

## AZ Flames Track Club

Updated 2/6/17

### RECORDS - TEAM RECORD

#### Female

	Event		Mark	Date Set	Record Holder
<b>Ages 8U</b>	55m	Dash	9.43	<b>2/15/15</b>	Coco Velasquez
	100m	Dash	15.13	<b>07</b>	Aubree Incardone
	200m	Dash	31.26	<b>07</b>	Aubree Incardone
	400m	Dash	1:19.75	<b>Jul-9-11</b>	Jocelyn Johnson
	800m	Run	3:19.77	<b>6/10/17</b>	Kalia Washington
	1500m	Run	6:45.29	<b>5/20/17</b>	Kalia Washington
	1600m	Run	7:57.67	<b>4/22/17</b>	Kalia Washington
		Long Jump	3.65m	<b>07</b>	Aubree Incardone
		Shot Put	5.99m	<b>2015 AZ State Record</b>	<b>8/2/15</b> Coco Velasquez
		Javelin	19.61m	<b>2015 AZ State Record</b>	<b>3/28/15</b> Coco Velasquez
	4x100m	Relay	1:03.95	<b>11</b>	Sub Bantam Girls A. Hutchinson, J. Johnson, T. Estavillo, E. Minter
		800M SMR Mixed	2:34.25	<b>5/16/15</b>	Sub Bantam Girls C. Velasquez, K. McIntosh, M. Noyd
	<b>Ages 9-10</b>	55m	Dash	8.58	<b>2013</b>
100m		Dash	13.70	<b>05</b>	Ashlee Moore
200m		Dash	29.02	<b>05</b>	Ashlee Moore
400m		Dash	1:07.63	<b>Jul-5-12</b>	Iolani Baker
800m		Run	2:44.48	<b>2013</b>	Iolani Baker
1500m		Run	5:52.28	<b>07</b>	Mary Strong
1600m		Run	5:45.20	<b>07</b>	Mary Strong
1500m		Walk	11:40.01		Kaysinee Shirley
		High Jump	1.30m	<b>05</b>	Ashlee Moore
		Long Jump	4.43m	<b>Jun-14-09</b>	Aubree Incardone
		Shot Put	6.81m	<b>2/19/17</b>	Coco Velasquez
		Javelin	27.50m	<b>5/21/16</b>	Kianna Reed
		Triathlon	1193	<b>2005 AZ State Record</b>	<b>2005</b> Ashlee Moore
4x100m	Relay	57.18	<b>Jun-11-09</b>	Bantam Girls K. Radigan, N. Clark, T. Porier-Shelton, A. Incardone	
4x400m	Relay	4:55.08	<b>2013</b>	Bantam Girls J. Johnson, A. Arneson, S. Patrick, I. Baker	
<b>Ages 11-12</b>	55m	Dash	8.35	<b>1/31/15</b>	Jocelyn Johnson
	100m	Dash	13.32	<b>5/2/15</b>	Paelata Helu
	200m	Dash	27.57	<b>Mar-19-11</b>	Tiana Porier-shelton
			27.57	<b>6/15/15</b>	Paelata Helu
	400m	Dash	1:01.50	<b>6/14/15</b>	Iolani Baker
	800m	Run	2:34.67	<b>08</b>	Alysoune Coleman
	1500m	Run	5:28.90	<b>6/14/08</b>	Alysoune Coleman
	1600m	Run	6:04.35	<b>08</b>	Cassidy Kammerman
	3000m	Run	12.06	<b>08</b>	Alysoune Coleman
	1500m	Walk	9:44.80	<b>May-7-11</b>	Lauren Moran
		55m Hurdles	10.54	<b>2/15/15</b>	Iolani Baker
	60m Hurdles	11.01	<b>06</b>	Ashlee Moore	

