

Mount Si Girl's Track and Field-The Scarlet Book

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Accuracy

Every effort was made to have as accurate a picture of Mount Si High School Outdoor Track and Field history as possible. Any error; misspellings, typos, missed results, or any other mistakes, are the fault of the compiler.

Quality

The listing of event results has been capped at 80 for the Boy's and Girl's programs, plus ties. This is in recognition of the High School's celebration of 80 years in 2024. The Boy's program began in Mount Si's first year as a high school, 1944-1945. The Girls program officially began in 1972, though a few girl's events were included at the Mount Si Invitational from 1969-1971.

Source for Results

1969-present – Starting in 1962 the track coaches published a yearbook at the end of the season which included all meet results that year. An exception was 1983. These yearbooks were the primary source for all records into the mid to late

2000's. The 2000's saw the website athletic.net start posting complete meet results online.

Timing track events

The timing standard for all running events is currently Fully Automatic Timing (FAT). FAT became almost universally used in the mid 2000's. Prior to FAT running events were all hand timed with a stopwatch, noted by an 'h' after the time. FAT times will be listed to the hundredth of a second, hand times to a tenth of a second. A universally accepted factor was used to enable the two methods to be compared. A small human reaction time is added to the hand times based on scientific studies. The 100m, 200m, and 4X100m relay, all add 0.24 sec. to the hand timed result for these lists. All other running events add 0.14 sec. This differs from the national high school federation practice of adding 0.24 sec. to all hand times. This was based on the practice of the program at the time FAT was becoming universal. Hand times are listed with the original times, as recorded, followed by a FAT adjusted equivalent.

English/Metric-track distances

The change from English track race distances to Metric distances took place officially from the 1980 season to 1981. For practical purposes the transition took longer with many meets still using the English distances as the tracks were still 440 yards, not yet changed to 400 meters. Most running events, 220y/200m, for example, were so close in respective distances that a mathematical factor was applied to make them directly comparable. Or at least as close as possible. This allowed the times to all be presented all in one all-time list. This includes 440y/400m, 880y/800m, Mile/1600m, 2 Mile/3200m, and both relays. All English distances are noted by 'Y' after the time. English distance times in these events are factored to their Metric equivalent by multiplying the time of the English distance by .9942, then rounding **up** to the next tenth of a second to achieve a FAT equivalent and by adding a reaction time factor when needed. For these events the Metric distance is slightly shorter than the English distance. The 100y is not close enough to its Metric cousin to have any reliable mathematics to make them comparable. The short sprint will have a Metric and an English all-time list.

Field Events-English measures

All high school field events continue to use feet and inch measures.

All-Time Events Lists

Current Events

[100 Meters](#)

[1600 Meters](#)

[4x100 Relay](#)

[Triple Jump](#)

[Discus](#)

Retired Events

[80 Yard LH](#)

[Javelin](#)

[200 Meters](#)

[3200 Meters](#)

[4x200 Relay](#)

[High Jump](#)

[Javelin](#)

[100 Yards](#)

[Hammer Throw](#)

[400 Meters](#)

[100 MeterHH](#)

[4x400 Relay](#)

[Pole Vault](#)

[100 Meter LH](#)

[800 Meters](#)

[300 Meter LH](#)

[Long Jump](#)

[Shot Put](#)

[Shot Put 8 lb.](#)

100 Meters

1980-Present

12.43	Hailey Weir	2023
12.50	Karlie Hurley	2015
12.73	Helen Hasbun	2009
12.74	Sophia Kono	2023
12.75	Jesse Guyer	2013
12.81	Scooby Reid	2023
12.82	Rachel Arnold	2023
12.83	Curstyn Williamson	2016
12.6h (12.84)	Madison Yakaboski	2006
12.7h (12.94) 10	Jessica Oliver	2005
13.01	Bailey Hall	2021
13.08	Kelsey Lamon	2002
13.08	Abigail Van Vleet	2019
12.9h (13.14)	Sarah Lavallee	1995
12.9h (13.14)	Heather Breitenbach	2000
13.17	Sophie Rockow	2010
13.0h (13.24)	Nicole Remish	2005
13.0h (13.24)	Katie Woolsey	2006
13.27	Kelli Christopherson	2015
13.1h (13.34)	Megan Morris	1996
13.1h (13.34)	Diane Keller	2006
13.37	Faith Wallace	2018
13.39	Lauren Rutherford	2014
13.39	Giovanna Hansen	2023
13.44 25	Ruth Groscost	2023
13.2h (13.44)	Nikita Carstens	1996/1997
13.2h (13.44)	Katie Woolsey	2008
13.2h (13.44)	Nikki Stanton	2009
13.2h (13.44)	Georgia Reynolds	2010
13.48	Sophia Hulet	2017
13.51	Claire Larsen	2010
13.53	Hannah Hasbun	2007
13.3h (13.54)	Sande Larson	1980
13.3h (13.54)	Amy Lee	1989
13.3h (13.54)	Jordan Tipton	2003
13.3h (13.54)	Mercedes Nwokeuku	2007
13.58	Sarah Creighton	2017
13.59	Kayla Mclain	2008

13.4h (13.64)	Lisa Rogers	1984
13.4h (13.64)	Kim Duvall	1984
13.4h (13.64)	Amy Breed	1990
13.4h (13.64)	Hannah Richmond	2013
13.70	Diana Hruska	2015
13.73	Grace Wallace	2016
13.5h (13.74)	Karen Shelton	1982
13.5h (13.74)	Stephanie Holt	1997
13.5h (13.74)	Kristen Berndt	2001
13.5h (13.74)	Monica Nelson	2004
13.5h (13.74)	Lauren Mather	2014
13.75 50	Jordan Liddiard	2022
13.78	Kiara Goodwin	2018
13.82	Lizzie Belceto	2017
13.6h (13.84)	Kristin Lavallee	1994
13.6h (13.84)	Jessie Marley	2003
13.91	Lily George	2022
13.7h (13.94)	Natalie Opsvig	2007
13.7h (13.94)	Abbey Bottemiller	2011
13.7h (13.94)	Johanna Cranford	2012
13.96	Hailey Blodgett	2023
13.99	Lauren Leslie	2023
14.02	Alex Huard	2019
13.8h (14.04)	Suzanne Davis	1987
13.8h (14.04)	Andura Porten	1989
13.8h (14.04)	Natalie Edwards	1994
13.8h (14.04)	Therese Duvall	2000
13.8h (14.04)	Lauren Snead	2007
13.8h (14.04)	Breanne Beckes	2010
13.8h (14.04)	Rachel Finnegan	2011
13.9h (14.14)	Dana Treadwell	1982
13.9h (14.14)	Kordula Duhn	1985
13.9h (14.14)	Jamie Douglas	1996
13.9h (14.14)	Kali Walker	2003
13.9h (14.14)	Stephanie Burk	2006
13.9h (14.14)	Kristen Kasel	2011
14.17 75	Josephine Dilger	2021
14.19	Aspen Sinnott	2023
14.21	Vivian Mueller	2019
14.24	Ayano Loucks	2019

14.0h (14.24)	Becky Sale	1984
14.0h (14.24)	Alice Ruppert	1989
14.0h (14.24)	Janina Pizzano	1994
14.0h (14.24)	Robyn Schirmer	2007
14.0h (14.24)	Annalise Sansburn	2009

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100 Meter High Hurdles

1985-present

14.28	Sarah Lavallee	1998
14.71	Diane Keller	2009
14.9h (15.14)	Pam Lovely	1997
15.79	Hannah Hasbun	2010
16.18	Melanie Edwards	1999
16.0h (16.24)	Kristen Berndt	2003
16.5h (16.74)	Amy Breed	1990
16.6h (16.84)	Kim Duvall	1985/1987
16.88	Jaida Warrick	2023
16.7h (16.94) ¹⁰	Summer Nash	2008
16.8h (17.04)	Emily Verbon	2000
17.07	Nadia Beattie	2010
17.17	Ashley Jackson	2013
17.21	Sarah Miller	2013
17.22	Rachel Arnold	2022
17.0h (17.24)	Deanna Chris	1993
17.0h (17.24)	Danielle Blue	1995
17.4h (17.64)	Jenny Woods	1988
17.5h (17.74)	Amy Hyatt	2000
17.80	Olivia Henning	2017
17.6h (17.84)	Meaghan Dunklee	2005
17.6h (17.84)	Mackenzie Hutchison	2013
17.91	Claire Bailey	2023
17.7h (17.94)	Mariah Stevens	2007
17.7h (17.94) ²⁵	Lauren Snead	2008
17.7h (17.94)	Sydney Leonard	2012
18.22	Riley Buckmaster	2017
18.0h (18.24)	Tutti Blount	1993
18.0h (18.24)	Amy Hyatt	1998
18.2h (18.44)	Shannon Acker	2010
18.3h (18.54)	Rachelle Carmen	1991
18.4h (18.64)	Karen Hinrichs	1986
18.4h (18.64)	Christine Herrera	1990/1991
18.65	Jessica Oliver	2005
18.7h (18.94)	Natalie Edwards	1994
19.03	Sophia Smith	2018
18.8h (19.04)	Kordula Duhn	1985
19.08	Morgan Pettersson	2019

19.13	Hannah Christensen	2018
19.2h (19.44)	Karen Heppert	1988
19.2h (19.44)	C Lambrecht	1997
19.4h (19.64)	Krisi Lund	2004
19.4h (19.64)	Corina Linder	2007
19.73	Riley Wilkins	2019
19.6h (19.84)	Michelle Higgins	1990
19.7h (19.94)	Dena Drake	1994
20.03	Jesse Guyer	2011
19.8h (20.04)	Amy Lee	1988
20.06	Claire Schilperoort	2016
20.11 50	Lexi Winter	2015
19.9h (20.14)	Lisa Rogers	1985
19.9h (20.14)	Karrisa Kinne	1991
19.9h (20.14)	Amy Keogh	2002
19.9h (20.14)	Kristen Walker	2006
20.36	Aubrey Walker	2023
20.48	Chloe Cosgrove	2015
20.49	Olivia Hebert	2019
20.53	Maya Hewitt	2023
20.54	Faith Callies	2014
20.3h (20.54)	Crystal Henry	1999/2000
20.3h (20.54)	Monica Nelson	2004
20.62	Sarah Pickering	2018
20.4h (20.64)	Collette Roddewig	1985
20.4h (20.64)	Tawny Allison	1996
20.6h (20.84)	Toni Ottopal	1988
20.7h (20.94)	DJ Service	1996
20.8h (21.04)	Lena Brock	1988
20.8h (21.04)	Avery	1993
21.1h (21.34)	Erica McCurdy	1992
21.41	Caitlen Hearn	2017
21.4h (21.64)	Karin Brevick	2002
21.5h (21.74) 72	Courtney Schuller	1999

200 Meters/220 Yards (Y) (201.17 meters)

25.03	Hailey Weir	2023
25.38	Karlie Hurley	2015
25.72	Helen Hasbun	2009
25.94	Sophia Kono	2023
26.13	Giovanna Hansen	2023
23.34	Rachel Arnold	2023
26.35	Hannah Hasbun	2010
26.38	Bailey Hall	2023
26.52	Nicole Remish	2005
26.57 ¹⁰	Curstyn Williamson	2016
26.5h Y (26.64)	Becky McLemore	1979
26.72	Kayla McLain	2008
26.5h (26.74)	Heather Breitenbach	1998
26.88	Katie Woolsey	2008
27.16	Sophie Rockow	2010
27.0h (27.24)	Kelsey Lamon	2002
27.33	Nikki Stanton	2009
27.1h (27.34)	Sande Larson	1981
27.38	Bailey Scott	2014
27.38	Kelli Christopherson	2015
27.43	Jesse Guyer	2014
27.49	Lauren Rutherford	2014
27.3h (27.54)	Sarah Lavallee	1995
27.3h (27.54)	Nikki Hover	1997/1998
27.3h (27.54) ²⁵	Ashley Wiegardt	2001
27.3h (27.54)	Natalie Opsvig	2010
27.3h (27.54)	Georgia Reynolds	2010
27.58	Abigail Van Vleet	2019
27.60	Faith Wallace	2019
27.71	Sarah Creighton	2017
27.6h Y (27.74)	Linda Perryman	1979
27.8h Y (27.94)	Nancy Burnham	1975
27.98	Ruth Groscost	2021
27.8h (28.04)	Lisa Rogers	1984
27.8h (28.04)	Nikita Carstens	1996
27.8h (28.04)	Stephanie Burk	2006
28.05	Scooby Reid	2022
28.13	Lizzie Belceto	2017
28.14	Diana Hruska	2015

27.9h (28.14)	Amy Lee	1990
27.9h (28.14)	Johanna Cranford	2012
27.9h (28.14)	Hannah Richmond	2013
28.2h Y (28.34)	Holly Shelton	1977
28.2h Y (28.34)	Kary White	1978
28.1h (28.34)	Jessica Oliver	2005
28.1h (28.34)	Kayla McLain	2007
28.2h (28.44)	Amy Breed	1990
28.46	Jordan Liddiard	2023
28.51	Taylor Robbins	2009
28.3h (28.54) 50	Breanne Beckes	2010
28.61	Lauren Gappa	2015
28.64	Kiara Goodwin	2018
28.64	Alex Huard	2019
28.5h Y (28.64)	Lisa Hurn	1976/1977
28.5h Y (28.64)	Bobbie Crawford	1977
28.5h Y (28.64)	Polly Barker	1977
28.4h (28.64)	Kelly Fletcher	2002
28.69	Sydney Dore	2011
28.6h Y (28.74)	Michelle Bauman	1974
28.5h (28.74)	Suzanne Davis	1987
28.5h (28.74)	Laura Fletcher	1998
28.81	Sophia Hulet	2017
28.84	Drew Butler	2015
28.6h (28.84)	Kristin Lavallee	1993
28.8h Y (28.94)	Terry Evans	1973
28.7h (28.94)	Shelly Lenz	1984
28.7h (28.94)	Pam Lovely	1994
28.7h (28.94)	Danielle Blue	1996
28.8h (29.04)	Karen Shelton	1982
28.8h (29.04)	Symone Shaw	2005
28.8h (29.04)	Abbey Bottemiller	2011
28.8h (29.04)	Lauren Mather	2015
29.05	Olivia Hebert	2019
28.9h (29.14)	Dana Treadwell	1982
28.9h (29.14) 75	Jordan Tipton	2004
28.9h (29.14)	Claire Larsen	2010
28.9h (29.14)	Pauline Kaczmarek	2013
29.0h (29.24)	Kali Walker	2003
29.26	Paris Price	2023

300 Meters/330 Yards (Y) (301.75 meters) Low Hurdles

1980 to Present

43.22	Sarah Lavallee	1998
45.15	Hannah Hasbun	2010
46.18	Jessica Oliver	2005
46.25	Melanie Edwards	1999
46.36	Mackenzie Hutchison	2014
46.38	Ashley Jackson	2013
46.6h (46.74)	Amy Breed	1990
46.9h (47.04)	Shelly Lenz	1984
47.4h (47.54)	Kim Duvall	1987
47.57 10	Diane Keller	2009
47.9h (48.04)	Kristen Berndt	2004
48.3h (48.44)	Pam Lovely	1994
48.6h (48.74)	Danielle Blue	1995
14. 48.83	Sydney Leonard	2012
49.0h (49.14)	Heather Breitenbach	2000
49.3h (49.44)	Susan Engstrom	1991
49.86	Maya Hewitt	2023
49.8h (49.94)	Meaghan Dunklee	2004
50.68	Lexi Winter	2018
50.7h (50.84)	Melinda Dujmovic	1988
50.8h (50.94)	Moselle Horiuchi	1982
50.9h (51.04)	Jenny Woods	1989
50.9h (51.04)	Krisi Lund	2004
51.0h (51.14)	Christine Herrera	1990
51.31 25	Lauren Snead	2008
51.2h (51.34)	Karen Shelton	1981/1982
51.3h (51.44)	Christine Lambrecht	1997
51.56	Olivia Hebert	2019
51.6h (51.74)	Natalie Edwards	1994
51.86	Mariah Stevens	2007
51.91	Sarah Miller	2016
51.9h (52.04)	Tutti Blount	1993
52.32	Olivia Henning	2017
52.3h (52.44)	Kordula Duhn	1985
52.4h (52.54)	Shannon Acker	2010
52.4h (52.54)	Kendall Maddux	2010
52.96	Riley Buckmaster	2017
53.5h (53.64)	Rachelle Carmen	1991

54.14	Bailey Hall	2021
54.33	Olivia Herbert	2021
54.2h (54.34)	Emily Verbon	1999
54.3h (54.44)	M Denune	1984
54.3h (54.44)	Stephanie Burk	2007
54.73	Riley Wilkins	2019
54.7h (54.84)	Amy Hyatt	1998
54.8h (54.94)	Lisa Ackerman	1982
55.04	Chloe Cosgrove	2015
55.6h Y (55.44)	Kelly Willig	1980
55.4h (55.54)	Tove Garhart	2004
55.72 50	Morgan Pettersson	2019
55.8h (55.94)	Karin Brevick	2002
56.25	Sophia Smith	2018
56.28	Claire Bailey	2022
56.6 Y (56.44)	Mary McDaniel	1982
56.4h (56.54)	Melissa Lems	1981
56.5h (56.64)	Crystal Henry	2000
57.2h (57.34)	Jennifer Erwin	1984
57.37	Sarah Pickering	2018
57.7h (57.84)	Lena Brock	1988
57.7h (57.84)	Amy Keogh	2002
60. 58.14c	DJ Service	1996
58.3h (58.44)	Kristen Walker	2006
58.4h (58.54)	C Tolleth	1984
59.1h (59.24) 64	Ginger Roughton	1998

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400 Meters/440 Yards (Y) (402.34 meters)

55.80	Hailey Weir	2023
59.08 Y (58.74)	Becky McLemore	1978
59.02	Karlie Hurley	2015
59.43	Giovanna Hansen	2023
59.95	Katie Woolsey	2008
1:00.17	Nicole Remish	2005
1:00.49	Emily Rodriguez	2023
1:00.79	Sarah Creighton	2017
1:00.85	Mackenzie Hutchison	2014
1:00.92 ¹⁰	Bailey Scott	2014
1:01.5h Y 1:01.34)	Dawn Graham	1978
1:01.2h (1:01.34)	Heather Breitenbach	1999
1:01.7h (1:01.84)	Madison Yakaboski	2006
1:01.9h (1:02.04)	Lindsay Kirby	2009
1:02.10	Lindsey Sydnor	2014
1:02.39	Lauren Gappa	2016
1:02.43	Eliza McDonald	2022
1:02.59	Faith Wallace	2019
1:02.86	Alex Huard	2019
1:03.03	Jesse Guyer	2014
1:02.9h (1:03.04)	Suzanne Davis	1987
1:02.9h (1:03.04)	Ashley Wiegardt	2001
1:03.09	Melissa Hruska	2015
1:03.11	Taylor Robbins	2009
1:03.2h (1:03.34) ²⁵	Pam Lovely	1997
1:03.56	Curstyn Williamson	2016
1:03.74	Kelly Fletcher	2003
1:03.9h (1:04.04)	Laura Fletcher	1999
1:04.0h (1:04.14)	Amy Breed	1990
1:04.0h (1:04.14)	Megan Past	2009
1:04.4h (1:04.24)	Holly Shelton	1977
1:04.1h (1:04.24)	Abbey Bottemiller	2012
1:04.4h Y (1:04.44)	Linda Perryman	1977
1:04.3h (1:04.44)	Amy Lee	1988/1990
1:04.3h (1:04.44)	Jamie Douglas	1995
1:04.64	Sarah Panciroli	2015
1:04.8h Y 1:04.64)	Lisa Woodcock	1976
1:04.5h (1:04.64)	Danielle Blue	1997
1:04.5h (1:04.64)	Marley Robbins	2007

1:04.5h (1:04.64)	Madeleine Hutchinson	2012
1:04.5h (1:04.64)	Christina Volken	2012
1:04.9h (1:05.04)	Claire Larsen	2010
1:05.34	Jordan Liddiard	2023
1:05.7h (1:05.84)	Monica Dujmovic	1981
1:05.7h (1:05.84)	Melissa Lems	1981
1:05.7h (1:05.84)	Ashley Jackson	2010
1:05.8h (1:05.94)	Sande Larson	1981
1:06.02	Bailey Hall	2023
1:06.14	Maybel From	2018
1:06.17 50	Hailey Cossey	2022
1:06.1h (1:06.24)	Shelly Lenz	1984
1:06.1h (1:06.24)	Debbie Farr	1987
1:06.28	Diana Hruska	2016
1:06.48	Hannah Richmond	2013
1:06.4h (1:06.54)	Kali Roestel	2003
1:06.6h (1:06.74)	Nikita Carstens	1996
1:06.8h (1:06.94)	Heather Barcus	1991
1:07.0h (1:07.14)	Amy Hatcher	1992
1:07.0h (1:07.14)	Sally Miller	2009
1:07.17	Madelyn Esteb	2011
1:07.1h (1:07.24)	Melinda Dujmovic	1988
1:07.1h (1:07.24)	Collette Hatch	2004
1:07.1h (1:07.24)	Dannah Parsons	2008
1:07.2h (1:07.34)	Shannon Earl	1987
1:07.37	Natalie Opsvig	2010
1:07.50	Kennedi Norris	2011
1:07.53	Chloe Cosgrove	2015
1:07.4h (1:07.54)	Jonna Knecht	1997
1:07.78	Kelli Christopherson	2016
1:08.05	Lorelai Justice	2023
1:08.0h (1:08.14)	Josephine Nelson	1986
1:08.0h (1:08.14)	Christine Herrera	1990
1:08.3h (1:08.44)	Jennifer Erwin	1984
1:08.9h Y 1:08.64)	Nancy Burnham	1973
1:08.65 75	Lily Colvin	2018
1:08.6h (1:08.74)	Jessica Hanna	2002
1:08.7h (1:08.84)	Breanne Beckes	2010
1:08.9h (1:09.04)	Heather Hudson	1990
1:08.9h (1:09.04)	Alice Ruppert	1991

800 Meters/880 Yards (Y) (804.67 meters)

2:15.88	Lindsey Sydnor	2015
2:17.22	Melissa Hruska	2015
2:19.23	Hannah Waskom	2015
2:21.26	Madeleine Hutchison	2014
2:23.13	Mackenzie Hutchison	2015
2:23.72	Hailey Cossey	2023
2:23.6h (2:23.74)	Megan Past	2009
2:24.18	Christina Volken	2011
2:25.35	Addie Craig	2021
2:25.32 ¹⁰	Sarah Creighton	2017
2:26.17	Lily Colvin	2018
2:26.5h (2:26.64)	Chloe Cosgrove	2017
2:27.87	Ravenna Vaden	2022
2:29.0h Y (2:28.34)	Cathy Scott	1980
2:28.5h (2:28.64)	Melinda Dujmovic	1986
2:29.0h (2:29.14)	Monica Dujmovic	1981
2:29.56	Lexi Winter	2017
2:29.75	Ellie Bruce	2015
2:29.8h (2:29.94)	Dannah Parsons	2008
2:29.99	Abbey Bottemiller	2012
2:29.9h (2:30.04)	Jessica Hanna	2002
2:30.8h (2:30.94)	Heidi Evetts	1982
2:31.1h (2:31.24)	Alex Rudd	2007
2:31.1h (2:31.24)	Lindsay Kirby	2011
2:32.4h Y (2:31.74) ²⁵	Jude Marion	1977
2:31.6h (2:31.74)	Bailey Scott	2011
2:32.76	Chloe Hammer	2022
2:33.7h (2:33.84)	Jessica Scalzo	2001
2:32.86	Emily Rodriguez	2023
2:34.4h (2:34.54)	Gillian Nedblake	2018
2:34.8h (2:34.94)	Jen Peck	1991
2:35.2h (2:35.34)	Wendy Holstine	1990
2:35.43	Megan King	2022
2:35.3h (2:35.44)	Maybel From	2018
2:36.3h Y (2:35.54)	Wendy Baker	1979
2:35.4h (2:35.54)	Kelly Besmer	2007
36. 2:35.74c	Jessareh Helm	2007
37. 2:36.14c	Mandy Borschowa	1995
3:36.3h (2:36.44)	Vanessa Scalzo	2004

2:38.0h Y (2:37.24)	Tresa Ruwalt	1974
2:37.3h (2:37.44)	Ellie Allen	2005
2:39.0h Y (2:38.24)	Robin Ackerman	1973
2:39.0h Y (2:38.24)	Jan Brickey	1973
2:38.1h (2:38.24)	Julene McDonald	2017
2:38.84	Amy Jenkins	2019
2:38.85	Grace Lansberry	2021
2:39.3h (2:39.44)	Jessie Raisio	1998
2:39.5h (2:39.64)	Kelly Larabee	1988
2:39.5h (2:39.64)	Angie Tuttle	1995
2:39.5h (2:39.64) 50	Rena Herndon	1996
2:39.88	Jordan Liddiard	2023
2:39.8h (2:39.94)	Karen Boers	1995
2:39.9h (2:40.04)	Emily Webb	2017
2:40.4h (2:40.54)	Shila Hodgins	2007
2:40.60	Ariane Barr	2005
2:40.6h (2:40.74)	Collette Hatch	2003
2:40.8h (2:40.94)	Julie Dahl	1992
2:42.0h Y (2:41.24)	Melissa Lems	1980
2:42.5h Y (2:41.74)	Sue Sherwood	1977
2:42.2h (2:42.34)	Mariah Stevens	2006
2:42.5h (2:42.64)	Jessica Gessner	1990
2:42.6h (2:42.74)	Lisa Toyne	1989
2:42.86	Zoe Hendricks	2023
2:43.0h (2:43.14)	Michelle Hako	1981
2:43.1h (2:43.24)	Mellisa Warren	2002
2:43.1h (2:43.24)	Kayla Thompson	2006
2:44.1h (2:44.24)	Katie Hogan	2008
2:43.3h (2:43.44)	Sally Miller	2009
2:45.4h Y (2:44.64)	Lisa Agpawa	1977
2:44.9h (2:45.04)	Susan Engstrom	1989
2:45.0h (2:45.14)	Robin Guettler	1995
2:46.25	Malia Bridgeman	2023
2:46.2h (2:46.34)	Catrina Shuck	1988
2:47.2h Y (2:46.44)	Teri Carmichael	1976
2:46.8h (2:46.94) 75	Tina Poepping	1990
2:47.0h (2:47.14)	Kristin Caldwell	1992
2:47.0h (2:47.14)	Beth Ristic	1993
2:47.2h (2:47.34)	Jennifer Davis	2005
2:47.9h (2:48.04)	Angelina Belcito	2012

2:48.0h (2:48.14) 80

Jeunai Hampton

1995/1996

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1600 Meters/Mile (Y) (1609.35 meters)

4:58.39	Hannah Waskom	2017
5:01.07	Lindsey Sydnor	2015
5:03.56	Hailey Cossey	2023
5:05.67	Melissa Hruska	2016
5:13.05	Chloe Cosgrove	2017
5:15.04	Madeleine Hutchison	2014

Faster Mile 5:15.40 Y (5:13.58)

5:17.86	Jessica Scalzo	2001
5:20.78	Aleeya Cossey	2023
5:20.86	Bailey Scott	2011
5:22.1h (5:22.24) ¹⁰	Ellie Allen	2005
5:22.52	Alex Rudd	2007
5:25.35	Addie Craig	2021
5:28.47	Julene McDonald	2016
5:29.38	Ellie Bruce	2017
5:29.97	Ravenna Vaden	2021
5:30.23	Makaylee Jensen	2021
5:30.8h (5:30.94)	Jessie Raisio	1998
5:31.8h (5:31.94)	Heidi Evetts	1982
5:33.8h (5:33.94)	Meagan Past	2008
5:34.0h (5:34.14)	Kristin Caldwell	1992
5:34.16	Mackenzie Saunders	2019
5:35.7h (5:35.84)	Jessareh Helm	2007
5:37.6h (5:37.74)	Sheena Kern	1999
5:39.0h (5:39.14)	Julie Person	1997
5:39.23 ²⁵	Brooke McBride	2023
5:39.83	Maybel From	2018
5:40.42	Lexi Winter	2017
5:41.7h (5:41.84)	Katie Hogan	2007
5:42.6h (5:42.74)	Christina Volken	2010

Faster Mile 5:42.70 Y (5:40.72)

5:44.9h Y (5:43.04)	Jude Marion	1975
5:43.68	Chloe Hammer	2021
5:43.30	Megan King	2022
5:43.91	Delaney Hollis	2014
5:44.82	Addie Kaess	2019
5:44.94	Abbey Bottemiller	2012
5:45.07	Quinn Van Buren	2017
5:45.13	Grace Lansberry	2021

5:47.4h Y (5:45.54)	Wendy Baker	1978
5:45.6h (5:45.74)	Jen Peck	1991
5:46.4h (5:46.54)	Wendy Holstine	1990
5:48.12	Zoe Hendricks	2023
5:48.6h (5:48.74)	Cathy Scott	1981
5:48.6h (5:48.74)	Kelly Besmer	2007
5:49.00	Lily Colvin	2018
5:49.69	Gillian Nedblake	2018
5:51.53	Angelina Belcito	2012
5:51.7h (5:51.84)	Kendall Maddux	2010
5:51.95	Rosamarie Bateman	2019
5:52.9h (5:53.04)	Katie Childs	2000
5:53.2h (5:53.34) 50	Sally Miller	2009
Faster Mile 5:54.80 Y (5:52.75)		
5:56.9h (5:57.04)	Dannah Parsons	2008
5:57.72	Emily Webb	2017
5:57.7h (5:57.84)	Shila Hodgins	2007
5:58.1h (5:58.24)	Jennifer Davis	2005
5:58.9h (5:59.04)	Wendy Hecker	2007
5:59.21	Ella Thompson	2012
5:59.5h (5:59.64)	Susan Engstrom	1989
6:00.15	Macy Crosby	2017
6:00.1h (6:00.24)	Jessica Hanna	2000
6:01.48	Molly Cooney	2023
6:03.9h (6:04.04)	Collette Hatch	2004
6:05.3h (6:05.44)	Erin Dunklee	2003
6:05.4h (6:05.54)	Kayla Thompson	2006
6:08.0h Y (6:06.04)	Jan Brickey	1973
6:05.9h (6:06.04)	Jasmine Carver	2004
6:06.31	Dora Huestis	2019
6:06.3h (6:06.44)	Hillary Burk	2007
6:06.4h (6:06.54)	Brooke Moorhead	2008
6:02.60	Hailey Hammer	2017
6:06.6h (6:06.74)	Ariane Barr	2006
6:07.20	Amy Jenkins	2019
6:07.2h (6:07.34)	Stef Stevens	2015
6:07.93	Natalie McDonnell	2023
6:10.0h (6:10.14)	Beth Ristic	1993
6:12.2h (6:12.34) 75	Angela Hontas	2009
6:14.9h Y (6:12.94)	Sue Felix	1980

6:13.0h (6:13.14)	Alex Eanes	1986
6:14.0h (6:14.14)	Cynthia Jordan	1991
6:14.0h (6:14.14)	Rena Herndon	1996
6:15.91 80	Eliza Betz	2018

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3200 Meters/Two Mile (Y) (3218.69 meters)

1977 to present

10:46.64	Hannah Waskom	2017
10:58.14	Melissa Hruska	2016
11:02.43	Hailey Cossey	2023
11:07.51	Lindsey Sydnor	2015
11:11.25	Madeleine Hutchison	2014
11:22.43	Chloe Cosgrove	2017
11:25.41	Alex Rudd	2007
11:27.18	Jessica Scalzo	2001
11:41.56	Julene McDonald	2016
11:42.8h (11:42.94) ¹⁰	Jessie Raisio	1998
11:50.4h (11:50.54)	Ellie Allen	2005
11:56.0h (11:56.14)	Sheena Kern	2001
11:57.34	Ellie Bruce	2017
11:57.35	Bailey Scott	2012
12:02.3h Y (11:58.34)	Cathy Scott	1980
12:01.76	Kendall Maddux	2009
12:03.48	Kelly Besmer	2007
12:04.27	Mackenzie Saunders	2019
12:05.25	Rosemarie Bateman	2019
12:13.0h (12:13.14)	Kristen Caldwell	1992
12:16.64	Brooke McBride	2023
12:22.72	Delaney Hollis	2014
12:23.0h (12:23.14)	Julie Person	1997
12:28.39	Ravenna Vaden	2019
12:29.23 ²⁵	Maybel From	2018
12:30.47	Addie Kaess	2019
12:31.59	Katie Hogan	2006
12:38.2h (12:38.34)	Katie Childs	2000
12:42.76	Addie Craig	2021
12:44.49	Angelina Belcito	2012
12:45.49	Gillian Nedblake	2018
12:45.9h (12:46.04)	Megan Past	2007
12:48.33	Quinn Van Buren	2018
12:49.8h (12:49.94)	Christina Volken	2010
12:50.79	Lexi Winter	2016
12:58.45	Ava Rodriguez	2021
12:59.31	Kiele Calhoun	2022
13:02.58	Ella Thompson	2012

13:10.6h Y (13:06.24)	Wendy Baker	1977
13:07.4h (13:07.54)	Jessareh Helm	2009
13:12.2h (13:12.34)	Jasmine Carver	2003
13:13.15	Annie Shaw	2012
13:14.11	Hailey Hammer	2017
13:15.42	Dora Huestis	2019
13:20.0h Y (13:15.54)	Kathy Boyle	1980
13:17.04	Lily Colvin	2018
13:17.46	Kylie Steskal	2014
13:18.0h (13:18.14)	Alison Eanes	1986
13:18.6h (13:18.74)	Devan Paulus	2004
13:18.83 50	Zoe Hendricks	2023
13:19.1h (13:19.24)	Wendy Hecker	2009
13:20.00	Grace Lansberry	2019
13:31.0h Y (13:26.44)	Kim Enlow	1978
13:34.0h (13:34.14)	Amy Breed	1992
13:35.5h (13:35.64)	Hillary Burk	2007
13:42.94	Emily Webb	2016
13:43.0h (13:43.14)	J Thoreson	1997
13:43.0h (13:43.14)	Alahna Mulligan	1997
13:44.8h (13:44.94)	Shannon Kelly	2002
13:51.0h (13:51.14)	Karen Boers	1994
13:52.1h (13:52.24)	Kayla Thompson	2006
13:52.96	Emily Hendrickson	2019
13:53.0h (13:53.14)	Catrina Shuck	1988
13:58.0h Y (13:53.34)	Monica Stensland	1978
13:52.8h (13:52.94)	Brooke Moorhead	2007
13:56.6h (13:56.74)	Julie Censulo	2008
13:58.45	Kinsey Steskal	2016
13:58.6h (13:58.74)	Ashley Davis	1995
14:00.0h (14:00.14)	Cynthia Jordan	1991
14:00.9h (14:01.04)	Ariane Barr	2004
14:06.0h (14:06.14)	Jessica Gessner	1991
14:07.5h (14:07.64)	Erin Dunklee	2003
14:17.5h (14:17.64)	Lillian Lazenby	2000
14:21.8h (14:21.94)	Angela Hontas	2009
14:23.7h (14:23.84) 75	Elisabeth Johnson	2013
14:27.1h (14:27.24)	Jennifer Davis	2005
14:31.0h (14:31.14)	Jill Peach	1988
14:31.0h (14:31.14)	Susan Engstrom	1989

14:36.7h (14:36.84) Mary McDaniel
14:39.0h (14:39.14) 80 Jennifer Rene

1982
1987

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4 x 100 Meter Relay/440 Yard (4x100.59 meters) Relay

49.16	Sophia Kono, Scooby Reid, Giovanna Hansen, Hailey Weir	2023
49.31	Diane Keller, Helen Hasbun, Hannah Hasbun, Nikki Stanton	2009
49.46	Bailey Hall, Scooby Reid, Giovanna Hansen, Sophia Kono	2023
49.80	Madison Yakaboski, Jessica Oliver, Nicole Remish, Symone Shaw	2006
50.02	Georgia Reynolds, Natalie Opsvig Sophie Rockow, Hannah Hasbun	2010
50.07	Kristen Berndt, Jordan Tipton, Monica Nelson, Nicole Remish	2004
50.07	Diane Keller, Jessica Oliver, Nicole Remish, Symone Shaw	2006
50.15	Jessica Oliver, Symone Shaw Kali Roestel, Nicole Remish,	2005
50.24	Diane Keller, Nikki Stanton Hannah Hasbun, Helen Hasbun	2009
50.40 10	Bailey Hall, Scooby Reid, Giovanna Hansen, Ruth Groscost	2023
50.42	Bailey Hall, Ruth Groscost, Giovanna Hansen, Hailey Weir	2023
50.51	Katie Woolsey, Helen Hasbun, Symone Shaw, Hannah Hasbun	2007
50.52	Kayla Mclain, Helen Hasbun, Symone Shaw, Katie Woolsey	2008
50.63	Kelli Christopherson, Diana Hruska, Lauren Rutherford, Curstyn Williamson	2016
50.72	Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir	2023
50.83	Bailey Hall, Rachel Arnold, Sophia Kono, Hailey Weir	2023
50.84	Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir	2022
50.7h (50.94)	Natalie Opsvig, Claire Larsen, Sophie Rockow, Hannah Hasbun	2010
50.99	<i>No Participants Listed</i>	2016

