

# AZ Flames Track Club

Updated 8/1/2018

## 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	20.72m <b>2018 AZ State Record</b>	<b>7/10/05</b>	Haliagh Jones
4x100m Relay	1:03.95	<b>11</b>	Sub Bantam Girls A. Hutchinson, J. Johnson, T. Estavillo
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>	Iolani Baker
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	7.41m	<b>7/23/17</b>	Coco Velasquez
Javelin	29.64m	<b>7/22/17</b>	Coco Velasquez
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
4x400m Relay	4:55.08	<b>2013</b>	Bantam Girls J. Johnson, A. Arneson, S. Patrick, I. B
<b>Ages 11-12</b> 55m Dash	8.01	<b>2/17/18</b>	Tatiyanna White
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	<b>7/12/15</b>	Rahni Turner
High Jump	1.60m	<b>07</b>	Ashlee Moore
Long Jump	5.10m <b>2015 AZ State Record</b>	<b>6/13/15</b>	Paelata Helu
Shot Put	8.62m	<b>07</b>	Ashlee Moore

Event	Mark	Date Set	Record Holder
Discus	23.04m	<b>Jun-19-10</b>	Alyssa Watkins
Mini Javelin	27.56m	<b>4/16/16</b>	Kiara Reed
Aero Javelin	28.76m	<b>5/20/18</b>	Coco Velasquez
Out Pent	2796	<b>7/28/15</b>	Rhani Turner
4x100m Relay	55.00	<b>3/28/15</b>	11-12 Girls Iolani Baker, Paelata Helu, Rahni Turner
4x400m Relay	4:11.79	<b>2015 AZ State Record</b>	<b>8/2/15</b> 11-12 Girls Rahni Turner, Jocelyn Johnson, Paelata
1600m SMR	4:46.87	<b>3/16/15</b>	11-12 Girls Rahni Turner, Jocelyn Johnson, Carine I
800m SMR Mixed	2:03.61	<b>5/16/15</b>	11-12 Girls I. Baker, J. Johnson, R. Noyd, Y. Vasq
<b>Ages 13-14</b>			
55m Dash	7.59	<b>2/19/17</b>	Jocelyn Johnson
60m Dash	8.39		Ashlee Moore
100m Dash	12.66	<b>5/21/17</b>	Jocelyn Johnson
200m Dash	26.09	<b>5/21/17</b>	Jocelyn Johnson
400m Dash	58.52	<b>Jul-25-10</b>	Alysoune Coleman
800m Run	2:15.44	<b>Jul-25-10</b>	Alysoune Coleman
1500m Run	4:55.67	<b>Jul-5-09</b>	Alysoune Coleman
1600m Run	6:18.02	<b>07</b>	Ontario Kabobel
3000m Run	11:10.92		Julianna Vanderhout
55m Hurdles	8.59	<b>2/19/17</b>	Rhani Turner
60m Hurdles	10.94		Asha Bramwell
100m Hurdles	14.62	<b>7/9/16</b>	Rahni Turner
200m Hurdles	29.00	<b>7/27/16</b>	Rhani Turner
High Jump	1.65m	<b>08</b>	Ashlee Moore
Pole Vault	2.29m	<b>Jun-14-09</b>	Asha Bramwell
Long Jump	5.54m	<b>Jun-17-12</b>	Tiana Porier-Shelton
Triple Jump	10.95m	<b>Jul-6-12</b>	Tiana Porier-Shelton
Shot Put	10.64m	<b>May-19-12</b>	Alyssa Watkins
Discus	24.71m	<b>Feb-26-11</b>	Alyssa Watkins
Javelin	27.11m	<b>Jun-17-12</b>	Alyssa Watkins
Outdoor Pentathlon	2907	<b>08</b>	Ashlee Moore
4x100m Relay	52.35	<b>5/20/17</b>	Youth Girls Iolani Baker, Jocelyn Johnson, Paelata F
4x300m Relay	3:00.14	<b>2/19/17</b>	13-14 Girls Rahni Turner, Jocelyn Johnson, Paelata
4x400m Relay	4:06.37	<b>4/21/17</b>	Youth Girls PaelataHelu, Iolani Baker, Jocelyn Johns
4x800m Relay	9:53.20	<b>Jul-26-10</b>	Youth Girls K. Divall, Taylor Frick, Jessica William
<b>Ages 15-16</b>			
55m Dash	8.18	<b>2013</b>	Siarah Aysien
60m Dash	8.34		Destiny Lundy
100m Dash	12.50	<b>Jun-14-09</b>	Destiny Lundy
200m Dash	25.70	<b>May-19-12</b>	Alysoune Coleman
400m Dash	57.44	<b>6/18/11</b>	Alysoune Coleman
800m Run	2:16.87	<b>Jul-5-09</b>	Kristina Vanderhout
1500m Run	4:58.11	<b>2012</b>	Taryn Estavillo

