acedo	2009
60.24	Latricia Johnson	1994
60.59	Lisa Mayhew	1984
60.74	Kate Iheagwam	1990
60.97	Susan Pheasant	1984
61.43	Natalie Deuby	2011

800 Meters

2:01.24	Ruth Caldwell	1978
2:16.36	Latricia Johnson	1994
2:18.40	Tashine Robinson	2005
2:18.85	Tera-Ann Arner	1996

2:20.24	Danetta Williams	1981
2:20.80	Lynnee Newton	1981
2:23.30	Colleen Kimby	1985
2:23.70	Kathy Shields	1982
2:24.00	Susan Pheasant	1984
2:24.63	Lataya Woods	1994

1500 Meters

4:18.90	Ruth Caldwell	1977
4:47.15	Laura Bermudez	1995
4:53.20	Kathy Shields	1982
4:55.40	Jenny Woods	1999
4:55.90	Naomi Nunez	2004
4:57.06	Tashine Robinson	2005
4:59.16	Vanessa Esquivel	2010
5:02.40	Jessica Sauer	1993
5:07.00	Rachel Krause	1995
5:09.00	Ann Johnson	1982

3000 Meters

9:59.00	Ruth Caldwell	1978
10:28.74	Laura Bermudez	1994
10:32.00	Becky Atkinson	1980
10:54.70	Rachel Krause	1995
11:05.00	Becky Thomas	1981
11:06.20	Naomi Nunez	2004
11:29.30	Jessica Sauer	1993
11:32.00	Susan Pheasant	1985
11:37.40	Janelle Nicolas	1990
11:54.16	Christina Soto	2008

5000 Meters

18:18.24	Laura Bermudez	1995
18:50.81	Naomi Nunez	2004
18:50.50	Rachel Krause	1999
19:39.09	Marisa Revane	1999
19:39.09	Maria Aquilar	1998
19:49.00	Susan Pheasant	1985
19:59.78	Esmeralda Ortiz	2006
20:25.03	Christina Soto	2008
20:43.00	Juanita Rodriguez	1996
21:13.00	Lupe Hernandez	1996

35'3.5 Maureen Robinson 1984

10000 Meters

38:39.00 Rachel Krause 1992
39:25.06 Naomi Nunez 2004
43:19.00 Juanita Rodriguez 1996
44:26.52 Christina Soto 2008
45:24.42 Esmeralda Ortiz 2006
51:36.64 Rachel Kottkamp 2008
52:27.00 Gianna Urquidi 1997

3000 Steeplechase

13:23.94 Argentina Ornelas 2002
16:52.63 Rachel Kottkamp 2009

100 Meter Hurdles

14.74 Brittani Cooper 2006
15.26 Rita Mejia 1998
15.29 Katie Rasmussen 1992
15.34 Nicole Joslin 1994
16.04 Rochelle Vance 1981
16.12 Natalie Griffin 2011
16.19 Katie Swete 1998
16.54 Kim Givan 1981
16.64 Latricia Johnson 1994
16.59 Sherry Rumsey 1982

400 Meter Hurdles

63.83 Brittani Cooper 2005
65.23 Teri-Ann Arner 1996
65.54 Rochelle Vance 1981
66.19 Colleen Kemby 1985
66.93 Natalie Griffin 2011
67.34 Susan Hartman 1986
67.16 Katie Rasmussen 1992
67.44 Kathy Socha 1984
69.13 Ericka Spencer 1994
70.14 Latricia Johnson 1994

Shot Put

42'7.5 Maria Leavens 1984
42' Laura Tave 2000
41'7.25 Rose Ballesteros 1995
39' Christine Gaulton 2000
37'11 Nicle Arner 1996
37'0 Jenny Cheever 1992
35'10 Felicia Skillern 1995
35'7.5 April Mc Caferty 2002
35'4 Ebeth Andrade 1996

Discus

130'10 Laura Tave 2001
126'9 Shawna Dixon 1985
165'8 Jenny Cheever 1982
125' Rose Ballesteros 1995
125'11 Ebeth Andrade 1996
124'6 Gina Houlemard 1999
124'6 Rachel Raper 2006
121'10 Rena Martinez 1995
117'10 Robin Russell 1987
116'4 Rene Griffin 1987
114'10 Vicky Luiten 1984

Javelin

136'7 Rose Ballesteros 1995
126'1 Maria Leavens 1984
131' Jennifer Esparza 2007
121'9 Jennifer Lawrence 2008
125'10 Alisa Hermann 1993
124'2 Maureen Robinson 1982
123'2 Renee Griffin 1987
120'3 Shawn Dixon 1986
112'11 Tera-Ann Arner 1998
110'10 Tiffany Clingpeel 1991

Hammer

175' Shannon Daniels 2001
155'3 Rachel Raper 2007
144'4 Jenny Cheever 1994
143'9 Rose Ballesteros 1995
139'5 Ebeth Andrade 1996
135'8 Stacey Surina 1996
135'3 Stephanie Aikin 1998
132'1 Brittany Guzman 2004
130'3 Laura Tave 2000
128'6 Rene Griffin 1987

Triple Jump

38'8 Christy Opara 1990
38'7 Rita Mejia 1998
38'11 Karmen Furr 1998
36'11.5 Maya Avant 2010
36'5.5 Cristina Palmer 2007
36'4.75 Nicole Joslin 1994
35'10 Jahta Lee 1998
33'4 Julie Adams 1985
33'4 Shahara Ray 1989
32'10.25 Tamiko Medcalf 1994

Long Jump

21'6.75	Christy Opara	1990
19'1.75	Stephanie Brown	1981
18'3.5	Rita Mejia	1998
17'5.5	Karen Furr	1994
17'5	Lisa Thomas	1984
17'4.5	Lataya Woods	1994
17'4	Cristina Palmer	2007
16'10	Katie Iheagwam	1990
16'10	Carrie Pigford	1985
16' 5.75"	Maya Avant	2010

High Jump

5'7	Jamie Houton	1986
5'6	Lataya Woods	1994
5'4.5	Erika Spencer	1994
5'4	Tamiko Metcalf	1995
5'	Carolyn Griffin	2002
5'	Nicole Joslin	1994
5'	Christy Opara	1990
5'	Shawna Dixon	1985
4'11	Katie Swete	1998
4'11	Chenoa Beasley	1992

Pole Vault

11'6	Susan Kasaad	2000
9'9.25	Katie Perez	2011
9'6	Katie Atkison	1999
8'6	Stephanie Aikin	1998
8'6	Aspen Ditoli	2002
8'6	Julia Tseng	2011
8'0.5	Chihiro Ito	2011
7'6	Laura Luciello	1997
7'6	Laura Vega	1999
7'6	Argentine Ornelas	2002

