

**NORTH COAST SECTION TRACK AND FIELD ALL-TIME LIST THROUGH
2011**

BY KEITH CONNING

NORTH COAST SECTION TRACK AND FIELD HISTORIAN

MEN

100 METERS

- 10.36 Jahvid Best (Salesian, Richmond) 2007
- 10.39 Ken Robinson (Berkeley) 1981
- 10.46 Wopamo Osaisai (Pinole Valley, Pinole) 2004
- 10.49 DJ Smith (Foothill, Pleasanton) 2003
- 10.53 Taiwan Jones (Antioch) 2007
- 10.56 Ray Threatt (Pittsburg) 1979
- 10.61 *George Atkinson (Granada, Livermore) 2010
- 10.62 Ted White (Richmond) 1979
- 10.62 Stoney McCree (Berkeley) 1982
- 10.62 Leon Callen (De La Salle, Concord) 1996
- Wind-aided:
 - 10.24 Ken Robinson (Berkeley) 1981
 - 10.31 Jahvid Best (Salesian, Richmond) 2007
 - 10.57 *Joshua Atkinson (Granada, Livermore) 2010

200 METERS

- 20.65 Jahvid Best (Salesian, Richmond) 2007
- 20.84+ Mel Gray (Montgomery, Santa Rosa) 1967
- 21.03 Ken Robinson (Berkeley) 1981
- 21.04+ Dave Masters (El Cerrito) 1967
- 21.12+ Ray Threatt (Pittsburg) 1979
- 21.14+ *Mike Shavers (Albany) 1972
- 21.17 Wopamo Osaisai (Pinole Valley, Pinole) 2004
- 21.24 Corey Nelson (Rancho Cotate, Rohnert Park) 1995
- 21.26 DJ Smith (Foothill, Pleasanton) 2003
- 21.30 **George Atkinson (Granada, Livermore) 2009
- Wind-aided:
 - 21.07 Wopamo Osaisai (Pinole Valley, Pinole) 2004

400 METERS

- 45.76 Steve Lewis (American, Fremont) 1987
- 46.84+ Derald Harris (Pittsburg) 1976
- 46.89 Corey Nelson (Rancho Cotate, Rohnert Park) 1995
- 46.94+ Ken Robinson (Berkeley) 1981
- 47.24+ Joe De Dora (Santa Rosa) 1971
- 47.29 Josh Winfield (Deer Valley, Antioch) 2008
- 47.34+ Anthony Lawson (Pittsburg) 1972
- 47.34+ Jafar Williams (St. Mary's College, Berkeley) 1998
- 47.42 Andre Hunter (Berkeley) 1984

47.44+ Henry Dorsey (Berkeley) 1956

800 METERS

1:47.31 Pete Richardson (Berkeley) 1981
1:47.9+ Dale Scott (El Cerrito) 1972
1:48.40 Aaron Richberg (James Logan, Union City) 1995
1:48.65 Jon Stevens (Mission San Jose, Fremont) 1998
1:49.1+ Dan Aldridge (Petaluma) 1975
1:49.56 Mike Katri (Fortuna) 1992
1:49.95 Kimmie James (Richmond) 1983
1:50.3+ George Coon (Miramonte, Orinda) 1965
1:50.57 Cole Williams (The Urban School of San Francisco) 2011
1:50.71 Dan Gabor (Amador Valley, Pleasanton) 1987

1,600 METERS

4:01.0+ Richard Kimball (De La Salle, Concord) 1974
4:06.18 Larry Guinee (Castro Valley) 1980
4:07.3+ Calvin Gaziano (Castro Valley) 1985
4:07.19+ Jon Stevens (Mission San Jose, Fremont) 1998
4:08.2+ Rusty Nahirny (Washington, Fremont) 1974
4:08.4+ Mike O'Reilly (San Rafael) 1978
4:08.54 Erik Olson (Novato) 2010
4:08.6+ Morgan Groth (Alhambra, Martinez) 1961
4:09.6+ Greg Bachand (Albany) 1978
4:09.8+ Ray Green (San Rafael) 1975

3,200 METERS

8:43.5+ Richard Kimball (De La Salle, Concord) 1974
8:50.4+ *Rod Berry (Redwood, Larkspur) 1977
8:51.5+ Bob Grubbs (Washington, Fremont) 1972
8:51.64 Jay Marden (Mission San Jose, Fremont) 1981
8:51.9+ Rob Wentworth (Livermore) 1979
8:52.42+ *Yosef Ghebray (James Logan, Union City) 2004
8:52.6i+ Calvin Gaziano (Castro Valley) 1985
8:53.1+ Roy Kissin (San Ramon Valley, Danville) 1975
8:53.9+ Ralph Gamez (Berkeley) 1966
8:54.1+ Tom Hale (Campolindo, Moraga) 1971

