

Northern California Chinese Athletic Federation

Track and Field Record

	Record	Name	Team	Year
BOYS/GIRLS 5-6 60m Field Race	12"87	katherine Xiao	SCEA	2005
BOYS/GIRLS 7-8 60m Field Race	11"10	Brandon Cheng	Wild Geese	2005
GIRLS 9-10 60m Field Race	10"65	Leah Dickstein	Tsing Hua	2005
GIRLS 11-12 60m Field Race	8"88	Cindy Huang	Tsing Hua	2005
GIRLS 13-15 60m Field Race	8"22	Shannon Yen	SFSE	2003
GIRLS 16-18 60m Field Race	8"31	May C Huang	Tsing Hua	2005
BOYS 9-10 60m Field Race	9"89	Eugene Chen	CACC	2005
BOYS 11-12 60m Field Race	8"52	Kevin Jeung	SFSE	2003
BOYS 13-15 60m Field Race	7"3	Bryan Chen	SFSE	2003
BOYS 16-18 60m Field Race	7"26	William Meng	SFSE	2003
WOMEN 19-25 60m Field Race	8"48	Loretta Zhang	Tsing Hua	2005
WOMEN 26-35 60m Field Race	8"97	Diana Liu	SCEA	2003
WOMEN 36-45 60m Field Race	8"65	宋耘	中聯	2003
WOMEN 46-55 60m Field Race	10"46	Sili Gao	Tsing Hua	2005
WOMEN 56-65 60m Field Race	9"06	Linda	CHFD	2004
MEN 19-25 60m Field Race	7"30	刘德胜	IND	2003
MEN 26-35 60m Field Race	7"62	Eric Chen	Wild Geese	2005
MEN 36-45 60m Field Race	7.28	MENG-YU EEO	WGES	2004
MEN 46-55 60m Field Race	7"75	Zong Jian Li	Tsing Hua	2005
MEN 56-65 60m Field Race	8.03	Herman Zhao	IND	2004
BOYS/GIRLS 7-8 400m Field Race	1'21"8	Daniel Keirouz	Tsing Hua	2005
GIRLS 9-10 400m Field Race	1'18"22	Rachel Keirouz	Tsing Hua	2005
GIRLS 11-12 400m Field Race	1'4"80	CINDY HUANG	CNTW	2004
GIRLS 13-15 400m Field Race	1'05"30	May C Huang	中联	2003
GIRLS 16-18 400m Field Race	1'02"25	May C Huang	Tsing Hua	2005
BOYS 9-10 400m Field Race	1'27"31	Benjamin Wong	IND	2005
BOYS 11-12 400m Field Race	1'14"57	Max Wang	CACC	2005

BOYS 13-15 400m Field Race	58"73	WILLIE XIANG	SW	2004
BOYS 16-18 400m Field Race	51"97	James Chen	ETC	2005
WOMEN 19-25 400m Field Race	1'13"15	HELEN ZHANG 2100	TSH	2004
WOMEN 26-35 400m Field Race	1'08"22	HIU-NAM CHOI 2188	CACC	2004
WOMEN 36-45 400m Field Race	1'16"00	Tracy Zhou	Tsing Hua	2005
WOMEN 46-55 400m Field Race	1'22"29	Penny Peng	Tsing Hua	2005
MEN 19-25 400m Field Race	58"78	Philip Kou	Tsing Hua	2005
MEN 26-35 400m Field Race	58"40	LIANG ZHANG	TSH	2004
MEN 36-45 400m Field Race	1'0"53	Jian Tao Huang	Tsing Hua	2005
MEN 46-55 400m Field Race	1'01"20	ZONG JIAN LI 2159	BSTR	2004
MEN 56-65 400m Field Race	1'25"16	Alex Ku	BSTR	2004
GIRLS 16-18 100m Hurdle Race	17"60	Shelly Song	SFSE	2003
WOMEN 19-25 100m Hurdle Race	17"19	Loretta Zhang	Tsing Hua	2005
WOMEN 26-35 100m Hurdle Race	16"57	Grace Kloba	Tsing Hua	2005
WOMEN 36-45 100m Hurdle Race	17"60	Shelly Song	SFSE	2003
WOMEN 46-55 100m Hurdle Race	None Record			
BOYS 16-18 110m Hurdle Race	15"42	William Meng	SFSE	2003
MEN 19-25 110m Hurdle Race	18"8	孔单	IND	2003
MEN 26-35 110m Hurdle Race	15.34	ALAN CHEUNG	IND	2004
MEN 36-45 110m Hurdle Race	16"47	Wen Gao	IND	2005
GIRLS 16-18 1500M Field Race	5'10"13	May C Huang	Tsing Hua	2005
WOMEN 19-25 1500M Field Race	4'59"20	May C Huang	中联	2003
WOMEN 26-35 1500M Field Race	5'13"70	李雪非	UCBK	2003
WOMEN 36-45 1500M Field Race	6'26"09	PENNY PENG 2139	TSH	2004
WOMEN 46-55 1500M Field Race	6'48"91	HUA WANG	IND	2004
BOYS 13-15 1500M Field Race	5'17"	王哲	中聯	2003
BOYS 16-18 1500M Field Race	4'31"64	Victor T Ho	IND	2005
MEN 19-25 1500M Field Race	4'33"13	Jason wang	Tsing Hua	2005
MEN 26-35 1500M Field Race	5'13"93	ADOLFO LIM	IND	2004
MEN 36-45 1500M Field Race	4'54"93	TONY FONG	IND	2004
MEN 46-55 1500M Field Race	4'50"37	Tong Fong	Tsing Hua	2005

