

Seoul Foreign School All Time Track & Field Records

Updated to April 28, 2024 Listed below are the official Seoul Foreign School Records. (hand times have been converted)

Girls			
Event	Record	Athlete	Place & Date
100 Meter Dash	13.89	Graca Kiboi	04/22/2017 SAHS Invitational
200 Meter Dash	28.12	Janelle Jorgensen	4/10/2010 Petty Memorial
400 Meter Dash	1:05.28	Katherine Payne	04/27/2024 KAIAC Finals
100 Meter Hurdles	17.49	Lauryn Laabs	04/10/2025 APAC Champs @ ISB
300 Meter Hurdles	52.83	Lauryn Laabs	04/26/2025 KAIAC Finals @ HHS
400 Meter Hurdles	1:14.83	Lauryn Laabs	04/18/2024 APAC CHAMPS @ SASPD
800 Meter Run	2:21.11	Janelle Jorgensen	5/15/2010 Kanto Plains Invitational
1500 Meter Run	5:16.37	Janelle Jorgensen	5/15/2010 Kanto Plains Invitational
1600 Meter Run	5:26.66	Madeline Payne	3/11/2023 KAIAC Meet @ HHS
3000 Meter Run	12:01.61	Esther Trejo	04/10/2025 APAC Champs @ ISB
3200 Meter Run	12:32.4	Madeline Payne	3/11/2023 KAIAC Meet @ HSS
Discus (1kg)	25.90m	Charlotte Nouwen	03/18/2017 HHS Invitational
Shot Put (4kg)	8.16m	Charlotte Nouwen	04/22/2017 SAHS Invitational
Javelin (600g)	22.0m	Alessia Franco	04/09/2022 SFS vs YISS Meet
Long Jump	4.61m	Graca Kiboi	03/18/2017 HHS Invitational
Triple Jump	9.73m	Lauryn Laabs	4/10/2025 APAC Champs @ ISB
High Jump	1.38m	Pia Jensen	04/02/2015 Humphreys Invitational
4x100m Relay	54.36	Lauryn Laabs, Emily Kim, Elisa Colossi & Gabrielle Osei	04/26/2025 KAIAC Finals @ HHS
4x400m Relay	4:51.05	Erica Kim, Kate Grandy, Kinga Gross, Annabelle Davy	04/16/2015 APAC Champs @ SASPD
4x800m Relay	11:02.88	Megan Lozneau, Teah Smith, Alma Lilljequist, Madeline Payne	04/15/2023 KAIAC Finals
Sprint Medley Relay (100, 100, 200, 400)	2:05.17	Lauryn Laabs, Emily Kim, Sophie Tsao & Sophie Min	04/18/2024 APAC CHAMPS @ SASPD
Distance Medley (1200, 400, 800, 1600)	15:35.69	Annika Sun, Kate Grandy, Erica Kim, Kinga Gross	04/16/2015 APAC Champs @ SASPD

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Boys			
Event	Record	Athlete	Place & Date
100 Meter Dash	11.71	Roman Pinkston	03/20/2024 KAIAC Meet @ HHS
200 Meter Dash	23.58	Angus Kett	4/10/2025 APAC Champs @ ISB
400 Meter Dash	51.16	Angus Kett	04/26/2025 KAIAC Finals @ HHS
110 Meter Hurdles	20.19	Jaewon Shin	04/27/2024 KAIAC Finals
300 Meter Hurdles	48.58	Jason Chang	04/26/2025 KAIAC Finals @ HHS
400 Meter Hurdles	1:07.32	Ryan Rhee	4/10/2025 APAC Champs @ ISB
800 Meter Run	2:07.24	Angus Kett	04/26/2025 KAIAC Finals @ HHS
1500 Meter Run	4:44.62	Robert Chance	04/12/2014 APAC Champs @ ISB
1600 Meter Run	4:49.35	Ty Hacking	04/29/2017 Humphreys Invitational
3000 Meter Run	10:33.06	Holger Molin	03/18/2021 TAS Exchange @ SFS
3200 Meter Run	10:36.42	Thomas Kim	04/4/2008 Petty Memorial
Discus (1.5kg)	28.96m	Diego Saldivar	4/11/2025 APAC Champs @ ISB
Discus (1.6kg)	29.01m	Diego Saldivar	4/19/2025 Humphries Meet
Shot Put (5kg)	12.59m	Timothee Englebert	04/23/2022 SFS Invitational Meet
Shot Put (5.4kg)	9.83m	Jiho Kim	02/03/2014 Humphries Meet
Javelin (700g)	37.98m	Diego Saldivar	4/11/2025 APAC Champs @ ISB
Javelin (800g)	36.99m	Alex Yoon	04/12/2014 APAC Champs @ ISB
Long Jump	6.09m	Timothee Englebert	04/23/2022 SFS Invitational Meet
Triple Jump	11.78m	Ansh Gulavani	4/10/2025 APAC Champs @ ISB
High Jump	1.73m	Diego Saldivar	4/10/2025 APAC Champs @ ISB
4x100m Relay	47.03	Roman Pinkston, Cameron Lee, Cameron Kim, Matthew Kang	04/15/2023 KAIAC Finals @ HHS
4x400m Relay	3:55.53	Robert Chance, Sunwoo Hong, Eugene Kim, Chris Luke	04/12/2014 APAC Champs @ ISB
4x800 Relay	9:30.6	Cat Van, Alex Yeum, Angus Kett, Zac Han	3/18/2023 KAIAC Meet @ HHS
Sprint Medley Relay (100, 100, 200, 400)	1:39.34	Jacob Bang, Ansh Gulavani, Diego Saldivar, Angus Kett	4/11/2025 APAC Champs @ ISB

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Distance Medley (1200, 400, 800, 1600)	13:02.95	Jacob Bang, Jonasz Mazowiecki Kocyk, Dylan Won, Matthew Lee	4/10/2025 APAC Champs @ ISB
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