51.00	Paris Price, Scooby Reid, Ruth Groscost, Hailey Weir	2023
51.10	Bailey Hall, Scooby Reid, Sophia Kono, Rachel Arnold	2023
51.15	Rachel Arnold, Bailey Hall, Paris Price, Hailey Weir	2023
51.49	Sophia Kono, Scooby Reid, Ruth Groscost, Rachel Arnold	2023
51.62	Abbey Bottemiller, Sophie Rockow, Jesse Guyer, Kristen Kasel	2011
51.65 ²⁵	Lizzie Belceto, Kiara Goodwin, Faith Wallace, Sophia Hulet	2018
51.72	Kelli Christopherson, Diana Hruska, Lauren Rutherford, Sarah Panciroli	2015
51.5h (51.74)	Jessica Oliver, Nicole Remish, Katie Woolsey, Diane Keller	2006
51.6h (51.84)	Diane Keller, Sophie Rockow, Hannah Hasbun, Helen Hasbun	2009
51.91	Sophia Kono, Ruth Groscost, Hailey Blodgett, Rachel Arnold	2023
51.95	Kiara Goodwin, Faith Wallace, Grace Wallace, Sophia Hulet	2018
52.01	Paris Price, Ruth Groscost, Sophia Kono, Rachel Arnold	2023
52.02	Kelli Christopherson, Lauren Rutherford, Grace Wallace, Curstyn Williamson	2016
52.03	Karlie Hurley, Jesse Guyer, Hannah Richmond, Sydney Leonard	2013
51.8h (52.04)	Sophie Rockow, Karlie Hurley, Jesse Guyer, Johanna Cranford	2012
52.07	Alex Huard, Abigail Van Vleet, Faith Wallace, Olivia Hebert	2019
52.08	Kelli Christopherson, Lauren Rutherford, Diana Hruska, Sydney Leonard	2014
52.09	Claire Larsen, Georgia Larsen, Sophie Rockow, Hannah Hasbun	2010
52.14	<i>No Participants Listed</i>	2016

51.9h (52.14)	Nikki Hover, Sarah Lavallee, Nikita Carstens, Stephanie Holt	1997
52.19	Sophie Rockow, Natalie Opsvig, Hannah Hasbun, Helen Hasbun	2009
52.21	Nikki Hover, Sarah Lavallee, Nikita Carstens, Megan Morris	1996
52.25	Sophie Rockow, Sally Miller, Jesse Guyer, Hannah Richmond	2012
52.26	Nikki Hover, Sarah Lavallee, Jonna Knecht, Heather Breitenbach	1998
52.31	Sophie Rockow, Karlie Hurley, Jesse Guyer, Hannah Richmond	2012
52.4h Y (52.34)	Nancy Burnham, Bobbie Crawford, Lisa Hurn, Chris Crittenden	1976
52.34	Kelli Christopherson, Diana Hruska, Avery Lane, Curstyn Williamson	2016
52.1h (52.34)	Shelly Lenz, Kim Duvall, Sarah Keller, Lisa Rogers	1984
52.1h (52.34)	Melanie Edwards, Laura Fletcher, Ashley Wiegardt, Heather Breitenbach	1999
52.1h (52.34)	Hannah Hasbun, Helen Hasbun, Symone Shaw, Kayla McLain	2007
52.36 50	Bailey Hall, Ruth Groscost, Sophia Kono, Rachel Arnold	2023
52.2h (52.44)	Nikki Hover, Sarah Lavallee, Kristin Lavallee, Natalie Edwards	1995
52.2h (52.44)	Hannah Hasbun, Helen Hasbun, Georgia Reynolds, Sophie Rockow	2010
52.52	Alex Huard, Abigail Van Vleet, Faith Wallace, Grace Wallace	2019
54.59	Abbey Bottemiller, Rachel Finnegan, Jesse Guyer, Sophie Rockow	2011
52.7h Y (52.64)	Bobbie Crawford, Holly Shelton, Polly Barker, Lisa Hurn	1977
52.4h (52.64)	Stephanie Burk, Diane Keller, Natalie Opsvig, Sophie Rockow	2009
52.65	Kelli Christopherson, Diana Hruska, Lauren Mather, Abby Weber	2015
52.66	Bailey Hall, Claire Bailey Ruth Groscost, Scooby Reid	2021

52.8h Y (52.74)	Polly Barker, Linda Perryman, Dawn Graham, Holly Shelton	1977
52.5h (52.74)	Breanne Beckes, Claire Larsen Sophie Rockow, Hannah Hasbun	2010
52.75	Lauren Gappa, Diana Hruska Lauren Mather, Lauren Rutherford	2015
52.79	Bailey Hall, Scooby Reid, Giovanna Hansen, Lena Hillsberg	2022
52.80	Kelli Christopherson, Curstyn Williamson, Sarah Miller, Hannah Richmond	2013
52.9h Y (52.84)	Chris Crittenden, Lisa Hurn Robyn Clark, Holly Shelton	1977
52.86	Alex Huard, Abigail Van Vleet, Grace Wallace, Sophia Hulet	2019
52.96	Kelli Christopherson, Lauren Mather, Lauren Rutherford, Olivia Henning	2015
52.96	Lizzie Belceto, Sarah Creighton, Sophia Hulet, Chloe Stewart	2017
52.99	Kelli Christopherson, Diana Hruska, Lauren Gappa, Lauren Rutherford	2015
52.99	Kelli Christopherson, Diana Hruska, Grace Wallace, Curstyn Williamson	2016
52.8h (53.04)	Kristen Berndt, Nicole Remish, Jordan Tipton, Kali Roestel	2003
52.8h (53.04)	Sophie Rockow, Sally Miller, Karlie Hurley, Hannah Richmond	2012
53.11	Diana Hruska, Kelli Christopherson, Lauren Rutherford, Madysen Privatsky	2014
53.14	Karlie Hurley, Mackenzie Hutchison, Sydney Leonard, Lauren Rutherford	2014
52.9h (53.14)	Katie Woolsey, Symone Shaw, Diane Keller, Natalie Opsvig	2007
53.21 <i>75</i>	Sophia Kono, Hailey Blodgett, Aspen Sinnott, Rachel Arnold	2023
53.23	Sophie Rockow, Karlie Hurley, Johanna Cranford, Velvet Weber	2012
53.30	Diana Hruska, Sarah Miller, Lauren Rutherford, Curstyn Williamson	2016
53.4h Y (53.34)	Linda Perryman, Kary White, Sande Larson, Becky McLemore	1979

53.4h Y (53.34)	Kary White, Linda Perryman, Robyn Clark, Becky McLemore	1978
53.1h (53.34)	Katie Woolsey, Monica Nelson, Natalie Opsvig, Symone Shaw	2007
53.1h (53.34) 81	Diana Hruska, Lauren Mather, Kelli Christopherson, Lauren Rutherford	2015

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4 x 200 Meter Relay/880 Yard (4x201.17 meters) Relay

1:42.77	Sophia Kono, Scooby Reid, Giovanna Hansen, Hailey Weir	2023
1:44.45	Bailey Hall, Scooby Reis, Sophia Kono, Giovanna Hansen,	2023
1:45.28	Helen Hasbun, Hannah Hasbun, Natalie Opsvig, Nikki Stanton	2009
1:45.34	Karlie Hurley, Mackenzie Hutchison, Bailey Scott, Jesse Guyer	2014
1:45.51	Karlie Hurley, Mackenzie Hutchinson, Hannah Richmond, Jesse Guyer	2013
1:45.77	Kayla Mclain, Natalie Opsvig Helen Hasbun, Katie Woolsey	2008
1:46.08	Lauren Rutherford, Mackenzie Hutchison, Karlie Hurley, Jesse Guyer	2014
1:46.09	Nikki Stanton, Natalie Opsvig, Helen Hasbun, Hannah Hasbun	2009
1:46.29	Nikki Stanton, Sophie Rockow, Helen Hasbun, Hannah Hasbun	2009
1:46.33 ¹⁰	Georgia Reynolds, Natalie Opsvig, Sophie Rockow, Hannah Hasbun	2010
1:46.34	Bailey Hall, Scooby Reis, Sophia Kono, Rachel Arnold	2023
1:46.1h (1:46.34)	Nikki Hover, Sarah Lavallee, Pam Lovely, Nikita Carstens	1997
1:46.54	Kelli Christopherson, Lauren Gappa, Lauren Rutherford, Curstyn Williamson	2016
1:46.4h (1:46.64)	Hannah Hasbun, Natalie Opsvig, Nikki Stanton, Sophie Rockow	2009
1:46.75	Bailey Hall, Rachel Arnold, Giovanna Hansen, Hailey Weir	2023
1:46.93	Bailey Hall, Ruth Groscost, Giovanna Hansen, Hailey Weir	2023
1:47.01	Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir	2022
1:47.02	Karlie Hurley, Kelli Christopherson, Lauren Rutherford, Mackenzie Hutchinson	2015
1:47.34	Karlie Hurley, Mackenzie Hutchison, Hannah Richmond, Jesse Guyer	2013

1:47.54	Kayla McLain, Helen Hasbun, Katie Woolsey, Hannah Hasbun	2007
1:47.3h (1:47.54)	Hannah Hasbun, Helen Hasbun, Natalie Opsvig, Sophie Rockow	2009
1:47.67	Karlie Hurley, Mackenzie Hutchison, Kelli Christopherson, Jesse Guyer	2014
1:47.7h (1:47.94)	Karlie Hurley, Lindsey Sydnor, Lauren Rutherford, Jesse Gu	2014
1:47.99	Bailey Hall, Rachel Arnold, Ruth Groscost, Giovanna Hansen	2023
1:48.06 ²⁵	Sophie Rockow, Sally Miller, Jesse Guyer, Karlie Hurley	2012
1:48.19	Karlie Hurley, Kelli Christopherson, Sarah Panciroli, Lauren Rutherford	2015
1:48.38	Jessica Oliver, Symone Shaw, Kali Roestel, Nicole Remish	2005
1:48.50	Bailey Hall, Rachel Arnold, Sophia Kono, Giovanna Hansen	2023
1:48.56	Nikki Hover, Sarah Lavalley, Pam Lovely, Megan Morris	1996
1:48.68	Nikki Hover, Nikita Carstens, Pam Lovely, Megan Morris	1996
1:48.5h (1:48.74)	Hannah Hasbun, Helen Hasbun, Ashley Jackson, Natalie Opsvig	2010
1:49.06	Georgia Reynolds, Natalie Opsvig, Sophie Rockow, Breanne Beckes	2010
1:49.11	Bailey Hall, Paris Price, Giovanna Hansen, Hailey Weir	2023
1:49.0h (1:49.24)	Breanne Beckes, Natalie Opsvig, Sophie Rockow, Hannah Hasbun	2010
1:49.28	Mackenzie Hutchison, Kelli Christopherson, Lauren Rutherford, Jesse Guyer	2014
1:49.2h (1:49.44)	Jessica Oliver, Katie Woolsey, Madison Yakaboski, Nicole Remish	2006
1:49.3h (1:49.54)	Hannah Hasbun, Helen Hasbun, Sophie Rockow, Natalie Opsvig	2010
1:49.87	Karlie Hurley, Abbey Bottemiller, Hannah Richmond, Jesse Guyer	2013
1:50.01	Karlie Hurley, Kelli Christopherson, Sarah Panciroli, Mackenzie Hutchison	2015

1:50.22	Lizzie Belceto, Kiara Goodwin, Faith Wallace, Sophia Hulet	2018
1:50.0h (1:50.24)	Lisa Rogers, Kim Duvall, Debbie Farr, Melinda Dujmovic	1986
1:50.28	Abbey Bottemiller, Sydney Dore, Sophie Rockow, Jesse Guyer	2011
1:50.52	Karlie Hurley, Mackenzie Hutchison, Diana Hruska, Lauren Rutherford	2015
1:50.72	Kelli Christopherson, Lauren Gappa, Diana Hruska, Sarah Panciroli	2016
1:51.1h Y (1:50.74)	Bobbie Crawford, Holly Shelton, Polly Barker, Lisa Hurn	1977
1:50.82	Diane Keller, Natalie Opsvig, Helen Hasbun, Kayla Mclain	2008
1:50.7h (1:50.94)	Nikki Hover, Sarah Lavallee, Kristin Lavallee, Danielle Blue	1995
1:50.97	Sarah Panciroli, Lauren Gappa, Abby Weber, Lauren Rutherford	2015
1:51.30	Kelli Christopherson, Lauren Gappa, Diana Hruska, Curstyn Williamson	2016
1:51.33 50	Lizzie Belceto, Sarah Creighton, Sophia Hulet, Chloe Stewart	2014
1:51.36	Sophie Rockow, Karlie Hurley, Madeleine Hutchison, Jesse Guyer	2012
1:51.2h (1:51.44)	Suzanne Davis, Melinda Dujmovic, Kim Duvall, Debbie Farr	1987
1:51.2h (1:51.44)	Nicole Remish, Jessica Oliver, Katie Woolsey, Stephanie Burk	2006
1:51.73	Sarah Creighton, Lauren Gappa, Sophia Hulet, Sarah Panciroli	2017
1:51.5h (1:51.74)	Mackenzie Hutchison, Jesse Guyer, Kelli Christopherson, Curstyn Williamson	2013
1:51.78	Karlie, Mackenzie Hutchison, Lauren Rutherford, Kelli Christopherson	2014
1:51.79	Kiara Goodwin, Faith Wallace, Sophia Smith, Lizzie Belceto	2018
1:51.90	<i>No Participants Listed</i>	2016
1:52.05	Abbey Bottemiller, Sophie Rockow, Sally Miller, Madeleine Hutchison	2012

1:52.5h Y (1:52.14)	Polly Barker, Linda Perryman, Dawn Graham, Holly Shelton	1977
1:51.9h (1:52.14)	Diane Keller, Kayla Mclain, Symone Shaw, Katie Woolsey	2008
1:52.0h (1:52.24)	Jessica Oliver, Nicole Remish, Katie Woolsey, Kali Roestel	2006
1:52.1h (1:52.34)	Sarah Creighton, Sarah Panciroli, Lizzie Belceto, Sophia Hulet	2017
1:52.3h (1:52.54)	Debbie Farr, Lisa Rogers, Kim Duvall, Kordula Duhn	1985
1:53.0h Y (1:52.64)	Bobbie Crawford, Polly Barker, Lisa Woodcock, Lisa Hurn	1976
1:52.66	Lauren Gappa, Sophia Hulet, Sarah Creighton, Sarah Panciroli	2017
1:52.6h (1:52.84)	Diana Hruska, Kelli Christopherson, Avery Lane, Curstyn Williamson	2016
1:52.87	Sophia Hulet, Hannah Christensen, Lizzie Belceto, Sarah Creighton	2017
1:52.7h (1:52.94)	Kristen Berndt, Monica Nelson, Krisi Lund, Nicole Remish	2004
1:53.0h (1:53.24)	Helen Hasbun, Natalie Opsvig, Symone Shaw, Kayla Mclain	2008
1:53.0h (1:53.24)	Abbey Bottemiller, Rachel Finnegan, Jesse Guyer, Sophie Rockow	2011
1:53.34	Lindsay Kirby, Natalie Opsvig, Taylor Robbins, Sophie Rockow	2009
1:53.47	Kelli Christopherson, Lauren Gappa, Diana Hruska, Lauren Rutherford	2016
1:53.3h (1:53.54)	Shelly Lenz, Kim Duvall, Debbie Farr, Lisa Rogers	1984
1:53.5h (1:53.74) 75	Hannah Hasbun, Natalie Opsvig, Stephanie Burk, Mariah Stevens	2007
1:53.7h (1:53.94)	Melanie Edwards, Ashley Wiegardt, Jonna Knecht, Heather Breitenbach	1999
1:53.7h (1:53.94)	Kristen Berndt, Nicole Remish, Jordan Tipton, Kali Roestel	2003
1:54.14	Hannah Hasbun, Helen Hasbun, Natalie Opsvig, Lauren Snead	2007
1:54.23	Lizzie Belceto, Sophia Hulet, Kiara Goodwin, Maybel From	2018

1:54.63 80

Sophia Smith, Kiara Goodwin, 2018
Grace Wallace, Faith Wallace

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4 x 400 Meter Relay/Mile (4x402.34 meters) Relay

3:57.08	Jesse Guyer, Karlie Hurley, Mackenzie Hutchison, Madeleine Hutchison	2014
3:59.09	Karlie Hurley, Mackenzie Hutchison, Bailey Scott, Jesse Guyer	2014
3:59.54	Rachel Arnold, Emily Rodriguez, Giovanna Hansen, Hailey Weir	2023
4:01.50	Nicole Remish, Madison Yakaboski, Katie Woolsey, Jessica Oliver	2006
4:09.92	Karlie Hurley, Mackenzie Hutchison, Melissa Hruska, Lindsey Sydnor	2015
4:04.27	Karlie Hurley, Mackenzie Hutchison, Lindsey Sydnor, Bailey Scott	2014
4:05.24	Mackenzie Hutchison, Lindsey Sydnor, Jesse Guyer, Bailey Scott	2014
4:05.52	Rachel Arnold, Emily Rodriguez, Ruth Groscost, Giovanna Hansen	2023
4:05.66	Karlie Hurley, Mackenzie Hutchison, Pauline Kaczmarek, Madeleine Hutchison	2013
4:06.41 ¹⁰	Abbey Bottemiller, Jesse Guyer, Karlie Hurley, Christina Volken	2012
4:07.27	Karlie Hurley, Mackenzie Hutchison, Pauline Kaczmarek, Jesse Guyer	2013
4:08.68	Sarah Lavallee, Ashley Wiegardt, Danielle Blue, Nikki Hover	1998
4:08.86	Danielle Blue, Nikita Carstens, Stephanie Holt, Pam Lovely	1997
4:09.69	Jesse Guyer, Madeleine Hutchison, Bailey Scott, Lindsey Sydnor	2014
4:11.97	Karlie Hurley, Mackenzie Hutchison, Melissa Hruska, Sarah Panciroli	2015
4:13.03	Rachel Arnold, Bailey Hall, Ruth Groscost, Giovanna Hansen	2023
4:13.2h (4:13.34)	Mackenzie Hutchison, Madeleine Hutchison, Jesse Guyer, Pauline Kaczmarek	2013
4:13.3h (4:13.44)	Taylor Robbins, Natalie Opsvig, Megan Past, Lindsay Kirby	2009
4:13.4h (4:13.54)	Mackenzie Hutchison, Madeleine Hutchison. Lindsey Sydnor, Bailey Scott	2014

4:13.9h (4:14.04)	Sarah Panciroli,	2015
	Mackenzie Hutchison, Lindsey Sydnor, Melissa Hruska,	
4:14.10	Lauren Gappa, Sarah Panciroli,	2015
	Mackenzie Hutchison, Karley Hurley	
4:14.19	Abbey Bottemiller, Christina Volken,	2011
	Lindsay Kirby, Madeleine Hutchinson	
4:15.6h (4:15.74)	Nicole Remish, Jessica Oliver,	2006
	Stephanie Burk, Madison Yakaboski	
4:15.6h (4:15.74)	Taylor Robbins, Megan Past,	2008
	Marley Robbins, Katie Woolsey	
4:16.11 25	Karlie Hurley, Abbey Bottemiller,	2013
	Hannah Richmond, Jesse Guyer	
4:16.26	Lindsay Kirby, Natalie Opsvig,	2010
	Sally Miller, Ashley Jackson	
4:17.11	Lauren Gappa, Sarah Panciroli,	2016
	Kelli Christopherson, Melissa Hruska	
4:17.18	Ravenna Vaden, Giovanna Hansen,	2022
	Eliza McDonald, Scooby Reid	
4:17.3h (4:17.44)	Danielle Blue, Nikita Carstens,	1996
	Pam Lovely, Jamie Douglas	
4:17.63	Karlie Hurley, Christina Volken,	2012
	Madeleine Hutchison, Jesse Guyer	
4:19.1h Y (4:17.74)	Wendy Baker, Lisa Helina,	1978
	Dawn Graham, Becky McLemore	
4:17.78	Chloe Cosgrove, Lauren Gappa,	2017
	Sarah Panciroli, Sarah Creighton	
4:18.24	Lindsay Kirby, Natalie Opsvig,	2010
	Ashley Jackson, Christina Volken	
4:18.25	Mackenzie Hutchison, Jesse Guyer,	2013
	Madeleine Hutchison, Hannah Richmond	
4:19.8h Y (4:18.44)	Linda Perryman, Sue Sherwood,	1977
	Holly Shelton, Dawn Graham	
4:18.48	Mackenzie Hutchison,	2013
	Abbey Bottemiller, Jesse Guyer, Hannah Richmond	
4:19.39	Karlie Hurley, Jesse Guyer,	2013
	Madeleine Hutchison, Mackenzie Hutchison	
4:19.45	Taylor Robbins, Megan Past,	2008
	Lauren Snead, Marley Robbins	
4:19.4h (4:19.54)	Katie Woolsey, Taylor Robbins,	2007
	Marley Robbins, Megan Past	

4:19.8h (4:19.94)	Sarah Lavallee, Danielle Blue, Karen Boers, Jamie Douglas	1995
4:20.43	Jesse Guyer, Mackenzie Hutchison Pauline Kaczmarek, Hannah Richmond	2013
4:21.0h (4:21.14)	<i>No Participants Listed</i>	2001
4:21.17	Giovanna Hansen, Eliza McDonald, Hailey Cossey, Bailey Hall	2022
4:21.24	<i>No Participants Listed</i>	2016
4:22.3h Y (4:20.94c)	Dawn Graham, Teri Carmichael, Lisa Hurn, Lisa Woodcock	1976
4:21.54c	Sophie Rockow, Sally Miller, Natalie Opsvig, Ashley Jackson	2010
4:21.84	Emily Rodriguez, Ella George, Maya Hewitt, Hailey Cossey	2023
4:21.95	Kelli Christopherson, Lauren Gappa, Sarah Panciroli, Curstyn Williamson	2016
4:21.96	Sarah Panciroli, Lexi Winter, Chloe Cosgrove, Hannah Waskom	2017
4:22.14 50	Bailey Hall, Hailey Weir, Eliza McDonald, Giovanna Hansen	2022
4:22.59	Mackenzie Hutchison, Madeleine Hutchison, Ellie Bruce, Bailey Scott	2014
4:22.68	Karlie Hurley, Madeleine Hutchison, Abbey Bottemiller, Mackenzie Hutchison	2013
4:22.6h (4:22.74)	Christina Volken, Natalie Opsvig, Lindsay Kirby, Sally Miller	2010
4:23.0h (4:23.14)	Marley Robbins, Taylor Robbins, Megan Past, Mariah Stevens	2007
4:23.76	Lauren Gappa, Diana Hruska, Melissa Hruska, Sarah Panciroli	2016
4:24.0h (4:24.14)	Pauline Kaczmarek, Madeleine Hutchison, Mackenzie Hutchison, Hannah Richmond	2013
4:24.1h (4:24.24)	<i>No Participants Listed</i>	1990
4:24.9h (4:25.04)	Mackenzie Hutchison, Chloe Cosgrove, Lauren Gappa, Lindsey Sydnor	2015

4:25.08	Hannah Waskom, Lindsey Sydnor, Melissa Hruska, Julene McDonald	2015
4:26.00	Abbey Bottemiller, Christina Volken, Karlie Hurley, Bailey Scott	2012
4:26.07	Lauren Gappa, Diana Hruska, Melissa Hruska, Sarah Panciroli	2016
4:26.99	Makaylee Jensen, Chloe Hammer, Scooby Reid, Hailey Weir	2021
4:27.1h (4:27.24)	<i>No Participants Listed</i>	2015
4:27.1h (4:27.24)	Abbey Bottemiller, Christina Volken, Sally Miller, Madeleine Hutchison	2012
4:29.0h Y (4:27.64)	Monica Dujmovic, Moselle Horiuchi, Sande Larson, Karen Shelton	1981
4:27.69	Ravenna Vaden, Addie Craig, Ava Rodriguez, Scooby Reid	2021
4:27.80	Karlie Hurley, Christina Volken, Madeleine Hutchison, Abbey Bottemiller	2012
4:27.4h (4:27.84)	Dannah Parsons, Megan Past, Taylor Robbins, Lindsay Kirby	2009
4:28.05	Kelli Christopherson, Chloe Cosgrove, Melissa Hruska, Lexi Winter	2016
4:29.5h Y (4:28.14)	Linda Perryman, Dawn Graham, Sue Sherwood, Jude Marion	1977
4:28.0h (4:28.14)	Melinda Dujmovic, Kim Duvall, Debbie Farr, Shannon Earl	1987
4:28.0h (4:28.14)	Heather Barcus, Julie Dahl, Amy Breed, Jen Peck	1991
4:28.75	Dannah Parsons, Megan Past, Marley Robbins, Taylor Robbins	2008
4:29.2h (4:29.34)	Laura Fletcher, Ashley Wiegardt, Sheena Kern, Heather Breitenbach	1999
4:30.0h Y (4:29.64) 75	Moselle Horiuchi, Heidi Evetts, Monica Dujmovic, Karen Shelton	1982
4:29.68	Lauren Gappa, Diana Hruska, Sarah Panciroli, Hannah Waskom	2016
4:31.1h Y (4:29.74)	Wendy Baker, Dawn Graham, Becky McLemore, Tresa Wilbur	1978
4:29.6h (4:29.74)	Ashley Jackson, Christina Volken, Lindsay Kirby, Madelyn Esteb	2011

4:30.8h (4:30.94)	Marley Robbins, Megan Past, Alex Rudd, Taylor Robbins	2008
4:30.8h (4:30.94) 80	Lauren Gappa, Diana Hruska, Sarah Panciroli, Lexi Winter	2016

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Discus

182' 0"	Mandy Borschowa	1998
140' 8"	Jordan McDaniels	1999
125' 3"	Caitlin Braun	2004
121' 11"	Catherine Drury	1987
120' 8"	Kali Barlow	2017
120' 1"	Piper Sherbon	2003
119' 4"	Renee Hughes	1982
119' 4"	Corina Linder	2010
118' 10"	Tanya Smart	2001
118' 0" 10	Stephanie Hill	1990
114' 8"	Ashley Van Oeveren	2002
113' 10"	Tephra Brune	2007
113' 9"	Abbigal Triou	2019
111' 1"	Andrea Suttle	2013
110' 8"	Sara Brevick	2015
108' 8"	Shannon Posey	2005
106' 11"	Sarah Keller	1985
106' 4"	Joanna Pleasants	2000
105' 6"	Cindi Shelton	1979
105' 3"	Tori Howell	2009
104' 11"	Summer Nash	2008
104' 9"	Alisha Larion	2008
104' 6"	Jenae Usselman	2017
103' 9"	Michelle Browsers	1986
103' 8" 25	Molly Meyers	2010
103' 7"	Rhonda Paulson	1981
103' 0"	Kristin Johnson	1989
103' 0"	Ashley Wright	2006
101' 4"	Angie Wilson	1990
100' 2"	Traci Riley	1977
100' 1"	Kelsey Tarp	2008
99' 11"	Shari Schneider	1987
98' 10"	Kristen Kasel	2013
97' 8"	Maggie Flaig	2000
92' 10"	Bethany Barrus	2005
92' 6"	Amber Smith	2002
92' 4"	Catherine Shea	1984
92' 1"	Clarice Chartier	2015
91' 9"	Kayla Grant	2005

91' 9"	Ariel Farnsworth	2006
91' 4.5"	Kristen Berndt	2004
91' 0"	Tresa Wilbur	1977
90' 8"	Erin Lanigan	1993
90' 5"	Heather Vanourek	2012
89' 11"	Angie Briskey	2000
89' 3"	Jamie Douglas	1998
88' 11"	Laura Haakenson	1999
87' 10"	Amy Marshall	1993
87' 7.25"	Amy Stauch	2003
87' 7" 50	Anna Wetmore	1990
87' 0"	Kim McGill	1986
86' 3"	Amy Whitney	2006
85' 11"	Velvet Weber	2013
85' 2"	Leslie Stevens	2011
83' 9"	Emily Ferree	2009
83' 4"	Cindy Noles	1973
83' 0"	Michelle Clapp	1997
82' 7"	Jane Livingston	2016
82' 5"	Suzanne Davis	1987
82' 5"	Marya Nash	2007
82' 4"	Leone Johnson	1976
82' 4"	Becky McLemore	1979
82' 3"	Marshawna Mortenson	1987
82' 2"	Annie Hiebert	2016
81' 11"	Debbie Dale	1982
81' 10"	Lauren Westerman	1998
81' 2"	Saffron Peters	1996
81' 0"	Robin Guettler	1993
80' 4"	Lesely Hudson	1994
80' 1"	Katelyn Walker	2006
80' 0"	Jodie Buchanan	1975
79' 8"	Elizabeth Larson	2015
79' 4"	Avery Hamby	2019
78' 10"	Jaida Warrick	2023
78' 3" 75	Jennifer Erwin	1984
77' 10"	Madison Bardsley	2011
77' 8"	Taylor Stewart	2014
76' 3.5"	Katie Fry	1976
76' 3"	Jessica Frederick	1991

76' 0" 80

Jen Peck

1990

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High Jump

5' 4"	Karlie Stewart	2019
5' 3"	Drew Butler	2015
5' 2"	Heather Breitenbach	1999
5' 2"	Piper Sherbon	2002
5' 2"	Summer Nash	2007
5' 2"	Stephanie Burk	2007/2008
5' 1"	Linda Perryman	1979
5' 1"	Shelbie Stevens	1991
5' 0"	Collette Roddewig	1984/1985
5' 0" 10	Kirstie Keller	2006
5' 0"	Diane Keller	2007
4' 10"	Doreen McNeely	1982
4' 10"	Nicole Shewell	1989
4' 10"	Tutti Blount	1993
4' 10"	Pam Lovely	1994
4' 10"	Danielle Blue	1997
4' 10"	Callen Gaston	2000
4' 10"	Maria Lynch	2000
4' 10"	Amy Keogh	2002
4' 10"	Wendy Hecker	2008/2009
4' 10"	Grace Wallace	2016
4' 10"	Olivia Ciabattari	2023
4' 8"	Traci Riley	1977/1978
4' 8"	Melinda Dujmovic	1985/1986/1987/1988
4' 8" 25	Kim Duvall	1987
4' 8"	Nicolle Cordall	1987/1988
4' 8"	Christine Herrera	1990/1991
4' 8"	Jen Trunkey	1992
4' 8"	Cari Smith	1999
4' 8"	Jonna Knecht	1999
4' 8"	Monica Nelson	2005
4' 8"	Lexi Swanson	2011
4' 8"	Bailey Scott	2014
4' 8"	Mackenzie Hutchison	2014
4' 8"	Amanda Antoch	2016
4' 6"	Dawn Graham	1976/1977/1978
4' 6"	Lisa Helina	1978/1979
4' 6"	Moselle Horiuchi	1980
4' 6"	Dana Treadwell	1981/1982

4' 6"	Kelly Willig	1981/1982
4' 6"	Monica Dujmovic	1982
4' 6"	Karen Hinrichs	1986
4' 6"	Toni Ottopal	1988
4' 6"	Dena Drake	1993
4' 6"	Sally Bettes	1993
4' 6"	Whitney Chelgren	2002
4' 6"	Sydney Leonard	2013
4' 6"	Madison McGavran	2016
4' 6"	Lauren Rutherford	2016
4' 6" 50	Chloe Stewart	2017
4' 6"	Miranda Jarocki	2017
4' 6"	Oliva Henning	2017/2018
4' 4"	Janis Meredith	1975
4' 4"	Cindi Shelton	1978/1979
4' 4"	Cindy Baker	1979
4' 4"	Barbie Roy	1982/1984/1985
4' 4"	Jill Peach	1989
4' 4"	Sally Hayden	1993
4' 4"	Lisa Middaugh	1996
4' 4"	Joanna Pleasants	1997
4' 4"	Shana Douglas	1997
4' 4"	Annie Corlett	1997
4' 4"	Erica Jensen	2003
4' 4"	Taylor Robbins	2007
4' 4"	Madelyn Esteb	2011
4' 4"	Rachel Wachtendonk	2013
4' 4"	Claire Schilperoort	2016/2017
4' 4"	Caitlen Hearn	2017
4' 4"	Sidney Aspinall	2019
4' 4"	Jenna Bacon	2019
4' 4"	Skyler Tierney	2023
4' 2"	Terry Ann White	1974
4' 2"	Kary White	1979
4' 2"	Sarah Keller	1982
4' 2" 75	M Denune	1984
4' 2"	Karrisa Kinne	1990
4' 2"	Amy Breed	1992
4' 2"	Shannon Posey	2003
4' 2"	Hillary Burk	2005

4' 2"	Aubrey Larion	2010
4' 2"	Curstyn Williamson	2013
4' 2"	Ellie Bruce	2014
4' 2"	Lauren Bennetts	2019
4' 2"	Alex Huard	2019
4' 2"	Malia Bridgman	2022
4' 2"	Ella Dale	2023
4' 2" 87	Lena Hillsberg	2023

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Javelin Throw Restricted Flight 2002 to Present

141' 8"	Jenae Usselman	2018
136' 3"	Kelly Besmer	2010
134' 0"	Kristen Berndt	2004
131' 1"	Riley Ovall	2017
130' 9"	Shannon Posey	2005
125' 8"	Sara Brevick	2015
122' 8"	Emily Ferree	2010
114' 7"	Sydney Leonard	2012
112' 6"	Jaida Warrick	2023
110' 10" 10	Leslie Stevens	2011
109' 3"	Katie Woolsey	2008
107' 7"	Piper Sherbon	2003
104' 2"	Molly Meyers	2010
99' 4.5"	Maggie Olsen	2003
97' 8"	Aubrey Larion	2010
97' 7"	Katelyn Walker	2008
97' 0"	Clarice Chartier	2015
94' 11"	Scooby Reid	2023
93' 6"	Alisha Larion	2008
93' 3"	Caitlin Braun	2004
92' 10"	Kristen Kasel	2012
89' 2"	Velvet Weber	2013
85' 8"	Tephra Brune	2006
84' 0"	Jess Blessard	2007
83' 2" 25	Amy Stauch	2002
81' 0"	Corina Linder	2010
78' 6"	Mckenna Fedora	2013
78' 3"	Chelsea Meadows	2011
78' 2"	Noel Walter	2005
77' 1"	Amy Whitney	2006
76' 8"	Kristen Walker	2008
72' 6"	Taylor Stewart	2013
71' 3"	Natalie Gunn	2013
71' 2"	Ashley Wright	2006
71' 1"	Teah Good	2017
70' 3" 36	Amber Smith	2002

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Long Jump

18' 0"	Linda Perryman	1979
17' 9"	Hailey Weir	2023
17' 7.25	Piper Sherbon	2004
17' 6.5"	Symone Shaw	2007
17' 6.5"	Diane Keller	2009
17' 4.75"	Nikki Hover	1996
17' 4"	Lauren Rutherford	2016
17' 1.5"	Ashley Wiegardt	2001
17' 0"	Amy Lee	1990
17' 0" ¹⁰	Natalie Edwards	1995
16' 9.75"	Helen Hasbun	2010
16' 9"	Tatum Dalglish	2019
16' 5.75"	Karlie Hurley	2014
16' 5.5"	Ashley Jackson	2013
16' 3.5"	Madison Yakaboski	2006
16' 3.25"	Melanie Edwards	1999
16' 2.5"	Chris Crittenden	1976
16' 1.25"	Sally Miller	2010
15' 10.5"	Jonna Knecht	1996
15' 8.25"	Kali Roestel	2005
15' 6.5"	Christine Herrera	1991
15' 6"	Dana Treadwell	1982
15' 5"	Whitney Chelgren	2002
15' 5"	Pam Lovely	1997
15' 5" ²⁵	Jaida Warrick	2022
15' 3"	Terry Evans	1973
15' 2.5"	Jen Trunkey	1993
15' 2"	Colette Roddewig	1984
15' 2"	Karen Hinrichs	1986
15' 2"	Sarah Lavalley	1995
15' 2"	Pauline Kaczmarek	2013
15' 1.75"	Bailey Scott	2011
15' 1"	Karlie Stewart	2016
15' 0"	Kelly Willig	1983
14' 11"	Dana Dolan	2017
14' 10.5"	Sally Hayden	1993
14' 9"	Monica Nelson	2004
14' 7"	Melinda Dujmovic	1987
14' 6.5"	Amanda Antoch	2016

14' 6"	Bobbie Crawford	1977
14' 5.5"	Michelle Bauman	1975
14' 5.25"	Meaghan Dunklee	2003
14' 5.25"	Giovanna Hansen	2023
14' 5"	Debbie Farr	1987
14' 5"	Susan Engstrom	1990
14' 5"	Jeunai Hampton	1995
14' 5"	Sophie Rockow	2012
14' 2.5"	Jordan Tipton	2003
14' 2.25"	Maggie Olsen	2003
14' 2" 50	Lisa Helina	1978
14' 2"	Jamie Douglas	1998
14' 2"	Lauren Paulus	2002
14' 0.5"	Amy Breed	1992
14' 0.25"	Claire Schilperoort	2017
13' 11.5"	Kordula Duhn	1985
13' 11.5"	Emily Verbon	1998
13' 11"	Karin Haggaird	1981
13' 11"	Moselle Horiuchi	1982
13' 10.75"	Erin Caldwell	1991
13' 10"	Colleen Boyce	1981
13' 10"	Callen Gaston	2000
13' 9.75"	Sophia Hulet	2018
13' 9.5"	Barbie Roy	1984
13' 8.5"	Robyn Clark	1978
13' 8"	Dena Drake	1993
13' 7.75"	Maddyson Raveling	2018
13' 7.5"	Monica Dujmovic	1981
13' 7"	Hillary Burk	2007
13' 7"	Madysen Privatsky	2014
13' 6.75"	Rachelle Carmen	1991
13' 6.75"	Carie Frantz	2000
13' 6.5"	Laura Fletcher	1999
13' 5.5"	Josephine Dilger	2021
13' 5.25"	Ella Dale	2023
13' 5" 75	Becky McLemore	1978
13' 5"	Launa Bateman	2017
13' 4.5"	Tonya Neal	1976
13' 4"	Jodie Buchanan	1974
13' 4"	Tera McCaffree	1976