<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>
1600m Run	6:41.71		Catherine Ronai
3000m Run	10:58.49	<b>Jul-5-09</b>	Kristina Vanderhout
55m Hurdles	8.71	<b>2/17/18</b>	Rahni Turner
100m Hurdles	14.48	<b>Jun-19-11</b>	Ashlee Moore
300m Hurdles	47.36		Savannah Coleman
400m Hurdles	1:04.16	<b>7/28/14</b>	China Simmons
2000m StplCh	7:24.25	<b>Jun-30-09</b>	Kristina Vanderhout
High Jump	1.70m	<b>Jul-10-11</b>	Ashlee Moore
Long Jump	5.67m	<b>Jun-19-11</b>	Ashlee Moore
Triple Jump	11.43m	<b>Jun-19-10</b>	Ashlee Moore
Shot Put	9.22m	<b>2/16/14</b>	Alyssa Watkins
Discus	29.67m	<b>2013</b>	Alyssa Watkins
Javelin	31.88m	<b>2013</b>	Alyssa Watkins
Hammer	39.27m	<b>2013 AZ State Record</b>	<b>2013</b> Alyssa Watkins
Heptathlon	4744	<b>Jul-5-11</b>	Ashlee Moore
4x100m Relay	52.22	<b>5/31/14</b>	Intermediate Girls C. Bermudez, S. Aysien, A. Cooper, C.
4x400m Relay	4:06.80	<b>Jul-29-11</b>	Intermediate Girls A. Coleman, K. Stokes, H. Trepte, S. C
<b>Ages 17-18</b>			
55m Dash	7.37	<b>2/15/15</b>	China Simmons
60m Dash	8.55		Lamesha Parr
100m Dash	12.51	<b>2018</b>	Sarah Marske
200m Dash	25.26	<b>Jun-19-11</b>	Destiny Lundy
400m Dash	57.27	<b>6/21.11</b>	Destiny Lundy
800m Run	2:23.29	<b>Feb-14-10</b>	Kristina Vanderhout
1500m Run	4:57.48	<b>Jul-6-12</b>	Julianna Vanderhout
1600m Run	5:37.66	<b>Feb-14-10</b>	Kristina Vanderhout
3000m Run	10:48.84	<b>2012 AZ State Record</b>	<b>Jun-17-12</b> Julianna Vanderhout
55m Hurdles	8.82	<b>2/15/15</b>	China Simmons
100m Hurdles	14.34	<b>6/16/18</b>	Sarah Marske
300m Hurdles	47.36	<b>May-19-12</b>	Savannah Coleman
400m Hurdles	1:03.99	<b>Jul-9-11</b>	Amanda Sims
2000m StplCh	7:24.31	<b>Jul-9-10</b>	Kristina Vanderhout
Pole Vault	3.63m	<b>Jun-17-12</b>	Chandler Fraley
High Jump	1.65m	<b>2/15/15</b>	Jalissa Smith
Long Jump	5.50m	<b>Jun-13-09</b>	Samantha Collins
Triple Jump	9.96m	<b>2/16/14</b>	Jalissa Smith
Shot Put	9.59m	<b>4/30/16</b>	Angel Marchall
Discus	34.47m	<b>6/4/16</b>	Alyssa Watkins
Hammer	45.21m	<b>7/7/16</b>	Alyssa Watkins
Javelin	32.36m	<b>Jun-13-09</b>	Samantha Collins
Heptathlon	3938	<b>Jul-9-09</b>	Samantha Collins
4x100m Relay	50.10	<b>2010</b>	Young Women C. Woodard, L. Parr, Amanda S., Destiny L.
4x400m Relay	4:04.14	<b>Jul-10-10</b>	Young Women C. Woodard, L. Parr, Amanda S., Destiny L.
<b>30-34</b>			
100m Dash	12.83	<b>06</b>	Julie Briggs
200m Dash	26.11	<b>07</b>	Julie Briggs
Shot Put	7.40m	<b>07</b>	Chandra Graham
<b>35-39</b>			
100m Dash	15.41	<b>May-30-10</b>	Kettisha Colon-Villareal
200m Dash	26.91	<b>07</b>	Julie Briggs