110 HURDLES

13.39 *Kevin Craddock (James Logan, Union City) 2004
13.48+ Dedy Cooper (Harry Ells, Richmond) 1975
13.58y Robert Gaines (Kennedy, Richmond) 1975
13.69 David Klech (California, San Ramon) 2005
13.73 Don Ward (St. Mary's College, Berkeley) 1980
13.77 Allen Williams (Bishop O'Dowd, Oakland) 2011
13.84 Rashad Smith (Pinole Valley, Pinole) 2007

13.88 Robert Reading (St. Mary's College, Berkeley) 1985
13.90+ Jim Scannella (San Ramon Valley, Danville) 1979
13.92 Mark Boyd (St. Mary's College, Berkeley) 1983

Wind-aided:

13.48+ Robert Gaines (Kennedy, Richmond) 1975
13.67 Rashad Smith (Pinole Valley, Pinole) 2007

300 HURDLES

35.45 David Klech (California, San Ramon) 2006
35.93 *Kevin Craddock (James Logan, Union City) 2004
36.44+ Dedy Cooper (Harry Ells, Richmond) 1975
36.58 Monte Corley (James Logan, Union City) 2010
37.06 Rashad Smith (Pinole Valley, Pinole) 2007
37.14+ Jim Scannella (San Ramon Valley, Danville) 1979
37.25 John Barry (Ygnacio Valley, Concord) 1988
37.26 Halihl Guy (St. Mary's College, Berkeley) 2001
37.41 Robert Reading (St. Mary's College, Berkeley) 1985
37.42 Stephan Brooks (Berkeley) 2003

4 X 100

40.85 De La Salle, Concord 2009
40.86 Berkeley 1981
40.93 Berkeley 1984
40.98 Berkeley 1983
41.04+ El Cerrito 1971
41.04+ Harry Ells, Richmond 1975
41.14+ El Cerrito 1970
41.29 Berkeley 1980
41.29 Berkeley 1995
41.30 St. Mary's College, Berkeley 2001

4 X 400

3:08.94 Berkeley 1981
3:10.42 Berkeley 1980
3:12.83 St. Mary's, Berkeley 1992
3:13.79 St. Mary's, Berkeley 1998
3:14.3+ Kennedy, Richmond 1977
3:14.45 James Logan, Union City 1987
3:14.6+ Harry Ells, Richmond 1975
3:14.8+ Kennedy, Richmond 1978
3:14.89 Berkeley 1984
3:15.0 St. Mary's College, Berkeley 1980

HIGH JUMP

7-02.00 Kerry Myers (Berkeley) 1978
7-01.75 Mark Wilson (Monte Vista, Danville) 1974

7-00.75 *David Klech (California, San Ramon) 2005
7-00.25 Kevin Keane (De La Salle, Concord) 1989
7-00.25 Jim O'Sullivan (Sir Francis Drake, San Anselmo) 1989
7-00.25 Patrick Leonard (Piner, Santa Rosa) 1995
7-00.00 Don Pierce (Pittsburg) 1966
7-00.00 John Lane (American, Fremont) 1976
7-00.00 *Tim Prince (James Logan, Union City) 1987
7-00.00 Gabe Manville (Santa Rosa) 1989
7-00.00 Ebon Glenn (St. Mary's College, Berkeley) 2000
7-00.00 Ed Wright (St. Mary's College, Berkeley) 2004
7-00.00 Gary Francis (De La Salle, Concord) 2007
7-00.00 *Maurice Valentine (Castro Valley) 2007

POLE VAULT

17-08.50 Brent Burns (Acalanes, Lafayette) 1987
17-00.00 Justin Miller (California, San Ramon) 2008
16-06.00 David Moore (Miramonte, Orinda) 2002
16-02.00 Brandon Braunstein (Newark Memorial, Newark) 1999
16-00.75 *Rett Summerville (San Ramon Valley, Danville) 1986
15-11.00 Cody Cunningham (Sir Francis Drake, San Anselmo) 2009
15-09.00 Youske Okano (Newark Memorial, Newark) 1993
15-09.00 Rene Loraine (Petaluma) 1995
15-07.50 Luis Lino (Liberty, Brentwood) 1992
15-07.00 Sean Brown (Terra Linda, San Rafael) 1992