MEN 56-65 1500M Field Race	5'37"53	Patrick Lee	SFSE	2003
BOYS/GIRLS 7-8 4x100 Relay Field Race	1'13"2		SCEA	2005
GIRLS 9-10 4x100 Relay Field Race	None Record			
GIRLS 11-12 4x100 Relay Field Race	1'01"25		SFSE	2003
GIRLS 13-15 4x100 Relay Field Race	53"50		SFSE	2003
GIRLS 16-18 4x100 Relay Field Race	55"73		ETC	2004
BOYS 9-10 4x100 Relay Field Race	1'13"34		Wild Geese	2005
BOYS 11-12 4x100 Relay Field Race	59"78		SFSE	2003
BOYS 13-15 4x100 Relay Field Race	50"34		SFSE1	2003
BOYS 16-18 4x100 Relay Field Race	47"41		ETC	2005
WOMEN 19-25 4x100 Relay Field Race	1'07"54		Tsing Hua	2005
WOMEN 26-35 4x100 Relay Field Race	59"33		Tsing Hua	2005
WOMEN 36-45 4x100 Relay Field Race	1'04"38		中聯	2003
WOMEN 46-55 4x100 Relay Field Race	1'07"93		Tsing Hua	2005
MEN 19-25 4x100 Relay Field Race	46"07		ETC	2005
MEN 26-35 4x100 Relay Field Race	47"90		Tsing Hua-1	2005
MEN 36-45 4x100 Relay Field Race	47"60		WGES	2004
MEN 46-55 4x100 Relay Field Race	54"90		SFSE	2003
BOYS/GIRLS 5-6 100m Field Race	20"84	Lailinda Xu	CACC	2005
BOYS/GIRLS 7-8 100m Field Race	17"66	Claire Yuan	Wild Geese	2005
GIRLS 9-10 100m Field Race	14"87	Ruonig Zhen	IND	2005
GIRLS 11-12 100m Field Race	14"16	Cindy Huang	Tsing Hua	2005
GIRLS 13-15 100m Field Race	12"79	Shannon Yen	SFSE	2003
GIRLS 16-18 100m Field Race	13"43	May C Huang	Tsing Hua	2005
BOYS 9-10 100m Field Race	15"	Xiao Wen Xie	IND	2005
BOYS 11-12 100m Field Race	13.53	CHANG-ZHOU GONG	BKLY	2004
BOYS 13-15 100m Field Race	12.25	KEVIN SHIAO	IND	2004
BOYS 16-18 100m Field Race	11"55	James Chen	ETC	2005
WOMEN 19-25 100m Field Race	15.59	HENLEN ZHANG	TSH	2004
WOMEN 26-35 100m Field Race	14.20	XIA CAI	TSH	2004
WOMEN 36-45 100m Field Race	13.80	CARNIE HUANG	IND	2004

