

## PCAL Championship Meet Records

**4x100m**

<i>Masters</i>	<b>42.03</b>	<b>Monterey</b>		<b>2019</b>
<i>Gabilan</i>	44.31	Everett Alvarez		2019
<i>Mission</i>	42.55	Carmel		2019
<i>Cypress</i>	45.60	Monte Vista Christian		2019

**1600m**

<i>Masters</i>	<b>4:22.17</b>	<b>Christopher Plascencia</b>	<b>Marina</b>	<b>2019</b>
<i>Gabilan</i>	4:29.08	Thomas Padilla	Palma	2019
<i>Mission</i>	4:31.27	Esteban Deniz	King City	2019
<i>Cypress</i>	4:26.21	Christopher Plascencia	Marina	2019

**110 HH**

<i>Masters</i>	<b>14.99</b>	<b>Dillon Engler</b>	<b>San Benito</b>	<b>2019</b>
<i>Gabilan</i>	15.13	Dillon Engler	San Benito	2019
<i>Mission</i>	16.05	Dominic Conricode	King City	2019
<i>Cypress</i>	17.45	Daniel Castillo	MVC	2019

**400m**

<i>Masters</i>	50.77	Jaiden Russell	Monterey	2019
<i>Gabilan</i>	50.75	Roderick Gaskins	Salinas	2019
<i>Mission</i>	<b>50.23</b>	<b>Jesus Rodriguez</b>	<b>Soledad</b>	<b>2019</b>
<i>Cypress</i>	52.11	Justin Lomeli	MVC	2019

**100m**

<i>Masters</i>	<b>10.73</b>	<b>Azjani McGill</b>	<b>Monterey</b>	<b>2019</b>
<i>Gabilan</i>	11.23	Hiroki Terada	North Salinas	2019
<i>Mission</i>	10.80	Azjani McGill	Monterey	2019
<i>Cypress</i>	11.47	Justin Parker	SFCC	2019

**800m**

<i>Masters</i>	2:00.73	Kieren Daste	Carmel	2019
<i>Gabilan</i>	1:59.38	Thomas Padilla	Palma	2019
<i>Mission</i>	2:01.00	Esteban Deniz	King City	2019
<i>Cypress</i>	<b>1:57.83</b>	<b>Christopher Plascencia</b>	<b>Marina</b>	<b>2019</b>

**300m IH**

<i>Masters</i>	40.13	Dillon Engler	San Benito	2019
<i>Gabilan</i>	<b>39.70</b>	<b>Dillon Engler</b>	<b>San Benito</b>	<b>2019</b>
<i>Mission</i>	41.34	Jose Viscarra	Seaside	2019
<i>Cypress</i>	45.07	Vincent Wolfe	SFCC	2019

**200m**

<i>Masters</i>	<b>21.85</b>	<b>Azjani McGill</b>	<b>Monterey</b>	<b>2019</b>
<i>Gabilan</i>	22.63	Hiroki Terada	North Salinas	2019
<i>Mission</i>	21.94	Azjani McGill	Monterey	2019
<i>Cypress</i>	23.07	Justin Parker	SFCC	2019

**3200m**

<i>Masters</i>	<b>9:40.69</b>	<b>Christopher Plascencia</b>	<b>Marina</b>	<b>2019</b>
<i>Gabilan</i>	9:56.76	Peter Maciel	Alisal	2019
<i>Mission</i>	10:10.29	Esteban Deniz	King City	2019
<i>Cypress</i>	9:49.03	Rigo Garcia	Greenfield	2019

**4x400m Relay**

<i>Masters</i>	3:28.34	Monterey		2019
<i>Gabilan</i>	3:28.76	San Benito		2019
<i>Mission</i>	<b>3:27.52</b>	<b>Monterey</b>		<b>2019</b>
<i>Cypress</i>	3:39.16	Monte Vista Christian		2019

**Shot Put**

<i>Masters</i>	48-09.00	Pablo Villasenor	Gonzales	2019
<i>Gabilan</i>	44-05.5	Daniel Cabrera	Palma	2019
<i>Mission</i>	<b>49-06.5</b>	<b>Pablo Villasenor</b>	<b>Gonzales</b>	<b>2019</b>
<i>Cypress</i>	39-05.5	Anthony Shepherd	MVC	2019