LONG JUMP

25-04.25 Monte Upshaw (Piedmont) 1954
25-02.25 Chase Wheeler (De La Salle, Concord) 2009
24-11.00 Mel Gray (Montgomery, Santa Rosa) 1967
24-10.50 Mark Cleghorn (Berkeley) 1973
24-06.75 Rich Laccay (Moreau Catholic, Hayward) 1989
24-04.50 George Gage (Ygnacio Valley, Concord) 1968
24-03.50 John Perkins (El Cerrito) 1956
24-03.50 Jerry Williams (Berkeley) 1963
24-02.00 Charles Booth (El Cerrito) 1962
24-02.00 Miguel Wingo (Albany) 1982
Wind-aided:
25-07.25 Mel Gray (Montgomery, Santa Rosa) 1967
24-07.75 *David Klech (California, San Ramon) 2005

TRIPLE JUMP

51-05.75 Nkosinza Balumba (James Logan, Union City) 2005
51-02.50 Tim Prince (James Logan, Union City) 1988
51-02.00 Hammed Suleman (Deer Valley, Antioch) 2009
51-00.00 Jerriod Mack (St. Mary's College, Berkeley) 1998
50-04.75 Byron Criddle (El Cerrito) 1980

49-11.50 Benson Jones (Clayton Valley, Concord) 1998
49-10.00 Byron Patterson (St. Mary's College, Berkeley) 1983
49-07.00 Angelo Jeffrey (James Logan, Union City) 2004
49-04.50 Anthony Terrell (Mission San Jose, Fremont) 1987
49-04.00 Adrian Justice (James Logan, Union City) 1983
Wind-aided:
52-04.00 Nkosinza Balumba (James Logan, Union City) 2005
51-01.50 Benson Jones (Clayton Valley, Concord) 1998

SHOT PUT

63-10.50 Dennis DeSoto (Santa Rosa) 1981
63-09.50 Conrad Jepson (Washington, Fremont) 1976
63-00.50 Rolin Luka (Ygnacio Valley, Concord) 1968
62-11.00 Chris Krychev (Monte Vista, Danville) 2007
62-06.00 Sam Cavallaro (James Logan, Union City) 1987
62-02.25 Jim O'Brien (De Anza, Richmond) 1962
62-01.00 Ralph Fruguglietti (Albany) 1973
61-08.00 *Brian Chase (Cardinal Newman, Santa Rosa) 1996
61-07.75 Paul Rosati (Acalanes, Lafayette) 1981
61-05.00 Bill Staley (Las Lomas, Walnut Creek) 1964

DISCUS

194-02 Darrell Elder (Redwood, Larkspur) 1974
194-00 Ralph Fruguglietti (Albany) 1973
189-01 Jim Peters (Piedmont) 1966
189-01 Jon Gledhill (Pacific, San Leandro) 1969
189-01 John Berry (Northgate, Walnut Creek) 1981
187-09 Doug Otterstetter (Marina, San Leandro) 1973
187-03 Rick Cox (San Ramon Valley, Danville) 1987
186-09 Kurt Seefeld (Marin Catholic, Kentfield) 2002
186-05 Mike Louisiana (James Logan, Union City) 1966
186-00 Zach Coniglio (Alhambra, Martinez) 2010

WOMEN

100 METERS

11.17 Ashton Purvis (St. Elizabeth, Oakland) 2010
11.34 *Sharon Ware (Berkeley) 1980
11.44 Cherrelle Garrett (Mt. Eden, Hayward) 2007
11.55 Kelli White (James Logan, Union City) 1995
11.56 *Jernae Wright (James Logan, Union City) 1995
11.56 *Kristina Davis (James Logan, Union City) 2005
11.61 Lesa Parker (Bishop O'Dowd, Oakland) 1992
11.63 Aisha Margain (Berkeley) 2000
11.65 Angelique Smith (James Logan, Union City) 2004
11.74+ Deborah Byfield (Berkeley) 1973

11.74 Latasha Gilliam (Pittsburg) 1994
11.74 Adrena Williams (James Logan, Union City) 2000
11.74 **Strangena Campbell (Pinole Valley, Pinole) 2009

Wind-aided:

11.43 Kelli White (James Logan, Union City) 1995
11.44+ Latasha Gilliam (Pittsburg) 1994
11.63 Angelique Smith (James Logan, Union City) 2004
11.71 *Strangena Campbell (Pinole Valley, Pinole) 2010

200 METERS

22.90 Ashton Purvis (St. Elizabeth, Oakland) 2010
23.38 Aisha Margain (Berkeley) 2000
23.44 Angelique Smith (James Logan, Union City) 2004
23.49 Kelli White (James Logan, Union City) 1995
23.62 *Sharon Ware (Berkeley) 1980
23.62 Latasha Gilliam (Pittsburg) 1994
23.72A Freida Cobbs (Berkeley) 1978
23.80 *Kristina Davis (James Logan, Union City) 2005
23.83 Cherrelle Garrett (Mt. Eden, Hayward) 2007
23.88 **Nedrea Rodgers (Berkeley) 1981

Wind-aided:

23.38 Kelli White (James Logan, Union City) 1995
23.41 **Freida Cobbs (Berkeley) 1976
23.76 Cherrelle Garrett (Mt. Eden, Hayward) 2007

400 METERS

53.06 Chizoba Okodogbe (Deer Valley, Antioch) 2010
53.12 Freida Cobbs (Berkeley) 1978
53.27 **Carla Estes (James Logan, Union City) 1995
53.79 Thandi Stewart (James Logan, Union City) 2010
53.83 *Nedrea Rodgers (Berkeley) 1982
53.90 Kim White (Berkeley) 1979
53.93 Latasha Gilliam (Pittsburg) 1994
53.94A Kelli White (James Logan, Union City) 1995
54.31 ***Aisha Margain (San Lorenzo) 1997
54.52 Jasmine Cox (Deer Valley, Antioch) 2008

800 METERS

2:05.84 *Jessica Spies (Livermore) 1981
2:07.25 Becky Spies (Livermore) 1991
2:07.9h Kathy Costello (Pleasant Hill) 1975
2:08.22 Katie Hotchkiss (Mission San Jose, Fremont) 1999
2:09.10 **Morgan Banks (Sir Francis Drake, San Anselmo) 2000
2:09.13 Miesha Marzell (Bishop O'Dowd, Oakland) 1993
2:09.2h Cheri Williams (Livermore) 1978
2:09.7h *Marilyn Davis (Miramonte, Orinda) 1981

2:10.05 Yfa Kretzschmar (San Francisco University, San Francisco) 2002
2:10.44 *Missy Moore (Piedmont) 1982

1,600 METERS

4:42.79 Julia Stamps (Santa Rosa) 1997
4:43.4+ Cheri Williams (Livermore) 1978
4:45.11 Becky Spies (Livermore) 1991
4:45.35 Elissa Riedy (Mission San Jose, Fremont) 1995
4:45.4+ Jessica Spies (Livermore) 1982
4:46.17 Sara Bei (Montgomery, Santa Rosa) 2001
4:46.24 Kristen Gordon (Carondelet, Concord) 1997
4:48.57 Lisa Sandel (Campolindo, Moraga) 1980
4:48.82 Lindsey Allen (College Park, Pleasant Hill) 2004
4:48.88 Marilyn Davis (Miramonte, Orinda) 1981

3,200 METERS

10:06.3+ Cheri Williams (Livermore) 1978
10:11.11 *Sara Bei (Montgomery, Santa Rosa) 2001
10:12.20 **Julia Stamps (Santa Rosa) 1996
10:19.84 Kristen Gordon (Carondelet, Concord) 1997
10:20.5h Amber Trotter (Ukiah) 2002
10:22.50 *Carrie Verdon (Campolindo, Moraga) 2011
10:30.05 Wendy Sihner (Miramonte, Orinda) 1982
10:30.82 **Trina Cox (Santa Rosa) 1997
10:31.01 Clara Horowitz (Head-Royce, Oakland) 2002
10:31.7+ *Becky Spies (Livermore) 1990

