

2018 UP TO DATE RECORDS  
TRACK AND FIELD



## Lake Havasu HS - Boys Track and Field Records

Updated: 5/4/18 - Coach Zampogna

100m Dash	Randy Foster	11.04c	1978	Meet/Location Unknown
200m Dash	Jeff Rutledge	22.24c	1982	Meet/Location Unknown
400m Dash	Jeff Rutledge	48.34c	1982	Meet/Location Unknown
800m Run	David Ryan	1:53.99e	2003	AIA 4A State Finals: Mesa Community College - May 2003
1600m Run	David Ryan	4:22.19e	2003	Glendale Invitational: Glendale Community College-April 19 <sup>th</sup> 2003
3200m Run	Bill Murphy	9:48.24c	1982	Meet/Location Unknown
110m HH	Kyle Folkers	15.11e	1998	Meet/Location Unknown
300m IH	Kyle Folkers	40.20e	1998	Meet/Location Unknown
Steeplechase	David Ryan	6:18.41e	2003	Knights of Columbus Relays: Glendale CC - March 22 <sup>nd</sup> 2003
Mile	David Ryan	4:37.79e	2003	Knights of Columbus Relays: Glendale CC - March 22 <sup>nd</sup> 2003
High Jump	Troy Frey	6' 8½"	1998	Meet/Location Unknown
Long Jump	Troy Frey/Cory Bledsoe	21' 10"	1998/2002	Meet/Location Unknown
Triple Jump	Kyle Folkers	43' 10"	1998	Meet/Location Unknown
Shot Put	Mark Bohnstedt	50' 10"	2002	Meet/Location Unknown
Discus	Zach Dunbar	158' 7½"	2009	Wolves Classic: Estrella Foothills HS - April 25 <sup>th</sup> 2009
Pole Vault	Dave Armon	14' 8½"	1982	Meet/Location Unknown
Javelin	Brandon Vega	126'0.6"	2019	Tigers Last Chance - Millennium High School - April 24 <sup>th</sup> , 2019
4x100m Relay	Trey Athay - Trevor Athay - Blake Garcia - Brent Michaels	43.43e	AIA 4A-1 State Finals: Mesa CC - May 10 <sup>th</sup> 2008	
4x200m Relay	Sean Fleming - Eric Fleming - Nathan Huff - Jeff Buhmiller	1:33.20e	1996	Meet/Location Unknown
4x400m Relay	David Ryan - Nick Ryan - Patrick Wilhelm - Glen Malm	3:23.21e	AIA 4A State Finals: Mesa CC - May 2003	
4x800m Relay	Glen Malm - David Ryan - Brett Alexander - Patrick Wilhelm	8:03.24e	AIA 4A State Finals: Mesa CC - May 2003	
4x1600m Relay	Eric Kirchner - Eric Lambor - Shane Sloma - Zach Corke	19:16.14c	1994	Meet/Location Unknown
800 Med. Relay	Blake Garcia - Brent Michaels - Doug Greene - Brad Fender (100-100-200-400)	1:39.58e	Last Chance Multi: Lake Havasu T-Bolt-April 29 <sup>th</sup> 2009	
1600 Med. Relay	Jeremiah Moulton - Eric Fleming - Eric Kirchner - Zach Corke (200-200-400-800)	3:45.32e	1994	Meet/Location Unknown
Dist. Med. Relay	Donny Minardi - David Ryan - Andrew Collins - Dustin Lockman (1200-400-800-1600)	11:04.53	2001	Meet/Location Unknown
280 HH Shuttle	Mason Hively - Sean Fleming - Billy Masche - Zach Corke	38.95	1993	Meet/Location Unknown
High Jump Relay	Brian Werner - Troy Frey - Tony Jackson	18' 5"	1996	Meet/Location Unknown
Long Jump Relay	Troy Frey - Kody Graham - Daniel Bunting	58' 11½"	1998	Meet/Location Unknown
Triple Jump Relay	Zach Waggoner (42' 4") Jared Quintana (40' 5") Brandon Horton (38' 6")	121' 3"	West Valley Region Finals: Kellis HS - May 5 <sup>th</sup> 2009	
	Bill Friesz - Jeremiah Wiltfang - Kim Collins	121' 3"	2005	Meet/Location Unknown
Shot Put Relay	Rick Jenkins - Ron Langejans - Chuck Walker	134' 2"	1978	Meet/Location Unknown
Discus Relay	Zach Dunbar (153' 2") DeAndre Kocsis (123' 11") Adrian Gonzalez (119' 6")	396' 7"	West Valley Region Finals: Kellis HS - May 7 <sup>th</sup> 2009	
Pole Vault Relay	Tyler Lowry (12' 9") - Ronnie Phelps (12') - Kenyon Martin (11' 09")	36' 6"	Mohave High School April 18 <sup>th</sup> , 2012	

