

AZ Flames Track Club

Updated 6/15/15

RECORDS - TEAM RECORD

Female

Event	Mark	Date Set	Record Holder
Ages 8U 55m Dash	9.43	2/15/2015	Coco Velasquez
100m Dash	15.13	07	Aubree Incardone
200m Dash	31.26	07	Aubree Incardone
400m Dash	1:19.75	Jul-9-11	Jocelyn Johnson
800m Run	3:49.16	Feb-4-12	Madeline Moran
Long Jump	3.65m	07	Aubree Incardone
Shot Put	5.99m 2015 AZ State Record	8/2/2015	Coco Velasquez
Javelin	19.61m 2015 AZ State Record	3/28/2015	Coco Velasquez
4x100m Relay	1:03.95	11	Sub Bantam Girls A. Hutchinson, J. Johnson, T. Estavillo, E. Minter
800M SMR Mixed	2:34.25	5/16/2015	Sub Bantam Girls C. Velasquez, K. McIntosh, M. Noyd
Ages 9-10 55m Dash	8.58	2013	Iolani Baker
100m Dash	13.70	05	Ashlee Moore
200m Dash	29.02	05	Ashlee Moore
400m Dash	1:07.63	Jul-5-12	Iolani Baker
800m Run	2:44.48	2013	Iolani Baker
1500m Run	5:52.28	07	Mary Strong
1600m Run	5:45.20	07	Mary Strong
1500m Walk	11:40.01		Kaysinee Shirley
High Jump	1.30m	05	Ashlee Moore
Long Jump	4.43m	Jun-14-09	Aubree Incardone
Shot Put	4.60m	6/14/2014	Aiyana Mitchell
Javelin	22.33m	7/11/2015	Kiara Reed
Triathlon	1193 2005 AZ State Record	2005	Ashlee Moore
4x100m Relay	57.18	Jun-11-09	Bantam Girls K. Radigan, N. Clark, T. Porier-Shelton, A. Incardone
4x400m Relay	4:55.08	2013	Bantam Girls J. Johnson, A. Arneson, S. Patrick, I. Baker
Ages 11-12 55m Dash	8.35	1/31/2015	Jocelyn Johnson
100m Dash	13.32	5/2/2015	Paelata Helu
200m Dash	27.57	Mar-19-11	Tiana Porier-shelton
	27.57	6/15/2015	Paelata Helu
400m Dash	1:01.50	6/14/2015	Iolani Baker
800m Run	2:34.67	08	Alysoune Coleman
1500m Run	5:28.90	6/14/2008	Alysoune Coleman
1600m Run	6:04.35	08	Cassidy Kammerman
3000m Run	12.06	08	Alysoune Coleman
1500m Walk	9:44.80	May-7-11	Lauren Moran
55m Hurdles	10.54	2/15/2015	Iolani Baker
60m Hurdles	11.01	06	Ashlee Moore
80m Hurdles	12.90	7/12/2015	Rahni Turner
High Jump	1.60m	07	Ashlee Moore
Long Jump	5.10m 2015 AZ State Record	6/13/2015	Paelata Helu
Shot Put	8.62m	07	Ashlee Moore
Discus	23.04m	Jun-19-10	Alyssa Watkins
Javelin	26.49m	Jul-29-10	Kendall Williams
Out Pent	2796	7/28/2015	Rhani Turner
4x100m Relay	55.00	3/28/2015	11-12 Girls Iolani Baker, Paelata Helu, Rahni Turner, Jocelyn Johnson
4x400m Relay	4:11.79 2015 AZ State Record	8/2/2015	11-12 Girls Rahni Turner, Jocelyn Johnson, Paelata Helu, Iolani Baker
1600m SMR	4:46.87	3/16/2015	11-12 Girls Rahni Turner, Jocelyn Johnson, Carine Livingston, Iolani Baker
800m SMR Mixed	2:03.61	5/16/2015	11-12 Girls I. Baker, J. Johnson, R. Noyd, Y. Vasquez