Event	Mark	Date Set	Record Holder
<b>40-44</b>	100m Dash	14.12	<b>06</b> Denise Willard
	200m Dash	29.63	<b>06</b> Denise Willard
	100m Hurdles	14.12	<b>06</b> Denise Willard
	Long Jump	4.42m	<b>06</b> Denise Willard
<b>45-49</b>	100m Dash	15.49	<b>07</b> Leigh Young
	200m Dash	31.94	<b>07</b> Leigh Young
	Long Jump	3.67m	<b>07</b> Leigh Young
	Shot Put	8.80m	<b>07</b> Leigh Young
	Discus	29.21m	<b>07</b> Leigh Young
<b>50-54</b>	100m Dash	13.26	<b>03</b> Jacqueline Board
	200m Dash	27.69	<b>04</b> Jacqueline Board
	400m Dash	1:01.38	<b>03</b> Jacqueline Board
	800m Run	2:47.76	<b>03</b> Jacqueline Board

### Male

Event	Mark	Date Set	Record Holder
<b>Ages 8U</b>	55m Dash	8.66	<b>2/19/17</b> Donjerome McKoy
	60m Dash	9.95	<b>2015</b> Marcus Brown
	100m Dash	14.64	<b>Apr-18-10</b> Dominique Davis
	200m Dash	30.80	<b>Jun-20-10</b> Dominique Davis
	400m Dash	1:13.31	<b>Jun-19-10</b> Dominique Davis
	Long Jump	3.80m	<b>Jun-19-11</b> DeCarlos Brooks
	Shot Put	6.84m	<b>Jul-29-11</b> Devon Grubbs
	Javelin	23.72m	<b>Jun-3-12</b> Charlie Allison
	4x100m Relay	1:02.36	<b>May-29-10</b> Sub-Bantam Boys C. Ivie, D. Davis, Q. Barger, M. Brown
	<b>Ages 9-10</b>	55m Dash	8.31
60m Dash		8.81	DeCarlos Brooks
100m Dash		13.30	<b>Jul-6-12</b> Dominique Davis
200m Dash		28.26	<b>Jul-5-12</b> Dominique Davis
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 / Marc
Long Jump		4.57m	<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
4x200m Relay		2:15.20	<b>Feb-4-12</b> Dason Brooks, K. Daniel
4x300m Relay		3:48.46	<b>2/4/12</b> DeCarlos Brooks, M. Nai
4x400m Relay	5:12.42	<b>Mar-31-12</b> Dason Brooks, K. Daniel	
<b>Ages 11-12</b>	55m Dash	7.95	<b>2/17/18</b> Legend Stewart
	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