## Lake Havasu HS - Girls Track and Field Records

100m Dash	Meaghan Ryan	12.26e (12.27e)	2005	AIA 4A State Finals: Mesa Community College - May 2005
200m Dash	Meaghan Ryan	24.72e	2005	Chandler Rotary Track and Field Classic: Mesa CC - April 9 <sup>th</sup> 2005
400m Dash	Meaghan Ryan	55.69e	2005	AIA 4A State Finals: Mesa Community College - May 2005
800m Run	Jenny Munyan	2:19.74e	1991	Meet/Location Unknown
1600m Run	Crista Matthews	5:17.42e	1989	Meet/Location Unknown
3200m Run	Crista Matthews	11:23.04e	1990	Meet/Location Unknown
100m HH	April Kubishta	15.30e	2003	Peoria Invitational: Peoria High School - April 4 <sup>th</sup> 2003
300m IH	April Kubishta	44.29e	2003	Peoria Invitational: Peoria High School - April 4 <sup>th</sup> 2003
Steeplechase	Meaghan Ryan	3:25.16e	2003	Knights of Columbus Relays: Glendale CC - March 22 <sup>nd</sup> 2003
Mile	Meaghan Ryan	5:34.46e	2003	Knights of Columbus Relays: Glendale CC - March 22 <sup>nd</sup> 2003
High Jump	Mary Hertz/Lesa Kubishta	5' 5½"	1988/1994	Meet/Location Unknown
Long Jump	Meaghan Ryan	17' 11¼"	2005	AIA 4A State Finals: Mesa Community College - May 2005
Triple Jump	Lesha Kubishta	37' 3"	1994	Meet/Location Unknown
Shot Put	Neiki Shelton	43' 10¼"	1980	Meet/Location Unknown
Discus	Lisa Danley	120' 2"	2004	Meet/Location Unknown Yuma Invite?
Pole Vault	April Kubishta	12' 8"	2003	Peoria Invitational: Peoria High School - April 4 <sup>th</sup> 2003
Javelin	Hayden Sholl	94'6"	2019	AIA Division 2 Championships - MCC - May 1 <sup>st</sup> , 2019
4x100m Relay	Kori Johnson - Jennifer Sweeny - Sarah Anutta - Jessica Wambolt	50.83e	1994	Meet/Location Unknown
4x200m Relay	Jennifer Sweeny - Jessica Wambolt - Sarah Anutta - Becca Main	1:52.08e	1994	Meet/Location Unknown
4x400m Relay	Monica Day - Kim Dooley - Tara Stowell - Jennifer Jones	4:03.86e	1992	Meet/Location Unknown
4x800m Relay	Katie Earlywine - Jamie Malmquist - Meaghan Ryan - Brittney George	9:52.25e	2002	Meet/Location Unknown
4x1600m Relay	Tricia Cook - Carrie Oakie - Crista Matthews - Jenny Munyan	23:05.25e	1991	Meet/Location Unknown