WOMEN 46-55 100m Field Race	16"24	Sili Gao	Tsing Hua	2005
WOMEN 56-65 100m Field Race	16.57	ANNING LIANG	CHFD	2004
MEN 19-25 100m Field Race	11"56	Michael Gabrel Speech	ETC	2005
MEN 26-35 100m Field Race	11"61	Grant Guo	Tsing Hua	2005
MEN 36-45 100m Field Race	11.50	MENG-YU EEO	WGES	2004
MEN 46-55 100m Field Race	12.03	ZONG JIAN LI	BSTR	2004
MEN 56-65 100m Field Race	14"84	張洪瑞	IND	2003
MEN 66+ 100m Field Race	13.98	Herman Zhou	IND	2004
BOYS/GIRLS 7-8 800m Field Race	2'55"42	Daniel Keirouz	Tsing Hua	2005
GIRLS 9-10 800m Field Race	2'57"58	Rachel Keiroz	Tsing Hua	2005
GIRLS 11-12 800m Field Race	2'40"20	Cindy Huang	Tsing Hua	2005
GIRLS 13-15 800m Field Race	2'25"03	May C Huang	中聯	2003
GIRLS 16-18 800m Field Race	2'30"06	May C Huang	Tsing Hua	2005
WOMEN 19-25 800m Field Race	None Record			
WOMEN 26-35 800m Field Race	3'12"	Beirong Lu	IND	2005
WOMEN 36-45 800m Field Race	2'56"94	Li Zhang	Tsing Hua	2005
WOMEN 46-55 800m Field Race	3'25"57	HUA WANG	IND	2004
BOYS 9-10 800m Field Race	3'13"00	Benjamin Wong	IND	2005
BOYS 11-12 800m Field Race	2'54"75	WENXIANG WEI	CACC	2004
BOYS 13-15 800m Field Race	2'17"40	潘泓如	IND	2003
BOYS 16-18 800m Field Race	2'09"06	Nelson A Yu	Warriors	2005
MEN 19-25 800m Field Race	2'14"30	Chikara Omine	SFSE	2003
MEN 26-35 800m Field Race	2'24"60	ADOLFO LIM	IND	2004
MEN 36-45 800m Field Race	2'21"80	MICHEAL KING	IND	2004
MEN 46-55 800m Field Race	2'37"45	ZONG JIAN LI	BSTR	2004
MEN 56-65 800m Field Race	3'54"60	Norman Ching	SFSE	2003
BOYS/GIRLS 7-8 200m Field Race	None Record			
GIRLS 9-10 200m Field Race	36"31	Ruoning Zha	C-Networld	2005
GIRLS 11-12 200m Field Race	29"78	Cindy Huang	Tsing Hua	2005
GIRLS 13-15 200m Field Race	27.43	MAYC HUNAG 2164	TSH	2004
GIRLS 16-18 200m Field Race	27"91	May C Huang	Tsing Hua	2005

WOMEN 19-25 200m Field Race	35"37	Ashley Hu	IND	2005
WOMEN 26-35 200m Field Race	33"20	Tracy Zhou	IND	2003
WOMEN 36-45 200m Field Race	31"29	趙嬾	SCEA	2003
WOMEN 46-55 200m Field Race	37"59	Penny Peng	Tsing Hua	2005
BOYS 9-10 200m Field Race	35"09	Benjamin Wong	IND	2005
BOYS 11-12 200m Field Race	29.31	CHANG-ZHOU GONG	BKLY	2004
BOYS 13-15 200m Field Race	24"80	Bryan Chan	IND	2003
BOYS 16-18 200m Field Race	23"62	John Lee	SFSE	2003
MEN 19-25 200m Field Race	24"81	Michael Gabrel Speech	ETC	2005
MEN 26-35 200m Field Race	23"69	Grant Guo	Tsing Hua	2005
MEN 36-45 200m Field Race	25"3	楊明耀	清華	2003
MEN 46-55 200m Field Race	24"2	厲琮健	SFSE	2003
MEN 56-65 200m Field Race	29"78	李北偉	SFSE	2003
GIRLS 16-18 3000m Field Race	11'58"35	May C Huang	Tsing Hua	2005
WOMEN 19-25 3000m Field Race	12'27"97	Cindy Huang	Tsing Hua	2005
WOMEN 26-35 3000m Field Race	12'34"56	Lauren Tang	Tsing Hua	2005
WOMEN 36-45 3000m Field Race	16'20"52	Chanlene Tan	IND	2005
WOMEN 46-55 3000m Field Race	16'45"30	Yan Lin Wang	IND	2005
BOYS 13-15 3000m Field Race	14'56"	Andy Zhang	IND	2005
BOYS 16-18 3000m Field Race	10'9"	Victor T Ho	IND	2005
MEN 19-25 3000m Field Race	10'17"	Jason Wang	Tsing Hua	2005
MEN 26-35 3000m Field Race	11'48"7	XUN LIU	IND	2004
MEN 36-45 3000m Field Race	11'05"	Jian Tao Huang	Tsing Hua	2005
MEN 45-55 3000m Field Race	10'22"	Tong Fong	Tsing Hua	2005
MEN 56-65 3000m Field Race	13'16"	Patrick Lee	IND	2005
GIRLS 16-18 4x400 Relay Field Race	4'51"16		ETC-C	2005
WOMEN 19-25 4x400 Relay Field Race	5'01"80		Tsing Hua	2005
WOMEN 26-35 4x400 Relay Field Race	5'30"07		TSH	2004
WOMEN 36-45 4x400 Relay Field Race	5'37"80		Tsing Hua	2005
WOMEN 46-55 4x400 Relay Field Race	7'07"		CHFD	2004
BOYS 16-18 4x400 Relay Field Race	3'45"81		ETC-A	2005