<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>
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	12.20	<b>7/23/18</b>	Legend Stewart
High Jump	1.50m	<b>2016 / 2013</b>	Yan Vasquez (16), Noah
		<b>2011 / 2007</b>	Marcus Naisant(11) Just
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 (Mini)	50.33m	<b>Apr-30-11</b>	Marcus Naisant
Javelin (Aero)	36.61m	<b>2018</b>	Nizer Smith
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, Marcu
4x400m Relay	4:36.54	<b>5/31/15</b>	11-12 Boys
			R. Noyd, Y. Vazquez, T. Ballentine, D.
4x800m Relay	10:15.66	<b>06</b>	11-12 Boys
			Justin Westbrook, Ryan Talbot, Andrew
800m SMR Mixed	2:03.61	<b>5/16/15</b>	11-12 Girls
			I. Baker, J. Johnson, R. Noyd, Y. Vasqi
<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	4:51.86	<b>2018</b>	Yan Vazquez
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	8.62	<b>2/17/18</b>	Yan Vazquez
60m Hurdles	11.11		Roshon Roomes
100m Hurdles	14.41	<b>5/26/18</b>	Yan Vazquez
200m Hurdles	26.78	<b>5/26/18</b>	Yan Vazquez
High Jump	1.70m	<b>2013 / 2014</b>	Marcus Naisant / Carlan
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
	53.96m		<b>2014 AZ State &amp; Region</b>
	56.45m		<b>Record, 2014 JO</b>
Javelin	<b>56.63m</b>	<b>7/4/2014 /</b>	<b>National Meet Record</b>
Pentathlon	2633	<b>7/27/2014</b>	Carlan Naisant
		<b>2018</b>	Yan Vazquez
4x100m Relay	50.00	<b>Feb-28-09</b>	13-14 Boys
			D. Estrada, G. Funkhouser, R. Roomes,
4x800m Relay	9:59.26	<b>Feb-27-10</b>	13-14 Boys
			R. Roomes, T. Foutz, B. Mugge, M. H
<b>Ages 15-16</b>			
55m Dash	6.69	<b>Feb-19-12</b>	Mykeal Ham

<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>
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	38.50	<b>4/26/16</b>	James Smith
<b>2016 AZ State All Time</b>			
400m Hurdles	54.90	<b>Best</b>	<b>7/31/16</b> James Smith
High Jump	1.90m		<b>5/30/15</b> Marcus Naisant
Long Jump	6.49m		<b>7/11/15</b> Marcus Naisant
Triple Jump	12.22m		<b>5/31/15</b> Marcus Naisant
Shot Put	13.93m		<b>5/21/16</b> Carlan Naisant
Discus	46.58m		<b>8/1/15</b> Sebastian Coleman
<b>2016 AZ State &amp; Region Record, 2016 PHX</b>			
Javelin	59.39m	<b>Invitational</b>	<b>7/7/16</b> Carlan Naisant
Hammer	37.88m		<b>7/10/15</b> Sebastian Coleman
<b>Ages 17-18</b>			
55m Dash	6.33	<b>2013</b>	Christian Clark
100m Dash	10.70	<b>Jun-14</b>	Joseph Clark
200m Dash	21.75	<b>2013</b>	Christian Clark(13), Brai
400m Dash	48.47	<b>7/6/14</b>	Mykeal Ham
800m Run	1:54.41	<b>Jul-6-12</b>	Dylan Traywick
1500m Run	4:07.60	<b>Jul-26-10</b>	Travis Marshall
3000m Run	8:57.28	<b>Jul-28-10</b>	Randy Chavez
3000m Walk	17:55.88	<b>May-21-11</b>	Reece Watkins
55m Hurdles	7.67	<b>2/19/17</b>	James Smith
60m Hurdles	8.39	<b>2010</b>	Cameron Taylor
110m Hurdles	13.94	<b>Jul-4-10</b>	Cameron Taylor
300m Hurdles	36.40	<b>3/24/18</b>	James Smith
<b>2018 AZ State Record 52.88. AZ All time best</b>			
400m Hurdles	51.45	<b>New Balance, NC</b>	<b>6/15/18</b> James Smith
2000m StplCh	6:25.11		<b>Jul-9-11</b> Fermin Villagren
Decathlon	5675		<b>7/26/16</b> Marcus Naisant
High Jump	1.90m	<b>2016 / 2012</b>	Marcus Naisant / Marqui
Long Jump	6.69m	<b>Jul-9-11</b>	Dylan Williams
Triple Jump	13.23m	<b>Jun-2-12</b>	Marquis Wells
Pole Vault	2.75m	<b>7/26/16</b>	Marcus Naisant
Javelin	65.53m	<b>7/27/18</b>	Carlan Naisant
Shot Put	15.63m	<b>7/9/17</b>	Sebastian Coleman
Discus	50.91m	<b>7/9/17</b>	Sebastian Coleman
Hammer	52.38m	<b>7/7/16</b>	Sebastian Coleman
4x100m Relay	42.50	<b>6/5/10</b>	Young Men C. Brown, V. Grays, W. Taylor, G. Wy
4x200m Relay	1:31.76	<b>Feb-19-12</b>	Young Men M. Gilliam, M. Ham, Christian C., Jorg
4x400m Relay	3:21.56	<b>Jul-9-10</b>	Young Mens