# Lake Havasu HS – Boys and Girls Track and Field Records by Class

Updated: 5/7/19 – Coach Zampogna

	<u>Boys</u>				<u>Girls</u>			
100m Dash	9 <sup>th</sup>	Brent Michaels	11.42e	2006	9 <sup>th</sup>	Melissa Rooney	12.80e	1984
	10 <sup>th</sup>	Brent Michaels	11.16e	2007	10 <sup>th</sup>	Mary Dunn	12.64c	1977
	11 <sup>th</sup>	Brent Michaels/Trey Athay	11.24e	2008	11 <sup>th</sup>	Meaghan Ryan	12.41e	2004
	12 <sup>th</sup>	<b>Randy Foster</b>	<b>11.04c</b>	<b>1978</b>	12 <sup>th</sup>	<b>Meaghan Ryan</b>	<b>12.26e</b>	<b>2005</b>
200m Dash	9 <sup>th</sup>	Ryan Michaels/Brent Michaels	23.48e	1999/2006	9 <sup>th</sup>	Lynsey Ryan	25.94e	2009
	10 <sup>th</sup>	Brent Michaels	23.04e	2007	10 <sup>th</sup>	Meaghan Ryan	25.47e	2003
	11 <sup>th</sup>	Mike Obert	22.84c	1984	11 <sup>th</sup>	Meaghan Ryan	25.16e	2004
	12 <sup>th</sup>	<b>Jeff Rutledge</b>	<b>22.24c</b>	<b>1982</b>	12 <sup>th</sup>	<b>Meaghan Ryan</b>	<b>24.72e</b>	<b>2005</b>
400m Dash	9 <sup>th</sup>	Doug Greene	52.47e	2007	9 <sup>th</sup>	Meaghan Ryan	58.43e	2002
	10 <sup>th</sup>	Eric Fleming	51.33e	1994	10 <sup>th</sup>	Meaghan Ryan	57.50e	2003
	11 <sup>th</sup>	Jeff Rutledge	50.54c	1981	11 <sup>th</sup>	Meaghan Ryan	56.42e	2004
	12 <sup>th</sup>	<b>Jeff Rutledge</b>	<b>48.34c</b>	<b>1982</b>	12 <sup>th</sup>	<b>Meaghan Ryan</b>	<b>55.69e</b>	<b>2005</b>
800m Run	9 <sup>th</sup>	David Ryan	2:00.75e	2000	9 <sup>th</sup>	<b>Jenny Munyan</b>	<b>2:19.74e</b>	<b>1991</b>
	10 <sup>th</sup>	Jerry Sibley	1:55.74c	1986	10 <sup>th</sup>	Kara Rooney	2:24.84c	1988
	11 <sup>th</sup>	Josh Hansen	1:55.83e	2019	11 <sup>th</sup>	Deanna Morgan	2:24.56e	1990
	12 <sup>th</sup>	<b>David Ryan</b>	<b>1:53.99e</b>	<b>2003</b>	12 <sup>th</sup>	Kris Denny	2:23.14c	1981
1600m Run	9 <sup>th</sup>	David Ryan	4:28.08e	2000	9 <sup>th</sup>	<b>Crista Matthews</b>	<b>5:17.42e</b>	<b>1989</b>
	10 <sup>th</sup>	David Ryan	4:26.29e	2001	10 <sup>th</sup>	Crista Matthews	5:19.43e	1990
	11 <sup>th</sup>	Mickey Rowe	4:22.74c	1981	11 <sup>th</sup>	Deanna Morgan	5:20.73e	1990
	12 <sup>th</sup>	<b>David Ryan</b>	<b>4:22.19e</b>	<b>2003</b>	12 <sup>th</sup>	Kris Denny	5:19.84c	1981
3200m Run	9 <sup>th</sup>	Dave Kuch	10:24.84c	1986	9 <sup>th</sup>	Crista Matthews	11:29.34e	1989
	10 <sup>th</sup>	Jim Parella	9:57.74c	1986	10 <sup>th</sup>	<b>Crista Matthews</b>	<b>11:23.04e</b>	<b>1990</b>
	11 <sup>th</sup>	Mickey Rowe	10:01.84c	1981	11 <sup>th</sup>	Deanna Morgan	11:36.44e	1990
	12 <sup>th</sup>	<b>Bill Murphy</b>	<b>9:48.24c</b>	<b>1982</b>	12 <sup>th</sup>	Doris Minardi	11:38.14e	2003
110/100m HH	9 <sup>th</sup>	Sean Fleming	16.01e	1993	9 <sup>th</sup>	Kori Johnson	16.19e	1993
	10 <sup>th</sup>	Andrew Jackson	15.83e	2015	10 <sup>th</sup>	Kori Johnson	15.93e	1994
	11 <sup>th</sup>	Andrew Jackson	15.12e	2016	11 <sup>th</sup>	Kori Johnson	16.06e	1995
	12 <sup>th</sup>	<b>Kyle Folkers</b>	<b>15.11e</b>	<b>1998</b>	12 <sup>th</sup>	<b>April Kubishta</b>	<b>15.30e</b>	<b>2003</b>
300m IH/LH	9 <sup>th</sup>	Brenton Szymanski	41.78e	2019	9 <sup>th</sup>	Denise Nelson	47.23e	1987