100 HURDLES (33")

13.15 *Trinity Wilson (St. Mary's College, Berkeley) 2011
13.32 Ke'Nyia Richardson (Holy Names, Oakland) 2007
13.32 *Julian Purvis (St. Elizabeth, Oakland) 2007
13.53 *Natasha Neal (James Logan, Union City) 1997
13.55 Daveetta Shepherd (De Anza, Richmond) 1997
13.61 Briana Stewart (James Logan, Union City) 2008
13.63 Ashlee Lodree (El Cerrito) 2003
13.69 Talia Stewart (James Logan, Union City) 2004
13.83 Bisa Grant (Bishop O'Dowd, Oakland) 1994
13.90 Danielle Stokes (St. Mary's College, Berkeley) 2002
13.90 Chalise Davis (Hercules) 2011
Wind-aided:
13.31 Talia Stewart (James Logan, Union City) 2004
13.35 **Trinity Wilson (St. Mary's College, Berkeley) 2010
13.76 Bisa Grant (Bishop O'Dowd, Oakland) 1994
13.78 Chalise Davis (Hercules) 2011
13.85 Danielle Stokes (St. Mary's College, Berkeley) 2002

300 HURDLES

40.86 *Natasha Neal (James Logan, Union City) 1998
40.45 Thandi Stewart (James Logan, Union City) 2010
41.08 Jamesha Youngblood (Hercules) 2007
41.31 Talia Stewart (James Logan, Union City) 2004
41.42 Daveetta Shepherd (De Anza, Richmond) 1997
41.54 Ashlee Lodree (El Cerrito) 2003
41.98 Tierra Ward (James Logan, Union City) 2006
42.16 Michelle De Coux (Bishop O'Dowd, Oakland) 1988
42.37 Sherifa Sanders (Berkeley) 1981
42.67 *Carrie McGraw (Mission San Jose, Fremont) 1998

4 X 100 METERS

45.13 Berkeley 1981
45.20 James Logan, Union City 1996
45.53 San Lorenzo 1999
45.58 James Logan, Union City 2004
45.66 James Logan, Union City 2006
45.67 James Logan, Union City 1997
45.84+ Berkeley 1980
45.90 James Logan, Union City 1995
45.96 Berkeley 2000
46.01+Berkeley 1979
46.01 James Logan, Union City 2005

4 X 400 METERS

3:37.88 James Logan, Union City 2004
3:41.33 Berkeley 1981
3:43.39 James Logan, Union City 1996
3:44.25 Deer Valley, Antioch 2010
3:44.50 James Logan, Union City 2003
3:44.96 Bishop O'Dowd, Oakland 1993
3:44.96 James Logan, Union City 2002
3:44.97 James Logan, Union City 2008
3:45.14 James Logan, Union City 2006
3:45.16 James Logan, Union City 2007

HIGH JUMP

5-11 Maggie Van Zeeland (Acalanes, Lafayette) 1981
5-11 *Mindy Wiley (Sonoma Valley, Sonoma) 2005
5-10 Lisa Greenfield (Redwood, Larkspur) 1980
5-10i Julie Jenkins (San Ramon Valley, Danville) 1992
5-10 *Jamilla Churchill (Bishop O'Dowd, Oakland) 1994
5-10 **Adrienne Johnson (Carondelet, Concord) 2008
5-09 Candy Ross (Berkeley) 1976
5-09 Cheryl Bishop (Berkeley) 1980

5-09 Debbie Disbrow (Granada, Livermore) 1981
5-09 **Celeste Rietveld (Livermore) 2009

POLE VAULT

12-10 *Kelsey Hintz (Del Norte, Crescent City) 2007
12-09 *Cimran Virdi (Las Lomas, Walnut Creek) 2011
12-06 Stacey Jung (Campolindo, Moraga) 2008
12-06 *Nicola Garoutte (Piedmont) 2010
12-03 Clara Davis (Piedmont) 2010
12-03 Michelle Stone (Ursuline, Santa Rosa) 2010
12-01 Lauryann Jiang (Las Lomas, Walnut Creek) 2010
12-00 Jenna Holmes (Las Lomas, Walnut Creek) 2006
12-00 Maria Lopez (Newark Memorial, Newark) 1997
12-00 *Megan Gemar (Las Lomas, Walnut Creek) 2011

LONG JUMP

21-00.00 Jamesha Youngblood (Hercules) 2007
20-11.50 **Jernae Wright (James Logan, Union City) 1996
20-10.25 Ke'Nyia Richardson (Holy Names, Oakland) 2007
20-06.50 Alitta Boyd (Moreau Catholic, Hayward) 2009
19-09.75 Yvette Bates (Berkeley) 1984
19-09.75 *Carla Estes (James Logan, Union City) 1996
19-09.75 Tracy Stewart (James Logan, Union City) 2006
19-08.00 *Amey Mitchell (Rancho Cotate, Rohnert Park) 1990
19-07.25 Ciarra Brewer (James Logan, Union City) 2011
19-06.75 Sherifa Sanders (Berkeley) 1981
Wind-aided:
20-07.25 Alitta Boyd (Moreau Catholic, Hayward) 2009
20-02.50 Lauryn Newson (Pinole Valley, Pinole) 2008
19-07.50 Ashley Lodree (El Cerrito) 2001
19-11.50 Ciarra Brewer (James Logan, Union City) 2011