13' 4"
13' 4" 81

Amy Keogh
Stephanie Burk

2002
2008

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Pole Vault 1998 to Present

11' 6"	Georgia Reynolds	2010
11' 0"	Lauren Leslie	2023
10' 0"	Lexi Swanson	2012
10' 0"	Mikaelyn Davis	2014
10' 0"	Abby Weber	2015/2016
10' 0"	Amanda Antoch	2016
10' 0"	Sarah Panciroli	2016/2017
10' 0"	Lauren Gappa	2016
9' 6"	Tove Garhart	2005/2006
9' 6" 10	Kelly Besmer	2009
9' 6"	Hailey Johnson	2012
9' 6"	Daniele Curley	2012/2013
9' 6"	Riley Buckmaster	2018
9' 0"	Jillian Buck	2006
9' 0"	Stephanie Burk	2007
9' 0"	Hannah Richmond	2012
9' 0"	Jennifer Rogers	2014
9' 0"	Hannah Christensen	2019
8' 6"	Cari Smith	1999/2000
8' 6"	Nikki Belt	1999
8' 6"	Carrie Frantz	2002
8' 6"	Meaghan Dunklee	2005
8' 6"	Devan Paulus	2006
8' 6"	Summer Nash	2007
8' 6" 25	Kristin Moore	2012
8' 6"	Emma Panciroli	2013/2014
8' 6"	Pauline Kaczmarek	2013
8' 1"	Jonna Knecht	1999
8' 0"	Marley Robbins	2007/2008
8' 0"	Drew Butler	2015
8' 0"	Madison McGavran	2016
8' 0"	Maya Hewitt	2023
7' 7"	Michel Cloward	2008
7' 6"	Emily Verbon	2000
7' 6"	Erin Dunklee	2004/2005
7' 6"	Elisha Davis	2006
7' 6"	Brittney Conway	2006/2007/2008
7' 6"	Chloe Stewart	2017
7' 6"	Addie Craig	2021

7' 6"	Ruth Groscost	2021
7' 6"	Josephine Dilger	2022
7' 6"	Lorelai Justice	2023
7' 0"	Lauren Paulus	2002
7' 0"	Kirstie Keller	2006
7' 0"	Catherine Farist	2007
7' 0"	Maggie Burrows	2009
7' 0"	Lizzie Belcito	2017
7' 0"	Lena Hillsberg	2021/2022
7' 0" 49	Maggie Kamp	2021

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Shot Put – 4 kg. 1981 to Present

46' 0.5"	Mandy Borschowa	1998
40' 4"	Piper Sherbon	2004
38' 6.75"	Molly Meyers	2010
38' 4.5"	Nikki Hover	1998
37' 11"	Renee Hughes	1982
37' 8"	Alisha Larion	2008
36' 7"	Jordan McDaniels	1998
36' 4.75"	Caitlin Braun	2004
36' 3"	Elizabeth Larson	2015
36' 1" ¹⁰	Abbigal Triou	2019
34' 11"	Katelyn Walker	2008
34' 6.5"	Ashley Van Oeveren	2001
34' 4"	Avery Hamby	2019
33' 11.5"	Kelsey Tarp	2007
33' 0.5"	Andrea Suttle	2013
32' 8.5"	Rhonda Paulson	1981
32' 5.5"	Angie Wilson	1990
32' 5"	Jess Blessard	2007
32' 5"	Kali Barlow	2017
32' 4.25"	Sarah Keller	1985
32' 4"	Shari Schneider	1987
32' 4"	Lesely Hudson	1996
32' 3"	Shannon Posey	2005
32' 3"	Heather Vanourek	2013
32' 2.75" ²⁵	Sydney Leonard	2014
32' 2"	Kristen Johnson	1989
31' 8.5"	Michelle Browsers	1986
31' 8.5"	Tephra Brune	2007
31' 5"	Catherine Drury	1987
31' 4.5"	Tanya Smart	2000
31' 1.5"	Jen Peck	1990
31' 0.5"	Tina Poepping	1992
30' 10"	Amy Breed	1992
30' 9"	Ashley Wright	2006
30' 7.25"	Velvet Weber	2013
30' 7"	Riley Ovall	2017
30' 4.5"	Corina Linder	2010
30' 0"	Stephanie Hill	1990
30' 0"	Kelly Stubbart	1995

29' 9.5"	Emily Ferree	2010
29' 6.5"	Ariel Farnsworth	2006
29' 6"	Catherine Shea	1982
29' 6"	Tori Howell	2009
29' 2.25"	Allison Neuenschwander	2002
28' 11"	Sara Brevick	2015
28' 10.5"	Amy Marshall	1993
28' 10"	Jaida Warrick	2023
28' 4.5"	Kelly Besmer	2010
28' 3.5"	Collette Roddewig	1985
28' 2" 50	Joy Hubbard	1991
28' 2"	Bethany Barrus	2006
28' 0.25"	Ellen Vincent	2019
27' 9.5"	Debbie Dale	1982
27' 9"	Karen Hinrichs	1986
27' 7.5"	Lauren Westerman	1998
27' 6"	Amy Stauch	2003
27' 5.5"	Kristen Berndt	2004
27' 3"	Angie Briskey	2000
27' 3"	Jane Livingston	2016
27' 0"	Shasta Smith	1994
27' 0"	Jennifer Springer	1998
26' 11.5"	Launa Bateman	2016
26' 11.25"	Laura Haakenson	1999
26' 10.25"	Maggie Flaig	2000
26' 4.5"	Madison Bardsley	2011
26' 3"	Joanna Pleasants	1997
26' 1.5"	Kristen Walker	2008
26' 0" 68	Amber Smith	2002

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Triple Jump 1988 to Present

37' 6"	Piper Sherbon	2004
35' 7"	Leslie Stevens	2011
34' 11"	Madison Yakaboski	2006
34' 6"	Pam Lovely	1997
34' 6"	Tatum Dalglish	2016
34' 5"	Melanie Edwards	1999
34' 2.5"	Christine Herrera	1991
34' 2"	Jen Trunkey	1993
34' 0.75"	Amy Lee	1990
34' 0.75" 10	Stephanie Burk	2006/2007
33' 8.25"	Ashley Wiegardt	2000
33' 7.75"	Natalie Edwards	1995
33' 6"	Symone Shaw	2008
33' 4.5"	Sophie Rockow	2011
33' 4.25"	Sally Miller	2012
33' 2"	Aubrey Larion	2010
32' 7"	Olivia Henning	2017
32' 5"	Danielle Blue	1997
32' 0"	Kali Roestel	2003
31' 10.75"	Madysen Privatsky	2014
31' 9"	Jesse Guyer	2014
31' 8"	Susan Engstrom	1991
31' 5.5"	Maggie Olsen	2003
31' 4"	Erin Caldwell	1991
31' 3.5" 25	Diana Keller	2009
31' 2.5"	Kristen Berndt	2004
31' 1"	Amanda Antoch	2016
30' 11"	Nikita Carstens	1997
30' 9"	Melinda Dujmovic	1988
30' 7.5"	Monica Nelson	2004
30' 6"	Karlie Stewart	2016
30' 5.75"	Claire Bailey	2023
30' 3.25"	Summer Nash	2008
30' 3"	Carri Smith	1999
30' 2.25"	Megan Morris	1996
30' 1"	Lauren Paulus	2002
30' 1"	Shannon Acker	2010
30' 0"	Dena Drake	1993
29' 10.5"	Vivian Cleary	2022

29' 10.25"	Sophia Hulet	2018
29' 8.5"	Jessica Oliver	2005
29' 8"	Miranda Jarocki	2017
29' 6"	Julie Dahl	1992
29' 5"	Sarah Lavallee	1996
29' 4.75"	Jenae Usselman	2019
29' 4.5"	Jenny Woods	1989
29' 3"	Deanna Chris	1993
29' 2.75"	Cyndi Sypher	1996
29' 2"	Nikki Belt	1998
28' 11" 50	Kendall Maddux	2010
28' 8"	Dana Dolan	2017
28' 7.75"	Olivia Herbert	2021
28' 5.5"	Shelbie Stevens	1990
28' 4"	Nicole Remish	2006
28' 4"	Giovanna Hansen	2022
28' 2"	Stephanie Reilly	2003
27' 9"	Sally Bettes	1993
27' 9"	Emily Verbon	2000
27' 6"	Launa Bateman	2017
27' 2"	Lisa Toyne	1989
26' 10"	Rachelle Carmen	1991
26' 9"	Callen Gaston	2000
26' 4.5" 63	Rachael Alexander	2002

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Retired Events

80 Yard (73.15 meters) Low Hurdles

1972–1979

11.1h	Kary White	1979
11.9h	Chris Crittenden	1976
12.4h	Lisa Helina	1978
12.8h	Terry Evans	1973
12.8h	Shannon Williams	1978
13.2h	Nancy Burnham	1974
13.2h	Ann Trout	1978
13.4h	Janis Meredith	1975
13.5h	Rosanna Agpawa	1977
13.5h ¹⁰	Jenny Helina	1979
13.8h	Christy Proudfoot	1977
13.8h	Mary Crittenden	1979
13.9h	Tera McCaffree	1976
14.0h ¹⁴	Cindy Baker	1979

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100 Meter Low Hurdles

1980–1984

16.4h	Kim Duvall	1984
16.9h	Shelly Lenz	1984
17.3h	Kelly Willig	1982
17.7h	Lisa Helina	1980
17.7h	Karen Shelton	1981
18.3h	Lisa Rogers	1984
18.6h	M Denune	1984
18.7h	Moselle Horiuchi	1982
18.7h	Lisa Ackerman	1982
19.3h ¹⁰	C Tolleth	1984
19.9h	Mary McDaniel	1982
19.9h ¹²	Catherine Shea	1982

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100 Yards (91.44 meters)

1969-1980

11.7h	Chris Crittenden	1977
11.9h	Lisa Hurn	1977
12.0h	Becky McLemore	1979
12.1h	Linda Perryman	1979
12.1h	Sande Larson	1980
12.2h	Bobbie Crawford	1977
12.3h	Evette Schultz	1975
12.5h	Terry Evans	1975
12.5h	Holly Shelton	1977
12.6h ¹⁰	Laurie Alexander	1969
12.6h	Polly Barker	1977
12.6h	Kary White	1979
12.8h	Denver Gochnour	1974
12.8h	Nancy Burnham	1975
12.8h	Robyn Clark	1978
12.9h	Katie Grant	1971
13.0h	Tonya Neal	1976
13.0h ¹⁸	Lisa Helena	1978

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Javelin Throw - to 2001

145' 2"	Jamie Douglas	1998
139' 6"	Mandy Borschowa	1998
134' 9"	Jordan McDaniels	1999
134' 8"	Shelbie Stevens	1992
129' 4"	Stephanie Hill	1992
124' 10"	Jen Trunkey	1993
121' 1"	Joanna Pleasants	1999
119' 8.5"	Donna Hartley	1976
118' 10"	Amy Breed	1992
108' 8" 10	Jen Peck	1991
107' 9"	Michelle Browers	1986
107' 0"	Tanya Smart	2001
104' 8"	Cindi Shelton	1976
104' 6"	Angie Wilson	1990
101' 10"	Maria Fury	1993
99' 1"	Nikki Hover	1998
97' 10"	Toni Ottopal	1989
96' 10"	Kim Duvall	1987
95' 3"	Amy Lee	1990
95' 0"	Brenda Harris	1976
94' 10.25"	Sue Sherwood	1976
93' 11"	Jessica Frederick	1991
93' 1"	Lesely Hudson	1996
92' 6"	Rhonda Paulson	1980
90' 11" 25	Collette Roddewig	1986
90' 5"	Lisa Ackerman	1982
89' 7"	Heidi Evetts	1985
88' 11"	Kary White	1979
87' 11"	Sarah Keller	1984
87' 8.5"	Traci Riley	1977
86' 8"	Susie Kirkpatrick	1974
84' 10"	Kristin Johnson	1987
84' 2.5"	Catherine Shea	1982
83' 4"	Connie Anderson	1972
82' 0"	Kim McGill	1986
81' 11"	Janette Nelson	1980
81' 7"	Maggie Flaig	2000
81' 0"	M Clapp	1997
79' 9"	Renee Hughes	1981

78' 10.5"	Linda Perryman	1978
78' 10"	Angie Wilson	1988
78' 7"	Shari Schneider	1986
78' 3"	Jamie Koba	1978
78' 0"	Debbie Dale	1986
77' 11.5"	Brenda Harris	1977
77' 10"	Kim Kuncel	1986
77' 2"	Jamie Lewis	1996
76' 3"	Cathy Scott	1981
76' 1"	Dena Drake	1994
75' 6" 50	Judy Long	1972
75' 2"	Shana Douglas	1996
75' 0"	Mary Crittenden	1981
74' 1"	Michelle Higgins	1990
73' 7"	Harmony Berhndt	1997
72' 9"	Laura Haakenson	1999
71' 8"	Jamie Harris	1993
71' 3.5"	Juanita Harger	1980
70' 0" 58	Maxine Constantine	1974

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Shot Put – 8 lb. 1972 – 1980

34' 10.5"	Rhonda Paulson	1980
33' 11"	Susie Kirkpatrick	1975
33' 7.5"	Cindi Shelton	1978
32' 11.5"	Renee Hughes	1980
32' 5"	Traci Riley	1977
30' 7.5"	Kary White	1979
30' 5.25"	Donna Hartley	1974
29' 8"	Juanita Harger	1980
29' 0"	Janette Nelson	1980
27' 11" ¹⁰	Leone Johnson	1976
27' 9.5"	Connie Anderson	1972
26' 10"	Francis Gehertz	1979
26' 9"	Cricket Hodge	1972
26' 6"	Maxine Constantine	1974
26' 5.5" ¹⁵	Rose Martin	1977

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Hammer Throw

100' 8"	Shannon Posey	2005
98' 11"	Bethany Barrus	2005

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District Champions

West Central District 1974-1981

1974 -

1975 -

1976 -

1977 Long Jump Linda Perryman 16' 3.25"

1978 -

1979 -

1980 -

1981 -

Sea-King District 1982-Present

1982 -

1983 -

1984 -

1985 Discus Sarah Keller 106' 11"

1986 -

1987 Discus Catherine Drury 121' 11"

1988 -

1989 -

1990 -

1991 Javelin Jen Peck 108' 8"

1992 Javelin Stephanie Hill 120' 6"

1993 -

1994 Javelin Jennifer Trunkey 121' 8"

1995 100 Meter Hurdles Sarah Lavalley 15.3h

1996 Sea-King District Team Champions

100 Meter Hurdles Sarah Lavalley 15.25

300 Meter Hurdles Sarah Lavalley 45.30

Shot Put Nikki Hover 37' 1.5"

Discus Mandy Borschowa 142' 7"

Javelin Jamie Douglas 127' 0.5"

1997 Sea-King District Team Champions

100 Meter Hurdles Sarah Lavalley 14.83

300 Meter Hurdles Sarah Lavalley 44.3h

Shot Put Mandy Borschowa 40' 2.25"

Discus Mandy Borschowa 156' 6"

Javelin Jamie Douglas 134' 5"

1998 100 Meter Hurdles Sarah Lavalley 14.96

300 Meter Hurdles Sarah Lavalley 45.86

	Shot Put	Mandy Borschowa	45' 9"
	Discus	Mandy Borschowa	177' 7"
	Javelin	Jamie Douglas	133' 2"
1999	Discus	Jordan McDaniels	140' 8"
2000	-		
2001	Discus	Tanya Smart	111' 8"
2002	-		
2003	-		
2004	Javelin	Kristen Berndt	134' 0"
2005	300 Meter Hurdles	Jessica Oliver	46.58
2006	300 Meter Hurdles	Jessica Oliver	46.1h
2007	High Jump	Stephanie Burk	5' 1"
	Discus	Tephra Brune	113' 10"
2008	-		
2009	Sea-King District Team Champions		
	100 Meter Hurdles	Diane Keller	14.74
	Pole Vault	Georgia Reynolds	10' 0"
	Javelin	Kelly Besmer	113' 5"
2010	300 Meter Hurdles	Hannah Hasbun	45.45
	Shot Put	Molly Meyers	38' 6.75"
	Javelin	Kelly Besmer	135' 4"
	Pole Vault	Georgia Reynolds	11' 0"
2011	-		
2012	-		
2013	Discus	Andrea Suttle	94' 10"
2014	-		
2015	3200	Hannah Waskom	10:47.37
2016	-		
2017	3200	Hannah Waskom	11:03.11
	Discus	Kali Barlow	117' 9"
	Javelin	Jenae Usselman	120' 10"
2018	Javelin	Jenae Usselman	129' 4"
2019	Discus	Abbigal Triou	113' 0"
2020	Meet cancelled – Covid-19		
2021	-		
2022	Discus-Ambulatory	Sierra Ahner	2' 5"
	Discus-Wheelchair	Ellie Nowicki	1' 2"
2023	200	Hailey Weir	25.03
	400	Hailey Weir	55.80
	4 x 100 Relay	Sophia Kono,	49.16

4 x 200 Relay	Scooby Reid, Giovanna Hansen, Hailey Weir Bailey Hall, Scooby Reid, Sophia Kono, Giovanna Hansen	1:44.45
4 x 400 Relay	Rachel Arnold Emily Rodriguez, Giovanna Hansen, Hailey Wei	3:59.54
Discus-Wheelchair	Ellie Nowicki	2' 10"

h – Hand time

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League Champions

Seamount League 1974-1997

1978	Long Jump	Linda Perryman	16' 8.25"
1979	-		
1980	-		
1981	Shot Put	Renee Hughes	36' 0"
1982	Discus	Renee Hughes	113' 3"
1983	-		
1984	300 Meter Hurdles	Shelly Lenz	48.1h
	4 x 100 Meter Relay	Shelly Lenz, Kim Duvall, Sarah Keller, Lisa Rogers	52.2h
1985	100 Meter Hurdles	Kim Duvall	16.7h
	Discus	Sarah Keller	100' 1"
1986	-		
1987	100 Meter Hurdles	Kim Duvall	16.6h
	300 Meter Hurdles	Kim Duvall	48.4h
	Discus	Catherine Drury	115' 3"
1988	-		
1989	Long Jump	Amy Lee	16' 0.5"
1990	300 Meter Hurdles	Amy Breed	46.7h
1991	Javelin	Shelby Stevens	114' 8"
1992	Javelin	Shelby Stevens	134' 8"
1993	-		
1994	Javelin	Jennifer Trunkey	116' 0"
1995	100 Meter Hurdles	Sarah Lavallee	15.2h
	Long Jump	Natalie Edwards	17' 0"
1996	100 Meter Hurdles	Sarah Lavallee	15.0h
	300 Meter Hurdles	Sarah Lavallee	45.0h
	4 x 200 Meter Relay	Sarah Lavallee, Megan Morris, Pam Lovely, Nikki Hover	1:48.6h
	Discus	Mandy Borschowa	141' 2"
	Javelin	Jamie Douglas	129' 2"
1997	100 Meter Hurdles	Sarah Lavallee	14.4h
	300 Meter Hurdles	Sarah Lavallee	44.07
	Discus	Mandy Borschowa	155' 8"

	Javelin	Mandy Borschowa	127' 5"
Kingco League 1998-Present			
1998	100 Meter Hurdles	Sarah Lavallee	14.44
	Shot Put	Mandy Borschowa	44' 9.75"
	Discus	Mandy Borschowa	165' 3"
	Javelin	Jamie Douglas	140' 6"
1999	Discus	Jordan McDaniels	133' 2"
2000	Discus	Tanya Smart	113' 8"
2001	Shot Put	Ashley Van Oeveren	34' 6.5"
2002	Triple Jump	Piper Sherbon	36' 2.25"
	Discus	Ashley Van Oeveren	114' 8"
2003	-		
2004	Javelin	Kristen Berndt	134' 2"
2005	300 Meter Hurdles	Jessica Oliver	47.5h
2006	100 Meter Hurdles	Diane Keller	16.2h
	High Jump	Diane Keller	5' 0"
	Triple Jump	Madison Yakaboski	34' 11"
2007	100 Meter Hurdles	Diane Keller	15.8h
	High Jump	Summer Nash	5' 2"
	Discus	Tephra Brune	105' 2"
2008	Long Jump	Symone Shaw	16' 9.5"
	High Jump	Stephanie Burk	5' 1"
2009	Kingco League AAA Team Champions		
	100 Meter Hurdles	Diane Keller	14.99
	300 Meter Hurdles	Hannah Hasbun	46.82
	Long Jump	Diane Keller	17' 2.25"
	Discus	Corina Linder	105' 3"
	Javelin	Kelly Besmer	115' 4"
2010	Kingco League AAA Team Champions		
	300 Meter Hurdles	Hannah Hasbun	46.36
	4 x 100 Meter Relay	Hannah Hasbun	50.31
		Natalie Opsvig	
		Georgia Reynolds	
		Sophie Rockow	
	Pole Vault	Georgia Reynolds	11' 6"
	Shot Put	Molly Meyers	38' 2.25"
	Discus	Corina Linder	115' 6"
	Javelin	Kelly Besmer	136' 3"
2011	Pole Vault	Lexi Swanson	9' 9"

2012	400	Karlie Hurley	1:00.39
	4 x 400 Meter Relay	Karlie Hurley Christine Volken Jesse Guyer Abbey Bottemiller	4:08.98
2013	Kingco League AAA Team Champions		
	300 Meter Hurdles	Ashley Jackson	47.57
	4 x 200 Meter Relay	Karlie Hurley Mackenzie Hutchison Hannah Richmond Jesse Guyer	1:45.51
	Discus	Andrea Suttle	111' 1"
2014	Kingco League AAA Team Champions		
	1600	Hannah Waskom	5:14.05
	3200	Madeleine Hutchison	11:16.34
2015	High Jump	Drew Butler	5' 2"
	Discus	Sarah Brevick	100' 0"
2016	-		
2017	Discus	Kali Barlow	120' 8"
	3200	Hannah Waskom	10:48.93
2018	High Jump	Karlie Stewart	5' 2"
	Javelin	Jenae Usselman	130' 3"
2019	-		
2020	Meet cancelled – Covid-19		
2021	-		
2022	Discus-Ambulatory	Sierra Ahner	3' 7"
	Discus-Wheelchair	Ellie Nowicki	1' 3"
2023	Hailey Weir	100	12.43
	Hailey Weir	200	25.34
	Hailey Weir	400	57.50
	Hailey Weir	Long Jump	17' 9"
	Ellie Nowicki	Discus-Wheelchair	2' 0"

h – Hand time

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Class Lists

[100 Meters](#)

[1600 Meters](#)

[Long Jump](#)

[Shot Put](#)

[200 Meters](#)

[3200 Meters](#)

[Triple Jump](#)

[Discus](#)

[400 Meters](#)

[100 Meter HH](#)

[High Jump](#)

[Javelin](#)

[800 Meters](#)

[300 Meter LH](#)

[Pole Vault](#)

100 Meters - 1981 to Present							
c – converted from hand time							
12.43 Hailey Weir				May 13, 2023			
Seniors				Juniors			
1.	12.50	Karlie Hurley	2015	1.	12.43	Hailey Weir	2023
2.	12.77	Jesse Guyer	2014	2.	12.73	Helen Hasbun	2009
3.	12.81	Scooby Reid	2023	3.	12.75	Jesse Guyer	2013
4.	12.83	Curstyn Williamson	2016	4.	13.13	Scooby Reid	2022
5.	13.14c	Heather Breitenbach	2000	5T.	13.24c	Sande Larson	1981
6.	13.22	Bailey Hall	2023	5T.	13.24c	Nicole Remish	2005
7.	13.23	Helen Hasbun	2010	7.	13.25	Bailey Hall	2022
8T.	13.24c	Sande Larson	1981	8.	13.27	Kelli Christopherson	2015
8T.	13.24c	Sarah Lavallee	1998	9.	13.44	Ruth Groscost	2023
10.	13.30	Kelli Christopherson	2016	10.	13.44c	Jessica Oliver	2006
11T.	13.44c	Nicole Remish	2006	11.	13.46	Sophie Rockow	2011
11T.	13.44c	Katie Woolsey	2008	12.	13.48	Lauren Rutherford	2015
11T.	13.44c	Nikki Stanton	2009	13.	13.52	Karlie Hurley	2014
11T.	13.44c	Georgia Reynolds	2010	14T.	13.54c	Amy Lee	1989
15.	13.64	Lauren Rutherford	2016	14T.	13.54c	Mercedes Nwokeuku	2007
16T.	13.64c	Mercedes Nwokeuku	2008	16.	13.59	Kayla Mclain	2008
16T.	13.64c	Hannah Richmond	2013				
Sophomores				Freshmen			
1.	12.79	Helen Hasbun	2008	1.	12.74	Sophia Kono	2023
2.	12.82	Rachel Arnold	2023	2.	12.84c	Madison Yakaboski	2006
3.	12.94c	Jessica Oliver	2005	3.	13.00	Jesse Guyer	2011
4.	13.01	Bailey Hall	2021	4T.	13.08	Kelsey Lamon	2002
5.	13.14c	Jesse Guyer	2012	4T.	13.08	Abigail Van Vleet	2019
6.	13.17	Sophie Rockow	2010	6.	13.14c	Sarah Lavallee	1995
7.	13.20	Hailey Weir	2022	7.	13.25	Sophie Rockow	2009
8.	13.21	Karlie Hurley	2013	8.	13.26	Hailey Weir	2021
9.	13.24c	Katie Woolsey	2006	9T.	13.34c	Megan Morris	1996
10.	13.33	Scooby Reid	2021	9T.	13.34c	Diane Keller	2006
11.	13.34c	Nicole Remish	2004	9T.	13.34c	Helen Hasbun	2007
12T.	13.39	Lauren Rutherford	2014	12.	13.37	Faith Wallace	2018
12T.	13.39	Giovanna Hansen	2023	13T.	13.44c	Nikita Carstens	1996
14.	13.44c	Nikita Carstens	1997	13T.	13.44c	Nicole Remish	2003
15.	13.48	Sophia Hulet	2017	15.	13.47	Giovanna Hansen	2022
16.	13.64c	Lisa Rogers	1984	16.	13.51	Claire Larsen	2010

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100 Meter High Hurdles							
c - converted from hand time							
14.28 Sarah Lavallee				May 30, 1998			
Seniors				Juniors			
1.	14.28	Sarah Lavallee	1998	1.	14.64c	Sarah Lavallee	1997
2.	14.71	Diane Keller	2009	2.	15.13	Diane Keller	2008
3.	15.14c	Pam Lovely	1997	3.	15.94c	Pam Lovely	1996
4.	15.79	Hannah Hasbun	2010	4.	16.22	Hannah Hasbun	2009
5.	16.18	Melanie Edwards	1999	5.	16.24c	Kristen Berndt	2003
6.	16.37	Kristen Berndt	2004	6.	16.88	Jaida Warrick	2023
7.	16.84c	Kim Duvall	1987	7.	16.94c	Amy Breed	1992
8.	17.04c	Emily Verbon	2000	8.	17.24c	Kim Duvall	1986
9.	17.14c	Shelly Lenz	1984	9.	17.55	Ashley Jackson	2012
10.	17.17	Ashley Jackson	2013	10.	17.64c	Jenny Woods	1988
11.	17.23	Sarah Miller	2016	11.	17.70	Melanie Edwards	1998
12.	17.82	Olivia Henning	2018	12T.	17.74c	Emily Verbon	1999
13.	17.84c	Meaghan Dunklee	2005	12T.	17.74c	Amy Hyatt	2000
14.	18.04c	Jenny Woods	1989	14.	17.80	Olivia Henning	2017
15.	18.64c	Christine Herrera	1991	15.	17.91	Claire Bailey	2023
16.	18.67	Riley Buckmaster	2018	16.	17.94c	Mariah Stevens	2007
Sophomores				Freshmen			
1.	14.76	Sarah Lavallee	1996	1.	15.00	Sarah Lavallee	1995
2.	15.80	Diane Keller	2007	2.	16.44	Diane Keller	2006
3.	16.54c	Pam Lovely	1995	3.	16.74c	Amy Breed	1990
4T.	16.84c	Kim Duvall	1985	4.	16.94c	Hannah Hasbun	2007
4T.	16.84c	Amy Breed	1991	5.	17.07	Nadia Beattie	2010
4T.	16.84c	Kristen Berndt	2002	6.	17.14c	Kristen Berndt	2001
7.	16.94c	Summer Nash	2008	7.	17.21	Sarah Miller	2013
8.	17.24c	Deanna Chris	1993	8.	17.22	Rachel Arnold	2022
9.	17.29	Sarah Miller	2014	9.	17.24c	Danielle Blue	1995
10.	17.34c	Melanie Edwards	1997	10.	17.52	Ashley Jackson	2010
11.	17.35	Ashley Jackson	2011	11T.	17.84c	Melanie Edwards	1996
12.	17.69	Hannah Hasbun	2008	11T.	17.84c	Mackenzie Hutchison	2013
13.	17.91	Emily Verbon	1998	13T.	18.24c	Tutti Blount	1993
14T.	17.94c	Lauren Snead	2008	13T.	18.24c	Amy Hyatt	1998
14T.	17.94c	Sydney Leonard	2012	13T.	18.24c	Summer Nash	2007
16.	18.04c	Jenny Woods	1987	16T.	18.34c	Jenny Woods	1986
				16T.	18.34c	Pam Lovely	1994

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200 Meters							
c – converted from hand time;							
* - converted from English distance							
25.03 Hailey Weir				May 20, 2023			
Seniors				Juniors			
1.	25.38	Karlie Hurley	2015	1.	25.03	Hailey Weir	2023
2.	26.35	Hannah Hasbun	2010	2.	25.72	Helen Hasbun	2009
3.	26.38	Bailey Hall	2023	3.	26.38	Karlie Hurley	2014
4.	26.57	Curstyn Williamson	2016	4.	26.52	Nicole Remish	2005
5.	26.88	Katie Woolsey	2008	5.	26.72	Kayla Mclain	2008
6.	26.94c	Heather Breitenbach	2000	6.	27.04c	Katie Woolsey	2007
7.	27.04c	Nicole Remish	2006	7.	27.14*c	Sande Larson	1980
8.	27.14c	Helen Hasbun	2010	8.	27.21	Sophie Rockow	2011
9.	27.33	Nikki Stanton	2009	9.	27.24c	Heather Breitenbach	1999
10.	27.34c	Sande Larson	1981	10.	27.38	Kelli Christopherson	2015
11.	27.38	Bailey Scott	2014	11.	27.54c	Nikki Hover	1997
12.	27.43	Jesse Guyer	2014	12.	27.74c	Natalie Opsvig	2009
13T.	27.54c	Nikki Hover	1998	13.	27.84c	Ashley Wiegardt	2000
13T.	27.54c	Ashley Wiegardt	2001	14T.	27.94*c	Nancy Burnham	1975
13T.	27.54c	Natalie Opsvig	2010	14T.	27.94*c	Linda Perryman	1979
13T.	27.54c	Georgia Reynolds	2010	16.	28.04c	Nikita Carstens	1998
Sophomores				Freshmen			
1.	25.90	Karlie Hurley	2013	1.	25.94	Sophia Kono	2023
2.	26.13	Giovanna Hansen	2023	2.	26.81	Hailey Weir	2021
3.	26.34	Rachel Arnold	2023	3.	27.24c	Kelsey Lamon	2002
4.	26.74c	Heather Breitenbach	1998	4.	27.54c	Sarah Lavallee	1995
5.	26.94c	Nicole Remish	2004	5.	27.58	Abigail Van Vleet	2019
6.	27.02	Bailey Hall	2021	6T.	27.71	Jesse Guyer	2011
7.	27.04	Katie Woolsey	2006	6T.	27.71	Sarah Creighton	2017
8.	27.16	Sophie Rockow	2010	8.	27.74c	Sophie Rockow	2009
9.	27.28	Helen Hasbun	2008	9.	27.84c	Nicole Remish	2003
10.	27.49	Lauren Rutherford	2014	10.	27.94c	Hannah Hasbun	2007
11.	27.60	Faith Wallace	2019	11.	27.98	Ruth Groscost	2021
12.	27.68	Jesse Guyer	2012	12.	28.04c	Stephanie Burk	2006
13.	27.74	Kelli Christopherson	2014	13.	28.13	Lizzie Belcito	2017
14.	28.02	Ashley Wiegardt	1999	14T.	28.14c	Nikki Hover	1995
15T.	28.04c	Lisa Rogers	1984	14T.	28.14c	Johanna Cranford	2012
15T.	28.04c	Nikki Hover	1996	16.	28.20	Karlie Hurley	2012

300 Meter Low Hurdles – 1980 to Present

c – converted from hand time

*- converted from English distance

43.22 Sarah Lavallee

May 30, 1998

Seniors

Juniors

1.	43.22	Sarah Lavallee	1998	1.	43.81	Sarah Lavallee 1997	1997
2.	45.15	Hannah Hasbun	2010	2.	46.20	Hannah Hasbun	2009
3.	46.25	Melanie Edwards 1999		3.	46.39	Jessica Oliver	2006
4.	46.38	Ashley Jackson	2013	4.	47.04c	Amy Breed	1992
5.	47.04c	Shelly Lenz	1984	5.	47.32	Ashley Jackson	2012
6.	47.54c	Kim Duvall	1987	6.	47.84c	Kim Duvall	1986
7.	47.57	Diane Keller	2009	7.	49.43	Sydney Leonard 2013	
8.	48.04c	Kristen Berndt	2004	8.	49.86	Maya Hewitt	2023
9T.	49.14c	Danielle Blue	1998	9.	49.94c	Meaghan Dunklee	2004
9T.	49.14c	Heather Breitenbach	2000	10.	50.24c	Kristen Berndt	2003
11.	49.44c	Susan Engstrom	1991	11.	50.94c	Melanie Edwards	1998
12.	50.34c	Meaghan Dunklee	2005	12T.	51.14c	Jenny Woods	1988
13.	50.68	Lexi Winter	2018	12T.	51.14c	Christine Herrera	1990
14.	50.75	Sydney Leonard 2014		14.	51.34c	Kim Shelton	1982
15.	50.84c	Melinda Dujmovic	1988	15.	51.74c	Natalie Edwards	1991
16.	50.94c	Michelle Horiuchi	1982	16.	51.86	Mariah Stevens	2007

Sophomores

Freshmen

1.	45.14c	Sarah Lavallee	1996	1.	46.84c	Amy Breed	1990
2.	46.18	Jessica Oliver	2005	2.	47.88	Diane Keller	2006
3.	46.36	Mackenzie Hutchison	2014	4.	48.15	Ashley Jackson	2010
4.	46.66	Ashley Jackson	2011	3.	48.44c	Pam Lovely	1994
5.	47.14c	Amy Breed	1991	5.	48.52	Mackenzie Hutchison	2013
6.	48.24c	Melanie Edwards 1997		6.	48.74c	Danielle Blue	1995
7.	47.84c	Diane Keller	2007	7.	50.44c	Kristen Berndt	2001
8.	48.83	Sydney Leonard 2012		8.	50.74c	Kim Duvall	1984
9.	49.04c	Pam Lovely	1995	9.	51.34c	Melanie Edwards	1996
10.	49.64c	Kim Duvall	1985	10.	51.44c	Cathy Lambrecht	1997
11.	50.21	Hannah Hasbun	2008	11.	51.59	Lexi Winter	2015
12.	50.33	Kristen Berndt	2002	12.	52.04c	Tutti Blount	1993
13.	51.04c	Krisi Lund	2004	13.	52.54c	Shannon Acker	2010
14.	51.31	Lauren Snead	2008	14.	52.94c	Jenny Woods	1986
15.	51.56	Olivia Hebert	2019	15.	53.00	Olivia Henning	2015
16.	52.54c	Kendell Maddux 2010		16T.	53.04c	Lauren Snead	2007
				16T.	53.04c	Kendall Maddux	2009

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400 Meters							
c – converted from hand time;							
* - converted from English distance							
55.80 Hailey Weir				May 20, 2023			
Seniors				Juniors			
1.	59.02	Karlie Hurley	2015	1.	55.80	Hailey Weir	2023
2.	59.95	Katie Woolsey	2008	2.	59.39	Karlie Hurley	2014
3.	1:00.92	Bailey Scott	2014	3.	1:00.17	Nicole Remish	2005
4.	1:01.34*c	Dawn Graham	1978	4.	1:00.41	Katie Woolsey	2007
5.	1:03.03	Jesse Guyer	2014	5.	1:01.34c	Heather Breitenbach	1999
6.	1:03.04c	Ashley Wiegardt	2001	6.	1:02.39	Lauren Gappa	2016
7.	1:03.09	Heather Breitenbach	2000	7.	1:02.94*c	Dawn Graham	1977
8.	1:03.34c	Pam Lovely	1997	8.	1:03.09	Melissa Hruska	2015
9.	1:03.56	Curstyn Williamson	2016	9.	1:03.11	Taylor Robbins	2009
10.	1:04.44c	Amy Lee	1990	10.	1:03.61	Lindsay Kirby	2011
11.	1:04.64*c	Lisa Woodcock	1976	11.	1:03.74	Kelly Fletcher	2003
13.	1:05.14	Lauren Gappa	2017	12.	1:04.04c	Laura Fletcher	1999
13T.	1:06.24c	Shelly Lenz	1985	13.	1:04.14c	Megan Past	2009
13T.	1:06.24c	Debbie Farr	1987	14.	1:04.54c	Amy Lee	1989
15.	1:06.28	Diana Hruska	2016	15T.	1:04.64c	Danielle Blue	1997
16.	1:06.48	Hannah Richmond	2013	15T.	1:04.64c	Christina Volken	2012
Sophomores				Freshmen			
1.	59.16	Giovanna Hansen	2023	1.	58.74*	Becky McLemore	1978
2.	59.68	Karlie Hurley	2013	2.	1:00.39	Karlie Hurley	2012
3.	1:00.04*c	Becky McLemore	1979	3.	1:00.49	Emily Rodriguez	2023
4T.	1:00.85	Nicole Remish	2004	4.	1:00.63	Giovanna Hansen	2022
4T.	1:00.85	Mackenzie Hutchison	2014	5.	1:00.79	Sarah Creighton	2017
6T.	1:02.04c	Heather Breitenbach	1998	6.	1:01.64c	Mackenzie Hutchison	2013
6T.	1:02.04c	Katie Woolsey	2006	7.	1:01.84c	Madison Yakaboski	2006
8.	1:02.59	Faith Wallace	2019	8.	1:02.04c	Lindsay Kirby	2009
9.	1:02.86	Alex Huard	2019	9.	1:02.10	Lindsey Sydnor	2014
10.	1:03.04c	Suzanne Davis	1987	10.	1:02.43	Eliza McDonald	2022
11.	1:03.34c	Lindsay Kirby	2010	11.	1:03.74c	Kelly Fletcher	2001
12.	1:03.74c	Kelly Fletcher	2002	12.	1:03.86	Taylor Robbins	2007
13.	1:04.24c	Abbey Bottemiller	2012	13.	1:04.14c	Amy Breed	1990
14.	1:04.44c	Amy Lee	1988	14.	1:04.24c*	Holly Shelton	1977
15.	1:04.64	Sarah Panciroli	2015	15.	1:04.26	Hailey Weir	2021
16.	1:04.64c	Madeleine Hutchinson	2012	16T.	1:04.44*c	Linda Perryman	1977
				16T.	1:04.44c	Jamie Douglas	1995