	10 <sup>th</sup>	Paul Wilkinson	40.94e	1998	10 <sup>th</sup>	Sara Anutta	47.53e	1994
	11 <sup>th</sup>	Tim Harrison	40.50e	2001	11 <sup>th</sup>	Denise Nelson	46.34e	1989
	12 <sup>th</sup>	<b>Kyle Folkers</b>	<b>40.20e</b>	<b>1998</b>	12 <sup>th</sup>	<b>April Kubishta</b>	<b>44.29e</b>	<b>2003</b>
High Jump	9 <sup>th</sup>	Nick Wirchek	6' 0"	1999	9 <sup>th</sup>	Daria Hauptert/Lesa Kubishta	5' 4"	1979/1993
	10 <sup>th</sup>	Troy Frey	6' 4"	1996	10 <sup>th</sup>	<b>Lesla Kubishta</b>	<b>5' 5½"</b>	<b>1994</b>
	11 <sup>th</sup>	Wallsmith / Troy Frey	6' 6"	1984/1997	11 <sup>th</sup>	Brendengen/Lesa Kubishta	5' 4"	1988/1995
	12 <sup>th</sup>	<b>Troy Frey</b>	<b>6' 8½"</b>	<b>1998</b>	12 <sup>th</sup>	<b>Mary Hertz</b>	<b>5' 5½"</b>	<b>1988</b>
Long Jump	9 <sup>th</sup>	Paul Davis	19' 9"	2016	9 <sup>th</sup>	Daria Hauptert	16' ¼"	1979
	10 <sup>th</sup>	Troy Frey	21' 1¼"	1996	10 <sup>th</sup>	Susan Spencer	16' 11¼"	1983
	11 <sup>th</sup>	Jacob Schafer	21' 7½"	2018	11 <sup>th</sup>	Lesla Kubishta	17' 10"	1995
	12 <sup>th</sup>	<b>Troy Frey/Cory Bledsoe</b>	<b>21' 10"</b>	<b>1998/2002</b>	12 <sup>th</sup>	<b>Meaghan Ryan</b>	<b>17' 11¼"</b>	<b>2005</b>
Triple Jump	9 <sup>th</sup>	Troy Frey	40' 1"	1995	9 <sup>th</sup>	Tricia Dooley	31' 7½"	1992
	10 <sup>th</sup>	Troy Frey	41' 1"	1996	10 <sup>th</sup>	<b>Lesla Kubishta</b>	<b>37' 3"</b>	<b>1994</b>
	11 <sup>th</sup>	Paul Davis	43' 5.75"	2018	11 <sup>th</sup>	Lesla Kubishta	37' 2¾"	1995
	12 <sup>th</sup>	<b>Kyle Folkers</b>	<b>43' 10"</b>	<b>1998</b>	12 <sup>th</sup>	Mary Hertz	36' 1½"	1988
Shot Put	9 <sup>th</sup>	Rick Jenkins	43' 6"	1977	9 <sup>th</sup>	Neiki Shelton	39' 9"	1978
	10 <sup>th</sup>	Rick Jenkins	47' 6"	1978	10 <sup>th</sup>	Neiki Shelton	38' 8¾"	1979
	11 <sup>th</sup>	Scott Baily	49' 10¾"	1975	11 <sup>th</sup>	<b>Neiki Shelton</b>	<b>43' 10¾"</b>	<b>1980</b>
	12 <sup>th</sup>	<b>Mark Bohnstedt</b>	<b>50' 10"</b>	<b>2002</b>	12 <sup>th</sup>	Neiki Shelton	39' 6"	1981
Discus	9 <sup>th</sup>	Mark Bohnstedt	117' 1"	1999	9 <sup>th</sup>	Libby Chrouser	100' 7"	1989
	10 <sup>th</sup>	Ryan Lingenfelder	133' 3"	1991	10 <sup>th</sup>	Kathy Ferguson	118' 11"	1979
	11 <sup>th</sup>	Jim Roberts	141' 11"	1978	11 <sup>th</sup>	Teri Decker	108' 11"	1982
	12 <sup>th</sup>	<b>Zach Dunbar</b>	<b>158' 7½"</b>	<b>2009</b>	12 <sup>th</sup>	<b>Lisa Danley</b>	<b>120' 2"</b>	<b>2004</b>
Pole Vault	9 <sup>th</sup>	Kody Graham	12' 0"	1995	9 <sup>th</sup>	April Kubishta/Airen Carpentieri	9' 6"	2000/2015
	10 <sup>th</sup>	Dave Armon	13' 9"	1980	10 <sup>th</sup>	April Kubishta	10' 6"	2001
	11 <sup>th</sup>	Dave Armon	14' 6"	1981	11 <sup>th</sup>	April Kubishta	12' 7"	2002
	12 <sup>th</sup>	<b>Dave Armon</b>	<b>14' 8½"</b>	<b>1982</b>	12 <sup>th</sup>	<b>April Kubishta</b>	<b>12' 8"</b>	<b>2003</b>
Javelin	9 <sup>th</sup>				9 <sup>th</sup>	<b>Hayden Sholl</b>	<b>94'6"</b>	<b>2019</b>
	10 <sup>th</sup>	Cameron Stirling	81'6"	2019	10 <sup>th</sup>	Aaliana Bridges	69'9"	2019
	11 <sup>th</sup>				11 <sup>th</sup>			
	12 <sup>th</sup>	<b>Brandon Vega</b>	<b>126'0.5"</b>	<b>2019</b>	12 <sup>th</sup>	Sarandon Shuck	58'8"	2019