Event	Mark	Date Set	Record Holder
Ages 13-14			
55m Dash	7.77	Feb-19-12	Tiana Porier-Shelton
60m Dash	8.39		Ashlee Moore
100m Dash	13.12	08	Ashlee Moore
200m Dash	26.91	3/28/2015	Viosini Helu
400m Dash	58.52	Jul-25-10	Alysoune Coleman
800m Run	2:15.44	Jul-25-10	Alysoune Coleman
1500m Run	4:55.67	Jul-5-09	Alysoune Coleman
1600m Run	6:18.02	07	Ontario Kabobel
3000m Run	11:10.92		Julianna Vanderhout
55m Hurdles	10.25	2013	Mikeala Grubbs
60m Hurdles	10.94		Asha Bramwell
100m Hurdles	15.43	08	Ashlee Moore
200m Hurdles	31.60	08	Ashlee Moore
High Jump	1.65m	08	Ashlee Moore
Pole Vault	2.29m	Jun-14-09	Asha Bramwell
Long Jump	5.54m	Jun-17-12	Tiana Porier-Shelton
Triple Jump	10.95m	Jul-6-12	Tiana Porier-Shelton
Shot Put	10.64m	May-19-12	Alyssa Watkins
Discus	24.71m	Feb-26-11	Alyssa Watkins
Javelin	27.11m	Jun-17-12	Alyssa Watkins
Out Pent	2907	08	Ashlee Moore
4x100m Relay	53.38	5/31/2014	Youth Girls
			Kaylee Ivie, Lael Bowser, Nicole Ross, Svannah Marshal
4x400m Relay	4:21.64	Jul-10-10	Youth Girls
			Taylor Frick, Katherine Divall, Jalissa Smith, J. Williams
4x800m Relay	9:53.20	Jul-26-10	Youth Girls
			K. Divall, Taylor Frick, Jessica Williams, Alysoune Coleman
Ages 15-16			
55m Dash	8.18	2013	Siarah Aysien
60m Dash	8.34		Destiny Lundy
100m Dash	12.50	Jun-14-09	Destiny Lundy
200m Dash	25.70	May-19-12	Alysoune Coleman
400m Dash	57.44	6/18/2011	Alysoune Coleman
800m Run	2:16.87	Jul-5-09	Kristina Vanderhout
1500m Run	4:58.11	2012	Taryn Estavillo
1600m Run	6:41.71		Catherine Ronai
3000m Run	10:58.49	Jul-5-09	Kristina Vanderhout
55m Hurdles	9.88	2/1/2014	Carmen Bermudez
100m Hurdles	14.48	Jun-19-11	Ashlee Moore
300m Hurdles	47.36		Savannah Coleman
400m Hurdles	1:04.16	7/28/2014	China Simmons
2000m StplCh	7:24.25	Jun-30-09	Kristina Vanderhout
High Jump	1.70m	Jul-10-11	Ashlee Moore
Long Jump	5.67m	Jun-19-11	Ashlee Moore
Triple Jump	11.43m	Jun-19-10	Ashlee Moore
Shot Put	9.22m	2/16/2014	Alyssa Watkins
Discus	29.67m	2013	Alyssa Watkins
Javelin	31.88m	2013	Alyssa Watkins
Hammer	39.27m	2013	Alyssa Watkins
Heptathlon	4744	Jul-5-11	Ashlee Moore
4x100m Relay	52.22	5/31/2014	Intermediate Girls
			C. Bermudez, S. Aysien, A. Cooper, C. Simmons
4x400m Relay	4:06.80	Jul-29-11	Intermediate Girls
			A. Coleman, K. Stokes, H. Trepte, S. Coleman

