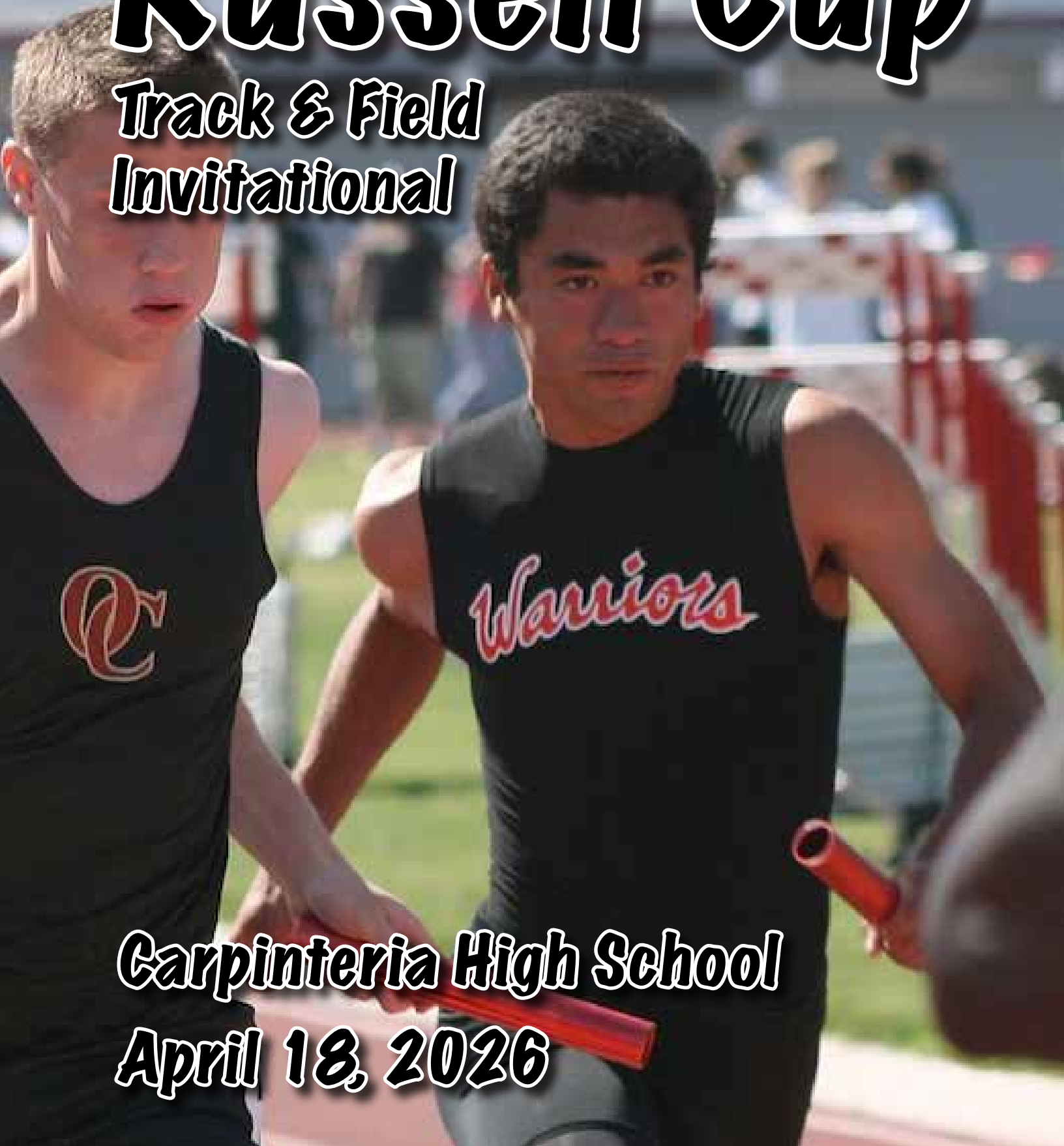


106th Annual

Russell Cup

Track & Field
Invitational



Carpinteria High School

April 18, 2026



BEYNON®

A Tarkett Sports Company

The 106th Annual Russell Cup

Bishop Diego	Oakland Military Institute
Cabrillo (Lompoc)	Oaks Christian
Campbell Hall	Paraclete
Carpinteria	Poly (Pasadena)
Cate	Providence (Santa Barbara)
Crespi	Sacred Heart of Jesus
Del Sol	Santa Clara
Desert Christian (Lancaster)	Santa Paula
Edgewood	Santa Ynez
Fillmore	Sierra Canyon
Foothill Technology	St. Bonaventure
Hart	St. Genevieve
Heritage Christian	Thacher
Laguna Beach	Trinity Classical Academy
Legacy Christian Academy	Valley Oaks Charter
Louisville (G)	Vasquez
Moorpark	Verdugo Hills
Nipomo	Viewpoint
Nordhoff	Yosemite

On the cover:

Carpinteria's Alex Cuevas running anchor in the 4x100 relay at the 2008 Russell Cup. Alex is timing the meet at today's Russell Cup. Thank you for your service Alex.

Honorary Meet Director

EMILIO HANDALL

Emilio Handall has deep roots in Carpinteria. A fourth-generation Carpinterian and proud three-sport Warrior student athlete, Emilio's life was shaped by his experiences growing up in this close-knit community. He has carried with him a lifelong belief that Warrior Spirit Never Dies and a deep sense of Warrior Pride. That legacy continues through his family—his wife, Esther, and their three older children, Nolan, Nathan, and Mateo, are all Carpinteria High School graduates, while his daughter, Mina, is currently a junior at CHS.

Emilio's connection to the Russell Cup began as a freshman, when he was convinced to try pole vault and run the 440—despite having no prior experience. Embracing the challenge with determination and Warrior Pride, he tied the freshman pole vault record and contributed to a third-place mile relay team. Those early experiences sparked a lasting passion for track and field, leading him to return as both a student-athlete and later as a coach. In 1999, he was a member of the first-ever boys CIF Championship coaching staff, marking a historic