**Discus**

<i>Masters</i>	144-05	Issac Gonzalez	San Benito	2019
<i>Gabilan</i>	142-11	Issac Gonzalez	San Benito	2019
<i>Mission</i>	<b>146-00</b>	<b>Pablo Villasenor</b>	<b>Gonzales</b>	<b>2019</b>
<i>Cypress</i>	100-00	Derek Brown	MVC	2019

**Long Jump**

<i>Masters</i>	<b>21-04.25</b>	<b>Ven Limosnero</b>	<b>Alvarez</b>	<b>2019</b>
<i>Gabilan</i>	21-01.00	Dane Golden	Palma	2019
<i>Mission</i>	20-04.50	Dylan Oliveros	King City	2019
<i>Cypress</i>	19-09.5	Thomas Yang	Stevenson	2019

**Triple Jump**

<i>Masters</i>	43-07.00	Keola Sylva	Christopher	2019
<i>Gabilan</i>	<b>44-00.75</b>	<b>Keola Sylva</b>	<b>Christopher</b>	<b>2019</b>
<i>Mission</i>	42-00.00	Cesar Chavez	King City	2019
<i>Cypress</i>	38-07.50	Daniel Castillo	MVC	2019

**High Jump**

<i>Masters</i>	6-00.00	Jodeci Paris	Salinas	2019
<i>Gabilan</i>	6-00.00	Jovani Salcedo	Salinas	2019
<i>Mission</i>	<b>6-01.00</b>	<b>Hunter Heger</b>	<b>Carmel</b>	<b>2019</b>
<i>Cypress</i>	5-10.00	Adrian Sze	Stevenson	2019

**Pole Vault**

<i>Masters</i>	<b>15-01.00</b>	<b>Vicentejordan Vanderlipe</b>	<b>Alvarez</b>	<b>2019</b>
<i>Gabilan</i>	15-00.00	Vicentejordan Vanderlipe	Alvarez	2019
<i>Mission</i>	13-07.00	Micheal Meheen	Carmel	2019
<i>Cypress</i>	12-00.00	Jacob Zeidberg	Pacific Grove	2019

PCAL Championship  
Meet Records**4x100m**

<i>Masters</i>	<b>50.98</b>	<b>Stevenson</b>		<b>2019</b>
<i>Gabilan</i>	51.85	Salinas		2019
<i>Mission</i>	51.27	Carmel		2019
<i>Cypress</i>	52.14	Stevenson		2019

**1600m**

<i>Masters</i>	<b>5:12.22</b>	<b>Sofia Camacho</b>	<b>North Salinas</b>	<b>2019</b>
<i>Gabilan</i>	5:13.08	Valeria Lozano Gomez	North Salinas	2019
<i>Mission</i>	5:16.09	Layla Ruiz	Watsonville	2019
<i>Cypress</i>	5:24.57	Anna Watson	Stevenson	2019

**100 HH**

<i>Masters</i>	<b>16.10</b>	<b>Marcela Mantilla</b>	<b>Gilroy</b>	<b>2019</b>
<i>Gabilan</i>	16.40	Imani Harrigan	Notre Dame	2019
<i>Mission</i>	16.63	Marcela Mantilla	Gilroy	2019
<i>Cypress</i>	16.22	Kyla Cotton	Stevenson	2019

**400m**

<i>Masters</i>	1:02.34	Gianna Dalton	Carmel	2019
<i>Gabilan</i>	1:01.63	Hailey Cross	San Benito	2019
<i>Mission</i>	1:02.80	Gianna Dalton	Carmel	2019
<i>Cypress</i>	<b>1:00.85</b>	<b>Aaliyah Carreras</b>	<b>Marina</b>	<b>2019</b>

**100m**

<i>Masters</i>	<b>12.73</b>	<b>Trinity Mobley</b>	<b>Stevenson</b>	<b>2019</b>
<i>Gabilan</i>	12.98	Julie Foley	Salinas	2019
<i>Mission</i>	13.08	Kandace Kimes	Carmel	2019
<i>Cypress</i>	12.88	Trinity Mobley	Stevenson	2019

**800m**

<i>Masters</i>	2:21.52	Karina Rodriguez	Gilroy	2019
<i>Gabilan</i>	<b>2:18.86</b>	<b>Elizabeth Padilla</b>	<b>North Salinas</b>	<b>2019</b>
<i>Mission</i>	2:25.54	Layla Ruiz	Watsonville	2019
<i>Cypress</i>	2:23.55	Anna Watson	Stevenson	2019