MEN 19-25 4x400 Relay Field Race	3'47"		ETC	2005
MEN 26-35 4x400 Relay Field Race	3'55"33		Tsing Hua	2005
MEN 36-45 4x400 Relay Field Race	4'18"70		Tsing Hua	2005
GIRLS High Jump				
11-12	1.05m	KATTY SUN	IND	2004
13-15	1.45m	LEONA SHUM 2122	ETC	2004
WOMEN High Jump				
26-35	1.55m	Grace Kloba	Tsing Hua	2005
36-45	1.35m	Mary Zhou	SCEA	2003
46-55	1.20m	高平	中聯	2003
BOYS High Jump				
11--12	0.95m	Samuel Wang	YRCS	2005
13-15	1.57m	Kelvin K Shum	ETC	2005
16-18	1.60m	Michael Omine	SFSE	2003
MEN High Jump				
19-25	1.45m	Wei Du	UCB	2005
26-35	1.66m	曲東	IND	2003
36-45	1.65m	Qun Wu	中聯	2003
56+65	1.18m	張洪瑞	北師大	2003
GIRLS Long Jump				
11-12	3.46m	Jinny Ya Yan	IND	2005
13-15	4.45m	Leona Shum	ETC	2004
16-18	4.41m	katherina chen	SFSE	2003
WOMEN Long Jump				
26-35	4.13m	Hn-Nam Choi	CACC	2004
36-45	3.77m	YUN SONG 2233	CHFD	2004
46-55	3.60m	孫燕	中聯	2003
BOYS Long Jump				
7--8	2.35m	Brandon Cheng	Wild Geese	2005
9-10	3.42m	Andrew Song	IND	2005
11-12	3.85m	Samuel Wong	YRCS	2005

13-15	5.19m	THAMS TRAN	ETC	2004
16-18	5.89m	Michael Omine	SFSE	2003
MEN Long Jump				
19-25	5.69m	Peter Cruz	ETC	2005
26-35	5.19m	EDDY C. CHOU	ETC	2004
Event #144 MANS 36-45 Long Jump				
36-45	5.49m	YIWEN HUANG	WGES	2004
46-55	4.20m	Kevin Wong	IND	2003
56-65	3.76m	古正夫	SFSE	2003
66+	3.30m	Alex Ku	IND	2005
BOYS Triple Jump				
13-15	9.78m	Nathan Ma	IND	2005
16-18	11.48m	TALENT LAU	IND	2004
MEN Triple Jump				
19-25	12.54m	Peter Cruz	ETC	2005
26-35	11.14m	David Chai Shu Yu	IND	2005
36-45	10.83	YIWEN HUANG	WGES	2004
46-55	9.45m	Ernest Tsui	IND	2005
56-65	7.83m	YUMIN FU	IND	2004
GIRLS Shot Put				
11-12	6.22m	Kristie Cheng	Wild Geese	2005
13-15	7.16m	BELINDA LI 2119	ETC	2004
16-18	8.56m	Janny Zheng	IND	2005
BOYS Shot Put				
9-10	5.68m	Evan Chen	IND	2005
11-12	8.17m	Jack Yan	CACC	2005
13-15	14.02m	Kevin Wong	SFSE	2003
16-18	10.68m	Teng Xiang Zhang	IND	2005
WOMEN Shot Put				
26-35	9.58m	Li Zhu	Tsing Hua	2005

36-45	8.94m	MARY ZHOU	CNTW	2004
46-55	8.45m	Zheng Hui Hong	IND	2005
<hr/>				
MEN Shot Put				
<hr/>				
26-35	13.98m	Joe Yuan	IND	2005
36-45	13.73m	Yu Wang	IND	2005
46-55	13.74m	Paul chan	CACC	2005
56-65	None Record			
<hr/>				
16X100M Relay Field Race				
				2005
	ETC			2005
	ETC			2005
	Tsing hua			2005