

## Monterey Bay League Track & Field Championship Records

### Girls

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4x100 Meter Relay	48.97	Monterey		2002
1600 Meter Run	5:06.10	Becky Kaiser	Seaside	1992
100 Meter Hurdles	14.33	Sani Roseby	Monterey	1999
400 Meter Dash	56.31	Brooke Oleson	Salinas	2016
100 Meter Dash	11.84	Sani Roseby	Monterey	1999
800 Meter Run	2:16.57	Alex Lathos	Notre Dame	2013
300 Meter Hurdles	45.4h	Tamisha Allen	North Salinas	1996
200 Meter Dash	23.82	Sani Roseby	Monterey	1999
3200 Meter Run	11:02.73	Vanessa Estrada	San Benito	2013
4x400 Meter Relay	4:02.3h	Seaside		1981
Long Jump	19-02.50	Elzunia Woicicka	San Benito	2001
Triple Jump	39-00.00	Janice Diggs	Salinas	1984
High Jump	5-08	Kathy Raugust	Salinas	1979
		Tiffany Salmon	Live Oak	
Pole Vault	10-06	Shira Panelli	Salinas	2001
		Delany Ezeji-Okoye	MVC	2018
Shot Put	39-11.00	Cassandra Maxwell	Monterey	1988
Discus Throw	148-06	Susan Springer	Salinas	1978

### Boys

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4x100 Meter Relay	42.64	Seaside		1983
1600 Meter Run	4:17.60	Bob Scurich	Watsonville	1965
110 Meter Hurdles	14.27	Keawe Block	Seaside	2004
400 Meter Dash	46.51	Calvin Harrison	North Salinas	1993
100 Meter Dash	10.79	Bashir Livingston	Seaside	1995
800 Meter Run	1:54.44	Mark Wagner	Soquel	1974
300 Meter Hurdles	38.4h	Greg Rojas	Gilroy	1989
200 Meter Dash	21.11	Calvin Harrison	North Salinas	1993
3200 Meter Run	9:21.00	Mark McConnell	Soquel	1971
4x400 Meter Relay	3:20.4h	North Salinas		1993
Long Jump	23-03.00	Chase Pacheco	Palma	2014
Triple Jump	48-02.00	Nathan Johnson	Seaside	1974
High Jump	6-08	Donnell Harris	North Salinas	1993
Pole Vault	15-06	David Grijalva	NMC	1997
		Logan Flores	Gilroy	2018
Shot Put	59-01.00	Pete Swanson	San Benito	1992
Discus Throw	191-09	Pete Swanson	San Benito	1992