	80m	Hurdles	12.90		7/12/15	Rahni Turner		
		High Jump	1.60m		07	Ashlee Moore		
		Long Jump	5.10m	<b>2015 AZ State Record</b>	6/13/15	Paelata Helu		
		Shot Put	8.62m		07	Ashlee Moore		
		Discus	23.04m		Jun-19-10	Alyssa Watkins		
		Mini Javelin	27.56m		4/16/16	Kiara Reed		
		Aero Javelin	77'8.28		5/20/17	Kiara Reed		
		Out Pent	2796		7/28/15	Rhani Turner		
	4x100m	Relay	55.00		3/28/15	11-12 Girls		
						Iolani Baker, Paelata Helu, Rahni Turner, Jocelyn Johnson		
	4x400m	Relay	4:11.79	<b>2015 AZ State Record</b>	8/2/15	11-12 Girls		
						Rahni Turner, Jocelyn Johnson, Paelata Helu, Iolani Baker		
	1600m	SMR	4:46.87		3/16/15	11-12 Girls		
						Rahni Turner, Jocelyn Johnson, Carine Livingston, Iolani Baker		
	800m	SMR Mixed	2:03.61		5/16/15	11-12 Girls		
						I. Baker, J. Johnson, R. Noyd, Y. Vasquez		
<b>Ages 13-14</b>	55m	Dash	7.59		2/19/17	Jocelyn Johnson		
	60m	Dash	8.39			Ashlee Moore		
	100m	Dash	12.66		5/21/17	Jocelyn Johnson		
	200m	Dash	26.09		5/21/17	Jocelyn Johnson		
	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	8.59		2/19/17	Rhani Turner		
	60m	Hurdles	10.94			Asha Bramwell		
	100m	Hurdles	14.62		7/9/05	Rahni Turner		
	200m	Hurdles	29.00		7/27/16	Rhani Turner		
		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	<b>2013 AZ State Record</b>	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		
		Outdoor Pentathlon	2907		08	Ashlee Moore		
	4x100m	Relay	52.35		5/20/17	Youth Girls		
						Iolani Baker, Jocelyn Johnson, Paelata Helu, Rahni Turner		
	4x300m	Relay	3:00.14		2/19/17	13-14 Girls		
						Rahni Turner, Jocelyn Johnson, Paelata Helu, Iolani Baker		
	4x400m	Relay	4:06.37		4/21/17	Youth Girls		
						PaelataHelu, Iolani Baker, Jocelyn Johnson, Rahni Turner		
	4x800m	Relay	9:53.20		Jul-26-10	Youth Girls		
						K. Divall, Taylor Frick, Jessica Williams, Alysoune Coleman		





	400m	Dash	1:08.30		<b>Jun-19-10</b>	James Smith		
	800m	Run	2:37.53		<b>05</b>	Justin Westbrook		
	1500m	Run	5:31.86		<b>05</b>	Justin Westbrook		
		High Jump	1.35m		<b>2007 / 6/13/09</b>	Justin Westbrook / Marcus Naisant		
		Long Jump	4.57m	<b>2012 AZ State Record</b>	<b>12</b>	Dominique Davis		
		Shot Put	8.62m		<b>2013</b>	Devon Grubbs		
		Javelin	38.62m	<b>2010 AZ State Record</b>	<b>Jun-20-10</b>	Carlan Naisant		
		Triathlon	614		<b>Jun-30-10</b>	James Smith		
	4x100m	Relay	56.53		<b>Jun-30-10</b>	9-10 Boys		
						Marcus Naisant, Devonte Lundy, Zachary Aldred, Austyn Brandon		
	4x200m	Relay	2:15.20		<b>Feb-4-12</b>	Dason Brooks, K. Daniels, D. Grubbs, M. Overstreet		
	4x300m	Relay	3:48.46		<b>2/4/12</b>	DeCarlos Brooks, M. Naisant, J. Smith, M. Roomes		
	4x400m	Relay	5:12.42		<b>Mar-31-12</b>	Dason Brooks, K. Daniels, D. Grubbs, M. Overstreet		
<b>Ages 11-12</b>	55m	Dash	8.04		<b>Feb-4-12</b>	DeCarlos Brooks		
	60m	Dash	8.17			Austyn Brandon		
	100m	Dash	12.64		<b>Jun-20-10</b>	Austyn Brandon		
	200m	Dash	25.88		<b>Jun-19-10</b>	Austyn Brandon		
	400m	Dash	1:00.28		<b>Jul-16-12</b>	James Smith		
	800m	Run	2:20.66		<b>Jul-5-09</b>	Geoffrey Deshazo		
	1500m	Run	4:52.28		<b>07</b>	Justin Westbrook		
	1600m	Run	5:45.20		<b>07</b>	Justin Westbrook		
	3000m	Run	10:45.38		<b>07</b>	Justin Westbrook		
	55m	Hurdles	9.14		<b>Feb-19-12</b>	DeCarlos Brooks		
	60m	Hurdles	11.59		<b>2/14/10</b>	Marcus Naisant		
	80m	Hurdles	12.36	<b>2012 JO Runnerup</b>	<b>Jul-29-12</b>	James Smith		
		High Jump	1.50m		<b>2016 / 2013</b>	Yan Vasquez (16), Noah Simmons (13)		
					<b>2011 / 2007</b>	Marcus Naisant(11) Justin Westbrook(07)		
		Long Jump	5.15m		<b>Jun-30-10</b>	Mason Roomes		
		Shot Put	10.16m		<b>May-21-11</b>	Marcus Naisant		
		Discus	24.52m		<b>10</b>	Elliott King		
		Javelin	50.33m	<b>2011 AZ State Record</b>	<b>Apr-30-11</b>	Marcus Naisant		
		Out Pent	2241		<b>May-21-11</b>	Marcus Naisant		
	4x100m	Relay	53.66		<b>Apr-18-10</b>	11-12 Boys		
						Devonte Lundy, Mason Roomes, Marcus Naisant, Austyn Brandon		
	4x400m	Relay	4:36.54		<b>5/31/15</b>	11-12 Boys		
						R. Noyd, Y. Vazquez, T. Ballentine, D. Ward		
	4x800m	Relay	10:15.66		<b>06</b>	11-12 Boys		
						Justin Westbrook, Ryan Talbot, Andrew West, Jorge Aragon		
	800m	SMR Mixed	2:03.61		<b>5/16/15</b>	11-12 Girls		
						I. Baker, J. Johnson, R. Noyd, Y. Vasquez		

