

Fountain Valley All Time Top Ten List - Men

*All times have been converted to FAT

100 Meters

1. Kyle Middlebrooks 2009 10.48
2. Vince Nguyen 2001 10.87
3. Jacob Garrett 2017 10.89
4. Nick Malone 2016 10.94
5. Phil Maas 1971 10.94
6. Ken Margerum 1977 10.94
7. Chris Sperle 1984 10.94
8. Kyle Feiler 2003 10.96
9. Noah Rivard 2013 11.03
10. Phil Age 1968 11.04

200 Meters

1. Kyle Middlebrooks 2009 21.55
2. John Sanders 1998 22.04
3. Phil Maas 1970 22.04
4. Jacob Garrett 2017 22.19
5. Vince Nguyen 2001 22.27
6. Steve Nguyen 2008 22.34
7. Steve Southward 1981 22.44
8. Nick Malone 2016 22.45
9. Anthony Johnson 2012 22.46
10. Rick Case 1973 22.54

400 Meters

1. Chris Sperle 1984 48.64
2. Steve Christiano 1970 48.94
3. Rod Emery 1981 49.14
4. Joe Weddle 1972 49.64
5. John Sayles 1972 49.84
6. Rick Case 1973 49.84
7. Emile Harry 1980 49.94
8. Dennis Arey 1986 49.94
9. Nick Brokhausen 2004 50.06
10. Steve Deeley 1981 50.14

800 Meters

1. Steve Christiano 1971 1:55.14
2. Jason Graney 2001 1:55.27
3. Brian Appell 1977 1:55.94
4. Nick Arciniaga 2001 1:56.44
5. John Sayles 1973 1:56.64
6. KC Waltermade 2002 1:56.75
7. Robin Mahmud 2002 1:56.76

8. Nick Brokhausen 2004 1:56.84
9. Carl Hardin 1969 1:57.14
10. Andy Kastor 1995 1:57.15

1600 Meters

1. Brian Appell 1978 4:16.44
2. Hunter Gulino 2013 4:16.54
3. Jay Bonthius 2012 4:16.63
4. Luis Morales 2011 4:16.65
5. Bob Erickson 1981 4:17.24
6. Ned Mosher 1982 4:18.36
7. David Abraham 2014 4:18.63
8. Nick Arciniaga 2001 4:18.67
9. Mike Gavino 2002 4:18.77
10. Steve Brown 1978 4:19.84

3200 Meters

1. Bob Erickson 1982 9:02.57
2. David Abraham 2014 9:15.54
3. Jay Bonthius 2012 9:17.04
4. Brian Appell 1977 9:20.34
5. Hunter Gulino 2013 9:27.50
6. Mike Govino 2002 9:29.45
7. Russell Westphal 2008 9:29.72
8. Raj Gharmalker 2003 9:33.24
9. Wayne Leeds 1969 9:34.24
10. Tom Strelow 1981 9:34.44

110 Hurdles

1. Ken Margerum 1977 13.94
2. Steve Southward 1981 14.24
3. Alan Duncan 1979 14.64
4. Myles Gregory 2003 14.64
5. Nathan Willoughby 2017 14.68
6. Dustin Huynh 2013 14.77
7. Jevon Hill 2017 14.93
8. Rick Nichols 1983 14.94
9. Elias Ghazlani 2016 14.98
10. Alen Cotter 1968 15.04

300 Hurdles

1. Nathan Willoughby 2017 38.14
2. Kevin Jones 2008 38.23
3. Hassan Ilyas 2011 38.33
4. Elias Ghazlani 2016 38.72
5. Myles Gregory 2003 38.75

6. Donnie Marion 2018 39.22
7. Chris Cunningham 1993 39.23
8. Jack Calhoun 1995 39.94
9. Anderson Hua 2012 40.23
10. Jevon Hill 2017 40.39

4x100 Relay

1. Sanders-Carter-Otis-Schutze 1998 42.39
2. Marion-Willoughby-Garrett-Sykes 2017 42.48
3. Garcia-Jones-S. Nguyen-Middlebrooks 2008 42.67
4. Willoughby-Fernandes-Garrett-Malone 2016 42.71
5. Moore-Anderson-Valbuena-Maas 1970 42.84
6. Unknown 1978 42.94
7. Chen-Chen-Middlebrooks-S. Nguyen 2007 43.02
8. Wu-Ma-Mosley-Middlebrooks 2009 43.03
9. Garcia-Jones-Davis-Middlebrooks 2008 43.08
10. Wu-Miller-Folkins-Middlebrooks 2010 43.11