achievement for the program.

Following his graduation from CHS, Emilio served his country as a soldier in the United States Army and later went on to earn multiple college degrees. He has since dedicated his professional life to public education, with a focus on serving students in rural and underserved communities. Over the course of his career, he has held a variety of leadership roles and currently serves as Superintendent of Schools in Guadalupe, California.



It is especially meaningful for Emilio to be part of the Russell Cup tradition—an event that brings together schools and communities in celebration of competition, perseverance, and sportsmanship. He is honored to serve as Honorary Meet Director and to support a tradition that reflects the very best of teamwork, dedication, and community spirit.

We are proud to recognize Emilio Handall as the Honorary Meet Director of the Carpinteria Russell Cup, and we thank him for his continued commitment to students, schools, country, and community.

Russell Cup Ambassadors

Gioia Martins

Ulises Daal

Kayde Perez

Fiona Lewis

Edwin Hernandez

Alison Thai

Servando Campuzano

Russell Cup and Stadium Records

100 METERS

<i>Stadium</i>	10.46	Rodrick Pleasant	Serra	2021
<i>Russell Cup</i>	10.72	Cristian Moore	Oaks Christian	2018
<i>F/S Russell Cup</i>	11.11	Marshall Jones	Oaks Christian	2005
<i>Stadium</i>	11.65	Lauren Rain Williams	Oaks Christian	2016
<i>Russell Cup</i>	12.29	Juliette Martinez	Fillmore	2004
	12.29	Alexandra Courtnall	Oaks Christian	2010
<i>F/S Russell Cup</i>	12.35	Ebony Crear	Maranatha	2012

200 METERS

<i>Stadium</i>	21.02	Rodrick Pleasant	Serra	2021
<i>Russell Cup</i>	21.76	Branden Smith	Paraclete	2016
<i>F/S Russell Cup</i>	22.55	Jabrian Blackwell	Crespi	2011
	22.55	Isaiah Bell	Garces Memorial	2018
<i>Stadium</i>	23.30	Lauren Rain Williams	Oaks Christian	2016
<i>Russell Cup</i>	25.25	Alexandra Courtnall	Oaks Christian	2010
<i>F/S Russell Cup</i>	25.04	Kaylin Fletcher	Heritage Christian	2019