**Date Set Record Holder**  
L. Marks, C. Taylor, D. Williams, V. C

<b>Event</b>	<b>Mark</b>	<b>Date Set Record Holder</b>
<b>Open</b>		
55m Dash	6.74	2/19/17 Mykeal Ham
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 Marshal
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	6/1/14 Richard Ronquillo
Discus	30.98	6/1/14 Richard Ronquillo
Javelin	33.98m	6/1/14 Richard Ronquillo
<b>30-34</b>		
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 <b>2005 AZ State Record</b>	2005 James Smith
300m Hurdles	41.17 <b>2005 AZ State Record</b>	2005 James Smith
400m Hurdles	57.11 <b>2005 AZ State Record</b>	2005 James Smith
Long Jump	6.06m	2005 Eric Bramwell
4x100m Relay	44.30	2014 <b>30-35</b>
		Jourdin Holden (29), Darren Hefferan (30), Corey Nelson(35), Jays
<b>35-39</b>		
55m Dash	7.06	2016 Josh Robbins
60m Dash	7.27	Eric Bramwell
100m Dash	11.38	2008 Eric Bramwell
200m Dash	22.59	7/25/15 Corey Nelson
400m Dash	48.67	4/1/14 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	2/16/14 Jayson Vazquez
60m Hurdles	8.91	2008 James Smith
110m Hurdles	15.52 <b>2015 AZ State Record</b>	7/24/15 Jayson Vazquez
300m Hurdles	42.09 <b>2008 AZ State Record</b>	2008 James Smith
400m Hurdles	58.17 <b>2008 AZ State Record</b>	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 <b>30-40</b>
		Josh Robbins(35), Darren Hefferan (30), Jason Vasquez(37), James
<b>40-44</b>		
55m Dash	7.14	2/19/17 Jayson Vazquez
100m Dash	11.37	2013 Eric Bramwell
200m Dash	23.22	2013 Eric Bramwell
400m Dash	52.38	2013 Eric Bramwell
55m Hurdles	8.64	2/19/17 Jayson Vazquez

<b>Event</b>	<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>
60m Hurdles	9.05	2/18/17	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		7/15/16	Josh Robbins
Long Jump	6.12m	7/15/16	Josh Robbins
4x100m Relay	47.82	<b>Jun-3-12</b>	Masters Men R. Khoo (50), C. Ivie(45), J. Vazquez (3
<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>	2/16/14 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	2/16/14	Roland Khoo
100m Dash	12.98	5/31/15	Roland Khoo
200m Dash			
400m Dash	1:00.07	<b>May-29-10</b>	Jeff Scott
55m Hurdles	8.94	2/16/14	Roland Khoo
100m Hurdles	15.12	<b>2015 AZ State Record</b>	4/25/15 Roland Khoo
400m Hurdles	1:08.12	7/16/16	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