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800 Meters							
c – converted from hand time;							
* - converted from English distance							
2:15.88 Lindsey Sydnor				May 15, 2015			
Seniors				Juniors			
1.	2:19.70	Melissa Hruska	2016	1.	2:17.22	Melissa Hruska	2015
2.	2:21.26	Madeleine Hutchison	2014	2.	2:21.84	Hannah Waskom	2016
3.	2:24.21	Hannah Waskom	2017	3.	2:23.13	Mackenzie Hutchison	2015
4.	2:27.87	Ravenna Vaden	2022	4.	2:23.72	Madeleine Hutchison	2013
5.	2:29.09	Chloe Cosgrove	2018				
6.	2:31.74c*	Jude Marion	1977	5.	2:23.74c	Megan Past	2009
7.	2:31.81	Ellie Bruce	2017	6.	2:26.64c	Chloe Cosgrove	2017
8.	2:32.76	Chloe Hammer	2022	7.	2:27.32	Christina Volken	2012
9.	2:33.84c	Jessica Scalzo	2001	8.	2:28.44c	Cathy Scott	1982
10.	2:34.34c	Megan Past	2010	9.	2:29.56	Lexi Winter	2017
11.	2:34.54c	Gillian Nedblake	2018	10.	2:30.04c	Jessica Hanna	2002
12.	2:34.94c	Jennifer Peck	1991	11.	2:31.24c	Lindsay Kirby	2011
13T.	2:35.34c	Wendy Holstine	1990	12.	2:31.83	Abbey Bottemiller	2013
13T.	2:35.54c*	Wendy Baker	1979	13.	2:32.04c	Melinda Dujmovic	1987
15.	2:38.85	Grace Lansberry	2021	14.	2:35.43	Megan King	2022
16.	2:37.24c	Alex Rudd	2010	15.	2:35.84c	Alex Rudd	2009
				16.	2:36.44c	Vanessa Scalzo	2004
Sophomores				Freshmen			
1.	2:15.88	Lindsey Sydnor	2015	1.	2:19.68	Lindsey Sydnor	2014
2.	2:19.23	Hannah Waskom	2015	2.	2:22.07	Hannah Waskom	2014
3.	2:23.72	Hailey Cossey	2023	3.	2:25.32	Sarah Creighton	2017
4.	2:24.18	Christina Volken	2011	4.	2:25.35	Addie Craig	2021
5.	2:26.90	Megan Past	2008	5.	2:25.58	Christina Volken	2010
6.	2:27.39	Melissa Hruska	2014	6.	2:26.05	Megan Past	2007
7.	2:28.64c	Melinda Dujmovic	1986	7.	2:26.17	Lily Colvin	2018
8.	2:29.75	Ellie Bruce	2015	8.	2:28.34c*	Cathy Scott	1980
9.	2:29.99	Abbey Bottemiller	2012	9.	2:29.14c	Monica Dujmovic	1981
10.	2:30.54c	Cathy Scott	1981	10.	2:29.94	Dannah Parsons	2008
11.	2:30.89	Chloe Cosgrove	2016	11.	2:30.94c	Heidi Evetts	1982
12.	2:31.81	Lexi Winter	2016	12.	2:31.24c	Alex Rudd	2007
13.	2:36.34c	Alex Rudd	2008	13.	2:31.44	Lindsay Kirby	2009
14.	2:37.24c*	Teresa Ruwaldt	1974	14.	2:31.74c	Bailey Scott	2011
15T.	2:39.44c*	Jan Brickey	1977	15.	2:32.19	Ellie Bruce	2014
15T.	2:39.44c	Jesse Raisio	1997	16.	2:32.54c	Abbey Bottemiller	2011

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1600 Meters							
c – converted from hand time;							
* - converted from English distance							
4:58.39 Hannah Waskom				May 10, 2017			
Seniors				Juniors			
1.	4:58.39	Hannah Waskom	2017	1.	4:59.51	Hannah Waskom	2016
2.	5:05.67	Melissa Hruska	2016	2.	5:13.05	Chloe Cosgrove	2017
3.	5:13.57*	Madeleine Hutchison	2014	3.	5:22.31	Melissa Hruska	2015
4.	5:15.83	Chloe Cosgrove	2018	4.	5:23.34c	Alex Rudd	2009
5.	5:17.86	Jessica Scalzo	2001	5.	5:28.44c	Madeleine Hutchison	2013
6.	5:27.94	Alex Rudd	2010	6.	5:29.97	Ravenna Vaden	2021
7.	5:29.38	Ellie Bruce	2017	7.	5:30.23	Makaylee Jensen	2021
8.	5:34.14c	Kristen Caldwell	1992	8.	5:33.53	Ava Rodriguez	2021
9.	5:37.48	Ravenna Vaden	2022	9.	5:34.16	Mackenzie Saunders	2019
10.	5:43.91	Delaney Hollis	2014	10.	5:34.72	Bailey Scott	2013
11.	5:44.82	Addie Kaess	2019	11.	5:35.37	Julene McDonald	2017
12.	5:45.74c	Jen Peck	1991	12.	5:37.64c	Megan Past	2009
13.	5:46.54c	Wendy Holstine	1990	13.	5:39.14c	Julie Person	1997
14.	5:47.14c*	Wendy Baker	1979	14.	5:39.23	Brooke McBride	2023
15.	5:47.64c*	Jude Marion	1977	15.	5:40.42	Lexi Winter	2017
16.	5:49.69	Gillian Nedblake	2018	16.	5:41.84c	Katie Hogan	2007
Sophomores				Freshmen			
1.	5:01.07	Lindsey Sydnor	2015	1.	5:04.46	Hannah Waskom	2014
2.	5:02.86	Hannah Waskom	2015	2.	5:17.18	Lindsey Sydnor	2014
3.	5:03.56	Hailey Cossey	2023	3.	5:19.26	Hailey Cossey	2022
4.	5:20.79	Aleeya Cossey	2023	4.	5:20.86	Bailey Scott	2011
5.	5:25.64c	Bailey Scott	2012	5.	5:22.52	Alex Rudd	2007
6.	5:28.47	Julene McDonald	2016	6.	5:22.84c	Ellie Allen	2005
7.	5:30.94c	Jesse Raisio	1998	7.	5:25.35	Addie Craig	2021
8.	5:32.34c	Alex Rudd	2008	8.	5:31.14c	Heidi Evetts	1982
9.	5:33.94c	Megan Past	2008	9.	5:33.95	Megan Past	2007
10.	5:37.74c	Sheena Kern	1999	10.	5:35.84c	Jessareh Helm	2007
11.	5:38.30	Ellie Bruce	2015	11.	5:39.83	Maybel From	2018
12.	5:43.04c*	Jude Marion	1975	12.	5:40.71*	Christina Volken	2010
13.	5:44.94	Abby Bottemiller	2012	13.	5:42.81	Ravenna Vaden	2019
14.	5:47.14c	Quinn Van Buren	2016	14.	5:45.34c	Chloe Cosgrove	2015
15.	5:48.05	Brooke McBride	2022	15.	5:48.12	Zoe Hendricks	2023
16.	5:48.11	Mackenzie Saunders	2018	15.	5:48.74c	Kelly Besmer	2007

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3200 Meters							
c – converted from hand time;							
* - converted from English distance							
10:46.64 Hannah Waskom				March 30, 2017			
Seniors				Juniors			
1.	10:46.64	Hannah Waskom	2017	1.	10:48.46	Hannah Waskom	2016
2.	10:58.14	Melissa Hruska	2016	2.	11:22.43	Chloe Cosgrove	2017
3.	11:11.25	Madeleine Hutchinson	2014	3.	11:37.30	Alex Rudd	2009
4.	11:22.59	Chloe Cosgrove	2018	4.	11:42.21	Melissa Hruska	2015
5.	11:27.18	Jessica Scalzo	2001	5.	11:59.94c	Cathy Scott	1982
6.	11:46.37	Alex Rudd	2010	6.	12:04.27	Mackenzie Saunders	2019
7.	11:56.14c	Sheena Kern	2001	7.	12:09.10	Julene McDonald	2017
8.	11:57.34	Ellie Bruce	2017	8.	12:16.01	Bailey Scott	2013
9.	12:05.25	Rosamarie Bateman	2019	9.	12:16.64	Brooke McBride	2023
10.	12:13.14c	Kristen Caldwell	1992	10.	12:23.14c	Julie Person	1997
11.	12:22.72	Delaney Hollis	2014	11.	12:28.04c	Katie Hogan	2007
12.	12:30.47	Addie Kaess	2019	12.	12:30.54c	Kristen Caldwell	1991
13.	12:31.27	Julene McDonald	2018	13.	12:36.14c	Sheena Kern	2000
14.	12:38.34c	Katie Childs	2000	14.	12:37.84	Addie Kaess	2018
15.	12:45.39	Gillian Nedblake	2018	15.	12:50.52	Ravenna Vaden	2021
16.	12:48.33	Quinn Van Buren	2018	16.	12:58.45	Ava Rodriguez	2021
Sophomores				Freshman			
1.	10:47.22	Hannah Waskom	2015	1.	11:07.31	Hannah Waskom	2014
2.	11:02.43	Hailey Cossey	2023	2.	11:25.41	Alex Rudd	2007
3.	11:07.51	Lindsey Sydnor	2015	3.	11:50.14c	Ellie Allen	2005
4.	11:41.56	Julene McDonald	2016	4.	11:53.35	Hailey Cossey	2022
5.	11:42.94c	Jesse Raisio	1998	5.	11:57.88	Bailey Scott	2011
6.	11:47.06	Alex Rudd	2008	6.	11:58.34c*	Cathy Scott	1980
7.	11:57.35	Bailey Scott	2012	7.	12:00.14c	Sheena Kern	1998
8.	12:01.94c	Sheena Kern	1999	8.	12:01.76	Kendall Maddux	2009
9.	12:17.36	Mackenzie Saunders	2018	9.	12:03.54c	Kelly Besmer	2007
10.	12:19.27	Ellie Bruce	2015	10.	12:13.84c	Julene McDonald	2015
11.	12:29.19	Kendall Maddux	2010	11.	12:23.14c	Jesse Raisio	1997
12.	12:31.59	Katie Hogan	2006	12.	12:28.39	Ravenna Vaden	2019
13.	12:32.54c	Cathy Scott	1981	13.	12:29.23	Maybel From	2018
14.	12:39.64c	Kristen Caldwell	1990	14.	12:37.21	Chloe Cosgrove	2015
15.	12:47.10	Kelly Besmer	2008	15.	12:42.76	Addie Craig	2021
16.	12:14.15	Brooke McBride	2022	16.	12:44.49	Angelina Belceto	2012

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Discus							
182' 0" Mandy Borschowa				May 29, 1998			
Seniors				Juniors			
1.	182' 0"	Mandy Borschowa	1998	1.	156' 7"	Mandy Borschowa	1997
2.	140' 8"	Jordan McDaniels	1999	2.	124' 2"	Jordan McDaniels	1998
3.	125' 3"	Caitlin Braun	2004	3.	120' 1"	Piper Sherbon	2003
4.	122' 1"	Catherine Drury	1987	4.	116' 1"	Corina Linder	2009
5.	120' 8"	Kali Barlow	2017	5.	112' 9"	Caitlin Braun	2003
6T.	119' 4"	Renee Hughes	1982	6.	109' 3"	Tephra Brune	2006
6T.	119' 4"	Corina Linder	2010	7..	108' 0"	Sara Brevick	2014
8.	117' 3"	Piper Sherbon	2004	8.	105' 2"	Abbigal Triou	2018
9.	114' 8"	Ashley Van Oeveren	2002	9.	105' 7"	Joanna Pleasants	1999
10.	113' 10"	Tephra Brune	2007	10.	104' 1"	Ashley Van Oeveren	2001
11.	113' 9"	Abbigal Triou	2019	11.	103' 9"	Sarah Keller	1984
12.	112' 0.5"	Stephanie Hill	1992	12.	102' 8.5"	Renee Hughes	1981
13	111' 1"	Andrea Suttle	2013	13.	102' 1"	Shannon Earl	2004
14.	110' 8"	Sara Brevick	2015	14T.	101' 8"	Catherine Drury	1986
15.	108' 8"	Shannon Posey	2005	14T.	101' 8"	Jenae Usselman	2018
16.	106' 11"	Sarah Keller	1985	16.	100' 10"	Michelle Browers	1985
Sophomores				Freshmen			
1.	144' 6"	Mandy Borschowa	1996	1.	119' 3"	Mandy Borschowa	1995
2.	123' 9"	Jordan McDaniels	1997	2.	113' 8"	Tanya Smart	2000
3.	118' 10"	Tanya Smart	2001	3.	106' 1"	Stephanie Hill	1989
4.	118' 0"	Stephanie Hill	1990	4.	99' 0"	Jordan McDaniels	1996
5.	109' 3"	Piper Sherbon	2002	5.	98' 3"	Jenae Usselman	2016
6.	105' 3"	Tori Howell	2009	6.	96' 7"	Tori Howell	2008
7.	104' 11"	Summer Nash	2008	7.	95' 10.5"	Cindi Shelton	1976
8.	104' 8"	Cindi Shelton	1977	8.	93' 7.5"	Corina Linder	2007
9.	104' 6"	Jenae Usselman	2017	9.	93' 5"	Joanna Pleasants	1997
10.	103' 0"	Ashley Wright	2006	10.	92' 5"	Catherine Drury	1984
11.	101' 8"	Abbigal Triou	2017	11.	92' 0"	Maggie Flaig	1999
12.	99' 4"	Renee Hughes	1980	12.	91' 9"	Ashley Wright	2005
13.	98' 1.5"	Ashley Van Oeveren	2000	13.	90' 8"	Tephra Brune	2004
14.	97' 8"	Maggie Flaig	2000	14.	87' 7"	Anna Wetmore	1990
15.	97' 3"	Joanna Pleasants	1998	15.	84' 6"	Kristen Kasel	2011
16.	96' 4"	Kristen Jordan	1987	16.	83' 0"	Michelle Clapp	1997

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High Jump							
5' 4" Karlie Stewart				April 4, 2019			
Seniors				Juniors			
1.	5' 4"	Karlie Stewart	2019	1T.	5' 2"	Heather Breitenbach	1999
2T.	5' 0"	Collette Roddewig	1989	1T.	5' 2"	Stephanie Burk	2008
2T.	5' 0"	Stephanie Burk	2009	1T	5' 2"	Karlie Stewart 2018	
4T.	4' 10"	Nicole Shewell	1989	4.	5' 1"	Linda Perryman	1979
4T.	4' 10"	Diane Keller	2009	5.	5' 0"	Collette Roddewig	1984
4T.	4' 10"	Wendy Hecker	2009	6T.	4' 10"	Danielle Blue	1997
4T.	4' 10"	Olivia Ciabattari	2023	6T.	4' 10"	Diane Keller	2008
8T.	4' 8"	Traci Riley	1978	6T.	4' 10"	Wendy Hecker	2008
8T.	4' 8"	Kim Duvall	1987	9T.	4' 8"	Traci Riley	1977
8T.	4' 8"	Melinda Dujmovic	1988	9T.	4' 8"	Melinda Dujmovic	1987
8T.	4' 8"	Christina Herrera	1991	9T.	4' 8"	Nicole Cordall	1988
8T.	4' 8"	Danielle Blue	1998	9T.	4' 8"	Christine Herrera	1990
8T.	4' 8"	Jonna Knecht	1999	9T.	4' 8"	Pam Lovely	1996
8T	4' 8"	Bailey Scott	2014	9T.	4' 8"	Lexi Swanson	2011
8T.	4' 8"	Amanda Antoch	2016	9T	4' 8"	Olivia Ciabattari	2022
8T.	4' 8"	Grace Wallace	2019	16T.	4' 6"	Dawn Graham	1977
				16T.	4' 6"	Dana Treadwell	1982
				16T.	4' 6"	Kelly Willig	1982
				16T.	4' 6"	Sally Bettes	1993
				16T.	4' 6"	Jen Trunkey	1994
				16T.	4' 6"	Sydney Leonard	2013
				16T.	4' 6"	Amanda Antoch	2015
				16T.	4' 6"	Madison McGavran	2016
				16T.	4' 6"	Olivia Henning	2017
				16T.	4' 6"	Grace Wallace	2018

Sophomores				Freshmen			
1T.	5' 2"	Piper Sherbon	2002	1.	5' 3"	Drew Butler	2015
1T.	5' 2"	Stephanie Burk	2007	2T.	5' 2"	Summer Nash	2007
3.	5' 1"	Shelby Stevens	1991	2T.	5' 2"	Karlie Stewart	2016
4T.	5' 0"	Diane Keller	2007	4T.	5' 0"	Shelbie Stevens	1990
4T.	5' 0"	Summer Nash	2008	4T.	5' 0"	Linda Perryman	1977
6T.	4' 10"	Linda Perryman	1978	6T.	4' 10"	Doreen McNeeley	1982
6T.	4' 10"	Heather Breitenbach	1998	6T.	4' 10"	Tutti Blount	1993
6T.	4' 10"	Amy Keogh	2002	6T.	4' 10"	Pam Lovely	1994
9T.	4' 8"	Melinda Dujmovic	1986	6T.	4' 10"	Maria Lynch	2000
9T.	4' 8"	Nicole Cordall	1987	6T.	4' 10"	Callen Gaston	2000
9T.	4' 8"	Pam Lovely	1995	6T.	4' 10"	Stephanie Burk	2006
9T.	4' 8"	Cari Smith	1999	6T.	4' 10"	Grace Wallace	2016
9T.	4' 8"	Monica Nelson	2005	13T.	4' 8"	Melinda Dujmovic	1985
9T.	4' 8"	Mackenzie Hutchison	2014	13T.	4' 8"	Jen Trunkey	1992
15T.	4' 6"	Traci Riley	1976	15T.	4' 6"	Lisa Helina	1977
15T.	4' 6"	Dawn Graham	1976	15T.	4' 6"	Collette Roddewig	1982
15T.	4' 6"	Lisa Helina	1978	15T.	4' 6"	Dena Drake	1993
15T.	4' 6"	Moselle Horiuchi	1980	15T.	4' 6"	Danielle Blue	1995
15T.	4' 6"	Kelly Willig	1981	15T.	4' 6"	Cari Smith	1998
15T.	4' 6"	Monica Dujmovic	1982	15T.	4' 6"	Whitney Chalgren	2002
15T.	4' 6"	Toni Ottopal	1988	15T.	4' 6"	Chloe Stewart	2017
15T.	4' 6"	Lexi Swanson	2010				

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Javelin						
141' 8"				Jenae Usselman		
				May 3, 2018		
Seniors				Juniors		
1.	136' 3"	Kelly Besmer	2010	1.	141' 8"	Jenae Usselman 2018
2.	134' 0"	Kristen Berndt	2004	2.	128' 0"	Kristen Berndt 2003
3.	131' 1"	Riley Ovall	2017	3.	123' 10"	Shannon Posey 2004
4.	130' 9"	Shannon Posey	2005	4.	121' 6"	Kelly Besmer 2009
5.	128' 3"	Jenae Usselman	2019	5.	120' 7"	Riley Ovall 2016
6.	125' 8"	Sara Brevick	2015	6.	114' 5"	Sara Brevick 2014
7.	122' 8"	Emily Ferree	2010	7.	112' 6"	Jaida Warrick 2023
8.	114' 1"	Sydney Leonard	2014	8.	109' 7"	Emily Ferree 2009
9.	110' 10"	Leslie Stevens	2011	9.	108' 4"	Sydney Leonard 2013
10.	109' 3"	Katie Woolsey	2008	10.	107' 11"	Molly Meyers 2009
11.	104' 2"	Molly Meyers	2010	11.	107' 7"	Piper Sherbon 2003
12.	103' 1"	Piper Sherbon	2004	12.	104' 5"	Katie Woolsey 2007
13.	97' 7"	Katelyn Walker	2008	13.	103' 4"	Leslie Stevens 2010
14.	97' 0"	Clarice Chartier	2015	14.	99' 4.5"	Maggie Olson 2003
15.	94' 11"	Scooby Reid	2023	15.	97' 8"	Aubrey Larion 2010
15.	93' 6"	Alisha Larion	2008	16.	93' 11"	Katelyn Walker 2007
Sophomores				Freshmen		
1.	123' 5"	Riley Ovall	2015	1.	128' 3"	Riley Ovall 2014
2.	122' 9"	Kristen Berndt	2002	2.	113' 5"	Jenae Usselman 2016
3.	121' 6"	Shannon Posey	2003	3.	111' 10"	Shannon Posey 2002
4.	120' 10"	Jenae Usselman	2017	4.	90' 2"	Kristen Kasel 2011
5.	114' 7"	Sydney Leonard	2012	5.	88' 7"	Sydney Leonard 2011
6.	107' 4"	Jaida Warrick	2022	6.	86' 10"	Molly Meyers 2007
7.	98' 3"	Sara Brevick	2013	7.	86' 2"	Sara Brevick 2012
8.	98' 0"	Emily Ferree	2008	8.	83' 2"	Amy Stauch 2002
9.	96' 3"	Molly Meyers	2008	9.	78' 6"	Mckenna Fedora 2013
10.	95' 4"	Piper Sherbon	2002	10.	78' 3"	Chelsea Meadows 2011
11.	92' 10"	Kristen Kasel	2012	11.	77' 3"	Jaida Warrick 2021
12.	92' 9"	Leslie Stevens	2009	12.	77' 1"	Velvet Webber 2011
13.	91' 9"	Katie Woolsey	2006	13.	74' 6"	Tephra Brune 2004
14.	86' 10"	Katelyn Walker	2006			
15.	80' 5"	Velvet Weber	2012			
16.	76' 6"	Scooby Reid	2021			

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Long Jump							
18' 0"				Linda Perryman			
				May 19-20, 1979			
Seniors				Juniors			
1.	17' 7.25"	Piper Sherbon	2004	1.	18' 0"	Linda Perryman	1979
2.	17' 6.5"	Diane Keller	2009	2.	17' 9"	Hailey Weir	2023
3.	17' 4"	Lauren Rutherford	2016	3.	17' 6.5"	Symone Shaw	2007
4.	17' 1.5"	Ashley Wiegardt	2001	4.	16' 8.75"	Helen Hasbun	2009
5T.	17' 0"	Amy Lee	1990	5T.	16' 5.75"	Karlie Hurley	2014
5T.	17' 0"	Natalie Edwards	1995	5T.	16' 5.75"	Lauren Rutherford	2015
7.	16' 10"	Symone Shaw	2008	7.	16' 4"	Natalie Edwards	1994
8.	16' 9.75"	Helen Hasbun	2010	8.	16' 1.5"	Piper Sherbon	2003
9.	16' 9"	Tatum Dalglish	2019	9.	16' 0.5"	Amy Lee	1989
10.	16' 5.5"	Ashley Jackson	2013	10.	15' 11"	Tatum Dalglish	2018
11.	16' 3.5"	Melanie Edwards	1999	11.	15' 10"	Jonna Knecht	1998
12.	16' 3"	Nikki Hover	1998	12T.	15' 8.5"	Chris Crittenden	1977
13.	16' 0.5"	Sally Miller	2012	12T.	15' 8.5"	Kali Roestel	2005
14.	15' 9"	Jonna Knecht	1999	14.	15' 7.5"	Nikki Hover	1997
15.	15' 6.5"	Christine Herrera	1991	15.	15' 6.5"	Ashley Jackson	2012
16.	15' 5.5"	Kali Roestel	2006	16.	15' 6"	Dana Treadwell	1982
Sophomores				Freshmen			
1.	17' 4.75"	Nikki Hover	1996	1.	16' 6"	Symone Shaw	2005
2.	17' 0"	Symone Shaw	2006	2.	16' 5.5"	Tatum Dalglish	2016
3.	16' 8.75"	Linda Perryman	1978	3.	16' 3.5"	Madison Yakaboski	2006
4.	16' 6.25"	Helen Hasbun	2008	4.	16' 3.25"	Linda Perryman	1977
5.	16' 5"	Natalie Edwards	1993	5.	15' 10.5"	Jonna Knecht	1996
6.	16' 4.25"	Hailey Weir	2022	6.	15' 8.75"	Nikki Hover	1995
7.	16' 3"	Karlie Hurley	2013	7.	15' 6.75"	Karlie Hurley	2012
8.	16' 2.5"	Chris Crittenden	1976	8.	15' 6.25"	Ashley Jackson	2010
9.	16' 1.25"	Sally Miller	2010	9.	15' 5"	Whitney Chalgren	2002
10.	15' 10.25"	Jonna Knecht	1997	10.	15' 3.5"	Kali Roestel	2003
11.	15' 9.5"	Diane Keller	2007	11.	15' 3"	Sally Miller	2009
12.	15' 8.5"	Tatum Dalglish	2017	12.	15' 2"	Sarah Lavallee	1995
13.	15' 7.5"	Ashley Jackson	2011	13.	15' 1.75"	Bailey Scott	2011
14.	15' 7.25"	Amy Lee	1988	14.	15' 1.5"	Pam Lovely	1994
15.	15' 5"	Jaida Warrick	2022	15T.	15' 1"	Karlie Stewart	2016
16.	15' 2.5"	Jen Trunkey	1993	15T.	15' 1"	Hailey Weir	2021

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Pole Vault – 1998 to Present							
11' 6"		Georgia Reynolds		May 12, 2010			
Seniors				Juniors			
1.	11' 6"	Georgia Reynolds	2010	1T.	10' 0"	Georgia Reynolds	2009
2.	11' 0"	Lauren Leslie	2023	1T.	10' 0"	Mikaelyn Davis 2014	
3T.	10' 0"	Lexi Swanson	2012	1T.	10' 0"	Abby Weber	2015
3T.	10' 0"	Amanda Antoch	2016	1T.	10' 0"	Sarah Panciroli	2016
3T.	10' 0"	Abby Weber	2016	1T.	10' 0"	Lauren Gappa	2016
3T.	10' 0"	Sarah Panciroli	2017	6.	9' 9"	Lexi Swanson	2011
7T.	9' 6"	Tove Garhart	2006	7T.	9' 6"	Tove Garhart	2005
7T.	9' 6"	Daniele Curley	2013	7T.	9' 6"	Kelly Besmer	2009
7T.	9' 6"	Riley Buckmaster	2018	7T.	9' 6"	Daniele Curley	2012
10.	9' 0"	Lauren Gappa	2017	10T.	9' 0"	Jillian Buck	2006
11T	8' 6"	Carrie Frantz	2002	10T..	9' 0"	Hannah Richmond	2012
11T.	8' 6"	Meaghan Dunklee	2005	10T.	9' 0"	Jennifer Rogers	2014
11T.	8' 6"	Devan Paulus	2006	10T.	9' 0"	Hannah Christensen	2019
11T.	8' 6"	Elishea Davis	2007	10T.	9' 0"	Lauren Leslie	2022
11T.	8' 6"	Pauline Kaczmarek	2013	15T.	8' 6"	Cari Smith	2000
11T.	8' 6"	Emma Panciroli	2014	15T.	8' 6"	Emma Panciroli	2013
				15T.	8' 6"	Amanda Antoch	2015
				15T.	8' 6"	Riley Buckmaster	2017
Sophomores				Freshmen			
1T.	9' 6"	Mikaelyn Davis	2013	1.	9' 6"	Hailey Johnson	2012
1T.	9' 6"	Sarah Panciroli	2015	2.	9' 0"	Mikaelyn Davis	2012
3T.	9' 0"	Stephanie Burk	2007	3T.	8' 6"	Summer Nash	2007
3T.	9' 0"	Lexi Swanson	2010	3T.	8' 6"	Lexi Swanson	2009
3T.	9' 0"	Daniele Curley	2011	3T.	8' 6"	Sarah Panciroli	2014
6T.	8' 6"	Cari Smith	1999	3T.	8' 6"	Riley Buckmaster	2015
6T.	8' 6"	Nikki Belt	1999	7T.	8' 0"	Cari Smith	1998
6T.	8' 6"	Hannah Richmond	2011	7T.	8' 0"	Marley Robbins	2007
6T.	8' 6"	Kristin Moore	2012	7T.	8' 0"	Kelly Besmer	2007
6T.	8' 6"	Abby Weber	2014	7T.	8' 0"	Drew Butler	2015
6T.	8' 6"	Lauren Gappa	2015	11T.	7' 6"	Brittney Conway	2006
6T.	8' 6"	Riley Buckmaster	2016	11T.	7' 6"	Daniele Curley	2010
13T.	8' 0"	Meaghan Dunklee	2003	11T.	7' 6"	Krisin Moore	2011
13T.	8' 0"	Devan Paulus	2004	11T.	7' 6"	Abby Weber	2013
13T.	8' 0"	Marley Robbins	2008	11T.	7' 6"	Chloe Stewart	2017
13T.	8' 0"	Kelly Besmer	2008	11T.	7' 6"	Hannah Christensen	2017
13T.	8' 0"	Emma Panciroli	2012	11T.	7' 6"	Addie Craig	2021
13T.	8' 0"	Hailey Johnson	2013	11T.	7' 6"	Ruth Groscost	2021
13T	8' 0"	Hannah Christensen	2018	11T.	7' 6"	Lorelai Justice	2023

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Shot Put							
46' 0.5"				Mandy Borschowa			
				May 30, 1998			
Seniors				Juniors			
1.	46' 0.5"	Mandy Borschowa	1998	1.	40' 2.25"	Mandy Borschowa	1997
2.	40' 4"	Piper Sherbon	2004	2.	39' 4"	Piper Sherbon	2003
3.	38' 6.75"	Molly Meyers	2010	3.	36' 10.75"	Nikki Hover	1997
4.	38' 4.5"	Nikki Hover	1998	4.	36' 7.5"	Molly Meyers	2009
5.	37' 11"	Renee Hughes	1982	5.	36' 7"	Jordan McDaniels	1998
6.	37' 8"	Alisha Larion	2008	6.	36' 1"	Renee Hughes	1981
7.	36' 6"	Jordan McDaniels	1999	7.	34' 8.75"	Abbigal Triou	2018
8.	36' 4.75"	Caitlin Braun	2004	8.	34' 6.5"	Ashley Van Oeveren	2001
9.	36' 3"	Elizabeth Larson	2015	9.	34' 2"	Caitlin Braun	2003
10.	36' 1"	Abbigal Triou	2019	10.	33' 11.5"	Kelsey Tarp	2007
11.	34' 11"	Katelyn Walker	2008	11.	33' 7"	Alisha Larion	2007
12.	34' 4"	Avery Hamby	2019	12.	33' 3.25"	Katelyn Walker	2007
13.	33' 7.25"	Ashley Van Oeveren	2002	13T.	32' 4"	Shari Schneider	1987
14.	33' 0.5"	Andrea Suttle	2013	13T.	32' 4"	Lesely Hudson	1996
15.	32' 8"	Rhonda Paulson	1981	15T.	31' 5"	Shannon Posey	2004
16.	32' 5.75"	Kelsey Tarp	2008	15T.	31' 5"	Sydney Leonard	2013
Sophomores				Freshmen			
1.	37' 1.5"	Nikki Hover	1996	1.	34' 5"	Nikki Hover	1995
2.	34' 5.5"	Jordan McDaniels	1997	2.	31' 11"	Mandy Borschowa	1995
3.	33' 11"	Mandy Borschowa	1996	3.	31' 4.5"	Tanya Smart	2000
4.	33' 7"	Caitlin Braun	2002	4.	30' 6.5"	Molly Meyers	2007
5.	33' 4.5"	Kelsey Tarp	2006	5.	30' 6"	Ashley Wright	2005
6.	33' 1.5"	Piper Sherbon	2007	6.	30' 5.25"	Caitlin Braun	2001
7.	33' 0.5"	Molly Meyers	2008	7.	30' 4.5"	Abbigal Triou	2016
8.	32' 9.75"	Abbigal Triou	2017	8.	29' 9"	Jordan McDaniel	1996
9.	32' 4"	Tori Howell	2009	9.	29' 8"	Lesely Hudson	1994
10.	31' 10"	Sydney Leonard	2012	10.	28' 10.5"	Stephanie Hill	1989
11.	31' 4.75"	Ashley Van Oeveren	2000	11.	28' 7.5"	Tephra Brune	2004
12.	31' 1.5"	Lesely Hudson	1995	12.	28' 0.25"	Ellen Vincent	2019
13..	30' 9"	Ashley Wright	2006	13.	27' 11.5"	Sydney Leonard	2011
14.	30' 0"	Stephanie Hill	1990	14.	27' 9.5"	Debbie Dale	1982
15	29' 6.5"	Ariel Farnsworth	2006	15.	27' 7.5"	Lauren Westerman	1998
16.	29' 6"	Katelyn Walker	2006	16T.	27' 4.5"	Ashley Van Oeveren	1999
				16T.	27' 4.5"	Tori Howell	2008

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Triple Jump							
37' 6"				Piper Sherbon			
				May 29, 2004			
Seniors				Juniors			
1.	37' 6"	Piper Sherbon	2004	1.	37' 2.5"	Piper Sherbon	2003
2.	35' 7"	Leslie Stevens	2011	2.	34' 3.5"	Pam Lovely	1996
3.	34' 6"	Pam Lovely	1997	3.	33' 9.5"	Leslie Stevens	2010
4.	34' 5"	Melanie Edwards	1999	4.	33' 8.25"	Ashley Wiegardt	2000
5.	34' 2.5"	Christine Herrera	1991	5.	33' 4.5"	Sophie Rockow	2011
6.	34' 0.75"	Amy Lee	1990	6T.	33' 2"	Jen Trunkey	1994
7.	33' 7.75"	Natalie Edwards	1995	6T.	33' 2"	Aubrey Larion	2010
8.	33' 6"	Symone Shaw	2008	8.	32' 11"	Christine Herrera	1990
9T.	33' 4.25"	Sally Miller	2012	9.	32' 9"	Melanie Edwards	1998
9T.	33' 4.25"	Tatum Dalgleish	2019	10.	32' 7"	Olivia Henning	2017
11.	33' 0"	Sophie Rockow	2012	11.	32' 6.75"	Amy Lee	1989
12.	32' 11.75"	Stephanie Burk	2009	12.	32' 5.75"	Stephanie Burk	2008
13.	32' 8.25"	Ashley Wiegardt	2001	13.	32' 5"	Danielle Blue	1997
14.	31' 9"	Jesse Guyer	2014	14.	32' 4.5"	Tatum Dalgleish	2018
15.	31' 8"	Susan Edwards	1991	15.	31' 5.5"	Maggie Olson	2003
16.	31' 4"	Olivia Henning	2018	16.	31' 4"	Erin Caldwell	1991
Sophomores				Freshmen			
1.	36' 11.75"	Piper Sherbon	2002	1.	34' 11"	Madison Yakaboski	2006
2.	34' 2"	Jen Trunkey	1993	2.	34' 6"	Tatum Dalgleish	2016
3.	34' 0.75"	Stephanie Burk	2007	3.	34' 0.75'	Stephanie Burk	2006
4.	33' 8"	Pam Lovely	1995	4.	32' 5.25"	Jen Turnkey	1992
5.	33' 0"	Tatum Dalgleish	2017	5.	32' 0"	Kali Roestel	2003
6.	32' 8"	Sally Miller	2010	6.	31' 10.75"	Madysen Privatsky	2014
7.	32' 2.25"	Melanie Edwards	1997	7.	31' 5"	Sally Miller	2009
8.	31' 1"	Jesse Guyer	2012	8.	30' 10"	Jesse Guyer	2010
9.	30' 11.5"	Sophie Rockow	2010	9T.	30' 7.5"	Danielle Blue	1995
10.	30' 11"	Nikita Carstens	1997	9T.	30' 7.5"	Monica Nelson	2004
11.	30' 3.25"	Summer Nash	2008	11.	30' 6"	Karlie Stewart	2016
12.	30' 3"	Cari Smith	1999	12.	30' 2.25"	Megan Morris	1996
13.	30' 2"	Olivia Henning	2016	13.	30' 1"	Shannon Acker	2010
14.	30' 1"	Lauren Paulus	2002	14.	30' 0"	Dena Drake	1993
15.	29' 11"	Dena Drake	1994	15.	29' 10.5"	Vivian Cleary	2022
16.	29' 10"	Amy Lee	1988	16.	29' 8.5"	Olivia Henning	2015

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Coaches

Head Coaches

1972

1973-74

Pat Alexander

1975-77

1978-82

Bob Oldham

1983

1984 -2020

Dave Clifford

2021-Present

Jordan Sauvage

Assistant Coaches

1978-79

Kathy Stimpfle

1981

Elaine Swanson

1982

Elaine Clifford

1987

Christine Kjenner

2004-06

Keli Lake

2004-20

Chris Jackson

2004-20

Dave Ovall

2004-20

Gregg Meyers

2005, 2019

Jordan Sauvage

2005-10

Suzanne de Ponte

2006

Kyle Wallace

2008-14, 2018-20

Brian Peterman

2008-10, 2016-present

PJ Stewart

2009-11

Rachel Dillon

2009-10

Brady James

2010

Shannon Selby

2011-21

Sean Sundwall

2013-14

Megan Botulinski

2015

Leslie Steelye

2016

Amy Corder

2017-18

Amy Hecox

2019-20

Jill Waskom

2021

Kelly Besmer

2021

Jim Jacobson

2021-present

Cullin Piatt

2021-present

Hanna Piatt

2021-present

Sophie Rockow

2021-present

Leann Stewart

2022-present

Kenny Emrick

2022-present

Neil Kells

2023-present
2023-present
2023-present

Bron McDaniels
Riley Sine
Kurt Span

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Mount Si High School Girl's Track and Field Hall of Fame