4x400 Relay

1. Deeley-Harry-Andrews-Emery 1981 3:16.54
2. Unknown 1970 3:16.84
3. Unknown 1982 3:19.46
4. Calhoun-Blake-Faris-Cunningham 1993 3:22.14
5. Unknown 1969 3:22.74
6. Unknown 1972 3:23.14
7. Garrett-Malone-Fernandes-Ghazlani 2016 3:23.36
8. Unknown 1973 3:24.54
9. Bui-Ghazlani-Oyokawa-Rivard 2014 3:24.68
10. S.Nguyen-Jahng-Davis-Jones 2008 3:25.14

High Jump

1. Matt Byrd 1992 6-6
2. Rick Bays 1979 6-5
3. Kevin Gerard 2004 6-5
4. Russ Claytor 1985 6-4 ½
5. Terry Parkinson 1972 6-4 ½
6. Bob Gibson 1976 6-4 ½
7. Bob Thorton 1975 6-4
8. Matt Gwaltney 1993 6-4
9. David Straw 2017 6-4
10. Ray Harria 1971 6-3 ½

Pole Vault

1. Blake Mason 2008 15-8
2. Jeff Tran 2009 15-6
3. Travis Vandrovec 1997 15-4
4. B.J. Vandrovec 2001 15-0
5. Garret Gaska 2005 14-7
6. Ty Mason 2013 14-6
7. Kevin Miller 2010 14-6
8. JD Mac Willie 2012 14-3

9. Adam Garrison 2021 14-3
10. Bob Schenk 1972 14-2 ½

Long Jump

1. Troy Blevins 1987 23-1
2. Ray Harris 1971 23-0
3. Dakarai Barnett 2015 22-6
4. Josh Tellez 2016 22-2.75
5. Rick Case 1973 22-2 ½
6. Hoa Tran 1997 22-1 ½
7. Phong Vu 1995 22-0 ½
8. Willie Gittens 1977 22-0
9. Jillian Harry 1983 21-11 ½
10. Matt Gwaltney 1993 21-11

Triple Jump

1. Ken Margerum 1977 48-3 ½
2. Dennis Cowan 1978 47-5
3. Carl Harry 1984 45-6 ½
4. Jonathan Yu 2021 45-2
5. Isaiah Galloway 2017 45-0
6. Joe Lourenco 2000 45-0
7. Dakarai Barnett 2016 45-0
8. Hassan Ilyas 2011 44-7
9. Chris Dang 2005 44-7
10. Muaz Ilyas 2013 44-0

Shot Put

1. Tambi Wenj 1984 60-3
2. Lance Peterson 1968 55-4
3. Ted Lyddon 1970 52-5
4. Morad Moussabeck 2005 51-9 ½
5. Alan Powell 1974 51-1 ½
6. Frank Christy 1976 51-1 ½
7. Mike Gillis 1993 50-11 ½
8. Glen Christy 1989 50-10
9. Frank Cracchiola 1995 50-8 ½
10. Ron Joseph 1981 50-5

Discus

1. Tambi Wenj 1984 190-8
2. Morad Moussabeck 2005 175-6
3. Jake May 2015 164-0
4. Frank Cracchiola 1995 161-8
5. Ted Lyddon 1970 159-8
6. Dan Webster 1968 157-2 ½

7. Greg Hostetier 1976 155-2
8. Lauren Levu 2009 154-6
9. Zach Flowers 2011 152-5
10. Alan Powell 1972 151-9

Boys 4x1600

1. 17:40.3 - 1976 (17:46.5y)
2. 17:54.75 - 2014
3. 17:56.24 - 2013
4. 17:56.3 - 1980 (18:02.6y)
5. 17:56.7 - 1981 (18:03.0y)
6. 18:10.54 - 2011
7. 18:12.17 - 2010 (18:18.55y)
8. 18:13.47 - 2010
9. 18:15.83 - 2012
10. 18:16.19 - 2008 (18:22.59y)