<b>Ages 13-14</b>	55m	Dash	7.21		<b>Feb-19-12</b>	Austyn Brandon			
	60m	Dash	7.61		<b>2010</b>	Mykeal Ham			
	100m	Dash	11.37		<b>Apr-18-10</b>	Mykeal Ham			
	200m	Dash	23.23		<b>Jul-3-10</b>	Mykeal Ham			
	400m	Dash	52.81		<b>10</b>	Mykeal Ham			
	800m	Run	2:12.90		<b>3/4/17</b>	Devon Grubbs			
	1500m	Run	4:59.45		<b>10</b>	Tyler Foutz			
	1600m	Run	5:40.34		<b>07</b>	Jorge Aragon			
	3000m	Run	10:46.84		<b>Apr-18-10</b>	Tyler Foutz			
	3000m	Walk	24:28.19		<b>Apr-18-10</b>	Tyler Foutz			
	55m	Hurdles	8.89		<b>2/17/13</b>	Marcus Naissant			
	60m	Hurdles	11.11			Roshon Roomes			
	100m	Hurdles	14.56		<b>5/3/14</b>	James Smith			
	200m	Hurdles	27.52		<b>6/1/14</b>	James Smith			
		High Jump	1.70m		<b>2013 / 2014</b>	Marcus Naisant / Carlan Naisant			
		Pole Vault	2.29m		<b>Jun-13-09</b>	Bryan Mugge			
		Long Jump	5.94m		<b>6/4/16</b>	Chris Brown			
		Triple Jump	11.91m		<b>7/30/17</b>	Devon Grubbs			
		Shot Put	13.40m		<b>7/6/14</b>	Carlan Naisant			
		Discus	38.44m		<b>Jul-6-12</b>	Elliott King			
		Javelin	53.96m 56.45m <b>56.63m</b>	<b>2014 AZ State &amp; Region Record, 2014 JO National Meet Record</b>	<b>7/4/2014 / 7/27/2014</b>	Carlan Naisant			
		Pentathlon	2572 pts		<b>2013</b>	Marcus Naisant			
	4x100m	Relay	50.00		<b>Feb-28-09</b>	13-14 Boys			
						D. Estrada, G. Funkhouser, R. Roomes, J. Jolgeron			
	4x800m	Relay	9:59.26		<b>Feb-27-10</b>	13-14 Boys			
						R. Roomes, T. Foutz, B. Mugge, M. Ham			
<b>Ages 15-16</b>	55m	Dash	6.69		<b>Feb-19-12</b>	Mykeal Ham			
	100m	Dash	10.77		<b>2013</b>	Joseph Clark			
	200m	Dash	22.06		<b>2013</b>	Joseph Clark			
	400m	Dash	49.47		<b>Jul-28-12</b>	Mykeal Ham			
	800m	Run	2:09.11		<b>Jun-4-11</b>	Austin Cooper			
	1500m	Run	4:20.46		<b>Jun-18-11</b>	Austin Cooper			
	3000m	Run	9:44.18		<b>Jun-18-11</b>	Austin Cooper			
	2000m	StplCh	7:04.33		<b>Jul-29-11</b>	Austin Cooper			
	55m	Hurdles	7.95		<b>2/4/16</b>	James Smith			
	110m	Hurdles	14.93		<b>7/7/16</b>	James Smith			
	300m	Hurdles	41.72		<b>5/16/15</b>	James Smith			
	400m	Hurdles	54.90	<b>2016 AZ State All Time Best</b>	<b>7/31/16</b>	James Smith			
		High Jump	1.90m		<b>5/30/15</b>	Marcus Naisant			