- 1975** Jude Marion – Mile
- 1976** Chris Crittenden – 100, Long Jump
- 1979** Kary White – 80 Hurdles
- 1982** Renee Hughes - Discus
- 1985** Sarah Keller – 4 x 100 Relay, Discus
- 1987** Catherine Drury - Discus
- 1987** Kim Duvall - 100 Hurdles, 300 Hurdles, 4 x 100 Relay
- 1990** Amy Lee - Javelin
- 1993** Amy Breed – 300 Hurdles, Javelin
- 1993** Shelby Stevens – Javelin
- 1995** Natalie Edwards – Long Jump
- 1997** Pam Lovely – 100 Hurdles, Triple Jump, 4 x 200 Relay
- 1998** Mandy Borschowa – Discus, Shot Put, Javelin
- 1998** Jamie Douglas - Javelin
- 1998** Nikki Hover – Long Jump, Shot Put, 4x200 Relay, 4x400 Relay
- 1998** Sarah Lavallee – 100 Hurdles, 300 Hurdles, 4 x 200 Relay,
4 x 400 Relay
- 1999** Jordan McDaniels – Discus, Javelin, Shot Put
- 2001** Ashley Wiegardt – Long Jump, 4 x 400 Relay
- 2004** Kristen Berndt – Javelin, 100 Hurdles
- 2004** Caitlin Braun – Discus, Shot Put
- 2004** Piper Sherbon – Triple Jump, Shot Put, Long Jump, Discus
- 2005** Shannon Posey – Javelin, Discus
- 2006** Nicole Remish – 4 x 100 Relay, 4 x 400 Relay
- 2008** Symone Shaw – Long Jump, 4 x 200 Relay, 4 x 400 Relay
- 2008** Katie Woolsey – 400, 4 x 400 Relay
- 2009** Stephanie Burk – High Jump
- 2009** Diane Keller – 100 Hurdles, 4 x 200 Relay, Long Jump
- 2010** Kelly Besmer – Javelin, Pole Vault
- 2010** Emily Ferree – Javelin, Discus, Shot Put
- 2010** Hannah Hasbun – 300 Hurdles, 100 Hurdles, 200, 4x100 Relay,
4x200 Relay
- 2010** Helen Hasbun – 100, 200, Long Jump, 4 x 100 Relay,
4 x 200 Relay
- 2010** Corina Linder – Discus
- 2010** Molly Meyers – Shot Put, Javelin, Discus
- 2010** Georgia Reynolds – Pole Vault, 4 x 100 Relay, 4 x 200 relay

2013 Ashley Jackson – 100 Hurdles, 300 Hurdles, Long Jump
2014 Jesse Guyer – 100, 200, 4 x 100 Relay, 4 x 200 Relay,
4 x 400 Relay
2014 Madeleine Hutchison – 800, 1600, 3200, 4 x 400 Relay
2014 Bailey Scott – 200, 400, 1600, 4 x 200 Relay, 4 x 400 Relay
2015 Karlie Hurley – 100, 200, 400, 4 x 100 Relay, 4 x 200 Relay,
4 x 400 Relay
2016 Melissa Hruska – 800, 1600, 3200, 4 x400 Relay
2017 Riley Ovall – Javelin, Shot Put
2017 Hannah Waskom – 800, 1600, 3200

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Washington State Heptathlon Championship
International Implements/Hurdles

1. **3370** **Kim Duvall** **1987**

17.1h (559); 4' 6" (481); 26' 10.5" (412); 27.6h (643)

13' 6.25" (336); 89' 0" (422); 2:45.0h (517)

1st day total = 2095 pts

2nd day total = 1275 pts

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A

Acker, Shannon	200, 100H, 300H, 1600R, TJ	2010
Ackerman, Lisa	100LH, 300H, SP, JT	1982
Ackerman, Robin	880, MR	1973-74
Adams, KD	1600	2002
Adams, Ragene	440, 880, M, 2M, 330H	1980
Agpawa, Lisa	880	1977
Agpawa, Rosanna	100, 220, 440, 80H	1976-77
Ahner, Sierra	DT	2022-23
Alexander, Laurie	100	1969
Alexander, Rachel	1600, LJ, TJ	2001-02
Allen, Ellie	800, 1600, 3200, 1600R	2005
Allison, Tawny	400, 800, 3200, 100H	1996-97-98
Allred, Jamie	DT, JT	2003
Alm, Dee Dee		1969
Amandus, Maya	SP, JT, 400R	2023
Anderson, Marsha	70, 100, 440R, 800R	1972-73
Anderson, Cheryl	100	1969
Anderson, Connie	JT	1972
Anderson, Ingrid		1994
Anderson, Patience	SP, DT	2002
Arens, Carolyn	Mgr	1980
Areth		1998
Arnold, Rachel	100, 200, 100H, 400R, 800R, 1600R	2022-23
Arthur, McKenzie	800	2006
Antoch, Amanda	HJ, PV, LJ, TJ	2015-16
Asanuma, Natsumi	400, 800	2002
Aspinall, Sidney	100, 200, HJ	2019
Avery, Maryanne	100, 100H	1993
Ayling, Ashley	800, DT, 1600R	2021

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B

Bacon, Jenna	100, 200, 400, HJ, 800R, 1600R	2019-21
Bagley, Piper	800, 1600, 1600R	2023
Baker, Christina	SP	1996
Baker, Cindy	100, 80H, LJ, HJ	1978-79
Baker, Wendy	220, 880, M, 2M, LJ, MR	1977-78-79
Bailey, Claire	100H, 300H, LJ, TJ, 400R	2021-22-23
Baldwin, Amber	100, 200, 400, 800R	1988-89
Ballard, Dora		1981
Balodis, Patty	400, 800, SP, DT	1989-90-91
Ballard, Dora		1981
Barcus, Heather	200, 400, 1600, 1600R	1991
Bardsley, Madison	SP, DT	2011
Barker, Polly	100, 220, 80H, 440R, 880R	1976-77-78
Barlow, Kali	SP, DT, 400R	2017
Barr, Ariane	800, 1600, 3200, 800R, 1600R	2003-04-05-06
Barrett, Shauni	400, 800, 1600, 3200, SP, 1600R	1981-82
Barrus, Bethany	SP, DT, JT, HT, 1600R	2005
Bateman, Launa	LJ, TJ, SP, DT, JT	2015-16-17
Bateman, Rosamarie	1600, 3200, 300H, PV	2016-17-18-19
Bauman, Michelle	220, LJ, 440R, 880MR	1974-75
Baumann, Claudia	800, 1600	2010
Baumgardner, Geena	400, 800, 1600, 1600R	2007-08-09-10
Beattie, Nadia	100H, HJ	2010
Beckes, Breanne	100, 200, 400, 400R, 800R	2010
Behrndt, Harmony	400, 800, JT	1996-97
Bel, Zoie	SP, DT	2013
Belau, Elia	LJ	2022
Belceto, Angelina	800, 1600, 3200	2012-13
Belceto, Lizzie	100, 200, PV, 400R, 800R	2017-18
Belt, Nikki	100, PV, TJ	1998-99-01
Benavidas, Blanca		1973
Bennetts, Lauren	100, HJ, 400R, 800R	2019
Berg, Sherri	220	1978
Berhndt, Harmony	JT	1997
Berndt, Kristen	100, 200, 100H, 300H, TJ, SP, DT, JT, 400R, 800R, 1600R	2001-02-03-04
Besmer, Kelly	800, 1600, 3200, PV, SP, JT, 400R, 1600R	2007-08-09
Betz, Eliza	1600	2017-18

Bezanson, Madeleine	800, 1600, 3200, JT, 300H, 800R, 1600R	2009-10-11-12
Bettes, Sally	TJ, HJ	1993
Bilow, Ali	SP, DT, JT	2004-05-06
Blessard, Jess	SP, DT, JT	2007
Blodgett, Hailey	100, 200, 400R, 800R	2023
Blomberg, Elise		1969
Blount, Tutti	100H, 300H, JT	1993
Blue, Danielle	200, 400, 100H, 300H, TJ, HJ, 800R, 1600R	1995-96-97-98
Boers, Karen	400, 800, 3200, 1600R	1994-95
Bonham, Sydney	DT, JT	2023
Borschowa, Mandy	800, SP, DT, JT	1995-96-97-98
Bottemiller, Abbey	100, 200, 400, 800, 1600, 400R, 800R, 1600R	2011-12-13
Boyce, Colleen	100, 220, 400, 1600, 3200, 300H LJ, MR, 1600R	1980-81-82
Boyle, Kathy	440, 880, M, 2M, 440R	1978-80
Braun, Catlin	SP, DT, JT	2001-02-03-04
Breed, Amy	100, 200, 400, 3200, 100H, 300H, LJ JT, 1600R	1990-91-92
Breitenbach, Heather	100, 200, 400, 300H, HJ, 400R, 800R, 1600R	1998-99-00
Brevick, Karin	200, 100H, 300H	2002
Brevick, Sara	SP, DT, JT, 400R, 800R, 1600R	2012-13-14-15
Brickey, Jan	880, M, JT, MR	1972-73-74
Bridgman, Malia	100, 200, 800, HJ, 1600R	2022-23
Briskey, Angie	SP, DT, JT	2000
Brock, Lena	400, 100H, 300H, LJ	1988-89
Browsers, Michelle	SP, DT, JT	1984-85-86
Bruce, Ellie	800, 1600, 3200, HJ	2014-15-16-17
Brune, Tephra	SP, DT, JT,	2004-06-07
Buchanan, Garrity	100, 200	2022
Buchanan, Jodie	100, LJ, DT, 440R, 880MR	1974
Bucholsky, Julie		1982
Buck, Jillian	PV	2006
Buckmaster, Riley	100H, 300H, PV	2015-16-17-18
Burbrink, Nicolette	100, 200	2022
Burk, Hillary	400, 800, 1600, 3200, LJ, HJ, 1600R	2005-07
Burk, Stephanie	100, 200, 300H, LJ, TJ, HJ, PV,	2006-07-08-09

Burnett, Shawn	400R, 800R, 1600R	
Burnham, Nancy	800, 3200, SP	1985
	100, 220, 440, 80H, 440R, 880MR,	1973-74-75-76
	MR	
Burns, Brenda	Mgr	1977
Burrows, Maggie	PV	2009
Burton, Dee Dee	SP, DT, JT	1982
Bush, Kathy	440, JT, MR	1979
Butler, Drew	PV, HJ	2015

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C

Cady, Jilian	800, 1600, DT, JT	2016
Caldwell, Erin	LJ, TJ, DT	1991
Caldwell, Kristin	800, 1600, 3200, 1600R, LJ	1989-90-91-92
Calhoun, Kiele	1600, 3200, 1600R	2021-22-23
Callies, Faith	1600, 100H, 1600R	2014
Cannell, Solvej	1600	2014
Carlson, Stacy	100, 200, 400, 400R	1989-90-91
Carman, Kaya	SP, JT, 400R	2023
Carmen, Rachelle	100, 200, 100H, 300H, LJ, TJ, 400R	1989-90-91
Carmichael, Teri	220, 440, 880, MR	1974-76
Carstens, Nikita	100, 200, 400, TJ, 400R, 800R, 1600R	1996-97
Carver, Jasmine	800, 1600, 3200	2001-03-04
Cassar, Cathy	880, M, MR	1979
Cassar, Mary	100, 220, 440, LJ, MR	1979
Censulo, Julie	400, 800, 1600, 3200, 1600R	2007-08-09-10
Cernick, Shannon	800, 1600, 3200	1982
Chabot, Caroline	SP, DT	2016
Charboneau, Kathy	SP, DT	1977
Chartier, Clarice	DT, JT, 400R	2014-15
Chelgren, Whitney	LJ, HJ, 400R	2002
Childs, Katie	400, 800, 1600, 3200	1999-00
Chris, Deanna	100H, LJ, TJ, 400R	1993
Christen, CC	SP, DT	2009
Christensen, Alicia	SP, DT, JT, 400R	2023
Christensen, Hannah	100H, PV, 400R, 800R	2017-18-19
Christmas, Kayla	1600, 3200	2018-19
Christopherson, Kelli	100, 200, 400, 400R, 800R	2013-14-15-16
Ciabattari, Olivia	HJ, JT	2021-22-23
Clapp, Michelle	100, 200, DT, JT	1997
Clark, Debbie	100, 220	1978
Clark, Haley	HJ, SP, JT	2022
Clark, Denise		1977
Clark, Robyn	100, 220, LJ, DT, 440R, 880R	1976-77-78
Cleary, Vivian	100, TJ, 800R	2022
Cloward, Michel	PV	2008
Crawford, Bobbie	100, 220, LJ, 440R, 880R	1976-77
Crittenden, Chris	100, 80H, LJ, 440R	1976-77-78
Crittenden, Mary	100, 80H, LJ, JT, 800R	1979-81

Colvin, Lily	800, 1600, 3200, 1600R	2018
Combs, Jennifer		1982
Constantine, Maxine	SP, DT, JT	1973-74
Conway, Brittney	PV	2006-07-08
Cook, Debbie	100, 220, 440, 880, M, 880R, MR	1977-79-80
Cook, Denise	Mgr	1981
Cooney, Molly	1600, 1600R	2023
Cooper, Stacy	100, 200	1989
Copeland, Lori		1973
Cordall, Nicolle	800, 1600, 3200, HJ	1987-88
Corlett, Annie	HJ, DT	1997
Cosgrove, Chloe	100H, 300H, 800, 1600, 3200, 400R, 1600R	2015-16-17-18
Cossey, Aleeya	1600	2023
Cossey, Hailey	400, 800, 1600, 3200, 1600R	2022-23
Craig, Addie	800, 1600, 3200, PV, 1600R	2021
Cranford, Johanna	400R	2012
Creighton, Sarah	100, 200, 400, 800, 400R, 800R, 1600R	2017
Crosby, Macy	800, 1600	2017
Cummins, Allie	100, LJ, 800R	2022
Curley, Daniele	PV, LJ	2010-11-12-13
Currier, Cara	LJ, DT	2011-12-13
Curtis, Angela	SP, JT, 800R	1985

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D

Dale, Debbie	100LH, SP, DT, JT	1982
Dale, Ella	100, LJ, HJ	2023
Dahl, Julie	400, 800, 1600, TJ, 1600R	1991-92
Dahlberg, Paige	SP, DT, JT	2011
Dahline, Avery	SP, JT	2012
Dalgleish, Tatum	100, LJ, TJ, 800R	2016-17-18-19
Dance, Amanda	100, 200	2002
Davidson, Sara	SP, DT, JT	1992-93
Davis, Ashley	800, 1600, 3200, 1600R	1992-93-94-95
Davis, Elisha	400, 800, 1600, 3200, PV, 1600R	2005-06-07
Davis, Jennifer	400, 800, 1600, 3200, 1600R	2005
Davis, Mikaelyn	PV, 800R	2012-13-14
Davis, Suzanne	100, 200, 400, DT, JT, 800R	1987
DeHate, LeAnn	100, 800R	1985
Denune, M	100LH, 300H, LJ, HJ, SP	1984
Derouin, Maya	100	2022
DesJardins, Megan	SP, JT	1995
Dierks, Annica	DT, JT, 400R	2023
Dilger, Josephine	100, 200, 400, LJ, PV, JT	2021-22-23
Dills, Kim	100, 200, LJ, SP, DT, JT, 800R	1981
Dolan, Dana	100, LJ, TJ, 400R	2017
Don Carlos, Kinsey	SP, DT, JT	2022
Dore, Sydney	100, 200, HJ, 400R, 800R	2011
Doty, Kyra	100, LJ	2022
Douglas, Jamie	100, 200, 400, 800, LJ, DT, JT, 1600R	1995-96-97-98
Douglas, Shana	800, 1600, LJ, HJ, JT	1996-97
Drake, Dena	100H, LJ, TJ, HJ, DT, JT	1993-94
Drury, Ann	400, 800	1982
Drury, Catherine	1600, 3200, SP, DT, JT, 1600R	1984-85-86-87
Duhn, Kordula	100, 200, 100H, 300H, LJ, JT, 400R 800R	1985
Dujmovic, Melinda	800, LJ, TJ, HJ, 400R, 800R, 1600R	1985-86-87-88
Dujmovic, Monica	100, 200, 400, 800, LJ, HJ, SP, DT, 400R, 1600R	1981-82
Dunklee, Erin	1600, 3200, 300H, PV	2003-04-05-06
Dunklee, Meaghan	800, 100H, 300H, LJ, PV, 400R 1600R	2002-03-04-05
Dunn, Kelli	1600	2015

Duvall, Therese
Duvall, Kim

100, 200, LJ

2000

100, 200, 100LH, 100H, 300H, HJ,
JT, 400R, 800R, 1600R

1984-85-86-87

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E

Eanes, Alex	800, 1600, 3200	1986-87
Eanes, Alison	1600, 3200	1984-86
Earl, Shannon	200, 400, LJ, 1600R	1985-87
Edwards, Landon	800, 1600, 300H	2010
Edwards, Melanie	100, 200, 100H, 300H, TJ	1996-97-98-99
Edwards, Natalie	100, 200, 100H, 300H, LJ, TJ, 400R, 800R, 1600R	1992-93-94-95
Eichler, Teresa	DT, JT	2015
Eide, Clara	400	2023
Ellis, Megan	100, 200, LJ	2015\
Elwood, Teigen	SP, DT	2018
Englund, Kit	800, SP, DT	2000
Engstrom, Susan	800, 1600, 3200, 300H, LJ, TJ	1989-90-91
Enlow, Kim	880, M, 2M, SP, DT, MR	1976-77-78-79
Ericksen, Elise	100, 200, 400, JT	2021-23
Erlach, Chelsea	800, 1600, 3200, 1600R	2007-08
Erwin, Jennifer	400, 3200, 300H, LJ, DT, 1600R	1984
Esteb, Madelyn	400, 800, 1600, HJ, 400R, 800R, 1600R	2011-12
Evans, Terry	50, 70, 100, 220, 80H, LJ, 440R, MR	1972-73
Evetts, Heidi	400, 800, 1600, 300H, LJ, JT, 1600R	1982-84-85
Ewald, Christina	100	1997

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F

Fairbanks, Janelle	800, 1600, DT, 1600R	1993
Farist, Catherine	200, PV	2007
Farmer, Lisa		1981
Farnsworth, Ariel	SP, DT, JT	2006
Farr, Debbie	100, 200, 400, 1600, LJ, 400R, 800R, 1600R	1984-85-86-87
Fedora, Mckenna	SP, DT, JT	2013
Felix, Sue	880, M, 2M, 440R, MR	1979-80
Ferree, Emily	400R, SP, DT, JT	2008-09-10
Filppu, Brianne	100, 200, 400, 1600, 1600R	2022
Finnegan, Rachel	100, 400R, 800R	2011
Flaig, Maggie	SP, DT, JT	1999-00
Fleming, Sarrie	800, 1600	2002-03
Fletcher, Kelly	200, 400, 400R, 800R, 1600R	2001-02-03
Fletcher, Laura	100, 200, 400, LJ, 400R, 1600R	1997-98-99
Flitcroft, Cassandra	SP, DT	2017
Frantz, Carie	100, 200, PV, LJ	2000-02
Fraser, Sienna	100, 200, LJ	2023
Fredell, Chloe	200	2023
Frederick, Jessica	DT, JT	1991
From, Maybel	800, 1600, 3200, 800R, 1600R	2018
Frost, Sabrina	100, 200, 1600R	2010
Fry, Katie	440, 880, M, SP, DT	1976
Fury, Maria	3200, JT	1993

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G

Gappa, Lauren	200, 400, PV, 400R, 800R, 1600R	2014-15-16-17
Garhart, Tove	1600, 300H, PV, 1600R	2004-05-06
Gaston, Callen	LJ, TJ, HJ	2000
Geerhart, Shannon	DT	1993
Gehertz, Francis	440, SP, DT, JT	1979
George, Ella	400, 1600R	2023
George, Lily	100, 200	2022
Gessner, Jessica	800, 1600, 3200	1990-91
Giles, Shirley	220	1974
Gilmore, Teri	880, SP, MR	1975
Glover, Gracie	800, 1600	2018
Gochmour, Denver	100, LJ	1974
Good, Teah	400, 1600, SP, JT	2016-17
Goodwin, Kiara	100, 200, 400R, 800R	2018
Graham, Dawn	220, 440, 880, 80H, HJ, 880R, MR	1976-77-78
Grant, Katie	100	1971
Grant, Kayla	LJ, SP, DT, JT	2005
Gravendyke, Megan	SP, DT, JT	1999
Griffith, Lori	100, 220, 330H, LJ, SP	1980
Groscost, Ruth	100, 200, PV, 400R, 800R, 1600R	2021-23
Guettler, Robin	100, 200, 800, DT	1993-95
Gunn, Natalie	DT, JT	2013
Guterson, Natalie	800, 1600	2010
Guyer, Jesse	100, 200, 100H, TJ, 400R, 800R 1600R	2011-12-13-14

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H

Haag, Laura	400	1990
Haakenson, Laura	1600, SP, DT, JT	1997-98-99
Hager, Maddie	DT	2012
Haggaird, Karen	800, LJ, HJ, SP, DT, JT	1981
Hako, Michelle	400, 800, 1600, SP	1981-82
Hall, Bailey	100, 200, 400, 300H, 400R, 800R, 1600R	2021-22-23
Hamby, Avery	SP, DT, 400R	2019
Hamilton, Tami	SP, DT	1977
Hammer, Chloe	800, 1600, 1600R	2021-22
Hammer, Hailey	200, 800, 1600, 3200, 1600R	2014-15-16-17
Hamody, Brenda		1989
Hampton, Jeunai	800, LJ	1995-96
Hanley, Monika	SP, DT, JT	2001-02-03-04
Hanna, Jessica	400, 800, 1600, 300H, 1600R	2000-01-02
Hansen, Giovanna	100, 200, 400, LJ, TJ, 400R, 800R, 1600R	2022-23
Harger, Juanita	HJ, SP, DT, JT	1980
Harris, Brenda	880, M, JT	1976-77
Harris, Hassie	100, 200	1995
Harris, Jamie	SP, JT	1991-93
Harris, Michelle	SP, JT	1991
Hart, Kim	SP, DT, JT	1984
Hartley, Donna	SP, DT, JT	1974-75-76
Hasbun, Hannah	100, 200, 100H, 300H, 400R, 800R	2007-08-09-10
Hasbun, Helen	100, 200, LJ, 400R, 800R	2007-08-09-10
Hata, Kumiko		2001
Hatch, Collette	400, 800, 1600, 1600R	2003-04
Hatcher, Amy	100, 200, 400, 800, LJ, 400R, 800R	1992-93
Haustveit, Nicole	100, 100H	1999
Hawley, Patty	SP, DT, JT, Mgr	1980-81
Haydel, Simone	100, 440, LJ	1976
Hayden, Sally	100, LJ, HJ, SP, DT, 400R, 800R	1993-94
Hearn, Caitlen	100, 200, 100H, LJ, HJ	2017
Hebert, Olivia	200, 100H, 300H, TJ, 800R, 1600R	2019-21
Hecker, Wendy	800, 1600, 3200, 1600R, HJ, JT	2006-07-08-09
Helina, Jenny	100, 220, 80H, LJ, 880R	1979
Helina, Lisa	100, 440, 80H, 100LH, LJ, HJ, 880R, MR	1977-78-79-80

Helm, Jessareh	800, 1600, 3200, 1600R	2007-08-09
Henderson, Barb	DT	1982
Hendricks, Zoe	800, 1600, 3200	2023
Hendrickson, Emily	1600, 3200	2018-19-21
Henning, Olivia	100H, 300H, TJ, HJ, 400R	2015-16-17-18
Henninger, M'lynda	DT	1997
Henry, Megan	100, 200, 400R	1999
Henry, Crystal	100, 400, 100H, 300H, TJ	1998-99-00-01
Heppert, Karen	100, 200, 100H, 300H	1988
Herrera, Christine	200, 400, 100H, 300H, LJ, TJ, HJ	1989-90-91
Herndon, Rena	800, 1600	1996-97
Hewitt, Maya	100, 100H, 300H, PV, 1600R	2022-23
Hickey, Logan	100, 200	2022
Hiebert, Annie	SP, DT	2016
Higgins, Michelle	100, 200, 100H, DT, JT, 400R	1990
Hill, Stephanie	HJ, SP, DT, JT	1989-90-91-92
Hillsberg, Lena	200, 400, 400R, HJ, PV, 800R, 1600R	2021-22-23
Hinrichs, Karen	100, 100H, LJ, HJ, SP	1986
Hodge, Cricket	SP	1972
Hogan, Katie	400, 800, 1600, 3200, 1600R	2005-06-07-08
Hodgins, Shila	800, 1600, 1600R	2007
Hollis, Delaney	800, 1600, 3200	2011-12-13-14
Holloway, Katie	100, 200, 400R, 800R	2023
Holm, Barb	400, 800, 1600, 1600R	2002-03-04-05
Holstine, Wendy	400, 800, 1600, LJ	1989-90
Holt, Stephanie	100, 200, 400R, 1600R	1997
Hontas, Angela	800, 1600, 3200, 1600R	2009
Hori, Tamame	400, 800, 1600	2003
Horiuchi, Moselle	220, 200, 440, 400, 100LH, 330H, 300H, LJ, HJ, 440R, 880R, 800R, MR, 1600R	1980-81-82
Hover, Nikki	200, LJ, SP, JT, 400R, 800R, 1600R	1995-96-97-98
Howell, Tori	SP, DT	2008-09
Hruska, Diana	100, 200, 400, 400R, 800R	2013-14-15-16
Hruska, Melissa	400, 800, 1600, 3200, 1600R	2013-14-15-16
Huante, Selena	100, 200, DT, 800R	2023
Huard, Alex	100, 200, 400, HJ, 400R, 800R	2019
Hubbard, Joy	200, 400, SP	1991
Hudson, Heather	400, 800	1990

Hudson, Lesely	SP, DT, JT	1994-95-96
Huestis, Dora	800, 1600, 3200	2017-18-19
Hughes, Renee	SP, DT, JT	1980-81-82
Hulet, Sophia	100, 200, 400, LJ, TJ, PV, 400R, 800R	2016-17-18-19
Hurley, Karlie	100, 200, 400, LJ, 400R, 800R, 1600R	2012-13-14-15
Hurn, Lisa	100, 220, 440, 440R, 880R, MR	1976-77
Hutchison, Madeleine	200, 400, 800, 1600, LJ, 400R, 800R, 1600R	2011-12-13-14
Hutchison, Mackenzie	200, 400, 800, 110H, 300H, HJ, 800R, 1600R	2013-14-15
Hyatt, Amy	100, 100H, 300H, 800R	1998-00

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J

Jackson, Ashley	100H, 300H, LJ, 1600R	2010-11-12-13
Jarocki, Miranda	200, 800, 1600, TJ, HJ, 1600R	2014-16-17
Jenkins, Amy	800, 1600, 1600R	2019
Jensen, Erica	400, HJ	2003
Jensen, Makaylee	1600, 1600R	2021
Johanson, Elisabeth	1600	2013
Johnson, Amber	SP, DT	1995
Johnson, Chris	SP, DT, JT	1994
Johnson, Hailey	PV, 800R	2012-13
Johnson, Kaja	100, 200, 400, 400R, 800R, 1600R	2019-21
Johnson, Kristin	SP, DT, JT	1986-87-88-89
Johnson, Leone	SP, DT	1976
Johnson, Sharon	100, 200, LJ, 800R, 1600R	1985
Jordan, Cynthia	800, 1600, 3200, LJ	1990-91-92
Joseph, Josie	880, M	1974-75
Joslin, Allison	200, 400, DT, JT	2000
Justice, Lorelai	PV, 1600R	2023

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K

Kaczmarek, Pauline	200, PV, LJ, 400R, 1600R	2013
Kaess, Addie	800, 1600, 3200, 1600R	2016-18-19
Kaess, Graysen	SP, DT	2017
Kamp, Maggie	100, 400R, 800R, LJ, DT, PV	2021
Kanda, Reiko	800	1990
Kasel, Kristen	100, SP, DT, JT, 400R	2011-12-13
Katz, Erin	100, 400, 800, 1600	1988-89
Keller, Diane	100, 100H, 300H, LJ, TJ, HJ, 400R, 800R	2006-07-08-09
Keller, Kirstie	PV, LJ	2006
Keller, Sarah	100, 200, LJ, HJ, SP, DT, JT, 400R	1982-84-85
Kelly, Shannon	1600, 3200	2002
Kelly, Tina	400, 800, 3200, LJ, JT	1989
Keogh, Amy	200, 100H, 300H, LJ, HJ	2002
Kern, Sheena	1600, 3200, 1600R	1998-99-00-01
Khuu, Andrea	100, 200, 800R	2019
King, Megan	800, 1600, 1600R	2021-22
Kinne, Karrisa	100, 200, 800, 100H, HJ, 400R, 800R	1989-90-91
Kinne, Shauna	100, 200, 400R, 800R	1991
Kirby, Lindsay	200, 400, 800, 400R, 800R, 1600R	2009-10-11
Kirkpatrick, Susie	SP, JT	1973-74-75
Klint, Kim	M, 2M	1978
Knecht, Jonna	400, PV, LJ, HJ, 400R, 800R	1996-97-98-99
Knott, Merritt	100	2002
Koba, Jamie	JT	1978
Koellen, Jordan	LJ, DT	2011
Kohlschmidt, Shawn	440	1977
Kono, Sophia	100, 200, 400R,	2023
Korssjoen, Dana	100, LJ	2016
Kramer, Karen		1973
Kraswoski, Taylor	SP, JT	2023
Kratz, Erin	100, 400, 800	1988
Kujath, Carly	SP, DT, JT	2000
Kumar, Adya	100, 200	2016
Kuncl, Kim	3200, LJ, JT	1986
Kvarnstrom, Sonya		1977

L

La Tourette, Jesse	800, 1600, 3200	2010
Laferla, Denyse		1991
Lambrecht, Christine	200, 100H, 300H	1997
Lamon, Kelsey	100, 200	2002
Lanigan, Erin	SP, DT, JT	1993
Lansberry, Grace	800, 1600, 3200, 1600R	2018-19-21
Larabee, Kelly	400, 800	1988
Larion, Alisha	SP, DT, JT	2007-08
Larion, Aubrey	HJ, TJ, JT	2010
Larsen, Claire	100, 200, 400, 400R	2010
Larson, Elizabeth	SP, DT	2015
Larson, Nicole		1994
Larson, Sande	100, 220, 200, 400, 440R, 400R, 880R, 800R, 1600R	1978-79-80-81
Lashbrook, Jamie	200, 800R	1993
Lassen	440	1977
Laureano, Gabriella	1600, 1600R	2017
Lavallee, Kristin	100, 200, 400, 400R, 800R, 1600R	1992-93-94-95
Lavallee, Sarah	100, 200, 100H, 300H, LJ, TJ, 400R, 800R, 1600R	1995-96-97-98
Lazenby, Lillian	1600, 3200	2000-02
Lee, Amy	100, 200, 400, 100H, LJ, TJ, JT	1988-89-90
Lehmer, Sarah	SP, DT	1993
Lems, Melissa	200, 440, 400, 880, 100LH, 330H, 300H, LJ, 880R, 800R, MR, 1600R	1980-81
Lenz, Shelly	200, 400, 100LH, 300H, 400R, 800R	1984
Leonard, Sydney	100H, 300H, HJ, SP, JT, 400R, 800R	2011-12-13-14
Leslie, Lauren	100, 200, PV, 800R	2022-23
Lewis, Jamie	SP, DT, JT	1994-95-96
Liddiard Jordan	100, 200, 400, 800, 800R, 1600R	2022-23
Lillejord, Penny	220	1978
Linder, Corina	200, 100H, 300H, LJ, HJ, SP, DT, JT, 400R, 800R	2007-08-09-10
Livingston, Jane	SP, DT	2016
Lofgren, Lydia	LJ, JT, PV	2010
Long, Judy	DT, JT	1972
Loucks, Ayano	100, 200, 400R, 800R	2019-21
Lovely, Pam	200, 400, 100H, 300H, LJ, TJ, HJ, 800R, 1600R	1994-95-96-97

Ludwig, Anette	80H, LJ, HJ	1977
Lund, Krisi	100, 100H, 300H, 800R	2004
Lynch, Maria	100, 200, HJ	2000-01
Lyne, Pauline	440	1976-77
Lynn, Pauline	Mgr	1977

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M

Macris, Angelec		1981
Maddux, Kendall	400, 800, 1600, 3200, 300H, 1600R	2009-10-11
	TJ	
Maillet, Heather	SP, DT, JT	2000
Marion, Jude	440, 880, M, 880MR, MR	1974-75-77
Marion, Kathy		1969
Markham, Kathy	880	1974
Marley, Jessie	100, 200, 400R, 800R	2003
Marshall, Amy	SP, DT	1993
Martin, Cheryl		1973
Martin, Rose	SP	1977
Matanich, Cindy	440R	1972
Mather, Lauren	100, 200, 400R, 800R	2014-15-16-17
McAllister, Ashley	400, 100H, 300H, 1600R	2021-22-23
McBride, Brooke	1600, 3200, 1600R	2021-22-23
McCaffree, Tera	100, 80H, LJ	1976
McClellan, Mckensi	1600	2013
McCuen, Sue	200, 400, SP	1981
McCurdy, Erica	100, 200, 100H	1992
McCutchan, Mary	100, 200, 400R, 800R, 1600R	2019-21-22
McDaniel, Mary	100, 200, 400, 800, 1600, 3200, 100LH, 300H, LJ, 800R	1981-82
McDaniels, Jordan	400, SP, DT, JT	1996-97-98-99
McDonald, Eliza	400, 1600R	2022
McDonald, Julene	800, 1600, 3200, 1600R	2015-16-17-18
McDonnell, Natalie	800, 1600, 2600R	2022-23
McDowell, Siena	100, 200, 800R	2019
McGavran, Madison	100, HJ, PV	2016
McGill, Kim	DT, JT	1986
McKinney, Charla	100, 200	1982
Mclain, Kayla	100, 200, 400R, 800R	2007-08-09
McLemore, Becky	100, 220, 200, 440, 400, LJ, SP, DT, 440R, 880R, MR	1978-79-80
McNeeley, Doreen	200, 400, 800, 1600, 3200, 300H, HJ, SP	1982
McNett, Alana	SP, DT, JT	2022
Meadows, Chelsea	100, 200, JT	2011
Meredith, Janis	80H, HJ, 440R, 880R, MR	1973-74-75
Meshkova, Sasha	LJ	2000

Meyers, Molly	400R, SP, DT, JT	2007-08-09-10
Michaels, Sara	800, 3200, LJ, SP, JT	1984-85
Middaugh, Lisa	400, 800, HJ	1996
Miller, Crystal	200	1997
Miller, Jeannie	400, 1600, JT	1986
Miller, Sally	400, 800, 1600, LJ, TJ, 800R, 1600R	2009-10-12
Miller, Sarah	200, 100H, 300H, 400R, 1600R	2013-14-16
Mills, Michele	DT, JT	1973-74
Moe, Lisa	M, 2M	1977
Molson, Liz	SP, DT	2002
Monohan, Laurel	400, 800	1982
Moon	800	1993
Moore, Cindi	100, 200	1991
Moore, Kristin	100, 200, PV	2011-12-13-14
Moorhead, Brooke	800, 1600, 3200, 1600R	2006-07-08
Moosman, Stella	200, 400, 1600R	2022
Morris, Megan	100, TJ, 400R, 800R	1996
Mortenson, Marshawna	SP, DT, JT	1987-88
Mueller, Vivian	100, 400R	2019
Mulligan, Alahna	400, 800, 1600, 3200, 1600R	1994-95-96-97
Munson	800	1999
Musgrave, Joanne	800, 1600, 3200, 300H, JT	1988-89

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N

Nash, Marya	SP, DT, JT	2007
Nash, Summer	100H, TJ, HJ, PV, DT, 400R	2007-08
Navidi, Julia	SP, DT	2018
Neal, Tonya	100, 220, LJ	1976
Nedblake, Gillian	100, 200, 800, 1600, 3200, 1600R	2016-17-18
Nelson, Janette	HJ, SP, DT, JT	1980-81
Nelson, Josephine	100, 200, 400	1986
Nelson, Monica	100, 100H, LJ, TJ, HJ, 400R, 800R	2004-05-07
Neuenschwander, Allison	SP, DT	2002
Nicholson, Johna	100, 200, 800R	1988-89
Nicolino, Kamira	800, 1600, HJ, 1600R	2011-12
Nikalson, Krista	400, 800, 1600, 1600R	2008
Noles, Cindy	DT	1972-73
Nomanson, Cheryl	SP, DT	1988
Nomanson, Jerelyn	SP, DT	1985
Norrbom, Kristie	400, 800, 1600	1993
Norris, Kennedi	200, 400, 400R, 800R	2011
Nowicki, Ellie	DT	2022-23
Nwokeulu, Mercedes	100, 400R	2007-08

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O

O'Brien, Grace	1600	2017
Olah, Heather	800, 1600, 3200	1996-97-98
Oliver, Jessica	100, 200, 100H, 300H, TJ, 400R, 800R, 1600R	2005-06
Oliver, Kristy		1981
Oliveres, Jonna	100, 200, 400, 800, 400R, 800R	1994
Olsen, Maggie	LJ, TJ, DT, JT	2003
Opsvig, Natalie	100, 200, 400, 400R, 800R, 1600R	2007-08-09-10
Ottopal, Toni	100, 100H, 300H, HJ, SP, DT, JT	1988-89-90
Ovall, Riley	SP, DT, JT, 400R	2014-15-16-17