TRIPLE JUMP

44-05.50 Ke'Nyia Richardson (Holy Names, Oakland) 2007
43-04.25 **Ciarra Brewer (James Logan, Union City) 2009
42-11.75 Alitta Boyd (Moreau Catholic, Hayward) 2009
42-05.50 Yvette Bates (Berkeley) 1984
41-08.50 Jamesha Youngblood (Hercules) 2007
41-07.75 Tracey Stewart (James Logan, Union City) 2006
41-04.25 Briana Stewart (James Logan, Union City) 2008
40-11.00 Decontee Kaye (James Logan, Union City) 2005
40-07.25 Aziza Baker (St. Mary's College, Berkeley) 2009
40-05.00 Lauren McGlory (James Logan, Union City) 2009
Wind-aided:
45-04.25 Ke'Nyia Richardson (Holy Names, Oakland) 2007
43-08.00 Alitta Boyd (Moreau Catholic, Hayward) 2009

42-08.75 Deontee Kaye (James Logan, Union City) 2005
42-06.50 Yvette Bates (Berkeley) 1984
42-01.75 Jamesha Youngblood (Hercules) 2007
41-06.00 **Briana Stewart (James Logan, Union City) 2006
40-08.75 **Sasha Wallace (Holy Names, Oakland) 2011

SHOT PUT

52-11.50 Kristin Heaston (Ygnacio Valley, Concord) 1993
47-10.50 Kamaiya Warren (St. Mary's College, Berkeley) 2002
47-03.75 Amanda Garcia (Carondelet, Concord) 2000
45-11.25 Mika Hilaire (Pittsburg) 1991
45-10.25 Miranda Wilson (Bishop O'Dowd, Oakland) 2007
45-00.50 Nicole Logan (Novato) 1991
44-11.75 Cindy Niko (Mt. Eden, Hayward) 1983
44-07.25 Jere Summers (Berkeley) 2005
44-02.50 Jalessa Jeffery (James Logan, Union City) 2006
44-00.50 Laura DeSnoo (Washington, Fremont) 1981

DISCUS

167-01 Laura DeSnoo (Washington, Fremont) 1981
165-10 Kristin Heaston (Ygnacio Valley, Concord) 1993
165-05 Kamaiya Warren (St. Mary's College, Berkeley) 2002
163-10 Melissa Reis (James Logan, Union City) 1998
159-01 Miranda Wilson (Bishop O'Dowd, Oakland) 2007
158-03 Alexaraee Toeaina (Pittsburg) 2005
155-06 Debbie Cembellin (Amador Valley, Pleasanton) 1989
153-08 Jessica Alderman (Mission San Jose, Fremont) 1991
150-07 **Gina Niko (Mt. Eden, Hayward) 1983
150-02 Linda Read (Alameda) 1979

ABBREVIATIONS

A=mark made at altitude (above 1,000 meters); h=hand-timed; +=mark converted from yards (meters) and/or hand to automatic; before names, *=junior; **=sophomore; ***=freshman, etc.; i=indoors; y=yards.

TIMING

Where applicable, hand times (in tenths) have been placed on the automatic timing lists in positions of relative "value" by adding a conversion factor of either 0.24 (100, 200, 110H, etc.) or 0.14 (400, 400H). For longer distances no conversion is applied.

CONVERSIONS

I have adopted a policy of converting yards to meters (or vice versa) based upon a ratio between the equivalent yard and metric distance (i.e., 200m to 220y, 400m to 440y, etc.). Therefore, all conversions from yards to meters use the ratio .994194 multiplied by the time (in seconds). The resultant number is then rounded to the next higher tenth or hundredth of a second depending upon the timing system used. This produces conversions,

which in most cases, are identical to those used for many years (i.e., 220y to 200m, -0.1; 440y to 400m, -0.3, etc.). Other conversions: 120yH to 110mH, +0.04 (auto only).

AMENDMENTS

I welcome all amendments to these lists. Please send amendments to Keith Conning, 735 Brookside Drive, Vacaville, CA 95688-3509; e-mail: keithconning@aol.com; web site: www.theconningtower.blogspot.com.