	Event	Mark	Date Set	Record Holder	
Ages 17-18	55m Dash	7.37	2/15/2015	China Simmons	
	60m Dash	8.55		Lamesha Parr	
	100m Dash	12.74	2010 / 2015	Destiny Lundy / China Simmons	
	200m Dash	25.26	Jun-19-11	Destiny Lundy	
	400m Dash	57.27	6/21.11	Destiny Lundy	
	800m Run	2:23.29	Feb-14-10	Kristina Vanderhout	
	1500m Run	4:57.48	Jul-6-12	Julianna Vanderhout	
	1600m Run	5:37.66	Feb-14-10	Kristina Vanderhout	
	3000m Run	10:48.84	2012 AZ State Record	Jun-17-12 Julianna Vanderhout	
	55m Hurdles	8.82	2/15/2015	China Simmons	
	100m Hurdles	14.56	6/13/2015	China Simmons	
	300m Hurdles	47.36	May-19-12	Savannah Coleman	
	400m Hurdles	1:03.99	Jul-9-11	Amanda Sims	
	2000m StplCh	7:24.31	Jul-9-10	Kristina Vanderhout	
	Pole Vault	3.63m	Jun-17-12	Chandler Fraley	
	High Jump	1.65m	2/15/2015	Jalissa Smith	
	Long Jump	5.50m	Jun-13-09	Samantha Collins	
	Triple Jump	9.96m	2/16/2014	Jalissa Smith	
	Shot Put	9.08m	4/18/2015	Alyssa Watkins	
	Discus	32.43m	4/18/2015	Alyssa Watkins	
	Hammer	43.09m	7/10/2015	Alyssa Watkins	
	Javelin	32.36m	Jun-13-09	Samantha Collins	
	Heptathlon	3938	Jul-9-09	Samantha Collins	
	4x100m Relay	50.10	2010	Young Women C. Woodard, L. Parr, Amanda S., Destiny L.	
	4x400m Relay	4:04.14	Jul-10-10	Young Women C. Woodard, L. Parr, Amanda S., Destiny L.	
	30-34	100m Dash	12.83	06	Julie Briggs
		200m Dash	26.11	07	Julie Briggs
Shot Put		7.40m	07	Chandra Graham	
35-39	100m Dash	15.41	May-30-10	Kettisha Colon-Villareal	
	200m Dash	26.91	07	Julie Briggs	
40-44	100m Dash	14.12	06	Denise Willard	
	200m Dash	29.63	06	Denise Willard	
	100m Hurdles	14.12	06	Denise Willard	
	Long Jump	4.42m	06	Denise Willard	
45-49	100m Dash	15.49	07	Leigh Young	
	200m Dash	31.94	07	Leigh Young	
	Long Jump	3.67m	07	Leigh Young	
	Shot Put	8.80m	07	Leigh Young	
	Discus	29.21m	07	Leigh Young	
50-54	100m Dash	13.26	03	Jacqueline Board	
	200m Dash	27.69	04	Jacqueline Board	
	400m Dash	1:01.38	03	Jacqueline Board	
	800m Run	2:47.76	03	Jacqueline Board	

Male

	Event	Mark	Date Set	Record Holder
Ages 8U	55m Dash	9.69	2/15/2015	Michael Noyd
	60m Dash	9.95	2015	Marcus Brown
	100m Dash	14.64	Apr-18-10	Dominique Davis
	200m Dash	30.80	Jun-20-10	Dominique Davis
	400m Dash	1:13.31	Jun-19-10	Dominique Davis
	Long Jump	3.80m	Jun-19-11	DeCarlos Brooks
	Shot Put	6.84m	Jul-29-11	Devon Grubbs
	Javelin	23.72m	Jun-3-12	Charlie Allison
	4x100m Relay	1:02.36	May-29-10	Sub-Bantam Boys C. Ivie, D. Davis, Q. Barger, M. Brown