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P

Palmeter, Alison	2M, MR	1979
Palomaria, Hayden	1600, 1600R	2022-23
Panciroli, Emma	100, 200, PV	2011-12-13-14
Panciroli, Sarah	200, 400, 1600, PV, 800R, 1600R	2014-15-16-17
Parsons, Dannah	400, 800, 1600, LJ, 800R, 1600R	2008-09
Past, Megan	400, 800, 1600, 3200, 1600R	2007-08-09-10
Past, Rissy	200, 400, 800R, 1600R, LJ	2009
Patis, Mari	800, 1600, 1600R	2010-11-12-13
Paulson, Rhonda	SP, DT, JT	1978-79-80-81
Paulus, Devan	3200, 1600R, PV	2003-04-05-06
Paulus, Lauren	PV, LJ, TJ	2002
Peach, Jill	800, 1600, 3200, HJ	1988-89-90
Peck, Jen	800, 1600, 100H, SP, DT, JT, 1600R	1990-91
Perkins, Danielle	800, 1600	2008
Perry, Debi	SP, DT, JT	1984
Perry, Amy	100, 200, 400	1989-90
Perryman, Linda	100, 220, 440, LJ, HJ, JT, 440R, 880R, MR	1977-78-79
Person, Julie	800, 1600, 3200	1996-97
Peters	SP, DT, JT	2000
Peters, Saffron	400, LJ, SP, DT	1996
Pettersson, Morgan	100, 200, 100H, 300H, LJ, 800R, 1600R	2017-18-19
Pickering, Sarah	100H, 300H, 400R	2018
Pipe, Amy	100, 200	1991
Pizzano, Janina	100, 200, 400R, 800R	1992-93-94
Platt, Sara	100, 200, 800R	1991
Pleasants, Joanna	HJ, SP, DT, JT	1997-98-99
Poepping, Tina	400, 800, SP	1990-91-92
Porten, Andura	100, 200, 400, LJ, TJ	1988-89
Posey, Shannon	HJ, SP, DT, JT, HT	2002-03-04-05
Powell, Jody	Mgr	1980
Price, Paris	100, 200, 400R, 800R	2023
Privatsky, Madysen	200, LJ, TJ, 400R, 1600R	2014
Proudfoot, Christy	100	1977

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Q

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R

Raisio, Jessica	400, 800, 1600, 3200	1997-98
Ramsay, Julie	400, 800, 1600	1982
Raveling, Maddyson	100, LJ, 1600R	2018
Ray, Tammy	200, 400, 800, SP	1984
Reed, Pamela	100, 220, 440	1976
Reid, Scooby	100, 200, 1600, JT, 400R, 800R, 1600R	2021-22-23
Reilly, Stephanie	300H, LJ, TJ	2001-02-03
Reimer, Kathy	HJ, 880R	1973
Remish, Nicole	100, 200, 400, TJ, 400R, 800R, 1600R	2003-04-05-06
Rene, Jennifer	800, 1600, 3200, LJ	1987-88-89-90
Reno, Cindy	800, 1600	1982
Reule, Jill	100, 220	1978
Reynolds, Georgia	100, 200, 400R, 800R, PV	2009-10
Reynolds, Kesley	1600	2019
Rhynalds, Dee	800, 1600, 3200, SP, 1600R	1981
Richmond, Hannah	100, 200, 400, PV, 400R, 800R, 1600R	2010-11-12-13
Riley, Traci	80H, HJ, SP, DT, JT	1976-77-78
Ristic, Beth	800, 1600, 1600R	1992-93
Robbins, Marley	400, PV, 1600R	2007-08
Robbins, Taylor	200, 400, HJ, 800R, 1600R	2007-08-09
Rockow, Sophie	100, 200, LJ, TJ, 400R, 800R, 1600R	2009-10-11-12
Roddewig, Collette	100, 200, 1600, 100LH, 100H, LJ, HJ, SP, JT	1982-84-85
Rodriguez, Ava	1600, 3200, 1600R	2021
Rodriguez, Celeste	SP, DT, JT, 400R	2015
Rodriguez, Emily	400, 800, PV, 1600R	2023
Roestel, Kali	400, LJ, TJ, 400R, 800R, 1600R	2003-05-06
Rogers, Jennifer	PV, 800R	2014
Rogers, Lisa	100, 200, 100LH, 100H, 400R, 800R	1984-85-86
Rothgeb, Chelsea	SP, DT, JT	2005-06-07-08
Roughton, Ginger	800, 300H, 800R	1998
Roy, Barbie	100, 200, 800, 3200, LJ, HJ, SP, JT,	1982-84-85

Rudd, Alex	400R, 800R	2007-08-09-10
Ruppert, Alice	400, 800, 1600, 3200, 1600R	1988-89-90-91
Rutherford, Lauren	100, 200, 400, 400R, 800R	2014-15-16
Ruwaldt, Teresa	100, 200, LJ, HJ, 400R, 800R	1974
	880, MR	

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S

Sale	100, 200	1984
Salmon, Hannah	800, 1600, 1600R	2010-11-12
Sanchez, Macey	LJ, DT, JT	2018
Sansburn, Annalise	100, 200, 800R	2009
Sapian, Marie		1989
Sasynuik, Katrina	LJ	2002
Saunders, Mackenzie	1600, 3200, 1600R	2018-19
Sauvage, Stella	SP, DT, JT	2022
Scalzo, Jessica	800, 1300, 3200	2001
Scalzo, Vannesa	800, 1600R	2002-04
Scaramastra, Emilia	1600	2019
Schilperoort, Claire	200, 100H, LJ, HJ	2016-17
Schirmer, Robyn	100, 200, 400R	2007
Schlaht, Tessa	DT, JT	1995
Schlotfeldt, Josie	SP, DT, JT, 400R	2022-23
Schneider, Nikkie	1600, 3200, DT	1991-93
Schneider, Shari	SP, DT, JT	1985-86-87
Schuller, Courtney	100H, 300H, 400R	1999
Schultz, Evette	100, 220, LJ, 440R, 880R, MR	1975-76
Schumacher, Jen	400	1997
Scott, Bailey	200, 400, 800, 1600, 3200, LJ, HJ, 1600R	2011-12-13-14
Scott, Cathy	880, 800, M, 1600, 2M, 3200, LJ, SP, JT, MR, 1600R	1980-81-82
Scott, Debbie	200, 400, DT	1982
Scott, Karen	800, 1600, 3200, SP, 1600R	1981-82
Seaton, Cindy	440R, 880R	1973
Service, DJ	100, 100H, 300H, LJ	1996
Shaw, Annie	1600, 3200	2012-13
Shaw, Symone	200, LJ, TJ, 400R, 800R	2005-06-07-08
Shchedrin, Sophia	LJ	2023
Shea, Catherine	100LH, SP, DT, JT	1982
Shelton, Cindi	HJ, SP, DT, JT	1976-77-78-79
Shelton, Cindy	440R	1972-73
Shelton, Holly	100, 220, 440, DT, 440R, 880R, MR	1977
Shelton, Karen	100, 200, 400, 100LH, 300H, 400R, 800R, 1600R	1981-82
Sherbon, Piper	LJ, TJ, HJ, SP, DT, JT	2002-03-04
Sherwood, Sue	440, 880, JT, MR	1976-77

Shewell, Nicole	1600, HJ	1989
Shinn, Haili	SP	1993
Shriver, Diane	220	1978
Shuck, Catrina	800, 3200, JT	1988
Simonson, Jackie		1989
Sinnott, Aspen	100, 200, LJ, 400R, 800R	2023
Skinner, Tessa	100, 400R	1999-00-01
Smart, Tanya	SP, DT, JT	2000-01
Smith, Ashlie	SP, DT, JT	1999
Smith, Amber	SP, DT, JT	2001-02
Smith, Amy	800, 1600, 3200, 1600R	1994-95
Smith, Carri	100, PV, LJ, TJ, HJ, 800R	1998-99-00
Smith, Shasta	SP, DT, JT	1992-93-94
Smith, Sophia	100H, 300H, 400R	2018
Snead, Lauren	100, 400, 100H, 300H, 800R	2007-08
Solberg, Sirena	100, 400, 800, 1600	2002-04
Spear, Renee	1600	2015
Spradlin, Kate	800, 1600R	2023
Springer, Jennifer	SP, JT	1998
Stanton, Nikki	100, 200, 400R, 800R	2009
Stauch, Amy	SP, DT, JT	2002-03
Stensland, Ellen	440, 880	1974-75
Stensland, Monica	880, M, 2M	1978-79
Sternkolf, Chris		1977
Steskel, Kinsey	1600, 3200	2016-17
Steskel, Kylie	800, 1600, 3200, PV, 1600R	2014-15-16
Stevens, Kaila	200, 400, 800, 1600, SP, DT, JT	2000-01-02-03
Stevens, Leslie	200, 800R, TJ, SP, DT, JT	2009-10-11
Stevens, Mariah	800, 100H, 300H, 800R, 1600R	2006-07
Stevens, Shelbie	LJ, TJ, HJ, JT	1990-91-92-93
Stevens, Stef	800, 1600, 1600R	2015
Stewart, Chloe	HJ, PV, 400R, 800R	2017
Stewart, Karlie	LJ, TJ, HJ	2016-18-19
Stewart, Taylor	DT, JT, 400R	2013-14
Stipan, Claire	100, 200, 400R	2019
Stipan, Natalie	100, 200, 400R, 800R	2019
Strohl	DT	1974
Strom, Heidi	800, 1600	2000-01-02
Stubbert, Kelly	SP, DT	1995
Sue-Healy, Isabella	100, 200, LJ, 400R, 800R	2017-18-19

Sukut, Anne	100, 200, 400R	1982
Sutherland, Sue		1969
Suttle, Andrea	SP, DT, JT, 400R	2012-13
Swanson, Lexi	HJ, PV	2009-10-11-12
Sydnor, Lindsey	400, 800, 1600, 3200, 1600R	2014-15
Sypher, Cyndi	100, 200, 800, LJ, TJ	1996-97

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T

Tack, Laurence	800, 1600	2010
Tarp, Kelsey	SP, DT, JT	2005-07-08
Terrell, Jessica	400	1993
Tetuan, Anja	LJ	2022
Tierney, Skyler	100, HL	2023
Tillman, Cindy	400, 800,	1988
Tipton, Jordan	100, 200, LJ, 400R, 800R	2003-04
Thimsen, Nina	100, 800	1997
Thompson, Ella	1600, 3200	2012-13
Thompson, Kayla	800, 1600, 3200	2006
Thompson, Sayge	100, 200, 400R, 800R	2019
Thoreson, J	1600, 3200	1997
Treadwell, Dana	100, 200, LJ, HJ, 400R, 800R, 1600R	1981-82
Tolleth, C	1600, 100LH, 300H, JT, 1600R	1984
Tomlisson, Sophia	100, DT	2022
Totten, Lizzy	800, 1600	2019
Tougher, Claire	100	2023
Toyne, Lisa	400, 800, 1600, TJ	1989
Triou, Abbigal	SP, DT, 400R	2016-17-18-19
Trout, Ann	100, 220, 80H	1977-78
True, Anna	100, 200	1996
Trunkey, Jennifer	LJ, TJ, HJ, JT	1992-93-94-95
Tuttle, Angie	400, 800, LJ	1995-96

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U

Urbasich, Amanda	800, 1600	2012
Usselman, Jenae	TJ, DT, JT, 400R	2016-17-18-19

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V

Vaden, Ravenna	800, 1600, 3200, 1600R	2019-21-22
Van Buren, Quinn	1600	2015-16-17-18
Van Leuven, Cora	SP, DT, JT, 400R	2014
Van Oeveren, Ashley	SP, DT, JT	1999-00-01-02
Van Vleet, Abigail	100, 200, 400R, 800R	2019
Vanourek, Heather	SP, DT, JT	2012-13
Varga, Cheryl		2001
Verbon, Emily	100, 100H, 300H, PV, LJ, TJ	1997-98-99-00
Verhoff, Natalie	200, 400, 1600R	2022
Vincent, Ellen	SP, DT, 400R	2019
Volken, Christina	400, 800, 1600, 3200, 1600R	2010-11-12
Volland, Sue	100, 200	1976

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W

Wachtendonk, Rachel	HJ, JT,	2013
Walker, Aubrey	100, 100H, LJ, 400R	2022-23
Walker, Kali	100, 200, 400R	2003
Walker, Katelyn	SP, DT, JT	2006-07-08
Walker, Kristen	100H, 300H, SP, DT, JT	2006-07-08
Wallace, Faith	100, 200, 400, LJ, 400R, 800R, 1600R	2018-19
Wallace, Grace	100, 200, 100H, HJ, 400R, 800R	2016-18-19
Walter, Noel	SP, DT, JT	2005
Ward, Joan	400, 880, 800, M, 1600, 3200, LJ	1980-81
Warren, Mellisa	400, 800, 1600, 1600R	2000-01-02
Warrick, Jaida	100H, LJ, SP, DT, JT, 400R, 800R	2021-22-23
Waskom, Hannah	800, 1600, 3200, 1600R	2014-15-16-17
Webb, Emily	800, 1600, 3200	2016-17
Weber, Abby	200, PV, 400R, 800R	2013-14-15-16
Weber, Velvet	SP, DT, JT, 400R	2011-12-13
Weir, Hailey	100, 200, 400, LJ, 400R, 800R, 1600R	2021-22-23
Weller, Lindsay	100, DT, 400R, 800R	1992
Westerman, Lauren	SP, DT, JT	1998
Wetmore, Anna	SP, DT, JT	1990
White, Brittany	DT, JT	2000
White, Haley	LJ, PV	2010
White, Kary	100, 220, 80H, HJ, SP, DT, JT, 440R 880R	1977-78-79
White, Terry Ann	440, HJ	1974
Whitney, Amy	SP, DT, JT	2006
Wiegardt, Ashley	200, 400, 800, LJ, TJ, 400R, 800R, 1600R	1998-99-00-01
Wieting, Deanna	440, 880, M, 2M	1980
Wilbur, Tresa	880, M, 2M, DT, MR	1976-77-78
Wilkins, Riley	100H, 300H, 1600R	2019
Williams, Shannon	220, 440, 880, 80H	1978
Williamson, Curstyn	100, 200, 400, HJ, 400R, 800R	2013-16
Willig, Kelly	100, 100LH, 330H, 300H, LJ, HJ, SP 440R, 400R	1980-81-82
Wilson, Angie	100, 200, 400, 100H, TJ, SP, DT, JT	1987-88-89-90
Wilson, Maddie	DT, JT	2010
Winter, Lexi	400, 800, 1600, 3200, 100H, 300H	2015-16-17-18

	1600R	
Wise, Bailey	800, 1600, 3200	2011-12
Witt, Heidi	1600, 3200	1997
Woodcock, Lisa	220, 440, 880MR, MR	1973-74-75-76
Wood, Vivienne	SP, DT, JT	2022
Woods, Jenny	100, 200, 3200, 100H, 300H, LJ, TJ	1986-87-88-89
Woolf, Sadie	1600	2015
Woolsey, Katie	100, 200, 400, JT, 400R, 800R, 1600R	2005-06-07-08
Wright, Ashley	SP, DT, JT	2005-06
Wyrsh, Jacque		1969

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Y

Yakaboski, Madison	100, 400, LJ, TJ, 400R, 800R, 1600R	2006
Yaple, Erika	400, 1600R	2023
Yousef, Malak	SP, JT, 400R	2023

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Z

Zessin, Marie	100, SP, JT, 400R	2023
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Mount Si Invitational 1969-1989, 2012-2018 Girls Track and Field Records

Event	Name	School	Mark	Year
4 x 200 Meter Relay	Dallas Wright Rachel Wilson Madison Heck Kinidy Dayley	Todd Beamer	1:46.26	2015
100 Meter High Hurdles	Brandi Hughes	Skyline	13.96	2016
100 Meters	Sydney DeVita	Bellarmino Prep	12.43	2018
1600 Meters	Lindsey Sydnor	Mount Si	5:03.82	2015
4 x 100 Meter Relay	Brittany Tellis Olivia Carter Caila Tongco Keeley Phommathirath	Kent Meridian	49.63	2016
400 Meters	Hannah Derby	Bellarmino Prep	57.86	2014
300 Meter Low Hurdles	Madison Yerigan	Stanwood	44.53	2016
800 Meters	Miranda Ross	Bellarmino Prep	2:17.65	2014
200 Meters	Sydney DeVita	Bellarmino Prep	25.80	2018
3200 Meters	Hanna Waskom	Mount Si	10:47.22	2015
4 x 400 Meter Relay	Karlie Hurley Mackenzie Hutchison Lindsey Sydor Bailey Scott	Mount Si	4:04.27	2014
Pole Vault	Michaele McDougal	Bellarmino Prep	10' 6"	2015
Long Jump	Angie Tasker	Washington	17' 11 1/4"	1986
Triple Jump	Nia Johnson	Holy Names	36' 7"	2012
High Jump	Madison Yerigan	Stanwood	5' 5"	2016
Shot Put	Roslyn Ferrington	Timberline	41' 5 3/4"	1981
Discus	Nicole English 1987			Timberline 124' 2"
Javelin	Maya McFadden	Glacier Peak	129' 1"	2016
Retired Events				
80 Yard Low Hurdles	Kari White	Mount Si	11.4h	1979
100 Meter Low Hurdles	Kendra Keller	Rainier Beach	15.7h	1982
100 Yards Shot Put	Patsy Shannon	Enumclaw	11.4h	1977
8 lb.	Laurie Bush	Washington	40' 5 1/2"	1978

Javelin *Jennifer Chapman* *Bainbridge* *132' 10"* *1977*
h – Hand Time

Mount Si Invitational Team Participants

1969-1989, 2012-2018

Auburn Mountainview	2016, 2017, 2018
Bainbridge	1977
Bellarmino Prep	2014, 2015 , 2016, 2017, 2018
Bellevue Christian	1976
Bothell	2018
Cedarcrest (Tolt)	1970*, 1972*, 1976, 1977, 1978, 1979, 1980, 1985
Central Kitsap	2017
Cle Elum	1976, 1977, 1979, 1980, 1981
Cleveland	1986, 1987
Clover Park	2012, 2013
Eastside Catholic	1982
Ellensburg	1980, 1981, 1982, 1985, 1988
Enumclaw	1969*, 1976, 1977, 1978, 1979 , 1980, 1981, 1982, 1985, 1986
Fife	1980, 1981
Franklin Pierce	1979, 1980, 1981
Glacier Peak	2014 , 2015, 2016
Graham-Kapowsin	2012, 2013, 2014, 2015
Hazen	2012, 2013, 2014, 2015
Holy Names	1978, 1979, 1980, 1981, 1982, 1985, 1986, 1987, 1988, 2012, 2013
Issaquah	1970*, 1976 , 1977
Kent Meridian	2014, 2015, 2016, 2017, 2018
Lake Stevens	1976, 1977, 1978
Lakeside	1982
Liberty (Issaquah)	2016, 2017
Lindbergh	2014, 2017, 2018
Lynnwood	2018
Marysville-Pilchuck	2012T, 2013 , 2015, 2017
Mercer Island	2017
Mount Rainier	2017
Monroe	1969*, 1970*, 1971*
North Mason	2014
O'Dea	1989
Peninsula	1987, 1988, 1989, 2018
Puyallup	1976, 1977
Rainier Beach	1981, 1982

Rogers	1971*
Sammamish	1971*
Seattle Prep	1979, 1980, 1985, 1986, 1987, 1988 , 1989
Sequim	2012
Selah	1988
Shorewood	1978
Skyline	2016, 2017, 2018
Snohomish	2012
Stanwood	2016
Sultan	1970*
Tahoma	1977, 1978, 1979, 1980, 1981, 1982, 1985, 1986, 1987, 2015
Thomas Jefferson	2017, 2018
Timberline	1981, 1982, 1985 , 1986 , 1987 , 1988, 1989
Todd Beamer	2018
Tyee	1982, 1986, 1987, 1988
Washington	1978, 1979, 1986
West Valley (Yakima)	2018
White River	1979
Woodinville	2013
Woodland	1970*, 1971*, 1972*, 1977
Mount Si	1969*, 1970*, 1971*, 1972*, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1985, 1986, 1987, 1988, 1989 , 2012T , 2013, 2014, 2015, 2016 , 2017, 2018

(*) Participated in exhibition events in the Boys' Invitational

Bold – Meet Champion

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Post Mount Si

Athlete-Year Grad. HS	School/Team	Event	Mark
Mandy Borschowa-1998	WSU	Shot	13.42m/46' 0.25"
		Discus	57.52m/188' 8.5"

Mandy has the all-time best high school discus throw in Washington at 182' 0". She is second all-time in the Discus at WSU. She achieved All America recognition in 1999 finishing 9th in the NCAA Championships

Dawn Graham-1978	WWU	400m	59.7h
		800m	2:18.2h
		4x800m	9:14.37

Dawn was a member of the 1980 Division III National Champion 4x800 Relay. That time still stands as the Western Washington school record

Melissa Hruska-2016	WSU	1500m	4:47.25
		3000m	10:17.10
		5000m	17:15.17
		10000m	37:43.03

Karlie Hurley-2015	Concordia-Portland	100m	12.04
		200m	24.65
	WWU	400m	57.00
		Long Jump	5.70m/18' 8.5"
		Triple Jump	12.09m/39' 8"

Madeleine Hutchinson-2014	WWU	1500m	4:44.07
		3000m	10:33.18
		5000m	17:42.63

Liz Larson-2015	Saint Martin's	Hammer	57.37m/188' 3"
Sarah Lavalee-1998	SPU	100H	14.94
		400H	1:09.98

Jordan McDaniels Sauvage-1999	Oregon	Discus	45.35m/148' 9"
		Hammer	58.32m/191' 4"

Molly Meyers-2010	Idaho	Shot	12.66m/41' 6.25"
		Hammer	44.25m/145' 2"

Georgia Reynolds-2010	UW	Pole Vault	13' 8.25"
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Alexandra Rudd-2010	So. Oregon	1500m	4:48.92
		3000m	10:36.94
		5000m	18:01.13
		10000m	37:02.78

Jessica Scalzo-2001	ASU	1500m	4:40.96
		3000m	9:46.97
		5000m	16:22.18
		10000m	35:28.08

Ashley VanOeveren-2002 WWU
Hannah Waskom-2017 UW

Discus 42.88m/140' 8"
1500m 4:43.43
3000m 9:45.66(i)
5000m 16:35.21(i)

h – hand time
(i) - indoor

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Mount Si High School Girls Track and Field Records

100 Meters	12.43	Hailey Weir	May 13, 2023
200 Meters	25.03	Hailey Weir	May 20, 2023
400 Meters	55.80	Hailey Weir	May 20, 1923
800 Meters	2:15.88	Lindsey Sydnor	May 15, 2015
1600 Meters	4:58.39	Hannah Waskom	May 10, 2017
3200 Meters	10:46.64	Hannah Waskom	March 30, 2017
100 Meter High Hurdles	14.28	Sarah Lavallee	May 30, 1998
300 Meter Low Hurdles	43.22	Sarah Lavallee	May 30, 1998
4 x 100 Meter Relay	49.31	Diane Keller, Helen Hasbun, Hannah Hasbun, Nikki Stanton	May 30, 2009
4 x 200 Meter Relay	1:42.77	Sophia Kono, Scooby Reid, Giovanna Hansen, Haley Weir	May 25, 2023
4 x 400 Meter Relay	3:57.08	Jesse Guyer, Karlie Hurley, Mackenzie Hutchison, Madeleine Hutchison	May 30, 2014
Long Jump	18' 0"	Linda Perryman	May 19, 1979
Triple Jump	37' 6"	Piper Sherbon	May 29, 2004
High Jump	5' 4"	Karlie Stewart	April 4, 2019 April 13, 2019
Shot Put	46' 0.5"	Mandy Borschowa	May 30, 1998
Discus Throw	182' 0"	Mandy Borschowa	May 29, 1998
Javelin Throw**	141' 8"	Jenae Usselman	May 3, 2018
Pole Vault	11' 6"	Georgia Reynolds	May 12, 2010
**-Restricted Implement			
Retired Events			
100 Yards	11.7h	Chris Crittenden	April 27, 1977
80 Yard Low Hurdles	11.1h	Kary White	May 1979
100 Meter Low Hurdles	16.4h	Kim Duvall	April 21, 1984
Shot Put-8 lb.	34' 10 1/2"	Rhonda Paulson	May 1980
Javelin Throw	145' 2"	Jamie Douglas	May 29, 1998

Mount Si High School Girls Stadium Records

Event	Name	School	Mark	Date
4 x 200 Meter Relay	Alia Sugarman Bella Foos Elise Burdette Nikki Stephens	Issaquah	1:42.12	5/7/2015
100 Meter High Hurdles	Brandi Hughes	Skyline	13.96	4/23/2016
100 Meters	Nikki Stephens	Issaquah	12.28	5/7/2015
1600 Meters	Lindsey Sydnor	Mount Si	5:03.82	5/7/2015
4 x 100 Meter Relay	Colette Lertkantitham Priya Sidhu Alia Sugarman Siarfo Abekah	Issaquah	49.61	5/7/2015
400 Meters	Nikki Stephens	Issaquah	56.17	4/21/2016
300 Meter Low Hurdles	Madison Yerigan	Stanwood	44.53	4/21/2016
800 Meters	Miranda Ross	Bellarmino Prep	2:17.65	4/26/2014
200 Meters	Darhian Mills	Inglemoor	25.21	5/7/2015
3200 Meters	Hannah Waskom	Mount Si	10:46.64	3/30/2017
4 x 400 Meter Relay	Siarfo Abekah Colette Lertkantitham Cayla Seligman Nikki Stephens	Issaquah	4:01.15	5/7/2015
Pole Vault	Ellie Tallus	Eastlake	11' 6"	4/20/2017
Long Jump	Angie Tasker	Washington	17' 11 1/4"	1986
Triple Jump	Alanna Coker	Juanita	39' 0"	3/22/2012
High Jump	Madison Yerigan	Stanwood	5' 5"	4/21/2016
Shot Put	Roslyn Ferrington	Timberline	41' 5 3/4"	4/18/1981
Discus	Nicole English	Timberline	124' 2"	4/25/1987
Javelin**	Kelly Besmer	Mount Si	130' 10"	5/6/2010
**-Restricted Implement				
Retired Events				
80 Yard Low Hurdles	Kari White	Mount Si	11.4h	1979
100 Meter Low Hurdles	Kendra Keller	Rainier Beach	15.7h	1982
100 Yards Shot Put-8 lb.	Patsy Shannon Laurie Bush	Enumclaw Washington	11.4h 40' 5 1/2"	1977 1978

Javelin

Jennifer Chapman

Bainbridge

132' 10"

1977

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Washington State Track and Field Meet

State Meet Participants

State Meet Multiple Places/Years

State Meet Best Marks

State Meet Participants

1972	Terry Evans	50		
Invitational	Jan Brickey	880		
	Cindy Matanich	440 Relay	Prelim	55.35
	Terry Evans			
	Marsha Anderson			
	Cindy Shelton			
1973	Terry Evans	70		
Invitational	Jan Brickey	Mile		
	Robin Ackerman	Mile		
	Jan Brickey	880		
	Robin Ackerman	880		
	Marsha Anderson	440 Relay		
	Cindy Shelton			
	Janis Meredith			
	Terry Evans			
	Nancy Burnham	Mile Relay		
	Jan Brickey			
	Robin Ackerman			
	Terry Evans			
	Terry Evans	Long Jump		
	Marsha Anderson	Long Jump		
	Susie Kirkpatrick	Shot Put		
Prior to 1974 the State Meet was an invitational. There were no qualifying meets. To enter, a school requested an invitation. From 1974 to present, entrants qualified at the District level.				
1974	-			
1975	Jude Marion	Mile		
1976	Chris Crittenden	100		
	Chris Crittenden	Long Jump		
1977	Linda Perryman	Long Jump		
1978	Becky McLemore	440		59.08
1979	Becky McLemore	220		
	Becky McLemore	440		
	Kary White	80 Low Hurdles	Prelim	11.4h

	Linda Perryman	Long Jump	3rd	17' 2.5"
	Linda Perryman	High Jump		
1980	Cathy Scott	Two Mile		
1981	-			
1982	Renee Hughes	Discus	4th	119' 3"
1983	-			
1984	Sarah Keller	Discus		96' 5"
	-	4 x 100 Relay	Prelim	53.0h
1985	Kim Duvall	100 High Hurdles	Prelim	16.8h
	Sarah Keller	Discus		105' 9"
	Michelle Browers	Discus		100' 10"
1986	Kim Duvall	300 Low Hurdles	Prelim	50.7h
1987	Kim Duvall	100 High Hurdles	Prelim	17.0h
	Kim Duvall	300 Low Hurdles	Prelim	50.1h
	Catherine Drury	Discus	7th	118' 1"
1988	-			
1989	Nicole Shewell	High Jump		4' 10"
	Stephanie Hill	Discus		103' 0"
1990	Angie Wilson	Javelin		104' 6"
	Amy Lee	Javelin		96' 5"
1991	Amy Breed	300 Low Hurdles	Prelim	48.1h
	Shelbie Stevens	Javelin		114' 11"
	Jen Peck	Javelin		108' 1"
1992	Shelbie Stevens	Javelin	5th	132' 9"
	Amy Breed	Javelin	7th	118' 10"
	Stephanie Hill	Javelin	8th	118' 5"
1993	Jen Trunkey	Triple Jump		32' 10"
	Jen Trunkey	Javelin	7th	124' 10"
	Shelbie Stevens	Javelin		118' 0"
1994	Jen Trunkey	Javelin		117' 0"
1995	Sarah Lavallee	100 High Hurdles	1st	15.10
	Natalie Edwards	Long Jump	5th	16' 10"
	Mandy Borschowa	Discus	7th	119' 3"
	Jamie Douglas	Javelin		106' 4"
1996	Sarah Lavallee	100 High Hurdles	1st	14.98
	Pam Lovely	100 High Hurdles	Prelim	16.24
	Sarah Lavallee	300 Low Hurdles	8th	51.2h
	Nikki Hover	Long Jump		16' 1"
	Pam Lovely	Triple Jump		33' 10"

	Nikki Hover	Shot Put		35' 8 1/4"
	Mandy Borschowa	Discus	1st	144' 6"
	Jamie Douglas	Javelin	2nd	140' 1"
	Jordan McDaniels	Javelin		118 4"
	Mandy Borschowa	Javelin		109' 0"
	Nikita Carstens, Megan Morris Pam Lovely, Nikki Hover	4 x 200 Relay	Prelim	1:48.6h
1997	Washington State Meet Team Champions			
	Sarah Lavallee	100 High Hurdles	Prelim	14.73
			1st	14.68
	Sarah Lavallee	300 Low Hurdles	1st	44.04
	Pam Lovely	Triple Jump		32' 3 1/4"
	Mandy Borschowa	Shot Put	4th	38' 5"
	Nikki Hover	Shot Put		36' 3 3/4"
	Mandy Borschowa	Discus	1st	150' 7"
	Jordan McDaniels	Discus	3rd	123' 9"
	Jamie Douglas	Javelin	2nd	138' 1"
	Mandy Borschowa	Javelin	3rd	126' 5"
	Jordan McDaniels	Javelin	8th	114' 8"
	Sarah Lavallee, Nikita Carstens Pam Lovely, Nikki Hover	4 x 200 Relay	6th	1:46.80
	Nikita Carstens, Danielle Blue Stephanie Holt, Pam Lovely	4 x 400 Relay	Prelim	4:15.86
1998	Washington State Meet Second Place Team			
	Sarah Lavallee	100 High Hurdles	Prelim	14.43
			1st	14.28
	Sarah Lavallee	300 Low Hurdles	1st	43.22
	Mandy Borschowa	Shot Put	2nd	46' 1/2"
	Jordan McDaniels	Shot Put		36' 1/2"
	Mandy Borschowa	Discus	1st	173' 1"
	Jordan McDaniels	Discus	3rd	122' 2"
	Jamie Douglas	Javelin	1st	142' 6"
	Mandy Borschowa	Javelin	3rd	139' 6"
1999	Melanie Edwards	300 Low Hurdles	Prelim	46.25
	Jordan McDaniels	Shot Put		34' 9"
	Jordan McDaniels	Discus	2nd	130' 9"
	Jordan McDaniels	Javelin		126' 9"
	Joanna Pleasants	Javelin		121' 0"
2000	Tanya Smart	Discus		105' 2"
2001	Ashley Wiegardt	Long Jump	6th	16' 6"

	Tanya Smart	Discus	6th	116' 5"
	Ashley Van Oeveren	Discus		112' 3"
2002	Piper Sherbon	Triple Jump	2nd	36' 11 1/4"
	Ashley Van Oeveren	Discus		95' 11"
	Kristen Berndt	Javelin		120' 7"
2003	Kristen Berndt	100 High Hurdles	5th	16.45
	Piper Sherbon	Long Jump		16' 1"
	Piper Sherbon	Triple Jump		34' 1 1/4"
	Piper Sherbon	Shot Put	3rd	39' 4"
	Caitlin Braun	Discus		104' 2"
	Kristen Berndt	Javelin	3rd	126' 11"
	Shannon Posey	Javelin	5th	121' 6"
2004	Piper Sherbon	Triple Jump	3rd	37' 6"
	Piper Sherbon	Shot Put	6th	37' 10"
	Caitlin Braun	Shot Put		35' 7"
	Caitlin Braun	Discus	3rd	124' 2"
	Piper Sherbon	Discus		92' 7"
	Kristen Berndt	Javelin	2nd	129' 10"
	Shannon Posey	Javelin		118' 1"
2005	Jessica Oliver	300 Low Hurdles	Prelim	46.18
			8th	46.84
	Shannon Posey	Discus		102' 5"
	Shannon Posey	Javelin		103' 6"
2006	Madison Yakaboski	100	Prelim	13.07
			8th	12.86
	Jessica Oliver	300 Low Hurdles	Prelim	46.97
			8th	47.55
	Diane Keller	300 Low Hurdles	Prelim	47.88
	Symone Shaw	Long Jump	8th	15' 10.75"
	Tephra Brune	Discus		106' 9"
	Nicole Remish, Katie Woolsey	4 x 100 Relay	Prelim	49.80
	Jessica Oliver, Madison Yakaboski		6th	50.47
	Nicole Remish, Katie Woolsey	4 x 400 Relay	Prelim	4:02.42
	Jessica Oliver, Madison Yakaboski		5th	4:03.81
2007	Diane Keller	100 High Hurdles	Prelim	15.80
	Alex Rudd	3200		11:33.48
	Kayla McLain, Helen Hasbun	4 x 200 Relay	Prelim	1:47.54
	Katie Woolsey, Hannah Hasbun			
	Stephanie Burk	High Jump	2nd	5' 2"
	Alisha Larion	Shot Put		31' 2"

	Kelsey Tarp	Shot Put		31' 2"
	Tephra Brune	Discus		103' 0"
2008	Diane Keller	100 High Hurdles	Prelim	15.27
			5th	15.13
	Kayla Mclain, Natalie Opsvig	4 x 200 Relay	Prelim	1:46.16
	Helen Hasbun, Katie Woolsey		6th	1:46.06
	Symone Shaw	Long Jump	7th	16' 7.25"
	Helen Hasbun	Long Jump		15' 4"
	Alisha Larion	Shot Put		35' 3.25"
2009	Helen Hasbun	200	Prelim	25.87
			7th	26.12
	Diane Keller	100 High Hurdles	Prelim	14.82
			2nd	14.71
	Hannah Hasbun	300 Low Hurdles	Prelim	46.20
	Diane Keller, Hannah Hasbun,	4 x 100 Relay	Prelim	49.31
	Helen Hasbun, Nikki Stanton		3rd	49.38
	Nikki Stanton, Helen Hasbun,	4 x 200 Relay	Prelim	1:45.28
	Hannah Hasbun, Taylor Robbins		6th	1:45.90
	Georgia Reynolds	Pole Vault	3rd	10' 0"
	Kelly Besmer	Pole Vault		8' 6"
	Diane Keller	Long Jump	1st	17' 6.5"
	Helen Hasbun	Long Jump		16' 8.25"
	Stephanie Burk	High Jump		5' 0"
	Wendy Hecker	High Jump		4' 10"
	Molly Meyers	Shot Put		34' 1.75"
	Corina Linder	Discus	8th	109' 7"
	Tori Howell	Discus		81' 11"
	Kelly Besmer	Javelin		113' 3"
	Emily Ferree	Javelin		109' 7"
	Molly Meyers	Javelin		106' 10"
2010	Hannah Hasbun	300 Low Hurdles	Prelim	45.68
			1st	45.15
	Georgia Reynolds,	4 x 100 Relay	Prelim	50.95
	Natalie Opsvig, Sophie Rockow, Hannah Hasbun			
	Georgia Reynolds,	4 x 200 Relay	Prelim	1:46.71
	Natalie Opsvig, Sophie Rockow, Hannah Hasbun			
	Georgia Reynolds	Pole Vault	1st	11' 0"
	Molly Meyers	Shot Put	5th	37' 6.25"
	Corina Linder	Discus	5th	116' 10"
	Kelly Besmer	Javelin	2nd	129' 11"