400 METERS

<i>Stadium</i>	47.44	Robert Woods	Serra	2009
<i>Russell Cup</i>	48.01	Chase Hansen	Oaks Christian	2025
<i>F/S Russell Cup</i>	50.55	Kyle Brown	Maranatha	2011
<i>Stadium</i>	54.49	Turquoise Thompson	Serra	2009
<i>Russell Cup</i>	55.67	Treani Swain	Oakwood	2003
<i>F/S Russell Cup</i>	59.19	Lauren Dorsey	Chadwick	1999

800 METERS

<i>Stadium</i>	1:50.13	Ellis Delvecchio	Thacher	2022
<i>Russell Cup</i>	1:51.40	Coley Candaele	Carpinteria	1990
<i>F/S Russell Cup</i>	1:57.28	Arizechukwu Nwosu	Oaks Christian	2025
<i>Stadium</i>	2:10.51	Carlyle Davis	Marlborough	2009
<i>Russell Cup</i>	2:14.54	Nikki Shaw	Fillmore	1990
<i>F/S Russell Cup</i>	2:21.70	Brooke Secreto	Foothill Tech	2019

1600 METERS

<i>Stadium</i>	4:12.27	Chad Hall	Big Bear	2006
<i>Russell Cup</i>	4:15.57	Coley Candaele	Carpinteria	1990
<i>F/S Russell Cup</i>	4:25.46	Cameron Kunde	Nordhoff	2014
<i>Stadium</i>	4:45.59	Aidrey Suarez	Mayfield	2021
<i>Russell Cup</i>	5:02.36	Annie Mooney	Mission Prep	2011
<i>F/S Russell Cup</i>	5:08.00	Emily Beneduce	Oak Park	2014

3200 METERS

<i>Stadium</i>	8:58.42	Chad Hall	Big Bear	2006
<i>Russell Cup</i>	9:18.14c	Tom Grewe	Carpinteria	1982
<i>F/S Russell Cup</i>	9:33.50	Andrew Mitchell	Desert Christian	2015
<i>Stadium</i>	10:42.38	Claudia Lane	Malibu	2017
<i>Russell Cup</i>	10:52.17	Melissa Skiba	Oak Park	2010
<i>F/S Russell Cup</i>	10:59.22	Emily Beneduce	Oak Park	2014

Russell Cup and Stadium Records

110/100 METER HURDLES

<i>Stadium</i>	14.65	Aiden Brewer	Big Bear	2025
<i>Russell Cup</i>	14.68	John Barbieri	Carpinteria	1999
<i>F/S Russell Cup</i>	15.65	Theo Howard	Oaks Christian	2013
<i>Stadium</i>	14.08	Allie Jones	San Marcos	2017
<i>Russell Cup</i>	14.46	Tayler Johnson	Oak Park	2010
<i>F/S Russell Cup</i>	15.04	Ebony Crear	Maranatha	2012

300 METER HURDLES

<i>Stadium</i>	38.47	Nikko Hayes	Lompoc	2013
<i>Russell Cup</i>	38.74c	John Barbieri	Carpinteria	1999
<i>F/S Russell Cup</i>	41.36	Jason Eiker-Wiles	Carpinteria	2001
<i>Stadium</i>	41.45	Turquoise Thompson	Serra	2009
<i>Russell Cup</i>	45.45	Alex Cerise	La Reina	2013
<i>F/S Russell Cup</i>	44.59	Ebony Crear	Maranatha	2012

LONG JUMP

<i>Stadium</i>	24' 8"	Marquise Lee	Serra	2011
<i>Russell Cup</i>	22' 5 ³ / ₄ "	Jack Laughner	L.B. Wilson	1939
<i>F/S Russell Cup</i>	21' 7 ¹ / ₄ "	Gabe Martin	Oaks Christian	2019
<i>Stadium</i>	19' 5"	Asjah Atkinson	St. Anthony	2021
<i>Russell Cup</i>	19' 0"	Courtney Corrin	Harvard-Westlake	2013
<i>F/S Russell Cup</i>	17' 0 ¹ / ₂ "	Kennedy Kirkland	Cate	2021