Event	Mark	Date Set	Record Holder	
Ages 9-10	55m Dash	8.61	2/15/2015 Elijah Espinoza	
	60m Dash	8.81	DeCarlos Brooks	
	100m Dash	13.30	Jul-6-12 Dominique Davis	
	200m Dash	28.26	Jul-5-12 Dominique Davis	
	400m Dash	1:08.30	Jun-19-10 James Smith	
	800m Run	2:37.53	05 Justin Westbrook	
	1500m Run	5:31.86	05 Justin Westbrook	
	High Jump	1.35m	2007 / 6/13/09 Justin Westbrook / Marcus Naisant	
	Long Jump	4.57m 2012 AZ State Record	12 Dominique Davis	
	Shot Put	8.62m	2013 Devon Grubbs	
	Javelin	38.62m 2010 AZ State Record	Jun-20-10 Carlan Naisant	
	Triathlon	614	Jun-30-10 James Smith	
	4x100m Relay	56.53	Jun-30-10 9-10 Boys Marcus Naisant, Devonte Lundy, Zachary Aldred, Austyn Brandon	
	4x200m Relay	2:15.20	Feb-4-12 Dason Brooks, K. Daniels, D. Grubbs, M. Overstreet	
	4x300m Relay	3:48.46	2/4/2012 DeCarlos Brooks, M. Naisant, J. Smith, M. Roomes	
	4x400m Relay	5:12.42	Mar-31-12 Dason Brooks, K. Daniels, D. Grubbs, M. Overstreet	
	Ages 11-12	55m Dash	8.04	Feb-4-12 DeCarlos Brooks
		60m Dash	8.17	Austyn Brandon
		100m Dash	12.64	Jun-20-10 Austyn Brandon
200m Dash		25.88	Jun-19-10 Austyn Brandon	
400m Dash		1:00.28	Jul-16-12 James Smith	
800m Run		2:20.66	Jul-5-09 Geoffrey Deshazo	
1500m Run		4:52.28	07 Justin Westbrook	
1600m Run		5:45.20	07 Justin Westbrook	
3000m Run		10:45.38	07 Justin Westbrook	
55m Hurdles		9.14	Feb-19-12 DeCarlos Brooks	
60m Hurdles		11.59	2/14/2010 Marcus Naisant	
80m Hurdles		12.36 2012 JO Runnerup	Jul-29-12 James Smith	
High Jump		1.50m	2007 / 2011 / 2013 Noah Simmons (13), Marcus Naisant(11) Justin Westbrook(07)	
Long Jump		5.15m	Jun-30-10 Mason Roomes	
Shot Put		10.16m	May-21-11 Marcus Naisant	
Discus		24.52m	10 Elliott King	
Javelin		50.33m 2011 AZ State Record	Apr-30-11 Marcus Naisant	
Out Pent		2241	May-21-11 Marcus Naisant	
4x100m Relay		53.66	Apr-18-10 11-12 Boys Devonte Lundy, Mason Roomes, Marcus Naisant, Austyn Brandon	
4x400m Relay		4:36.54	5/31/2015 11-12 Boys R. Noyd, Y. Vazquez, T. Ballentine, D. Ward	
4x800m Relay	10:15.66	06 11-12 Boys Justin Westbrook, Ryan Talbot, Andrew West, Jorge Aragon		
800m SMR Mixed	2:03.61	5/16/2015 11-12 Girls I. Baker, J. Johnson, R. Noyd, Y. Vasquez		