2011	Emily Ferree	Javelin	4th	113' 2"
	Leslie Stevens	300 Low Hurdles	Prelim	47.66
	Lexi Swanson	Pole Vault		9' 0"
	Leslie Stevens	Triple Jump		34' 7.75"
2012	Leslie Stevens	Javelin		107' 9"
	Ashley Jackson	300 Low Hurdles	Prelim	47.89
	Abbey Bottemiller	4 x 400 Relay	Prelim	4:08.86
2013	Jesse Guyer, Karlie Hurley, Christina Volken			
	Lexi Swanson	Pole Vault		9' 6"
	Ashley Jackson	300 Low Hurdles	Prelim	47.02
	Karlie Hurley, Jesse Guyer	4 x 200 Relay	Prelim	1:47.98
	Mackenzie Hutchison, Hannah Richmond		5th	1:46.38
	Karlie Hurley	4 x 400 Relay	Prelim	4:07.03
	Mackenzie Hutchison, Pauline Kaczmarek, Madeleine Hutchison			
	Ashley Jackson	Long Jump		16' 2.25"
	Andrea Suttle	Shot Put	6th	31' 6.75"
	Kristen Kasel	Discus		98' 10"
2014	Andrea Suttle	Discus		92' 10"
	Hannah Waskom	1600	5th	5:07.92
	Hannah Waskom	3200	4th	11:15.47
	Madeleine Hutchison	3200		11:26.42
	Mackenzie Hutchison	300 Low Hurdles	Prelim	46.36
			8th	47.71
	Karlie Hurley,	4 x 200 Relay	Prelim	1:46.48
	Mackenzie Hutchison, Bailey Scott, Jesse Guyer			
	Karlie Hurley,	4 x 400 Relay	Prelim	4:00.89
	Mackenzie Hutchison, Bailey Scott, Jesse Guyer		2nd	3:57.08
2015	Riley Ovall	Javelin		114' 11"
	Karlie Hurley	100	Prelim	12.79
	Karlie Hurley	200	Prelim	25.93
			8th	25.94
	Hannah Waskom	1600		5:08.23
	Lindsey Sydnor	1600		5:09.69
	Hannah Waskom	3200	7th	11:01.66
	Drew Butler	High Jump	5th	5' 2"
	Sara Brevick	Javelin		113' 9"
	2016	Hannah Waskom	1600	8th
Hannah Waskom		3200	3rd	10:51.58
Melissa Hruska		3200	8th	11:04.51
Lauren Rutherford		Long Jump		17' 0.25"

2017	Tatum Dalglish	Long Jump		15' 2.75"	
	Hannah Waskom	1600		5:12.60	
	Hannah Waskom	3200	4th	10:56.87	
	Kali Barlow	Discus		101' 2"	
	Riley Ovall	Javelin		122' 4"	
2018	Jenae Usselman	Javelin		115' 3"	
	Abbigal Triou	Discus		106' 8"	
	Jenae Usselman	Javelin		109' 9"	
2019	Tatum Dalglish	Long Jump		15' 11.5"	
	Karlie Stewart	High Jump	T 8th	5' 0"	
	Abbigal Triou	Shot Put		33' 11"	
	Abbigal Triou	Discus		106' 3"	
	Jenae Usselman	Javelin		112' 2"	
2020	Meet cancelled – Covid-19				
2021	-				
2022	Giovanna Hansen	400	Prelim	1:01.14	
	Bailey Hall,	4 X 100 Relay	Prelim	51.20	
	Scooby Reid, Giovanna Hansen, Hailey Weir				
	Bailey Hall,	4 X 200 Relay	Prelim	1:47.54	
	Scooby Reid, Giovanna Hansen, Hailey Weir				
	Hailey Weir	Long Jump		15' 9"	
	Ellie Nowicki	Discus-Wheelchair	1st	1' 5"	
	Jaida Warrick	Javelin		107' 4"	
	2023	Hailey Weir	200	Prelim	25.83
				4th	25.95
Hailey Weir		400	Prelim	57.97	
			3rd	57.29	
Giovanna Hansen		400	Prelim	59.23	
Bailey Hall,		4 X 100 Relay	Prelim	49.46	
Scooby Reid, Giovanna Hansen, Sophia Kono					
Bailey Hall,		4 X 100 Relay	8th	49.48	
Scooby Reid, Giovanna Hansen, Sophia Kono					
Sophia Kono,		4 X 200 Relay	Prelim	1:42.77	
Scooby Reid, Giovanna Hansen, Hailey Weir					
Sophia Kono,		4 X 200 Relay	3rd	1:42.77	
Scooby Reid, Giovanna Hansen, Hailey Weir					
Rachel Arnold,		4 X 400 Relay	Prelim	4:01.64	
Emily Rodriguez, Giovanna Hansen, Hailey Weir					
Rachel Arnold,	4 X 400 Relay	6th	4:02.88		
Emily Rodriguez, Giovanna Hansen, Hailey Weir					

h – Hand Time

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State Meet Participants – Multiple State Meets

Qualified for Four Washington State Track Meets

Mandy Borschowa	1995, 1996, 1997, 1998
Jamie Douglas	1995, 1996, 1997, 1998
Sarah Lavallee	1995, 1996, 1997, 1998
Jordan McDaniels	1996, 1997, 1998, 1999
Diane Keller	2006, 2007, 2008, 2009
Karlie Hurley	2012, 2013, 2014, 2015
Hannah Waskom	2014, 2015, 2016, 2017

Qualified for Three Washington State Track Meets

Kim Duvall	1985, 1986, 1987
Shelbie Stevens	1991, 1992, 1993
Kristen Berndt	2002, 2003, 2004
Piper Sherbon	2002, 2003, 2004
Shannon Posey	2003, 2004, 2005
Katie Woolsey	2006, 2007, 2008
Helen Hasbun	2007, 2008, 2009
Hannah Hasbun	2007, 2009, 2010
Jesse Guyer	2013, 2013, 2014
Jenae Usselman	2017, 2018, 2019

Qualified for Two Washington State Track Meets

Linda Perryman	1977, 1979
Becky McLemore	1978, 1979
Sarah Keller	1984, 1985
Stephanie Hill	1989, 1992
Amy Breed	1991, 1990
Jen Trunkey	1993, 1994
Pam Lovely	1996, 1997
Nikki Hover	1996, 1997
Nikita Carstens	1996, 1997
Tanya Smart	2000, 2001
Ashley Van Oeveren	2001, 2002
Caitlin Braun	2003, 2004
Jessica Oliver	2005, 2006
Tephra Brune	2006, 2007
Symone Shaw	2006, 2008
Kayla Mclain	2007, 2008
Alisha Larion	2007, 2008
Stephanie Burk	2007, 2009
Natalie Opsvig	2008, 2010

Georgia Reynolds	2009, 2010
Molly Meyers	2009, 2010
Corina Linder	2009, 2010
Kelly Besmer	2009, 2010
Emily Ferree	2009, 2010
Lexi Swanson	2011, 2012
Ashley Jackson	2012, 2013
Madeleine Hutchison	2013, 2014
Mackenzie Hutchison	2013, 2014
Riley Ovall	2014, 2017
Tatum Dalglish	2016, 2019
Abbigal Triou	2018, 2019
Giovanna Hansen	2022, 2023
Bailey Hall	2022, 2023
Scooby Reid	2022, 2023
Hailey Weir	2022, 2023

State Meet Participants – Multiple Places in the Same Meet

Four Places	Hailey Weir	2023	200	Fourth
		2023	400	Third
		2023	4 x 200 Relay	Third
		2023	4 x 400 Relay	Sixth
Three Places	Mandy Borschowa	1997	Shot Put	Fourth
		1997	Discus	First
	Sarah Lavallee	1997	Javelin	Third
		1997	100 High Hurdles	First
		1997	300 Low Hurdles	First
		1997	4 x 200 Relay	Sixth
	Mandy Borschowa	1998	Shot Put	Second
		1998	Discus	First
		1998	Javelin	Third
	Jessica Oliver	2006	300 Low Hurdles	Eighth
		2006	4 x 100 Relay	Sixth
		2006	4 x 400 Relay	Fifth
	Diane Keller	2009	100 High Hurdles	Second
		2009	4 x 100 Relay	Sixth
2009		Long Jump	First	
Helen Hasbun	2009	200	Seventh	
	2009	4 x 100 Relay	Third	
	2009	4 x 200 Relay	Sixth	
Giovanna Hansen	2023	4 x 100 Relay	Eighth	

		2023	4 x 200 Relay	Third
		2023	4 x 400 Relay	Sixth
Two Places	Linda Perryman	1979	Long Jump	Third
		1979	High Jump	Fourth
	Sarah Lavallee	1996	100 High Hurdles	First
		1996	300 Low Hurdles	Eighth
	Jordan McDaniels	1997	Discus	Third
		1997	Javelin	Eighth
	Sarah Lavallee	1998	100 High Hurdles	First
		1998	300 Low Hurdles	First
	Kristen Berndt	2003	100 High Hurdles	Fifth
		2003	Javelin	Third
	Piper Sherbon	2004	Triple Jump	Third
		2004	Shot Put	Sixth
	Nicole Remish	2006	4 x 100 Relay	Sixth
		2006	4 x 400 Relay	Fifth
	Katie Woolsey	2006	4 x 100 Relay	Sixth
		2006	4 x 400 Relay	Fifth
	Madison Yakaboski	2006	4 x 100 Relay	Sixth
		2006	4 x 400 Relay	Fifth
	Hannah Hasbun	2009	4 x 100 Relay	Third
		2009	4 x 200 Relay	Sixth
	Nikki Stanton	2009	4 x 100 Relay	Third
		2009	4 x 200 Relay	Sixth
	Mackenzie Hutchison	2014	300LH	Eighth
		2014	4 x 400 Relay	Second
	Hannah Waskom	2014	1600	Fifth
		2014	3200	Fourth
	Hannah Waskom	2016	1600	Eighth
		2016	3200	Third
	Scooby Reid		4 x 100 Relay	Eighth
			4 x 200 Relay	Third
	Sophia Kono		4 x 100 Relay	Eighth
			4 x 200 Relay	Third

State Meet Participants – Most Years Scoring Points/Placing

Four Years	Mandy Borschowa	1995	Discus	Seventh
		1996	Discus	First
		1997	Shot Put	Fourth
		1997	Discus	First
		1997	Javelin	Third

		1998	Shot Put	Second
		1998	Discus	First
		1998	Javelin	Third
	Sarah Lavallee	1995	110 High Hurdles	First
		1996	110 High Hurdles	First
		1996	300 Low Hurdles	Eighth
		1997	110 High Hurdles	First
		1997	300 Low Hurdles	First
		1997	4 x 200 Relay	Sixth
		1998	110 High Hurdles	First
		1998	300 Low Hurdles	First
	Hannah Waskom	2014	1600	Fifth
		2014	3200	Fourth
		2015	3200	Seventh
		2016	1600	Eighth
		2016	3200	Third
		2017	3200	Fourth
Three Years	Jamie Douglas	1996	Javelin	Second
		1997	Javelin	Second
		1998	Javelin	First
	Jordan McDaniels	1997	Discus	Third
		1997	Javelin	Eighth
		1998	Discus	Third
		1999	Discus	Second
	Piper Sherbon	2002	Triple Jump	Second
		2003	Shot Put	Third
		2004	Triple Jump	Third
		2004	Shot Put	Sixth
	Karlie Hurley	2013	4 x 200 Relay	Fifth
		2014	4 x 400 Relay	Second
		2015	200	Eighth
Two Years	Kristen Berndt	2003	100 High Hurdles	Fifth
		2003	Javelin	Third
		2004	Javelin	Second
	Jessica Oliver	2005	300 Low Hurdles	Eighth
		2006	300 Low Hurdles	Eighth
		2006	4 x 100 Relay	Sixth
		2006	4 x 400 Relay	Fifth
	Symone Shaw	2006	Long Jump	Eighth
		2008	Long Jump	Seventh

Katie Woolsey	2006	4 x 100 Relay	Sixth
	2006	4 x 400 Relay	Fifth
	2008	4 x 200 Relay	Sixth
Diane Keller	2008	100 High hurdles	Fifth
	2009	100 High Hurdles	Second
	2009	4 x 100 Relay	Third
	2009	Long Jump	First
Helen Hasbun	2008	4 x 200 Relay	Sixth
	2009	200	Seventh
	2009	4 x 100 Relay	Third
	2009	4 x 200 Relay	Sixth
Corina Linder	2009	Discus	Eighth
	2010	Discus	Fifth
Georgia Reynolds	2009	Pole Vault	Third
	2010	Pole Vault	First
Hannah Hasbun	2009	4 x 100 Relay	Third
	2009	4 x 200 Relay	Sixth
	2010	300 Low Hurdles	First
Jesse Guyer	2013	4 x 200 Relay	Fifth
	2014	4 x 400	Second
Mackenzie Hutchison	2013	4 x 200 Relay	Fifth
	2014	300LH	Eighth
	2014	4 x 400 Relay	Second

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State Meet All-Time Best Performances

100 Meters	12.79	Karlie Hurley	2015	Prelim
200 Meters	25.83	Hailey Weir	2023	Prelim
400 Meters	57.29	Hailey Weir	2023	3rd
800 Meters				
1600 Meters	5:05.30	Hannah Waskom	2016	8th
3200 Meters	10:51.58	Hannah Waskom	2016	3rd
100 Meter HH	14.28	Sarah Lavallee	1998	1st
300 Meter LH	43.22	Sarah Lavallee	1998	1st
4 X 100 Meter Relay	49.31	Diane Keller Helen Hasbun Hannah Hasbun Nikki Stanton	2009	Prelim
4 X 200 Meter Relay	1:42.77	Sophia Kono Scooby Reid Giovanna Hansen Hailey Weir	2023	Prelim
4 X 400 Meter Relay	3:57.08	Jesse Guyer Karlie Hurley Mackenzie Hutchison Madeleine Hutchison	2014	Prelim
Pole Vault	11' 0"	Georgia Reynolds	2010	1st
Long Jump	17' 6.5"	Diane Keller	2009	1st
Triple Jump	37' 6"	Piper Sherbon	2004	3rd
High Jump	5' 2"	Stephanie Burk	2007	2th
	5' 2"	Drew Butler	2015	5th
Shot Put	46' 0.5"	Mandy Borschowa	1998	2nd
Discus	173' 1"	Mandy Borschowa	1998	1st
Javelin – Restricted	129' 11"	Kelly Besmer	2010	2nd
Retired Events				
Javelin	142' 6"	Jamie Douglas	1998	1st

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Yearly Events Leaders

[100 Meters](#)

[1600 Meters](#)

[4x100 Relay](#)

[Triple Jump](#)

[Discus](#)

[200 Meters](#)

[3200 Meters](#)

[4x200 Relay](#)

[High Jump](#)

[Javelin](#)

[400 Meters](#)

[100 Meter HH](#)

[4x400 Relay](#)

[Pole Vault](#)

[800 Meters](#)

[300 Meter LH](#)

[Long Jump](#)

[Shot Put](#)

100 Meters/100 Yards (91.44 meters)

h – Hand Time

Top Performance per Year

100 Meters

2023	Hailey Weir	12.43
2022	Scooby Reid	13.13
2021	Bailey Hall	13.01
2020	<i>Season cancelled - Covid-19</i>	
2019	Abigail Van Vleet	13.08
2018	Faith Wallace	13.37
2017	Sophia Hulet	13.48
2016	Curstyn Williamson	12.83
2015	Karlie Hurley	12.50
2014	Jesse Guyer	12.77
2013	Jesse Guyer	12.75
2012	Jesse Guyer	12.9h
2011	Jesse Guyer	13.00
2010	Sophie Rockow	13.17
2009	Helen Hasbun	12.73
2008	Helen Hasbun	12.79
2007	Helen Hasbun	13.1h
2006	Madison Yakaboski	12.6h
2005	Jessie Oliver	12.7h
2004	Nicole Remish	13.1h
2003	Nicole Remish	13.2h
2002	Kelsey Lamon	13.08
2001	Kristen Berndt	13.5h
2000	Heather Breitenbach	12.9h
1999	Heather Breitenbach	13.7h
1998	Sarah Lavallee	13.0h
1997	Nikita Carstens	13.2h
1996	Megan Morris	13.1h
1995	Sarah Lavallee	12.9h
1994	Kristen Lavallee	13.6h
1993	Kristen Lavallee	13.8h
1992	Natalie Edwards	13.9h
1991	Amy Breed	13.6h
1990	Amy Breed	13.4h
1989	Amy Lee	13.3h
1988	Amy Lee	13.5h

1987	Kim Duvall	13.6h
1986	Lisa Rogers	13.7h
1985	Kim Duvall	13.6h
1984	Kim Duvall	13.4h
	Lisa Rogers	13.4h
1983		
1982	Karen Shelton	13.5h
1981	Sande Larson	13.0h
100 Yards		
1980	Sande Larson	12.3h
1979	Becky McLemore	12.0h
1978	Linda Perryman	12.3h
1977	Chris Crittenden	11.7h
1976	Chris Crittenden	11.8h
1975	Evette Schultz	12.3h
1974	Denver Gochnour	12.8h
1973	Terry Evans	12.5h
1972	Marsha Anderson	13.4h
1971	Katie Grant	12.9h
1970		
1969	Laurie Alexander	12.6h

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**100 Meter High Hurdles/100 Meter Low Hurdles
80 Yard (73.15 meters) Low Hurdles**

h – Hand Time

Top Performance per Year

100 Meter High Hurdles

2023	Jaida Warrick	16.88
2022	Rachel Arnold	17.22
2021	Claire Bailey	19.60
2020	<i>Season cancelled - Covid-19</i>	
2019	Morgan Pettersson	19.08
2018	Olivia Henning	17.82
2017	Olivia Henning	17.80
2016	Sarah Miller	17.23
2015	Olivia Henning	19.43
2014	Sarah Miller	17.29
2013	Ashley Jackson	17.17
2012	Ashley Jackson	17.55
2011	Ashley Jackson	17.35
2010	Hannah Hasbun	15.79
2009	Diane Keller	14.71
2008	Diane Keller	15.13
2007	Diane Keller	15.80
2006	Diane Keller	16.44
2005	Meaghan Dunklee	17.6h
2004	Kristen Berndt	16.37
2003	Kristen Berndt	16.0h
2002	Kristen Berndt	16.6h
2001	Kristen Berndt	16.9h
2000	Emily Verbon	16.8h
1999	Melanie Edwards	16.18
1998	Sarah Lavallee	14.28
1997	Sarah Lavallee	14.4h
1996	Sarah Lavallee	14.76
1995	Sarah Lavallee	15.10
1994	Pam Lovely	18.1h
1993	Deanna Chris	17.0h
1992	Amy Breed	16.7h
1991	Amy Breed	16.6h
1990	Amy Breed	16.5h
1989	Jenny Woods	17.8h

1988	Jenny Woods	17.4h
1987	Kim Duvall	16.6h
1986	Kim Duvall	17.0h
1985	Kim Duvall	16.6h
1984	Kim Duvall	16.4h
100 Meter Low Hurdles		
1983		
1982	Kelly Willig	17.3h
1981	Kelly Willig	17.6h
1980	Kelly Willig	17.6h
80 Yard Low Hurdles		
1979	Kary White	11.1h
1978	Kary White	11.6h
1977	Chris Crittenden	12.1h
1976	Chris Crittenden	11.9h
1975	Janis Meredith	13.4h
1974	Nancy Burnham	13.2h
1973	Terry Evans	12.8h
1972	Terry Evans	13.7h

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200 Meters/220 Yards (201.17 meters)

h – Hand Time

Top Performance per Year

200 Meters

2023	Hailey Weir	25.03
2022	Hailey Weir	26.71
2021	Hailey Weir	26.81
2020	<i>Season cancelled - Covid-19</i>	
2019	Abigail Van Vleet	27.58
2018	Lizzie Belcito	28.22
2017	Sarah Creighton	27.71
2016	Curstyn Williamson	26.57
2015	Karlie Hurley	25.38
2014	Karlie Hurley	26.38
2013	Karlie Hurley	25.90
2012	Jesse Guyer	27.68
2011	Sophie Rockow	27.21
2010	Hannah Hasbun	26.35
2009	Helen Hasbun	25.72
2008	Kayla Mclain	26.72
2007	Katie Woolsey	27.8h
2006	Nicole Remish	26.8h
2005	Nicole Remish	26.52
2004	Nicole Remish	26.7h
2003	Nicole Remish	27.6h
2002	Kelsey Lamon	27.0h
2001	Ashley Wiegardt	27.3h
2000	Heather Breitenbach	26.7h
1999	Heather Breitenbach	27.0h
1998	Heather Breitenbach	26.5h
1997	Nikki Hover	27.3h
1996	Nikita Carstens	27.8h
1995	Sarah Lavallee	27.3h
1994	Kristen Lavallee	28.7h
1993	Kristen Lavallee	28.6h
1992	Kristen Lavallee	29.1h
1991	Amy Breed	28.6h
1990	Amy Lee	27.9h
1989	Amy Lee	28.6h
1988	Amy Lee	28.8h

1987	Suzanne Davis	28.5h
1986	Lisa Rogers	29.0h
1985	Lisa Rogers	28.7h
1984	Lisa Rogers	27.8h
1983		
1982	Karen Shelton	28.8h
1981	Sande Larson	27.1h
220 Yards		
1980	Sande Larson	27.0h
1979	Becky McLemore	26.5h
1978	Kary White	28.2h
1977	Holly Shelton	28.2h
1976	Lisa Hurn	28.5h
1975	Nancy Burnham	27.8h
1974	Michelle Bauman	27.8h
1973	Terry Evans	28.8h
1972		

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300 Meter Low Hurdles/330 Yard (301.75 meters) Low Hurdles
h – Hand Time

Top Performance per Year

300 Meter Low Hurdles

2023	Maya Hewitt	49.86
2022	Bailey Hall	55.39
2021	Bailey Hall	54.14
2020	<i>Season cancelled - Covid-19</i>	
2019	Olivia Hebert	51.56
2018	Lexi Winter	50.68
2017	Olivia Henning	52.32
2016	Sarah Miller	51.91
2015	Lexi Winter	51.59
2014	Mackenzie Hutchison	46.36
2013	Ashley Jackson	46.38
2012	Ashley Jackson	47.32
2011	Ashley Jackson	46.66
2010	Hannah Hasbun	45.15
2009	Hannah Hasbun	46.20
2008	Hannah Hasbun	50.21
2007	Diane Keller	50.1h
2006	Jessica Oliver	46.37
2005	Jessica Oliver	46.18
2004	Kristen Berndt	47.9h
2003	Kristen Berndt	50.1h
2002	Kristen Berndt	50.33
2001	Kristen Berndt	50.3h
2000	Heather Breitenbach	49.0h
1999	Melanie Edwards	46.25
1998	Sarah Lavallee	43.22
1997	Sarah Lavallee	43.81
1996	Sarah Lavallee	45.0h
1995	Danielle Blue	48.6h
1994	Pam Lovely	48.3h
1993	Tutti Blount	51.9h
1992	Amy Breed	46.9h
1991	Amy Breed	47.0h
1990	Amy Breed	46.6h
1989	Jenny Woods	50.9h
1988	Melinda Dujmovic	50.7h

1987	Kim Duvall	47.4h
1986	Kim Duvall	47.7h
1985	Kim Duvall	49.5h
1984	Shelly Lenz	46.9h
1983		
1982	Moselle Horiuchi	50.8h
1981	Karen Shelton	51.2h
330 Yard Low Hurdles		
1980	Kelly Willig	55.5h

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400 Meters/440 Yards (402.34 meters)

h – Hand Time

Top Performance per Year

400 Meters

2023	Hailey Weir	55.90
2022	Giovanna Hansen	1:00.63
2021	Hailey Weir	1:04.26
2020	<i>Season cancelled - Covid-19</i>	
2019	Faith Wallace	1:02.59
2018	Maybel From	1:06.14
2017	Sarah Creighton	1:00.79
2016	Lauren Gappa	1:02.39
2015	Karlie Hurley	59.02
2014	Karlie Hurley	59.39
2013	Karlie Hurley	59.68
2012	Karlie Hurley	1:00.39
2011	Lindsay Kirby	1:03.61
2010	Lindsay Kirby	1:03.2h
2009	Lindsay Kirby	1:01.9h
2008	Katie Woolsey	59.95
2007	Katie Woolsey	1:00.3h
2006	Nicole Remish	1:00.30
2005	Nicole Remish	1:00.17
2004	Nicole Remish	1:00.85
2003	Kelly Fletcher	1:03.74
2002	Kelly Fletcher	1:03.6h
2001	Ashley Wiegardt	1:02.9h
2000	Heather Breitenbach	1:03.09
1999	Heather Breitenbach	1:01.2h
1998	Heather Breitenbach	1:01.9h
1997	Pam Lovely	1:03.2h
1996	Danielle Blue	1:05.2h
1995	Jamie Douglas	1:04.3h
1994	Pam Lovely	1:06.0h
1993	Amy Hatcher	1:07.5h
1992	Amy Hatcher	1:07.0h
1991	Amy Breed	1:05.0h
1990	Amy Breed	1:04.0h
1989	Amy Lee	1:04.4h
1988	Amy Lee	1:04.3h

1987	Suzanne Davis	1:02.9h
1986	Debbie Farr	1:06.3h
1985	Shannon Earl	1:07.8h
1984	Shelly Lenz	1:06.1h
1983		
1982	Karen Shelton	1:09.3h
1981	Monica Dujmovic	1:05.7h
440 Yards		
1980	Melissa Lems	1:06.7h
1979	Becky McLemore	1:00.2h
1978	Becky McLemore	59.08
1977	Dawn Graham	1:03.4h
1976	Lisa Woodcock	1:04.3h
1975	Lisa Woodcock	1:06.0h
1974	Lisa Woodcock	1:06.3h
1973	Nancy Burnham	1:08.9h
1972		

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800 Meters/880 Yards (804.68 meters)

h – Hand Time

Top Performance per Year

800 Meters

2023	Hailey Cossey	2:23.72
2022	Ravenna Vaden	2:27.87
2021	Addie Craig	2:25.35
2020	<i>Season cancelled - Covid-19</i>	
2019	Amy Jenkins	2:38.84
2018	Lily Colvin	2:26.17
2017	Hannah Waskom	2:24.21
2016	Melissa Hruska	2:19.70
2015	Lindsey Sydnor	2:15.88
2014	Lindsey Sydnor	2:19.68
2013	Madeleine Hutchison	2:23.72
2012	Christina Volken	2:27.32
2011	Christina Volken*	2:24.18
2010	Christina Volken	2:25.58
2009	Megan Past	2:23.6h
2008	Megan Past	2:26.90
2007	Megan Past	2:26.05
2006	Mariah Stevens	2:42.2h
2005	Ellie Allen	2:37.3h
2004	Vanessa Scalzo	2:36.3h
2003	Colette Hatch	2:40.6h
2002	Jessica Hanna	2:29.9h
2001	Jessica Scalzo	2:33.7h
2000	Jessica Hanna	2:38.4h
1999	Katie Childs	2:49.2h
1998	Jessie Raisio	2:39.3h
1997	Jessie Raisio	2:52.3h
1996	Rena Herndon	2:39.5h
1995	Mandy Borschowa	2:36.0h
1994	Amy Smith	2:52.2h
1993	Beth Ristic	2:47.0h
1992	Julie Dahl	2:40.8h
1991	Jen Peck	2:34.8h
1990	Wendy Holstine	2:35.2h
1989	Lisa Toyne	2:42.6h
1988	Kelly Larabee	2:39.5h

1987	Melinda Dujmovic	2:31.9h
1986	Melinda Dujmovic	2:28.5h
1985	Melinda Dujmovic	2:32.8h
1984	Tammy Ray	2:50.2h
1983		
1982	Cathy Scott	2:31.6h
1981	Monica Dujmovic	2:29.0h
880 Yards		
1980	Cathy Scott	2:29.0h
1979	Wendy Baker	2:36.3h
1978	Wendy Baker	2:38.0h
1977	Jude Marion	2:32.4h
1976	Teri Carmichael	2:47.2h
1975	Jude Marion	2:43.7h
1974	Teresa Ruwalt	2:38.0h
1973	Jan Brickey	2:39.0h
1972	Jan Brickey	2:40.2h

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1600 Meters/Mile (1609.36 meters)

h – Hand Time

Top Performance per Year

1600 Meters

2023	Hailey Cossey	5:03.56
2022	Hailey Cossey	5:19.26
2021	Addie Craig	5:25.35
2020	<i>Season cancelled - Covid-19</i>	
2019	Mackenzie Saunders	5:34.16
2018	Chloe Cosgrove	5:15.83
2017	Hannah Waskom	4:58.39
2016	Hannah Waskom	4:59.51
2015	Lindsey Sydnor	5:01.07
2014	Hannah Waskom	5:04.46
2013	Madeleine Hutchison	5:28.3h
2012	Bailey Scott	5:25.5h
2011	Bailey Scott	5:20.86
2010	Alex Rudd	5:27.94
2009	Alex Rudd	5:23.2h
2008	Alex Rudd	5:32.2h
2007	Alex Rudd	5:22.52
2006	Katie Hogan	5:48.6h
2005	Ellie Allen	5:22.1h
2004	Collette Hatch	6:03.9h
2003	Erin Dunklee	6:05.3h
2002	Shannon Kelly	6:21.6h
2001	Jessica Scalzo	5:17.86
2000	Katie Childs	5:52.9h
1999	Sheena Kern	5:37.6h
1998	Jessie Raisio	5:30.8h
1997	Julie Person	5:39.0h
1996	Julie Person	5:50.2h
1995	Amy Smith	6:30.0h
1994	Amy Smith	6:49.4h
1993	Beth Ristic	6:10.0h
1992	Kristen Caldwell	5:34.0h
1991	Jen Peck	5:45.6h
1990	Wendy Holstine	5:46.4h
1989	Susan Engstrom	5:59.5h
1988	Jill Peach	6:18.0h

1987	Debbie Farr	6:19.0h
1986	Alex Eanes	6:13.0h
1985	Heidi Evetts	5:54.5h
1984	Heidi Evetts	5:48.5h
1983		
1982	Heidi Evetts	5:31.8h
1981	Cathy Scott	5:48.6h
Mile		
1980	Cathy Scott	5:57.7h
1979	Wendy Baker	5:49.0h
1978	Wendy Baker	5:47.4h
1977	Jude Marion	5:49.5h
1976	Tresa Wilbur	6:39.0h
1975	Jude Marion	5:44.9h
1974	Jude Marion	6:20.8h
1973	Jan Brickey	6:08.0h
1972	Jan Brickey	6:39.6h

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3200 Meters/Two Mile (3218.72 meters)

h – Hand Time

Top Performance per Year

3200 Meters

2023	Hailey Cossey	11:02.43
2022	Hailey Cossey	11:53.35
2021	Addie Craig	12:42.76
2020	<i>Season cancelled - Covid-19</i>	
2019	Mackenzie Saunders	12:04.27
2018	Chloe Cosgrove	11:22.59
2017	Hannah Waskom	10:46.64
2016	Hannah Waskom	10:48.46
2015	Hannah Waskom	10:47.22
2014	Hannah Waskom	11:07.31
2013	Bailey Scott	12:16.01
2012	Bailey Scott	11:57.35
2011	Bailey Scott	11:57.88
2010	Alex Rudd	11:46.37
2009	Alex Rudd	11:37.30
2008	Alex Rudd	11:47.06
2007	Alex Rudd	11:25.41
2006	Katie Hogan	12:31.59
2005	Ellie Allen	11:50.4h
2004	Devan Paulus	13:18.6h
2003	Jasmine Carver	13:12.2h
2002	Shannon Kelly	13:44.8h
2001	Jessica Scalzo	11:27.18
2000	Sheena Kern	12:36.0h
1999	Sheena Kern	12:01.8h
1998	Jessie Raisio	11:42.8h
1997	Jessie Raisio	12:23.0h
1996	Alahana Mulligan	14:04.0h
1995	Ashley Davis	13:58.6h
1994	Karen Boers	13:51.0h
1993	Maria Fury	16:18.0h
1992	Kristen Caldwell	12:13.0h
1991	Kristen Caldwell	12:30.4h
1990	Kristen Caldwell	12:39.5h
1989	Kristen Caldwell	13:12.2h
1988	Catrina Shuck	13:53.0h

1987	Jennifer Rene	14:39.0h
1986	Alison Eanes	13:28.0h
1985	Barbie Roy	14:46.9h
1984	Alison Eanes	13:18.0h
1983		
1982	Cathy Scott	11:59.8h
1981	Cathy Scott	12:32.4h
Two Mile		
1980	Cathy Scott	12:02.3h
1979	Kim Enlow	13:35.6h
1978	Kathy Boyle	13:26.0h
1977	Wendy Baker	13:10.6h

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4x100 Meter/440 (4x100.59 meters) Relay

h – Hand Time

Top Performance per Year

2023	Sophia Kono, Scooby Reid, Giovanna Hansen, Hailey Weir	49.16
2022	Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir	50.84
2021	Bailey Hall, Claire Bailey, Ruth Groscost, Scooby Reid	52.66
2020	<i>Season cancelled - Covid-19</i>	
2019	Alex Huard, Abigail Van Vleet, Faith Wallace, Olivia Hebert	52.07
2018	Lizzie Belcito, Kiara Goodwin, Faith Wallace, Sophia Hulet	51.65
2017	Lizzie Belcito, Sarah Creighton, Sophia Hulet, Chloe Stewart	52.96
2016	Kelli Christopherson, Diana Hruska, Lauren Rutherford, Curstyn Williamson	50.63
2015	Kelli Christopherson, Diana Hruska, Lauren Rutherford, Sarah Panciroli	51.72
2014	Kelli Christopherson, Lauren Rutherford, Diana Hruska, Sydney Leonard	52.08
2013	Karlie Hurley, Jesse Guyer, Hannah Richmond, Sydney Leonard	52.03
2012	Sophie Rockow, Karlie Hurley, Jesse Guyer, Johanna Cranford	51.8h
2011	Abbey Bottemiller, Sophie Rockow, Jesse Guyer, Kristen Kasel	51.62
2010	Hannah Hasbun, Natalie Opsvig, Sophie Rockow, Georgia Reynolds	50.02
2009	Diane Keller, Hannah Hasbun, Helen Hasbun, Nikki Stanton	49.31
2008	Kayla Mclain, Helen Hasbun, Symone Shaw, Katie Woolsey	50.52
2007	Katie Woolsey, Helen Hasbun, Symone Shaw, Hannah Hasbun	50.51
2006	Madison Yakaboski, Jessica Oliver, Nicole Remish, Symone Shaw	49.80
2005	Jessie Oliver, Symone Shaw, Kali Roestel, Nicole Remish	50.15

2004	Kristen Berndt, Jordan Tipton, Monica Nelson, Nicole Remish	50.07
2003	Kristen Berndt, Nicole Remish, Jordan Tipton, Kali Roestel	52.9h
2002	<i>No Participants Listed</i>	54.2h
2001	<i>No Participants Listed</i>	55.1h
2000	<i>No Participants Listed</i>	57.8h
1999	Melanie Edwards, Laura Fletcher, Ashley Wiegardt, Heather Breitenbach	52.2h
1998	Nikki Hover, Sarah Lavalley, Jonna Knecht, Heather Breitenbach	52.26
1997	Nikki Hover, Sarah Lavalley, Nikita Carstens, Stephanie Holt	52.0h
1996	Nikki Hover, Sarah Lavalley, Nikita Carstens, Megan Morris	52.21
1995	Nikki Hover, Sarah Lavalley, Kristin Lavalley, Natalie Edwards	52.3h
1994	Janina Pizzano, Kristin Lavalley, Sally Hayden, Jonna Oliveres	57.0h
1993	Janina Pizzano, Kristin Lavalley, Deanna Chris, Natalie Edwards	55.0h
1992	Amy Hatcher, Kristin Lavalley, Lindsay Weller, Natalie Edwards	54.4h
1991	Rachelle Carmen, Alice Ruppert, Karrisa Kinne, Shauna Kinne	54.9h
1990	<i>No Participants Listed</i>	57.9h
1989	<i>No Participants Listed</i>	56.8h
1988	<i>No Participants Listed</i>	56.6h
1987		
1986	<i>No Participants Listed</i>	54.9h
1985	Kim Duvall, Kordula Duhn, Debbie Farr, Lisa Rogers	54.2h

1984	Shelly Lenz, Kim Duvall, Sarah Keller, Lisa Rogers	52.2h
1983		
1982	Anne Sukut, Sarah Keller, Kelly Willig, Karen Shelton	54.4h Y
1981	Karen Shelton, Dana Treadwell, Monica Dujmovic, Sande Larson	54.1h Y
440 Yards		
1980	Sande Larson, <i>Two Participants Not Listed</i> , Becky McLemore	56.5h
1979	Linda Perryman, Kary White, Sande Larson, Becky McLemore	53.4h
1978	Kary White, Linda Perryman, Robyn Clark, Becky McLemore	53.4h
1977	Chris Crittenden, Holly Shelton, Bobbie Crawford, Lisa Hurn	52.7h
1976	Nancy Burnham, Bobbie Crawford, Lisa Hurn, Chris Crittenden	52.4h
1975	<i>No Participants Listed</i>	55.8h
1974	Michelle Bauman, Nancy Burnham, Janis Meredith, Jodie Buchanan	54.6h
1973	Marsha Andersen, Terry Evans, Janis Meredith, Cindy Seaton	55.0h
1972	Cindy Matanich, Terry Evans, Marsha Anderson, Cindy Shelton	55.35
1971	<i>No Participants Listed</i>	59.6h
1970		
1969	<i>No Participants Listed</i>	57.5h

4x200 Meter/880 Yard (4x201.17 meters) Relay

h – Hand Time

Top Performance per Year

2023	Sophia Kono, Scooby Reid, Giovanna Hansen, Hailey Weir	1:42.77
2022	Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir	1:47.01
2021	Mary McCutchan, Ayana Loucks, Ruth Groscost, Hailey Weir	1:55.94
2020	<i>Season cancelled - Covid-19</i>	
2019	Olivia Hebert, Alex Huard, Abigail Van Vleet, Faith Wallace	1:55.65
2018	Lizzie Belcito, Kiara Goodwin, Faith Wallace, Sophia Hulet	1:50.22
2017	Lizzie Belcito, Sarah Creighton, Sophia Hulet, Chloe Stewart	1:51.33
2016	Kelli Christopherson, Lauren Gappa, Lauren Rutherford, Curstyn Williamson	1:46.54
2015	Karlie Hurley, Kelli Christopherson, Lauren Rutherford, Mackenzie Hutchison	1:47.02
2014	Karlie Hurley, Mackenzie Hutchison, Bailey Scott, Jesse Guyer	1:45.34
2013	Karlie Hurley, Mackenzie Hutchison, Hannah Richmond, Jesse Guyer	1:45.51
2012	Sophie Rockow, Sally Miller, Jesse Guyer, Karlie Hurley	1:48.06
2011	Abbey Bottemiller, Sydney Dore, Sophie Rockow, Jesse Guyer	1:50.28
2010	Hannah Hasbun, Natalie Opsvig, Georgia Reynolds, Sophie Rockow	1:46.33
2009	Nikki Stanton, Natalie Opsvig, Hannah Hasbun, Helen Hasbun	1:45.28
2008	Kayla McLain, Natalie Opsvig, Helen Hasbun, Katie Woolsey	1:45.77
2007	Kayla McLain, Helen Hasbun, Katie Woolsey, Hannah Hasbun	1:47.54
2006	Jessica Oliver, Katie Woolsey, Madison Yakaboski, Nicole Remish	1:49.3h
2005	Jessie Oliver, Symone Shaw, Kali Roestel, Nicole Remish	1:49.38