TRIPLE JUMP

<i>Stadium</i>	47' 9 ³ / ₄ "	Jah Strange	Xavier Prep	2016
<i>Russell Cup</i>	45' 10 ¹ / ₂ "	Trypucka	Maranatha	1984
<i>F/S Russell Cup</i>	42' 7 ³ / ₄ "	Cameron Cochrell	Valley Christian	2005
<i>Stadium</i>	41' 5"	Micah Fulton	Muir	2018
<i>Russell Cup</i>	38' 0 ¹ / ₂ "	Courtney Corrin	Harvard-Westlake	2013
<i>F/S Russell Cup</i>	36' 3 ³ / ₄ "	Rivers Sheehan	Cate	2016

HIGH JUMP

<i>Stadium</i>	6' 11"	Joseph Ruddell	Morro Bay	2020
<i>Russell Cup</i>	6' 9"	Vince Porter	Pasadena Poly	2015
<i>F/S Russell Cup</i>	6' 5"	Joseph Ruddell	Morro Bay	2018
<i>Stadium</i>	5' 8"	Kaylene Wagner	Dos Pueblos	2001
<i>Russell Cup</i>	5' 6"	Tracye Lawyer	Cate	1992, 1994
	5' 6"	Jennifer Kitzmann	Santa Ynez	2001
	5' 6"	Meagen Moiola	Morro Bay	2008
	5' 6"	Tayler Johnson	Oak Park	2010
	5' 6"	Zibby Boyer	Pasadena Poly	2010
<i>F/S Russell Cup</i>	5' 4"	Cassidy Palka	Oaks Christian	2014

POLE VAULT

<i>Stadium</i>	16' 8"	Johnny Quinn	St. Margaret's	2006
<i>Russell Cup</i>	15' 6"	Connor Stark	Oak Park	2011
	15' 6"	Ben Gaylord	Harvard-Westlake	2013
<i>F/S Russell Cup</i>	14' 9"	Connor Stark	Oak Park	2010

Russell Cup and Stadium Records

POLE VAULT (continued)

<i>Stadium</i>	12' 7"	Tenly Kuhn	Oaks Christian	2022
<i>Russell Cup</i>	12' 7"	Tenly Kuhn	Oaks Christian	2022
<i>F/S Russell Cup</i>	10' 3"	Kelsie Jarratt	Nipomo	2008

SHOT PUT

<i>Stadium</i>	64' 2"	Noah Bryant	Carpinteria	2002
<i>Russell Cup</i>	62' 6"	Dave Laut	Santa Clara	1975
<i>F/S Russell Cup</i>	56' 2"	Quantock	Rio Mesa	1973
<i>Stadium</i>	49' 8 ½"	Stamatia Scarvellis	Dos Pueblos	2014
<i>Russell Cup</i>	42' 1"	Teresa Loya	St. Joseph	2010
<i>F/S Russell Cup</i>	38' 10 ¼"	Tasi Maumausolo Matagi	Nipomo	2025

DISCUS

<i>Stadium</i>	177' 3"	Chris Gocong	Carpinteria	2000
	177' 3"	Carlton Gillespie	St. Bonaventure	2005
<i>Russell Cup</i>	176' 8"	Kyle Hammerquist	Webb	2003, '04
<i>F/S Russell Cup</i>	143' 5"	Chris Gocong	Carpinteria	1999
<i>Stadium</i>	156' 1"	Stamatia Scarvellis	Dos Pueblos	2014
<i>Russell Cup</i>	138' 9"	Micheline Sheaffer	Carpinteria	1987
<i>F/S Russell Cup</i>	117' 9"	Stephanie Ho	Webb	2002