Event	Mark	Date Set	Record Holder	
Ages 13-14	55m Dash	7.21	Feb-19-12 Austyn Brandon	
	60m Dash	7.61	2010 Mykeal Ham	
	100m Dash	11.37	Apr-18-10 Mykeal Ham	
	200m Dash	23.23	Jul-3-10 Mykeal Ham	
	400m Dash	52.81	10 Mykeal Ham	
	800m Run	2:14.63	Jun-20-10 Roshon Roomes	
	1500m Run	4:59.45	10 Tyler Foutz	
	1600m Run	5:40.34	07 Jorge Aragon	
	3000m Run	10:46.84	Apr-18-10 Tyler Foutz	
	3000m Walk	24:28.19	Apr-18-10 Tyler Foutz	
	55m Hurdles	8.89	2/17/2013 Marcus Naisant	
	60m Hurdles	11.11	Roshon Roomes	
	100m Hurdles	14.56	5/3/2014 James Smith	
	200m Hurdles	27.52	6/1/2014 James Smith	
	High Jump	1.70m	2013 / 2014 Marcus Naisant / Carlan Naisant	
	Pole Vault	2.29m	Jun-13-09 Bryan Mugge	
	Long Jump	5.83m	Apr-21-12 Austyn Brandon	
	Triple Jump	10.95m	2013 Marcus Naisant	
	Shot Put	13.40m	7/6/2014 Carlan Naisant	
	Discus	38.44m	Jul-6-12 Elliott King	
		2014 AZ State &		
		53.96m Region Record, 2014		
		56.45m JO National Meet	7/4/2014 /	
	Javelin	56.63m Record	7/27/2014 Carlan Naisant	
	Pentathlon	2572 pts	2013 Marcus Naisant	
	4x100m Relay	50.00	Feb-28-09 13-14 Boys	
			D. Estrada, G. Funkhouser, R. Roomes, J. Jolgerson	
	4x800m Relay	9:59.26	Feb-27-10 13-14 Boys	
			R. Roomes, T. Foutz, B. Mugge, M. Ham	
	Ages 15-16	55m Dash	6.69	Feb-19-12 Mykeal Ham
		100m Dash	10.77	2013 Joseph Clark
		200m Dash	22.06	2013 Joseph Clark
		400m Dash	49.47	Jul-28-12 Mykeal Ham
800m Run		2:09.11	Jun-4-11 Austin Cooper	
1500m Run		4:20.46	Jun-18-11 Austin Cooper	
3000m Run		9:44.18	Jun-18-11 Austin Cooper	
2000m StplCh		7:04.33	Jul-29-11 Austin Cooper	
110m Hurdles		15.60	7/12/2015 James Smith	
300m Hurdles		41.72	5/16/2015 James Smith	
400m Hurdles		57.83	8/1/2015 James Smith	
High Jump		1.90m	5/30/2015 Marcus Naisant	
Long Jump		6.49m	7/11/2015 Marcus Naisant	
Triple Jump		12.22m	5/31/2015 Marcus Naisant	
Shot Put		13.73m	7/12/2015 Sebastian Coleman	
Discus		46.58m	8/1/2015 Sebastian Coleman	
Javelin		55.53m	8/2/2015 Carlan Naisant	
Hammer		37.88m	7/10/2015 Sebastian Coleman	

	Event	Mark	Date Set Record Holder	
Ages 17-18	55m Dash	6.33	2013 Christian Clark	
	100m Dash	10.70	Jun-14 Joseph Clark	
	200m Dash	21.75	2013 Christian Clark(13), Brandon Senior (11)	
	400m Dash	48.47	7/6/2014 Mykeal Ham	
	800m Run	1:54.41	Jul-6-12 Dylan Traywick	
	1500m Run	4:07.60	Jul-26-10 Travis Marshall	
	3000m Run	8:57.28	Jul-28-10 Randy Chavez	
	3000m Walk	17:55.88	May-21-11 Reece Watkins	
	55m Hurdles			
	60m Hurdles	8.39	2010 Cameron Taylor	
	110m Hurdles	13.98	Jul-4-10 Cameron Taylor	
	300m Hurdles	42.24	2015 Cornelius Payne	
	400m Hurdles	55.17	Jul-9-10 LeSean Marks	
	2000m StplCh	6:25.11	Jul-9-11 Fermin Villagren	
	High Jump	1.90m	Jun-2-12 Marquis Wells	
	Long Jump	6.69m	Jul-9-11 Dylan Williams	
	Triple Jump	13.23m	Jun-2-12 Marquis Wells	
	Shot Put	15.09m	Jul-11-09 Alex Smyth	
	Discus	48.88m	Jul-11-09 Alex Smyth	
	Hammer	44.06m	Jul-11-09 Alex Smyth	
	4x100m Relay	42.50	6/5/2010 Young Men C. Brown, V. Grays, W. Taylor, G. Wyatt	
	4x200m Relay	1:31.76	Feb-19-12 Young Men M. Gilliam, M. Ham, Christian C., Jorgen H.	
	4x400m Relay	3:21.56	Jul-9-10 Young Mens L. Marks, C. Taylor, D. Williams, V. Gray	
	Open	55m Dash	6.80	2014 Jourdin Holden
		60m Dash	7.66	Auden Leyvas
		100m Dash	10.75	2007 Rodney Burns
		200m Dash	23.01	2012 Jourdin Holden
		400m Dash	48.98	May-29-10 Clark Coyle
		800m Run	2:05.83	Travis Marshall
		55m Hurdles	8.24	2014 Jourdin Holden
		110m Hurdles	15.99	2012 Jourdin Holden
		400m Hurdles	54.68	Clark Coyle
		High Jump	1.30m	2007 Casey Bloomquist
Long Jump		6.75m	Jun-2-12 Jourdin Holden	
Shot Put		11.86	6/1/2014 Richard Ronquillo	
Discus		30.98	6/1/2014 Richard Ronquillo	
Javelin		33.98m	6/1/2014 Richard Ronquillo	
30-34		100m Dash	11.40 *	2005 Eric Bramwell
	100m Dash	11.40 *	2000 James Smith	
	200m Dash	23.61	2005 Eric Bramwell	
	400m Dash	54.50	2005 Eric Bramwell	
	55m Hurdles	8.08	2005 James Smith	
	60m Hurdles	9.03	2005 James Smith	
	110m Hurdles	15.38	2005 James Smith	
	300m Hurdles	41.17	2005 James Smith	
	400m Hurdles	57.11	2005 James Smith	
	Long Jump	6.06m	2005 Eric Bramwell	
	4x100m Relay	44.30	2014 30-35 Jourdin Holden (29), Darren Hefferan (30), Corey Nelson(35), Jayson Vasquez(37)	