**300m LH**

<i>Masters</i>	<b>47.30</b>	<b>Roxana Ruelas</b>	<b>Alvarez</b>	<b>2019</b>
<i>Gabilan</i>	47.30	Roxana Ruelas	Alvarez	2019
<i>Mission</i>	50.20	Jocelyn Valdez	Soledad	2019
<i>Cypress</i>	49.95	Taylor Rainey	Pacific Grove	2019

**200m**

<i>Masters</i>	26.66	Aaliyah Carreras	Marina	2019
<i>Gabilan</i>	27.01	Nora Rawson	Notre Dame	2019
<i>Mission</i>	28.04	Gianna Dalton	Carmel	2019
<i>Cypress</i>	<b>26.24</b>	<b>Aaliyah Carreras</b>	<b>Marina</b>	<b>2019</b>

**3200m**

<i>Masters</i>	<b>11:23.36</b>	<b>Layla Ruiz</b>	<b>Watsonville</b>	<b>2019</b>
<i>Gabilan</i>	11:46.20	Valeria Lozano Gomez	North Salinas	2019
<i>Mission</i>	11:46.62	Layla Ruiz	Watsonville	2019
<i>Cypress</i>	12:17.59	Anna Watson	Stevenson	2019

**4x400m Relay**

<i>Masters</i>	<b>4:14.02</b>	<b>Marina</b>		<b>2019</b>
<i>Gabilan</i>	4:15.35	Alvarez		2019
<i>Mission</i>	4:23.63	Carmel		2019
<i>Cypress</i>	4:25.12	Marina		2019

**Shot Put**

<i>Masters</i>	<b>36-10.50</b>	<b>Julia Hicks</b>	<b>San Benito</b>	<b>2019</b>
<i>Gabilan</i>	33-03.00	Julia Hicks	San Benito	2019
<i>Mission</i>	34-08.75	Soana Laulotu	Carmel	2019
<i>Cypress</i>	31-02.50	Viktoria Sundberg	MVC	2019

**Discus**

<i>Masters</i>	105-05	Julia Hicks	San Benito	2019
<i>Gabilan</i>	<b>113-10</b>	<b>Jessie Pavek</b>	<b>Notre Dame</b>	<b>2019</b>
<i>Mission</i>	106-11	Katelyn Strader	Pajaro Vly	2019
<i>Cypress</i>	76-07	Lindsey Llantero	Pacific Grove	2019

**Long Jump**

<i>Masters</i>	14-10.50	Maryam Moghaddami	Oakwood	2019
<i>Gabilan</i>	<b>16-04.00</b>	<b>Julie Foley</b>	<b>Salinas</b>	<b>2019</b>
<i>Mission</i>	16-01.25	Laurel Wong	S. Catalina	2019
<i>Cypress</i>	15-03.00	Maryam Moghaddami	Oakwood	2019

**Triple Jump**

<i>Masters</i>	33-04.00	Ilai Maciel	Alisal	2019
<i>Gabilan</i>	<b>34-02.00</b>	<b>Ilai Maciel</b>	<b>Alisal</b>	<b>2019</b>
<i>Mission</i>	32-07.00	Makayla Beal	Monterey	2019
<i>Cypress</i>	32-06.00	Emily Adomako	Stevenson	2019

**High Jump**

<i>Masters</i>	5-00.00	Kyla Cotton	Stevenson	2019
<i>Gabilan</i>	5-00.00	Ellie Miller	San Benito	2019
<i>Mission</i>	<b>5-02.00</b>	<b>Lauren Pritchard</b>	<b>Carmel</b>	<b>2019</b>
<i>Cypress</i>	4-08.00	Olivia Prettyman	Pac. Point	2019

**Pole Vault**

<i>Masters</i>	11-06.00	Laurel Wong	S. Catalina	2019
<i>Gabilan</i>	8-06.00	Azalea Castro	Alvarez	2019
<i>Mission</i>	<b>13-01.50</b>	<b>Laurel Wong</b>	<b>S. Catalina</b>	<b>2019</b>
<i>Cypress</i>	9-06.00	Berit Friedenbach	Pac. Coll.	2019