4 x 100 METER RELAY

<i>Stadium</i>	41.41	J. Bell, D. Anderson, C. Montgomery, D. Lewis	Serra	2022
<i>Russell Cup</i>	42.53		Crespi	2019
<i>F/S Russell Cup</i>	43.83	J. Vincent, D. Holmes, T. Howard, A. Bachman	Oaks Christian	2013
<i>Stadium</i>	46.04	A. Faulknor, M. Brown, T. Thompson, B. Hunter	Serra	2009
<i>Russell Cup</i>	48.42		Harvard-Westlake	2013
<i>F/S Russell Cup</i>	50.68		L.A. Baptist	2000

4 x 400 METER RELAY

<i>Stadium</i>	3:12.53	F. Olloqui, P. Lauderdale, D. Spann, R. Woods	Serra	2010
<i>Russell Cup</i>	3:22.14	J. Andrews, M. Seaton, F. Owusu, Z. Bornstein	Oaks Christian	2013
<i>F/S Russell Cup</i>	3:33.44		Oaks Christian	2010
<i>Stadium</i>	3:50.24		St. Mary's	2011
<i>Russell Cup</i>	3:58.11		Oaks Christian	2019
<i>F/S Russell Cup</i>	4:06.37		Maranatha	2011

Note: Times followed by "c" indicate the times have been converted from hand timing and/or a yards distance to an equivalent fully automatic, metric distance time.

106th RUSSELL CUP TRACK & FIELD MEET

Adjusted Oder of Events*

April 18, 2026

EVENT			TIME	EVENT			TIME
1.	FS Girls	4 x 100 RELAY	9:30	41.	FS Girls	TRIPLE JUMP	9:00
2.	FS Boys			42.	V Girls	TRIPLE JUMP	10:00
3.	V Girls			43.	FS Girls	LONG JUMP	12:00
4.	V Boys			44.	V Girls	LONG JUMP	2:00
5.	FS Girls	1600 METERS	9:55		(East Pit)		
6.	FS Boys			45.	FS Boys	TRIPLE JUMP	9:00
7.	V Girls			46.	V Boys	TRIPLE JUMP	10:30
8.	V Boys			47.	FS Boys	LONG JUMP	12:00
9.	FS Girls	100 HURDLES	11:05	48.	V Boys	LONG JUMP	1:30
10.	V Girls				(Infield Pit)		
11.	FS Boys	110 HURDLES		49.	V Boys	HIGH JUMP	9:00
12.	V Boys			50.	FS Girls	HIGH JUMP	11:00
13.	FS Girls	400 METERS	11:35	51.	V Girls	HIGH JUMP	1:00
14.	FS Boys			52.	FS Boys	HIGH JUMP	2:30
15.	V Girls						
16.	V Boys			53.	V Girls	POLE VAULT	9:00
	BREAK			54.	FS Boys	POLE VAULT	10:30
17.	FS Girls	100 METERS	1:00	55.	V Boys	POLE VAULT	12:30
18.	FS Boys			56.	FS Girls	POLE VAULT	2:00
19.	V Girls						
20.	V Boys			57.	FS Boys	SHOT PUT	10:00
21.	FS Girls	800 METERS	1:45	58.	V Boys	SHOT PUT	10:00
22.	FS Boys			59.	FS Girls	SHOT PUT	12:30
23.	V Girls			60.	V Girls	SHOT PUT	12:30
24.	V Boys				(Varsity Shot Put - South Ring)		
25.	FS Girls	300 HURDLES	2:25		(F/S Shot Put - North Ring)		
26.	V Girls						
27.	FS Boys			61.	FS Girls	DISCUS	10:00
28.	V Boys			62.	V Girls	DISCUS	10:00
29.	FS Girls	200 METERS	2:50	63.	FS Boys	DISCUS	12:30
30.	FS Boys			64.	V Boys	DISCUS	12:30
31.	V Girls				(Varsity Discus - East Ring)		
32.	V Boys				(FS Discus - West Ring)		
33.	Girls	4 x 800 RELAY	3:30				
34.	Boys						
35.	FS Girls	3200 METERS	4:00				
36.	FS Boys						
37.	V Girls						
38.	V Boys						
39.	FS Girls	4 x 400 RELAY	5:00				
40.	FS Boys						
41.	V Girls						

*The time schedule is tentative.