Event	Mark	Date Set Record Holder
35-39 55m Dash		
60m Dash	7.27	Eric Bramwell
100m Dash	11.38	2008 Eric Bramwell
200m Dash	22.59	7/25/2015 Corey Nelson
400m Dash	48.67	4/1/2014 Corey Nelson
800m Run	2:04.96	2008 Ryan Sweet
1500m Run	4:33.15	2008 Ryan Sweet
1600m Run	4:52.58	2008 Ryan Sweet
55m Hurdles	8.37	2/16/2014 Jayson Vazquez
60m Hurdles	8.91	2008 James Smith
110m Hurdles	15.52	7/24/2015 Jayson Vazquez
300m Hurdles	42.09	2008 James Smith
400m Hurdles	58.17	2008 James Smith
High Jump	1.52m	2008 Cameron Ivie
Long Jump	6.74m	2008 Eric Bramwell
Triple Jump	12.98m	2008 Cameron Ivie
4x100m Relay	47.16	2014 30-40 Josh Robbins(35), Darren Hefferan (30), Jason Vasquez(37), James Smith (48)
40-44 55m Dash		
100m Dash	11.37	2013 Eric Bramwell
200m Dash	23.22	2013 Eric Bramwell
400m Dash	52.38	2013 Eric Bramwell
55m Hurdles		
60m Hurdles	9.25	2009 James Smith
110m Hurdles	15.83	2009 James Smith
400m Hurdles	1:00.43	2009 James Smith
4x100m Relay	47.82	Jun-3-12 Masters Men R. Khoo (50), C. Ivie(45), J. Vazquez (37), James Smith(48)
45-49 55m Dash	7.34	2013 James Smith
100m Dash	12.47	2013 James Smith
200m Dash	25.57	Jun-5-11 James Smith
400m Dash	57.24	2008 Doug Thompson
800m Run	2:09.21	2008 Doug Thompson
55m Hurdles	9.19	2/16/2014 James Smith
110m Hurdles	17.83	2011 James Smith
400m Hurdles	1:05.41	Jun-2-12 James Smith
Long Jump	5.66m	Jun-3-12 Roland Khoo
Triple Jump	11.69	Cameron Ivie
50-54 55m Dash	7.61	2/16/2014 Roland Khoo
100m Dash	12.98	5/31/2015 Roland Khoo
200m Dash		
400m Dash	1:00.07	May-29-10 Jeff Scott
55m Hurdles	8.94	2/16/2014 Roland Khoo
100m Hurdles	15.54 2014 AZ State Record	6/1/2014 Roland Khoo
400m Hurdles		
Long Jump	5.31m	2014 Roland Khoo
Triple Jump	10.13m	2014 Rolando Khoo
55-59 200m Dash	29.79	May-29-10 Gary Sharum
70-74 High Jump	1.37m	2007 Bob Bergfeldt
Long Jump	3.92m	2007 Bob Bergfeldt
Discus	37.38m	2007 Bob Bergfeldt
Javelin	37.86m	2007 Bob Bergfeldt