

PLEASANT VALLEY HIGH SCHOOL
 VARSITY GIRLS TRACK AND FIELD RECORDS

100 YRDS	11.1	P.BRUGGMAN	1975
220 YRDS	25.3	P.BRUGGMAN	1975
440 YRDS	57.3	W. GAGE	1981
800 METERS	2:13.35	K. CRABB	1996
1500 METERS	4:48.2	S. BARRETT	1986
1600 METERS	5:06.9	NATALIE HICKMAN	2006
3000 METERS	10:44	S. BARRETT	1987
2 MILE	11:32.0	C. CLAIRBORNE	1978
3200 METERS	10:51.45	HANNAH SOZA-HODGKINSON	2004
110 L.H. 33"	15.9	J. VALPEY	1993
110 L.H. 30"	15.0	J. SILVA	1978
330 M. L.H.	45.46	A. MERCER	1991
440 RELAY	49.6	D. SOUZA, J.DOBBS, K. BOLICH, J.HAWS	1987
880 RELAY	1:52.6	S. EARLY, J.SILVA, C.CONVERSE, K.ALETTO	1979
SPRINT MEDLEY	1:58.3	S. EARLY, J.SILVA, C.CONVERSE, K ALETTO	1979
MILE RELAY	4:02.24	CURRY, DUNBAR, GULBRANDSEN, HARRIS	1999
2 MILE RELAY	10:08	CRABB, HARDIN, GULBRANDSEN, OGDEN	1996
DIST. MEDLEY	13:12.2	J.SILVA, K.ALETON, K.ANDERSON, L.WRIGHT	1980
HIGH JUMP	5'6"	J.SILVA	1980

LONG JUMP	19'1.5"	BROOKE WHITBURN	2013
TRIPLE JUMP	38'3"	BROOKE WHITBURN	2013
SHOT PUT	43'	N. WANNAMAKER	1987
DISCUS	130'8"	I. SIPHER	1991
POLE VAULT	8'6"	S. JONES	1991

PLEASANT VALLEY HIGH SCHOOL

VARSITY BOYS TRACK AND FIELD

EVENT	TIME OR DIST.	ATHLETE	YEAR
100 YDS	9.9	T.FRENDENBURG	1969
		B. BETTENCOURT	1972
100 M	10.7	J. JOAQUIN	1988
220 YDS	21.54	C. BEBBER	1992
440 YDS	49.7	V. KANGAS	1984
800 M	1:56.2	J. MOODY	1995
MILE	4:25.5	D. SCHOONOVER	1967
2 MILE	9:48.5	J. SADOLIN	1989
120 H.H.	14.0	G. DENSMORE	1972
180 L.H.	19.3	G. DENSMORE	1972
330 L.H.	40.1	T. HOUSTON	1981
440 RELAY	43.08	J.JOAQUIN, K. JOHNSON	1988
		K. MITCHELL, C.TURNBOW	
800 RELAY	1:33.0	LUND, LUCAS, LAXSON, ZAZZI	1966
MILE RELAY	3:24.2	HOUSTON, ELLIS, STANSBURY	1981
		RHODES	
2 MILE RELAY	8:34.2	SURMINSKY, SCOTT, LODGE	1975
		CHRISTENSEN	
HIGH JUMP	6'10"	S. BENTLY	1977
LONG JUMP	23' 8.5"	M. WELKER	1967
TRIPLE JUMP	50' 9.5"	P. SLATER	1996
SHOT PUT	55' .5"	D.SHAW	1973
DISCUS	166'6"	R. WOLD	1974
POLE VAULT	14'0"	S. JANUARY	1988

U

PLEASANT VALLEY HIGH SCHOOL
JUNIOR VARSITY BOYS TRACK AND FIELD RECORDS

<u>EVENT</u>	<u>TIME OR DIST</u>	<u>ATHLETE</u>	<u>YEAR</u>
100 yds	10.4	Jim Shinn	1975
100 M	11.3	Gary Harmon	1987
220 yds	23.3 23.4	Ted Frendenburg	1969
440 yds	51.7 52.0 52.0	Ted Frendenburg Randy Bettencourt	1969 1974
880 yds	2:01.3 2:02.0	Brian Mills	1971
Mile	4:40.7 4:42.3	Jason Gage	1987
2 Mile	10:26.4 10:29.8	Jim Scott	1976
70 L.H. 70 H.H.	8.9	Gregg Densmore	1970
160 L.H.	18.0	Gregg Densmore	1970
300 M L.H.	42.6	Gary Ford	1990
440 relay	44.8 45.0	Souza, Thayer, Kemp, Shinn	1975
880 relay	1:38.1	Gellespie, George, Kilpatrick, Brumley	1966
Mile relay	3:36.3 3:37.4	Densmore, Bettencourt, Nolan, Alexander	1970
2 Mile relay	8:46.3	Polkinghorne, Sager, Darfee, Alexander	1966
High Jump	6'6"	Tim Kehoe	1990
Long Jump	21'2 1/2"	Rick Barrett	1966
Triple Jump	41'7 3/4"	Keith Tyler	1975
Shot Put	52'7"	Dick Shaw	1969
Discus	140'2"	Dan Kimball	1975
Pole Vault	12'7"	Jim Burgett	1974

Converting Times: Manual to FAT and from English to Metric Distances

By on December 18, 2014

track & field/cross country

1. **CONVERTING MANUAL TIMES TO FAT:** Hand-held times must be rounded up before adding a conversion. The conversion factor of .24 seconds between fully automatic timing (FAT) and manual timing (MT) must be used when conversions are desired (i.e., $MT + .24 = FAT$).
2. **CONVERTING TIMES YARD – METRIC:** Use the following table to convert yard times or English measurement distances to their equivalent times at metric distances. The table shows the conversion from English to metric. To convert from metric to English, merely reverse the process: i.e., instead of subtracting .3 second from a 440-yard time, you add .3 second from the metric time to find the 440-yard time.

NOTE: This procedure is suggested for seeding purposes ONLY, and should not be considered accurate for converting records from English to metric, or vice-versa.

1. TO CONVERT TIME FROM:

100 yards to 100 meters add .9 sec.

120 yard HH to 110-meter HH time is the same

220 yards to 200 meters subtract .1 sec.

440 yards to 400 meters subtract .3 sec.

440-yard relay to 4x100-meter relay subtract .2 sec.

880 yards to 800 meters subtract .7 sec.

880-yard relay to 4x200-meter relay subtract .5 sec.

880-yard medley to 800-meter medley relay subtract .5 sec.

mile medley relay to 1600-meter medley relay subtract 1.2 sec.

mile relay to 4x400-meter relay subtract 1.1 sec.

two-mile relay to 4x800-meter relay subtract 2.8 sec.

mile run to 1600-meter run subtract 1.6 sec.

two-mile run to 3200-meter run subtract 3.4 sec.

2. TO CONVERT HURDLE TIMES FROM:

110-yard LH to girls 100-meter LH subtract .1 sec.

220-yard LH to girls 200-meter LH subtract .2 sec.

330-yard LH to girls 300-meter LH subtract .2 sec.

330-yard LH to boys 300-meter LH subtract .2 sec.

330-yard IH to boys 300-meter IH subtract .2 sec.



Copyright © 2015 NFHS. All rights reserved.