	4x400m	Relay	3:21.56			<b>Jul-9-10</b>	Young Mens		
							L. Marks, C. Taylor, D. Williams, V. Gray		
<b>Open</b>	55m	Dash	6.74			<b>2/19/17</b>	Mykeal Ham		
	60m	Dash	7.66				Auden Leyvas		
	100m	Dash	10.75			<b>2007</b>	Rodney Burns		
	200m	Dash	23.01			<b>2012</b>	Jourdin Holden		
	400m	Dash	48.98			<b>May-29-10</b>	Clark Coyle		
	800m	Run	2:05.83				Travis Marshal		
	55m	Hurdles	8.24			<b>2014</b>	Jourdin Holden		
	110m	Hurdles	15.99			<b>2012</b>	Jourdin Holden		
	400m	Hurdles	54.68				Clark Coyle		
		High Jump	1.30m			<b>2007</b>	Casey Bloomquist		
		Long Jump	6.75m			<b>Jun-2-12</b>	Jourdin Holden		
		Shot Put	11.86			<b>6/1/14</b>	Richard Ronquillo		
		Discus	30.98			<b>6/1/14</b>	Richard Ronquillo		
		Javelin	33.98m			<b>6/1/14</b>	Richard Ronquillo		
<b>30-34</b>	100m	Dash	11.40	*		<b>2005</b>	Eric Bramwell		
	100m	Dash	11.40	*		<b>2000</b>	James Smith		
	200m	Dash	23.61			<b>2005</b>	Eric Bramwell		
	400m	Dash	54.50			<b>2005</b>	Eric Bramwell		
	55m	Hurdles	8.08			<b>2005</b>	James Smith		
	60m	Hurdles	9.03			<b>2005</b>	James Smith		
	110m	Hurdles	15.38	<b>2005 AZ State Record</b>		<b>2005</b>	James Smith		
	300m	Hurdles	41.17	<b>2005 AZ State Record</b>		<b>2005</b>	James Smith		
	400m	Hurdles	57.11	<b>2005 AZ State Record</b>		<b>2005</b>	James Smith		
		Long Jump	6.06m			<b>2005</b>	Eric Bramwell		
	4x100m	Relay	44.30			<b>2014</b>	<b>30-35</b>		
							Jourdin Holden (29), Darren Hefferan (30), Corey Nelson(35), Jayson Vasquez(37)		
<b>35-39</b>	55m	Dash	7.06			<b>2016</b>	Josh Robbins		
	60m	Dash	7.27				Eric Bramwell		
	100m	Dash	11.38			<b>2008</b>	Eric Bramwell		
	200m	Dash	22.59			<b>7/25/15</b>	Corey Nelson		
	400m	Dash	48.67			<b>4/1/14</b>	Corey Nelson		
	800m	Run	2:04.96			<b>2008</b>	Ryan Sweet		
	1500m	Run	4:33.15			<b>2008</b>	Ryan Sweet		
	1600m	Run	4:52.58			<b>2008</b>	Ryan Sweet		
	55m	Hurdles	8.37			<b>2/16/14</b>	Jayson Vazquez		
	60m	Hurdles	8.91			<b>2008</b>	James Smith		
	110m	Hurdles	15.52	<b>2015 AZ State Record</b>		<b>7/24/15</b>	Jayson Vazquez		
	300m	Hurdles	42.09	<b>2008 AZ State Record</b>		<b>2008</b>	James Smith		
	400m	Hurdles	58.17	<b>2008 AZ State Record</b>		<b>2008</b>	James Smith		
		High Jump	1.52m			<b>2008</b>	Cameron Ivie		
		Long Jump	6.74m			<b>2008</b>	Eric Bramwell		



