

South High School - Track And Field
Boy's Top 10 Performers (from 1989-2026)

100m

Flowers, Anthony	2023	12	10.33
Morton, Chad	1995	12	10.56
Brown, Davon	2005	11	10.6
Dyer, Hernel	2007	11	10.7
White, John	2009	12	10.8
Tamada, Yuto	2022	12	10.93
Walton, Devin	2025	12	10.94
Ruggeri, Dominic	2013	10	10.9
Washington, Cha	2002	11	10.9
Tu, Mitchell	2024	12	10.99

200m

Flowers, Anthony	2023	12	20.92
Morton, Chad	1995	12	21.4
Tamada, Yuto	2022	12	22.18
Ojei, Jesse	2023	12	22.37
Brown, Davon	2005	11	22.3
Tu, Carter	2022	12	22.46
Flowers, Ayden	2025	11	22.48
Tookey, Evan	2017	12	22.53
<u>Davis, Julian</u>	<u>2026</u>	<u>11</u>	<u>22:56</u>
Hunter, Kahiam	2001	12	22.5

400m

Tamada, Yuto	2022	12	49.11
Morton, Chad	1995	12	49.5*
Brown, Davon	2006	12	49.5*
Irvine, Matt	2021	12	49.91
Smith, Cody	2012	12	49.8*
Brown, Tyrone	2004	12	50.2*
<u>Delgado, Daniel</u>	<u>2026</u>	<u>10</u>	<u>50.31</u>
Inauen, Jean-Cla	2003	12	50.3*
Tu, Carter	2022	12	50.3*
Montgomery, Kyla	2003	12	50.57

800m

<u>Miller, Aidan</u>	<u>2026</u>	<u>10</u>	<u>1:54.74</u>
Ferrara, Marcus	1993	12	1:56.33
Kirk, Lamarr	2022	11	1:56.54
Almeida, Tyler	2009	12	1:56.65
<u>Nespoli, Keller</u>	<u>2026</u>	<u>10</u>	<u>1:56.81</u>
Lofgren, Nick	2015	12	1:57.3
Ferrara, Andy	2005	11	1:57.90
Hafeza, Ronny	2010	12	1:58.15
Kumarage, Dimiti	2013	12	1:59.28
<u>Johnson, Cole</u>	<u>2026</u>	<u>11</u>	<u>1:59.59</u>

All-Time School Record:
Flowers, Anthony 2023 12 10.33

All-Time School Record:
Flowers, Anthony 2023 12 20.92

All-Time School Record:
Tamada, Yuto 2022 12 49.11

All-Time School Record:
Fox, Wes 1964 12 1:53.3

1600m

Almeida, Tyler	2009	12	4:15.75
<u>Miller, Aidan</u>	<u>2026</u>	<u>10</u>	<u>4:17.48</u>
Lofgren, Nick	2014	11	4:19.83
<u>Johnson, Cole</u>	<u>2026</u>	<u>11</u>	<u>4:21.62</u>
Ferrara, Damon	2004	12	4:21.92
Salinas, Andrew	2009	11	4:23.74
Miller, Liam	2024	11	4:23.84
Kirk, Lamarr	2022	11	4:23.92
Johnson, Hayder	2019	12	4:24.82
Redmond, James	2012	11	4:26.31

3200m

Miller, Liam	2025	12	9:01.77
Lofgren, Nick	2015	12	9:16.18
Salinas, Andrew	2009	11	9:22.19
<u>Johnson, Cole</u>	<u>2026</u>	<u>11</u>	<u>9:23.53</u>
Ferrara, Damon	2004	12	9:30.05
Almeida, Tyler	2009	12	9:33.53
Johnson, Hayder	2019	12	9:38.57
Redmond, James	2012	11	9:46.68
Neesby, Brian	2001	12	9:51.7
<u>Nespoli, Keller</u>	<u>2026</u>	<u>10</u>	<u>9:56.22</u>

110m Hurdles

Smith, Cody	2012	12	14.31
Smith, Steve	1990	12	14.6
Wash, Mark	1991	12	14.9
Adlesh, Zach	2015	12	15.0
Montgomery, Kyla	2003	12	15.4
Benoy, Colin	2024	12	15.55
Perry, Ryan	2009	12	15.7
Dixon, Micah	2022	12	15.70
Holmes, Matt	2014	12	15.75
Valliere, Sam	2017	11	15.86

300m Hurdles

Smith, Cody	2012	12	37.94
Inauen, Jean-Cla	2003	12	39.22
Smith, Steve	1990	12	39.55
Dixon, Micah	2022	12	40.07
Joudi, Houssam	2015	11	40.12
Montgomery, Kyla	2003	12	40.33
Johnson, Brad	2008	12	40.5
Flowers, Anthony	2022	12	40.71
Holmes, Matt	2014	12	41.1
Mejia, Evan	2005	11	41.4

All-Time School Record:
Underwood, Decl 1969 12 4:11.1
Underwood, Decl 1969 12 4:09.6**

