

South High School - Track and Field

Top 5 Relays (from 1992 - 2026)

Spartan Boys Relays

4x100m Relays

Abe, Flowers, Jalandoni, Ojei	2023	42.14
Abe, Flowers, Jalandoni, Ojei	2023	42.42
Abe, Flowers, Ojei, Tu	2023	42.58
<u>Davis, Delgado, Noubi, Zhao</u>	<u>2026</u>	<u>42.87</u>
Dixon, Flowers, Tamada, Tu C	2022	43.17

4x400m Relays

Flowers, Kirk, Tamada, Tu C	2022	3:21.90
Flowers, Kirk, Tamada, Tu C	2022	3:22.80
Flowers, Kirk, Tamada, Tu C	2022	3:22.88
Aryan, Brown D, Franklin, Gorney	2006	3:23.09
Flowers, Kirk, Tamada, Tu C	2022	3:25.40

4x1600m Relays

Ferrara D, Guzman, Hastings, Ledford	2004	18:30.70
Ferrara D, Guzman, Hastings D, Martos	2004	18:39.4
Almeida, Duffin, Galalon, Hafeza	2009	18:46.1
Duffin, Hafeza, Park, Salinas A	2009	19:01.2
Taylor, Majamaki, Huang, Kliszewski	2016	19:45.-

1600m Sprint Medley (200-200-400-800)

Kirk, Ojei, Tamada, Tu C	2022	3:31.91
Flowers, Kirk, Tamada, Tu C	2022	3:36.70
Brown T, Ferrara D, Montgomery, Tran	2003	3:40.3
Brown D, Ferrara A, Franklin, Gorney	2005	3:40.8
Arnold, Kalmar, Kim, Pinto	1997	3:41.9

4x200m Relays

Abe, Flowers, Ojei, Tu	2023	1:30.09
<u>Davis, Delgado, Gale, Noubi</u>	<u>2026</u>	<u>1:30.26</u>
Abe, Flowers, Ojei, Tu	2023	1:31.09
Abe, Jalandoni, Ojei, Tu	2023	1:31.29
Kaemerly, Ruggeri, Strawn, Waggoner	2013	1:32.80

4x800m Relays

<u>Delgado, Johnson, Miller, Nespoli</u>	<u>2026</u>	<u>8:09.91</u>
Almeida, Duffin, Gonin, Seifert	2008	8:11.39
Brown T, Ferrara D, Hastings, Martos	2004	8:20.18
Kawashiri, Lofgren, Paine D, Xu	2015	8:27.37
Guzman, Hastings, Ledford, Martos	2004	8:29.2

800m Sprint Medley (100-100-200-400)

<u>Davis, Delgado, Noubi, Zhao</u>	<u>2026</u>	<u>1:36.05</u>
Blumberg S, Jalandoni, Tamada, Tu C	2022	1:36.97
Flowers, Noubi, Fornadley, Gale	2025	1:38.19
Chan, Dahl, Irvine, Kim	2020	1:38.80
Flowers, Fornadley, Moura, Nwamanna	2025	1:38.96

Distance Medley (1200-400-800-1600)

Duffin, Galalon, Henry A, Salinas A	2009	10:34.54
Brown T, Ferrara D, Gorney, Guzman	2004	10:37.5
<u>Delgado, Johnson, Miller, Nespoli</u>	<u>2026</u>	<u>10:39.04</u>
Almeida, Duffin, Galalon, Henry A	2009	10:46.27
Arauco, Ferrara D, Guzman, Ledford	2004	10:48.3

Spartan Girls Relays

4x100m Relays

Canister, Dear, Henry, Jones	2014	48.62
Canister, Dear, Henry, Jones	2014	48.73
Bowden, Dear, Henry, Patterson	2015	48.9
Bowden, Dear, Henry, Hudson	2015	49.02
Canister, Dear, Ghazizadeh, Henry	2014	49.04

4x400m Relays

Adams, Deierling, Kuykendall, Langston	2025	4:00.51
Bowden, Ghazizadeh, Henry, Pereira	2014	4:03.9
Mayo, Wharton, Williams, Yang	2007	4:05.24
Ito, Mayo, Ncube, Wharton	2008	4:05.65
Deierling, Eiland, Esponda, Glinsky	2024	4:06.20

4x1600m Relays

Clegg, Coscia, Zamora, Zerga	2013	22:39.42
Nesbit, Nakamoto, Takaoka, Wong	2016	23:18.20
Holmes, Kinney, Masuda, Takaoka	2015	23:38.62
Huang, Masuda, Mori, Takaoka	2016	24:06.67
Atkinson, Brownlie, Kalmar, Ramirez	1996	24:28.1

1600m Sprint Medley (200-200-400-800)

Calite, McHale, Peterson, Yang Peg	2005	4:29.4
Buck A, Ikemoto, Salinas A, Yang	2005	4:29.5
Bardales, Harris, Oksas, Ramachandran	1996	4:30.7
Buck A, Salinas A, Tribble, Yang Peg	2006	4:31.17
Bass, Chan, Columbine, Gomaa	2018	4:32.14

4x200m Relays

Bowden, Dear, Henry, Patterson	2015	1:45.60
Bowden, Dear, Henry, Patterson	2015	1:46.63
Mayo, Shelton, Wharton, Yang	2007	1:48.1
Deierling, Fornadley, Glinsky, McKechnie	2023	1:48.95
Bowden, Henry, Patterson, Pereira	2015	1:49.05

4x800m Relays

Esponda, Kira, Nakamura, Whitmore	2023	9:49.63
Names Unknown	2023	9:58.18
Beaudoin, Beaudoin, Coscia, Sieder	2013	9:40.21
Ben-Avides, Chung, Gomaa, Trodden	2020	10:03.94
Aaron, Beaudoin T, Clegg, Zerga	2013	10:09.64

800m Sprint Medley (100-100-200-400)

Dear, Ghazizadeh, Henry, Jones	2014	1:53.97
Names Unknown	2023	1:54.96
Campbell, Glinsky, McKechnie, Tassara	2022	1:55.67
Deierling, Glinsky, Laster, Mummery	2023	1:56.89
Names Unknown	2011	1:57.14

Distance Medley (1200-400-800-1600)

Aaron, Beaudoin, Beaudoin, Coscia	2013	12:17.38
Beaudoin, Beaudoin, Coscia, Henry	2013	12:19.17
Esponda, Glinsky, Kira, Nakamura	2023	12:37.79
Beaudoin, Beaudoin, Coscia, Sieder	2013	12:37.83
Esponda, Kira, Nakamura, Whitmore	2023	12:53.52