		Triple Jump	12.98m		<b>2008</b>	Cameron Ivie		
	4x100m	Relay	47.16		<b>2014</b>	<b>30-40</b>		
				Josh Robbins(35), Darren Hefferan (30), Jason Vasquez(37), James Smith (48)				
<b>40-44</b>	55m	Dash	7.14		<b>2/19/17</b>	Jayson Vazquez		
	100m	Dash	11.37		<b>2013</b>	Eric Bramwell		
	200m	Dash	23.22		<b>2013</b>	Eric Bramwell		
	400m	Dash	52.38		<b>2013</b>	Eric Bramwell		
	55m	Hurdles	8.64		<b>2/19/17</b>	Jayson Vazquez		
	60m	Hurdles	9.05		<b>2/18/17</b>	Jayson Vazquez		
	110m	Hurdles	15.83	<b>2009 AZ State Record</b>	<b>2009</b>	James Smith		
	400m	Hurdles	1:00.43	<b>2009 AZ State Record</b>	<b>2009</b>	James Smith		
		High Jump			<b>7/15/16</b>	Josh Robbins		
		Long Jump	6.12m		<b>7/15/16</b>	Josh Robbins		
	4x100m	Relay	47.82		<b>Jun-3-12</b>	Masters Men		
				R. Khoo (50), C. Ivie(45), J. Vazquez (37), James Smith(48)				
<b>45-49</b>	55m	Dash	7.34		<b>2013</b>	James Smith		
	100m	Dash	12.47		<b>2013</b>	James Smith		
	200m	Dash	25.57		<b>Jun-5-11</b>	James Smith		
	400m	Dash	57.24		<b>2008</b>	Doug Thompson		
	800m	Run	2:09.21		<b>2008</b>	Doug Thompson		
	55m	Hurdles	9.19	<b>2014 AZ State Record</b>	<b>2/16/14</b>	James Smith		
	110m	Hurdles	17.83		<b>2011</b>	James Smith		
	400m	Hurdles	1:05.41		<b>Jun-2-12</b>	James Smith		
		Long Jump	5.66m		<b>Jun-3-12</b>	Roland Khoo		
		Triple Jump	11.69			Cameron Ivie		
<b>50-54</b>	55m	Dash	7.61		<b>2/16/14</b>	Roland Khoo		
	100m	Dash	12.98		<b>5/31/15</b>	Roland Khoo		
	200m	Dash						
	400m	Dash	1:00.07		<b>May-29-10</b>	Jeff Scott		
	55m	Hurdles	8.94		<b>2/16/14</b>	Roland Khoo		
	100m	Hurdles	15.12	<b>2015 AZ State Record</b>	<b>4/25/15</b>	Roland Khoo		
	400m	Hurdles	1:08.12		<b>7/16/16</b>	James Smith		
		Long Jump	5.31m		<b>2014</b>	Roland Khoo		
		Triple Jump	10.13m		<b>2014</b>	Rolando Khoo		
<b>55-59</b>	200m	Dash	29.79		<b>May-29-10</b>	Gary Sharum		
<b>70-74</b>		High Jump	1.37m		<b>2007</b>	Bob Bergfeldt		
		Long Jump	3.92m		<b>2007</b>	Bob Bergfeldt		
		Discus	37.38m		<b>2007</b>	Bob Bergfeldt		
		Javelin	37.86m		<b>2007</b>	Bob Bergfeldt		