All-Time School Record:
Miller, Liam 2025 12 9:01.77

All-Time School Record:
Smith, Cody 2012 12 14.31

All-Time School Record:
Smith, Cody 2012 12 37.94

Long Jump

Ruskowski, Spen	2017	12	22-1
White, John	2009	12	21-11.5
Brossett, Marty	1995	12	21-9
Walton, Devin	2025	12	21-9
McNair, Jerry	1997	12	21-6
Tookey, Evan	2016	11	21-5.75
Till, Garrett	2007	12	21-4
Yokoyama, Rin	2013	12	21-3.5
Hagiya, Trent	2006	12	20-10
Sanchez, Nick	2003	11	20-8.5

Triple Jump

McNair, Jerry	1997	12	46-4
Yokoyama, Rin	2013	12	42-7.5
Ruskowski, Spen	2017	12	42-5.5
Ranney, Brandor	2016	12	42-4.75
Madeux, Daniel	2006	12	41-11.25
Montgomery, Kyla	2003	12	41-9
Till, Garrett	2005	10	41-6.5
Kim, Ji	1997	12	41-2
D'Silva, Jason	2002	12	40-6.75
Wash, Mark	1990	11	40-6.5

High Jump

Brossett, Marty	1995	12	6-10
Till, Garrett	2006	11	6-8
McNair, Jerry	1996	11	6-2
Brown, Davon	2004	10	6-1
Walton, Devin	2024	11	6-1
Schulte, David	2010	12	6-1
Kelly, Rowan	1989	11	6-0
Yamazaki, Kyle	2023	12	6-0
Jung, Tim	2014	10	5-10
White, John	2008	11	5-10

Pole Vault

Waybright, Doug	2004	12	14-6
Lippon, Cameron	2017	12	14-0
Chan, Nick	2020	12	14-0
Gloyer, Wade	2025	11	13-6
Rothenberg, Jasc	2006	11	13-0
Nakamoto, Erik	2002	12	13-0
DeLuca, Vince	2005	12	13-0
Harmon, Declan	2017	12	13-0
Tu, Carter	2022	12	12-9
DiVincenzo, Luca	2024	12	12-8

All-Time School Record:
Sypek, Roger 1971 12 23-0.5

All-Time School Record:
McNair, Jerry 1997 12 46-4

All-Time School Record:
Brossett, Marty 1995 12 6-10

All-Time School Record:
Smith, Steve 1969 12 16-8.75

Shot Put

Thompson, Loga	2025	12	54-10.25
McDaniel, Bill	1995	12	51-4.25
Daileda, Jose	1989	12	49-5.5
Calas, John	1993	12	47-3
Malone, Kyle	2006	12	45-9.25
Dixon, Roman	2023	12	45-9
Ramage, Michael	2008	11	45-3.5
McGovney, Chad	1989	11	45-2.75
Crosby, Chris	1991	12	45-2.75
Skipps, Rheid	2010	11	45-0

Discus

Thompson, Loga	2025	12	159-1
Kim, Glen	2000	12	152-2
Ryan, Jordan	2007	11	148-2
Franklin, Roy	2007	12	146-6.5
McDaniel, Bill	1995	12	142-1
Dominguez, Edg	1996	12	140-6
Lunzer, Adam	2002	12	137-6
Louk, Mike	1994	12	135-3
Skipps, Rheid	2011	12	134-6
Moorehead, Brett	1997	11	131-1

Shot Put (Fr/So.- lower weight shot)

Thompson, Loga	2023	10	47-0
Dye, Ryan	1996	9	45-9.5
Miller, Bill	1996	10	44-2
Nagrone, Jon	1998	10	43-9.75
Skipps, Rheid	2008	9	43-3.75
Louk, Mike	1992	10	43-0
Kim, Glen	1998	10	43-0
Dominguez, Edg	1993	9	42-10
Romesser, Paul	2000	10	42-10
Kolesar, Evan	2007	9	42-9

Times to the tenth place are hand-timed
Times to the hundredth place are accu-track
* = relay time
** = adjusted from yards to meters:
 $Time_2 = Time_1 \cdot (Distance_2 / Distance_1)^{1.06}$

All-Time School Record:
Jordan, Wesley 1983 12 56-2

All-Time School Record:
Thompson, Loga 2025 12 159-1

All-Time School Record:
Unknown

4x100m Relay

Abe, Flowers, Jalandoni, Ojei	2023	42.14
<u>Davis, Delgado, Noubi, Zhao</u>	<u>2026</u>	<u>42.87</u>
Dixon, Flowers, Tamada, Tu C	2022	43.17
Gale, Flowers A, Fornadley, Walton	2025	43.19
Dyer, Franklin, Lim, White	2007	43.5

All-Time School Record:
Abe, Flowers, Jalandoni, Ojei 2023 42.14

4x400m Relay

Flowers, Kirk, Tamada, Tu C	2022	3:21.90
Aryan, Brown D, Franklin, Gorney	2006	3:23.09
Ferrara M, Hunter, Nonis, Shute	2001	3:26.9
Brown D, Brown T, Inauen, Montgome	2003	3:27.2
Jayasinghe, Kumarage, Ruggeri, Smith	2012	3:27.22

All-Time School Record:
Flowers, Kirk, Tamada, Tu 2022 3:21.90