2004	Kristen Berndt, Monica Nelson, Krisi Lund, Nicole Remish	1:52.8h
2003	Kristen Berndt, Nicole Remish, Jordan Tipton, Kali Roestel	1:53.8h
2002	<i>No Participants Listed</i>	1:55.2h
2001		
2000	<i>No Participants Listed</i>	1:56.2h
1999	Melanie Edwards, Ashley Wiegardt, Jonna Knecht, Heather Breitenbach	1:53.8h
1998	Carri Smith, Amy Hyatt, Ashley Wiegardt, Ginger Roughton	2:04.0h
1997	Nikki Hover, Sarah Lavallee, Pam Lovely, Nikita Carstens	1:46.2h
1996	Nikki Hover, Sarah Lavallee, Pam Lovely, Megan Morris	1:48.56
1995	Nikki Hover, Sarah Lavallee, Kristin Lavallee, Danielle Blue	1:50.8h
1994	Janina Pizzano, Kristin Lavallee, Pam Lovely, Natalie Edwards	1:55.8h
1993	Janina Pizzano, Kristin Lavallee, Jamie Lashbrook, Natalie Edwards	1:59.8h
1992	Amy Hatcher, Kristin Lavallee, Lindsay Weller, Natalie Edwards	1:55.0h
1991	<i>No Participants Listed</i>	2:00.4h
1990	<i>No Participants Listed</i>	2:01.7h
1989	Amber Baldwin, Karrisa Kinne, Johna Nicholson, Alice Ruppert	1:59.2h
1988	<i>No Participants Listed</i>	2:01.2h
1987	Suzanne Davis, Melinda Dujmovic, Kim Duvall, Debbie Farr	1:51.3h
1986	Lisa Rogers, Kim Duvall, Debbie Farr, Melinda Dujmovic	1:50.1h
1985	Debbie Farr, Lisa Rogers, Kim Duvall, Kordula Duhn	1:52.4h

1984	Shelly Lenz, Kim Duvall, Debbie Farr, Lisa Rogers	1:53.4h
1983		
1982	<i>No Participants Listed</i>	2:01.0h
1981	Karen Shelton, Dana Treadwell, Melissa Lems, Sande Larson	1:54.6h
220 Yards		
1980	Lisa Helina, Sande Larson, Melissa Lems, Moselle Horiuchi	2:02.4h
1979	Linda Perryman, Kary White, Sande Larson, Becky McLemore	1:55.8h
1978	<i>No Participants Listed</i>	1:55.0h
1977	Bobbie Crawford, Holly Shelton, Polly Barker, Lisa Hurn	1:51.1h
1976	Bobbie Crawford, Polly Barker, Lisa Woodcock, Lisa Hurn	1:53.0h
1975		
1974		
1973	Marsha Andersen, Janis Meredith, Cindy Seaton, Kathy Reimer	1:59.5h
1972	<i>No Participants Listed</i>	2:06.1h

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4x400 Meter/Mile (4x402.34 meters) Relay

h – Hand Time

Top Performance per Year

2023	Rachel Arnold, Emily Rodriguez, Giovanna Hansen, Hailey Weir	3:59.54
2022	Ravenna Vaden, Giovanna Hansen, Eliza McDonald, Scooby Reid	4:17.18
2021	Makaylee Jensen, Chloe Hammer, Scooby Reid, Hailey Weir	4:26.99
2020	<i>Season cancelled - Covid-19</i>	
2019	Addie Kaess, Mackenzie Saunders, Amy Jenkins, Ravenna Vaden	4:37.85
2018	Lily Colvin, Maybel From, Chloe Cosgrove, Maddyson Raveling	4:35.63
2017	Chloe Cosgrove, Lauren Gappa, Sarah Panciroli, Sarah Creighton	4:17.78
2016	Lauren Gappa, Sarah Panciroli, Kelli Christopherson, Mellisa Hruska	4:17.11
2015	Karlie Hurley, Mackenzie Hutchison, Mellisa Hruska, Lindsey Sydnor	4:04.03
2014	Jesse Guyer, Karlie Hurley, Mackenzie Hutchison, Madeleine Hutchison	3:57.08
2013	Karlie Hurley, Mackenzie Hutchison, Pauline Kaczmarek, Madeleine Hutchison	4:05.66
2012	Abbey Bottemiller, Jesse Guyer, Karlie Hurley, Christina Volken	4:06.41
2011	Abbey Bottemiller, Christina Volken, Lindsay Kirby, Madeleine Hutchinson	4:14.19
2010	Lindsay Kirby, Natalie Opsvig, Sally Miller, Christina Volken	4:16.26
2009	Megan Past, Taylor Robbins, Lindsay Kirby, Natalie Opsvig	4:13.41
2008	Taylor Robbins, Megan Past, Marley Robbins, Katie Woolsey	4:15.6h
2007	Katie Woolsey, Taylor Robbins, Marley Robbins, Megan Past	4:19.4h
2006	Nicole Remish, Madison Yakaboski, Katie Woolsey, Jessica Oliver	4:01.50
2005	Ariane Barr, Elisha Davis, Jennifer Davis, Devan Paulus	4:46.28

2004	Vanessa Scalzo, Collette Hatch, Devan Paulus, Ariane Barr	4:32.0h
2003	Kelley Fletcher, Kristen Berndt, Kali Roestel, Meaghan Dunklee	4:42.1h
2002	<i>No Participants Listed</i>	4:32.4h
2001	<i>No Participants Listed</i>	4:21.0h
2000	<i>No Participants Listed</i>	4:35.0h
1999	Laura Fletcher, Ashley Wiegardt, Sheena Kern, Heather Breitenbach	4:29.2h
1998	Sarah Lavallee, Ashley Wiegardt, Danielle Blue, Nikki Hover	4:08.68
1997	Danielle Blue, Nikita Carstens, Stephanie Holt, Pam Lovely	4:08.86
1996	Danielle Blue, Nikita Carstens, Pam Lovely, Jamie Douglas	4:17.3h
1995	Sarah Lavallee, Danielle Blue, Karen Boers, Jamie Douglas	4:19.8h
1994	Ashley Davis, Karen Boers, Amy Smith, Alahna Mulligan	5:19.0h
1993	Beth Ristic, Ashley Davis, Janelle Fairbanks, <i>Participant Not Listed</i>	5:18.0h
1992	Kristin Caldwell, Julie Dahl, Natalie Edwards, Kristin Lavallee	4:39.0h
1991	Heather Barcus, Julie Dahl, Amy Breed, Jen Peck	4:28.0h
1990	<i>No Participants Listed</i>	4:24.1h
1989	<i>No Participants Listed</i>	4:42.1h
1988	<i>No Participants Listed</i>	4:32.0h
1987	Melinda Dujmovic, Kim Duvall, Debbie Farr, Shannon Earl	4:28.0h
1986	<i>No Participants Listed</i>	4:58.0h
1985	<i>No Participants Listed</i>	4:32.0h

1984	<i>No Participants Listed</i>	4:50.2h
1983		
1982	Moselle Horiuchi, Heidi Evetts, Monica Dujmovic, Karen Shelton	4:30.0h Y
1981	Monica Dujmovic, Moselle Horiuchi, Sande Larson, Karen Shelton	4:29.0h Y
440 Yard Relay		
1980	Moselle Horiuchi, Cathy Scott, Colleen Boyce, Melissa Lems	4:44.9h
1979	<i>No Participants Listed</i>	4:42.0h
1978	Wendy Baker, Lisa Helina, Dawn Graham, Becky McLemore	4:19.1h
1977	Linda Perryman, Sue Sherwood, Holly Shelton, Dawn Graham	4:19.8h
1976	Dawn Graham, Teri Carmichael, Lisa Hurn, Lisa Woodcock	4:22.3h
1975	<i>No Participants Listed</i>	4:35.2h
1974	Robin Ackerman, Teresa Ruwaldt, Lisa Woodcock, Nancy Burnham	4:35.0h
1973	Robin Ackerman, Jan Brickey, Nancy Burnham, Terry Evans	4:38.3h
1972	<i>No Participants Listed</i>	5:13.7h

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Discus

Best Performance per Year

2023	Jaida Warrick	78' 10"
2022	Vivienne Wood	63' 8"
2021	Maggie Kamp	63' 10"
2020	<i>Season cancelled - Covid-19</i>	
2019	Abbigal Triou	113' 9"
2018	Abbigal Triou	106' 8"
2017	Kali Barlow	120' 8"
2016	Jenae Usselman	98' 3"
2015	Sara Brevick	110' 8"
2014	Sara Brevick	108' 0"
2013	Andrea Suttle	111' 1"
2012	Kristen Kasel	90' 9"
2011	Leslie Stevens	85' 2"
2010	Corina Linder	119' 4"
2009	Corina Linder	116' 1"
2008	Summer Nash	104' 11"
2007	Tephra Brune	113' 10"
2006	Tephra Brune	109' 3"
2005	Shannon Posey	108' 8"
2004	Caitlin Braun	125' 3"
2003	Piper Sherbon	120' 1"
2002	Ashley Van Oeveren	114' 8"
2001	Tanya Smart	118' 10"
2000	Tanya Smart	113' 8"
1999	Jordan McDaniels	140' 8"
1998	Mandy Borschowa	182' 0"
1997	Mandy Borschowa	156' 7"
1996	Mandy Borschowa	144' 6"
1995	Mandy Borschowa	119' 3"
1994	Lesley Hudson	80' 4"
1993	Erin Lanigan	90' 8"
1992	Stephanie Hill	112' 0.5"
1991	Stephanie Hill	100' 6"
1990	Stephanie Hill	118' 0"
1989	Stephanie Hill	106' 1"
1988	Angie Wilson	95' 2"
1987	Catherine Drury	121' 11"
1986	Michelle Browsers	103' 9"

1985	Sarah Keller	106' 11"
1984	Sarah Keller	103' 9"
1983		
1982	Renee Hughes	119' 4"
1981	Renee Hughes	103' 7"
1980	Renee Hughes	99' 4"
1979	Cindi Shelton	105' 6"
1978	Cindi Shelton	99' 4.5"
1977	Cindi Shelton	104' 8"
1976	Cindi Shelton	95' 4.5"
1975	Jodie Buchanan	80' 0"
1974	Maxine Constantine	74' 8"
1973	Cindy Noles	83' 4"
1972	Judy Long	72' 1"

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High Jump

Best Performance per Year

2023	Olivia Ciabattari	4' 10"
2022	Olivia Ciabattari	4' 8"
2021	Olivia Ciabattari	4' 4"
2020	<i>Season cancelled - Covid-19</i>	
2019	Karlie Stewart	5' 4"
2018	Karlie Stewart	5' 2"
2017	Olivia Henning	4' 6"
	Chloe Stewart	4' 6"
	Miranda Jarocki	4' 6"
2016	Karlie Stewart	5' 2"
2015	Drew Butler	5' 3"
2014	Bailey Scott	4' 8"
2013	Sydney Leonard	4' 6"
2012	Lexi Swanson	4' 6"
2011	Lexi Swanson	4' 8"
2010	Lexi Swanson	4' 6"
2009	Stephanie Burk	5' 0"
2008	Stephanie Burk	5' 2"
2007	Stephanie Burk	5' 2"
	Summer Nash	
2006	Kirstie Keller	5' 0"
2005	Monica Nelson	4' 8"
2004		
2003	Erica Posey	4' 4"
2002	Piper Sherbon	5' 2"
2001	Maria Lynch	4' 4"
2000	Heather Breitenbach	5' 1"
1999	Heather Breitenbach	5' 2"
1998	Heather Breitenbach	4' 10"
1997	Danielle Blue	4' 10"
1996	Pam Lovely	4' 8"
1995	Pam Lovely	4' 8"
1994	Pam Lovely	4' 10"
1993	Tutti Blount	4' 10"
1992	Jen Trunkey	4' 8"
1991	Shelbie Stevens	5' 1"
1990	Shelbie Stevens	5' 0"
1989	Nicole Shewell	4' 8"

1988	Nicole Cordall	4' 8"
	Melinda Dujmovic	4' 8"
1987	Nicole Cordall	4' 8"
	Melinda Dujmovic	4' 8"
	Kim Duvall	4' 8"
1986	Melinda Dujmovic	4' 8"
1985	Collette Roddewig	5' 0"
1984	Collette Roddewig	5' 0"
1983		
1982	Doreen McNeely	4' 10"
1981	Dana Treadwell	4' 6"
	Kelly Willig	4' 6"
1980	Moselle Horiuchi	4' 6"
1979	Linda Perryman	5' 1"
1978	Linda Perryman	4' 10"
1977	Linda Perryman	5' 0"
1976	Dawn Graham	4' 6"
	Traci Riley	4' 6"
1975	Janis Meredith	4' 4"
1974	Terry Ann White	4' 2"
	Janis Meredith	4' 2"
1973	Kathy Reimer	4' 0"

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Javelin

Best Performance per Year

Restricted Flight - 2002 to Present

2023	Jaida Warrick	112' 6"
2022	Jaida Warrick	107' 4"
2021	Jaida Warrick	77' 3"
2020	<i>Season cancelled - Covid-19</i>	
2019	Jenae Usselman	128' 3"
2018	Jenae Usselman	141' 8"
2017	Riley Ovall	131' 1"
2016	Riley Ovall	120' 7"
2015	Sara Brevick	125' 8"
2014	Riley Ovall	128' 3"
2013	Sara Brevick	111' 10"
2012	Sydney Leonard	114' 7"
2011	Leslie Stevens	110' 10"
2010	Kelly Besmer	136' 3"
2009	Kelly Besmer	121' 6"
2008	Katie Woolsey	109' 3"
2007	Katie Woolsey	104' 5"
2006	Katie Woolsey	91' 9"
2005	Shannon Posey	130' 9"
2004	Kristen Berndt	134' 0"
2003	Kristen Berndt	128' 0"
2002	Kristen Berndt	122' 9"

Javelin

2001	Tanya Smart	107' 0"
2000	Joanna Pleasants	111' 9"
1999	Jordan McDaniels	134' 9"
1998	Jamie Douglas	145' 2"
1997	Jamie Douglas	138' 1"
1996	Jamie Douglas	140' 1"
1995	Jamie Douglas	112' 3"
1994	Jen Trunkey	121' 8"
1993	Shelbie Stevens	134' 3"
1992	Shelbie Stevens	134' 8"
1991	Shelbie Stevens	114' 4"
1990	Angie Wilson	104' 6"
1989	Toni Ottopal	97' 10"
1988	Angie Wilson	78' 10"

1987	Kim Duvall	96' 10"
1986	Michelle Browers	107' 9"
1985	Michelle Browers	93' 9"
1984	Heidi Evetts	88' 8"
1983		
1982	Lisa Ackerman	90' 5"
1981	Rhonda Paulson	91' 9"
1980	Rhonda Paulson	92' 6"
1979	Cindi Shelton	98' 6"
1978	Cindi Shelton	94' 10"
1977	Cindi Shelton	94' 0"
1976	Donna Hartley	119' 8.5"
1975	Donna Hartley	115' 4"
1974	Donna Hartley	92' 8"
1973		
1972	Connie Anderson	83' 4"

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Long Jump

Best Performance per Year

2023	Hailey Weir	17' 9"
2022	Hailey Weir	16' 4.25"
2021	Bailey Hall	15' 1"
2020	<i>Season cancelled - Covid-19</i>	
2019	Tatum Dalglish	16' 9"
2018	Tatum Dalglish	15' 11"
2017	Tatum Dalglish	15' 8.5"
2016	Lauren Rutherford	17' 4"
2015	Lauren Rutherford	16' 5.75"
2014	Karlie Hurley	16' 5.75"
2013	Ashley Jackson	16' 5.5"
2012	Sally Miller	16' 0.5"
2011	Ashley Jackson	15' 7.5"
2010	Helen Hasbun	16' 9.75"
2009	Diane Keller	17' 6.5"
2008	Symone Shaw	16' 10"
2007	Symone Shaw	17' 6.5"
2006	Symone Shaw	17' 0"
2005	Symone Shaw	16' 6"
2004	Piper Sherbon	17' 7.25"
2003	Piper Sherbon	16' 11.5"
2002	Whitney Chelgren	15' 5"
2001	Ashley Wiegardt	17' 1.5"
2000	Ashley Wiegardt	15' 1"
1999	Melanie Edwards	16' 3.25"
1998	Nikki Hover	16' 3"
1997	Jonna Knecht	15' 10.25"
1996	Nikki Hover	17' 4.75"
1995	Natalie Edwards	17' 0"
1994	Natalie Edwards	16' 4"
1993	Natalie Edwards	16' 5"
1992	Natalie Edwards	15' 0.5"
1991	Christine Herrera	15' 6.5"
1990	Amy Lee	17' 0"
1989	Amy Lee	16' 0.5"
1988	Amy Lee	15' 7.25"
1987	Melinda Dujmovic	14' 7"
1986	Karen Hinrichs	15' 2"

1985	Collette Roddewig	14' 11"
1984	Collette Roddewig	15' 2"
1983		
1982	Dana Treadwell	15' 6"
1981	Dana Treadwell	14' 10.25"
1980	Melissa Lems	12' 10.25"
1979	Linda Perryman	18' 0"
1978	Linda Perryman	16' 8.75"
1977	Linda Perryman	16' 3.25"
1976	Chris Crittenden	16' 2.5"
1975	Michelle Bauman	14' 5.5"
1974	Michelle Bauman	14' 1.75"
1973	Terry Evans	15' 3"
1972	Terry Evans	13' 5.5"

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Pole Vault

1998-2023

Best Performance per Year

2023	Lauren Leslie	11' 0"
2022	Lauren Leslie	9' 0"
2021	Addie Craig	7' 6"
	Ruth Groscost	7' 6"
2020	<i>Season cancelled - Covid-19</i>	
2019	Hannah Christensen	9' 0"
2018	Riley Buckmaster	9' 6"
2017	Sarah Panciroli	10' 0"
2016	Abby Weber	10' 0"
	Amanda Antoch	10' 0"
	Lauren Gappa	10' 0"
	Sarah Panciroli	10' 0"
2015	Abby Weber	10' 0"
2014	Mikaelyn Davis	10' 6"
2013	Mikaelyn Davis	9' 6"
	Daniele Curley	9' 6"
2012	Lexi Swanson	10' 0"
2011	Lexi Swanson	9' 9"
2010	Georgia Reynolds	11' 6"
2009	Georgia Reynolds	10' 0"
2008	Marley Robbins	8' 0"
	Kelly Besmer	8' 0"
2007	Stephanie Burk	9' 0"
2006	Tove Garhart	9' 6"
2005	Tove Garhart	9' 6"
2004	Devan Paulus	8' 0"
	Meaghan Dunklee	8' 0"
2003	Meaghan Dunklee	8' 0"
2002	Carrie Franz	8' 6"
2001	Nikki Belt	8' 6"
2000	Cari Smith	8' 6"
1999	Nikki Belt	8' 6"
	Cari Smith	8' 6"
1998	Cari Smith	8' 6"

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Shot Put

Best Performance per Year

4 kg. shot

2023	Jaida Warrick	28' 10"
2022	Jaida Warrick	24' 3.5"
2021	<i>No Competitors</i>	
2020	<i>Season cancelled - Covid-19</i>	
2019	Abbigal Triou	36' 1"
2018	Abbigal Triou	34' 8.75"
2017	Abbigal Triou	32' 9.75"
2016	Abbigal Triou	30' 4.5"
2015	Elizabeth Larson	36' 3"
2014	Sydney Leonard	32.2.75"
2013	Andrea Suttle	33' 0.5"
2012	Sydney Leonard	31' 10"
2011	Sydney Leonard	27' 11.25"
2010	Molly Meyers	38' 6.75"
2009	Molly Meyers	36' 7.5"
2008	Alisha Larion	37' 8"
2007	Kelsey Tarp	33' 11.5"
2006	Kelsey Tarp	33' 4.5"
2005	Shannon Posey	32' 3"
2004	Piper Sherbon	40' 4"
2003	Piper Sherbon	39' 4"
2002	Ashley Van Oeveren	33' 7.25"
2001	Ashley Van Oeveren	34' 6.25"
2000	Ashley Van Oeveren	31' 4.75"
1999	Jordan McDaniels	36' 6"
1998	Mandy Borschowa	46' 0.25"
1997	Mandy Borschowa	40' 2.25"
1996	Nikki Hover	37' 1.5"
1995	Nikki Hover	34' 5"
1994	Lesely Hudson	29' 8"
1993	Amy Marshall	28' 10.5"
1992	Tina Poepping	31' 0.5"
1991	Jen Peck	30' 2"
1990	Angie Wilson	32' 5.5"
1989	Kristen Johnson	32' 2"
1988	Kristen Johnson*	29' 6"
1987	Shari Schneider	32' 4"

1986	Michelle Browers	31' 8.5"
1985	Sarah Keller	32' 4.25"
1984	Sarah Keller	27' 9.5"
1983		
1982	Renee Hughes	37' 11"
1981	Renee Hughes	36' 1"
8 lb. Shot		
1980	Rhonda Paulson	32' 1"
1979	Rhonda Paulson	32' 5"
1978	Cindi Shelton	33' 7.5"
1977	Traci Riley	32' 5"
1976	Cindi Shelton	31' 11.5"
1975	Susie Kirkpatrick	33' 11"
1974	Susie Kirkpatrick	33' 1.5"
1973	Susie Kirkpatrick	33' 5"
1972	Connie Anderson	27' 9.5"

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Triple Jump

1988-2023

Best Performance per Year

2023	Claire Bailey	30' 5.75"
2022	Vivian Cleary	29' 10.5"
2021	Olivia Herbert	28' 7.75"
2020	<i>Season cancelled - Covid-19</i>	
2019	Tatum Dalglish	33' 4.25"
2018	Tatum Dalglish	32' 4.25"
2017	Tatum Dalglish	33' 0"
2016	Tatum Dalglish	34' 6"
2015	Olivia Henning	29' 8.5"
2014	Madysen Privatsky	31' 10.75"
2013	Jesse Guyer	29' 9.5"
2012	Sally Miller	33' 4.25"
2011	Leslie Stevens	35' 7"
2010	Leslie Stevens	33' 9.5"
2009	Stephanie Burk	32' 11.75"
2008	Symone Shaw	33' 0.75"
2007	Stephanie Burk	34' 0.75"
2006	Madison Yakaboski	34' 11"
2005	Kali Roestel	30' 10"
2004	Piper Sherbon	37' 6"
2003	Piper Sherbon	37' 2.5"
2002	Piper Sherbon	36' 11.75"
2001	Ashley Wiegardt	32' 8.25"
2000	Ashley Wiegardt	33' 8.25"
1999	Melanie Edwards	34' 5"
1998	Melanie Edwards	32' 9"
1997	Pam Lovely	34' 7"
1996	Pam Lovely	34' 3.5"
1995	Pam Lovely	33' 8"
1994	Jen Trunkey	33' 2"
1993	Jen Trunkey	34' 2"
1992	Jen Trunkey	32' 5.25"
1991	Christine Herrera	34' 2.5"
1990	Amy Lee	34' 0.75"
1989	Amy Lee	32' 6.75"
1988	Melinda Dujmovic	30' 9"

Yearly Results

<u>1969</u>	<u>1970</u>	<u>1971</u>	<u>1972</u>	<u>1973</u>
<u>1974</u>	<u>1975</u>	<u>1976</u>	<u>1977</u>	<u>1978</u>
<u>1979</u>	<u>1980</u>	<u>1981</u>	<u>1982</u>	<u>1983</u>
<u>1984</u>	<u>1985</u>	<u>1986</u>	<u>1987</u>	<u>1988</u>
<u>1989</u>	<u>1990</u>	<u>1991</u>	<u>1992</u>	<u>1993</u>
<u>1994</u>	<u>1995</u>	<u>1996</u>	<u>1997</u>	<u>1998</u>
<u>1999</u>	<u>2000</u>	<u>2001</u>	<u>2002</u>	<u>2003</u>
<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
<u>2009</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>2013</u>
<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>
<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>

1969

Exhibition events run at Mount Si Invitational

100 Yards

12.8h Laurie Alexander

NT Cheryl Anderson

440 Yard Relay

57.5h *No Participants Listed*

Additional Team Members

Dee Dee Alm

Elise Blomberg

Kathy Marion

Sue Sutherland

Jacque Wyrsh

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1970

Exhibition events run at Mount Si Invitational

100 Yards

Cheryl Anderson

440 Yard Relay

Cheryl Anderson

Katie Grant

Lori Griffith

Denise Sprague

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1971

Exhibition events run at Mount Si Invitational

100 Yards

12.9h Katie Grant

440 Yard Relay

59.6h *No Participants Listed*

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1972

50 Yards

6.8h Terry Evans

440 Yards

-

80 Yard LH

13.7h Terry Evans

Shot Put

27' 9.5" Connie Anderson

26' 9" Cricket Hodge

440 Yard Relay

55.35 Cindy Matanich, Terry Evans, Marsha Anderson, Cindy Shelton

57.4h *No Participants Listed*

880 Yard Relay

2:06.1h *No Participants Listed*

Mile Relay

5:13.7h *No Participants Listed*

100 Yards

13.4h Marsha Andersen

880 Yards

2:40.2h Jan Brickey

Long Jump

13' 5.5" Terry Evans

Discus

72' 1" Judy Long

68' 1" Cindy Noles

220 Yards

-

Mile

6:39.6h Jan Brickey

High Jump

-

Javelin

83' 4" Connie Anderson

75' 6" Judy Long

43' 5" Jan Brickey

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1973 Pat Alexander, Head Coach

50 Yards

-

220 Yards

28.8h Terry Evans

Mile

6:08.0h Jan Brickey

NT Robin Ackerman

Long Jump

15' 3" Terry Evans

Shot Put

33' 5" Susie Kirkpatrick

ND Marsha Anderson

440 Yard Relay

55.0h Marsha Andersen, Terry Evans, Janis Meredith, Cindy Seaton

NT Marsha Anderson, Cindy Shelton, Janis Meredith, Terry Evans

880 Yard Relay

1:59.5h Marsha Andersen, Janis Meredith, Cindy Seaton, Kathy Reimer

Mile Relay

4:38.3h Robin Ackerman, Jan Brickey, Nancy Burnham, Terry Evans

Additional Team Members

Blanca Benavides

Maxine Constantine

Lori Copeland

Karen Kramer

Cheryl Martin

Michelle Mills

Lisa Woodcock

70 Yards

8.9h Marsha Andersen

8.9h Terry Evans

440 Yards

1:08.9h Nancy Burnham

80 Yard LH

12.8h Terry Evans

High Jump

4' 0" Kathy Reimer

Discus

83' 4" Cindy Noles

100 Yards

12.5h Terry Evans

880 Yards

2:39.0h Jan Brickey

2:39.0h Robin Ackerman

Javelin

-

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1974 Pat Alexander, Head Coach

100 Yards

12.8h Denver Gochnour
13.1h Jodie Buchanan

880 Yards

2:38.0h Teresa Ruwaldt
2:54.5h Robin Ackerman
3:15.2h Kathy Markham
3:54.5h Ellen Stensland

80 Yard LH

13.2h Nancy Burnham
13.9h Janis Meredith

Shot Put

33' 1.5" Susie Kirkpatrick
30' 5.25" Donna Hartley
26' 6" Maxine Constantine

440 Yard Relay

54.6h Michelle Bauman, Nancy Burnham, Janis Meredith, Jodie Buchanan

880 Yard Medley Relay (110, 110, 220, 440)

2:04.0h *No Participants Listed*

2:06.1h Michelle Bauman, Janis Meredith, Jodie Buchanan, Lisa Woodcock

Mile Relay

4:35.0h Robin Ackerman, Teresa Ruwaldt, Lisa Woodcock, Nancy Burnham

220 Yards

28.6h Michelle Bauman
30.7h Teri Carmichael
31.4h Shirley Giles

Mile

6:20.8h Judy Marion
6:30.8h Jan Brickey
7:17.8h Josie Joseph

Long Jump

14' 1.75" Michelle Bauman
13' 4" Jodie Buchanan
12' 6" Denver Gochnour

Discus

74' 8" Maxine Constantine
72' 9" Donna Hartley
66' 3" Michelle Mills
66' 0" Jodie Buchanan
61' 10.5" Strohl

440 Yards

1:06.3h Lisa Woodcock
1:21.4h Terry Ann White
1:45.0h Ellen Stensland

High Jump

4' 2" Terry Ann White
4' 2" Janis Meredith
4' 0" Teri Carmichael

Javelin

92' 8" Donna Hartley
86' 8" Susie Kirkpatrick
70' 0" Maxine Constantine
57' 9" Michelle Mills

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1975

100 Yards

12.3h Evette Schultz
12.8h Nancy Burnham

880 Yards

2:43.7h Judy Marion
2:52.0h Terri Gilmore
2:59.7h Josie Joseph

80 Yard LH

13.4h Janis Meredith
13.9h Nancy Burnham

Shot Put

33' 11" Susie Kirkpatrick
28' 9" Donna Hartley
25' 2.5" Terri Gilmore

440 Yard Relay

55.8h *No Participants Listed*
56.8h *No Participants Listed*
56.9h *No Participants Listed*
57.2h *No Participants Listed*

57.5h Michelle Bauman, Evette Schultz, Lisa Woodcock, Nancy Burnham

880 Yard Medley Relay

1:58.2h Michelle Bauman, Evette Schultz, Lisa Woodcock, Nancy Burnham
2:04.5h Michelle Bauman, Janis Meredith, Jodie Buchanan, Lisa Woodcock
2:17.2h Lisa Woodcock, Janis Meredith, Jodie Buchanan, Judy Marion

Mile Relay

4:35.2h *No Participants Listed*
4:40.0h Judy Marion, Terri Gilmore, Nancy Burnham, Lisa Woodcock
4:47.4h Lisa Woodcock, Janis Meredith, Judy Marion, Nancy Burnham
Additional Team Member
Ellen Stensland

220 Yards

27.8h Nancy Burnham
29.5h Michelle Bauman
30.1h Evette Schultz
31.2h Lisa Woodcock

Mile

5:44.9h Judy Marion
7:05.4h Josie Joseph

Long Jump

14' 5.5" Michelle Bauman
13' 3" Evette Schultz

Discus

80' 0" Jodie Buchanan
66' 1" Donna Hartley

440 Yards

1:06.0h Lisa Woodcock
1:10.1h Judy Marion
1:10.8h Nancy Burnham

High Jump

4' 4" Janis Meredith

Javelin

115' 4" Donna Hartley
84' 1" Susie Kirkpatrick

1976

100 Yards

11.8h Chris Crittenden
12.5h Lisa Hurn
12.8h Evette Schultz
13.0h Tonya Neal
13.1h Bobbie Crawford
13.2h Robin Clark
13.2h Tera McCaffree
13.4h Polly Barker
13.4h Rosanna Agpawa
13.5h Nancy Burnham
13.7h Simone Haydel
14.3h Sue Volland
14.9h Pamela Reed

880 Yards

2:47.2h Teri Carmichael
2:58.0h Tresa Wilbur
2:59.3h Kim Enlow
3:01.6h Katie Fry

80 Yard LH

11.9h Chris Crittenden
13.9h Tera McCaffree
14.1h Dawn Graham
14.2h Rosanna Agpawa
14.8h Tracie Riley

Shot Put

31' 11.5" Cindi Shelton
30' 4.5" Tracie Riley
30' 4.5" Donna Hartley
27' 11" Leone Johnson
24' 9.25" Katie Fry
21' 1" Kim Enlow

440 Yard Relay

52.4h Nancy Burnham, Bobbie Crawford, Lisa Hurn, Chris Crittenden

880 Yard Relay

1:53.0h Bobbie Crawford, Polly Barker, Lisa Woodcock, Lisa Hurn
1:58.5h Bobbie Crawford, Robin Clark, Lisa Woodcock, Lisa Hurn

220 Yards

28.5h Lisa Hurn
28.7h Polly Barker
29.0h Nancy Burnham
29.5h Robin Clark
30.4h Bobbie Crawford
30.7h Tonya Neal
33.0h Rosanna Agpawa
34.1h Pamela Reed
35.3h Sue Volland

Mile

6:39.0h Tresa Wilbur
6:40.0h Kim Enlow
6:58.5h Brenda Harris
6:59.9h Katie Fry

Long Jump

16' 2.5" Chris Crittenden
13' 6" Bobbie Crawford
13' 4.5" Tonya Neal
13' 4" Tera McCaffree
12' 2.5" Simone Haydel

Discus

95' 10.5" Cindi Shelton
87' 3" Tracie Riley
82' 4" Leone Johnson
82' 1" Tresa Wilbur
76' 3.25" Katie Fry
67' 7" Donna Hartley
48' 5.75" Kim Enlow

440 Yards

1:04.8h Lisa Woodcock
1:06.4h Dawn Graham
1:11.1h Teri Carmichael
1:12.6h Sue Sherwood
1:15.3h Simone Haydel
1:16.7h Katie Fry
1:17.7h Rosanna Agpawa
1:18.4h Pamela Reed
1:29.5h Pauline Lyne

High Jump

4' 6" Dawn Graham
4' 6" Tracie Riley

Javelin

119' 8.5" Donna Hartley
104' 8" Cindi Shelton
95' 0" Brenda Harris
94' 10.5" Sue Sherwood

Mile Relay

4:22.3h Dawn Graham, Teri Carmichael, Lisa Hurn, Lisa Woodcock

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1977

Denise Cook, Manager
Brenda Harris, Manager
Pauline Lynn, Manager

100 Yards

11.7h Chris Crittenden
11.9h Lisa Hurn
12.2h Bobbie Crawford
12.5h Holly Shelton
12.6h Polly Barker
12.8h Linda Perryman
12.9h Robyn Clark
13.1h Rosanna Agpawa
13.1h Ann Trout
13.4h Christy Proudfoot
14.4h Debbie Cook

880 Yards

2:32.4h Jude Marion
2:42.5h Sue Sherwood
2:45.4h Lisa Agpawa
2:56.0h Dawn Graham
2:59.0h Wendy Baker
3:00.0h Brenda Harris
3:12.3h Tresa Wilbur

80 Yard LH

12.1h Chris Crittenden
12.6h Lisa Helina
13.5h Rosanna Agpawa
13.8h Ann Trout
13.8h Christy Proudfoot
14.3h Kary White
14.3h Anette Ludwig

Shot Put

32' 5" Traci Riley
32' 2" Cindi Shelton
28' 10" Kary White
26' 5.5" Rose Martin
26' 4" Kathy Charboneau
23' 11" Tami Hamilton

220 Yards

28.2h Holly Shelton
28.5h Bobbie Crawford
28.5h Polly Barker
28.5h Lisa Hurn
29.3h Wendy Baker
29.4h Linda Perryman

Mile

5:49.5h Jude Marion
6:12.4h Wendy Baker
6:24.0h Tresa Wilbur
6:38.8h Kim Enlow
7:01.0h Lisa Moe

Long Jump

16' 3.25" Linda Perryman
15' 8.5" Chris Crittenden
14' 6" Bobbie Crawford
13' 11" Robyn Clark
13' 11" Lisa Helina
12' 6.5" Anette Ludwig

Discus

104' 8" Cindi Shelton
100' 2" Traci Riley
91' 0" Tresa Wilbur
69' 2" Holly Shelton
61' 4" Kathy Charboneau
60' 7" Tami Hamilton
60' 0" Robyn Clark

440 Yards

1:03.1h Dawn Graham
1:04.4h Holly Shelton
1:04.6h Linda Perryman
1:12.0h Sue Sherwood
1:12.5h Shawn Kohlschmidt
1:13.6h Lisa Hurn

Two Mile

13:10.6h Wendy Baker
13:59.0h Kim Enlow
15:36.4h Lisa Moe
16:29.0h Tresa Wilbur

High Jump

5' 0" Linda Perryman
4' 8" Traci Riley
4' 6" Dawn Graham
4' 6" Lisa Helina
4' 4" Cindi Shelton
4' 0" Anette Ludwig

Javelin

94' 0" Cindi Shelton
93' 7" Sue Sherwood
87' 8.5" Traci Riley
77' 11.5" Brenda Harris

440 Yard Relay

52.7h Chris Crittenden, Holly Shelton, Bobbie Crawford, Lisa Hurn

52.8h Bobbie Crawford, Holly Shelton, Robyn Clark, Lisa Hurn

52.9h Chris Crittenden, Lisa Hurn, Robyn Clark, Holly Shelton

880 Yard Relay

1:51.1h Bobbie Crawford, Holly Shelton, Polly Barker, Lisa Hurn

1:52.5h Polly Barker, Linda Perryman, Dawn Graham, Holly Shelton

1:55.8h Linda Perryman, Bobbie Crawford, Polly Barker, Lisa Hurn

1:58.6h Linda Perryman, Holly Shelton, Bobbie Crawford, Lisa Hurn

Mile Relay

4:19.8h Linda Perryman, Sue Sherwood, Holly Shelton, Dawn Graham

4:29.5h Linda Perryman, Dawn Graham, Sue Sherwood, Jude Marion

Additional Team Members

Sonya Kvarnstrom

Chris Sternkolf

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1978 Bob Oldham, Head Coach

Kathy Stimpfle, Assistant Coach

100 Yards

12.3h Linda Perryman
12.4h Chris Crittenden
12.5h Becky McLemore
12.8h Robyn Clark
12.9h Kary White
13.0h Lisa Helina
13.1h Sande Larson
13.2h Polly Barker
13.5h Cindy Baker
14.5h Cherrie Herrin
14.7h Debbie Cook
16.4h Jill Reule

880 Yards

2:38.0h Wendy Baker
2:53.1h Kathy Boyle
3:00.0h Monica Stensland
3:06.6h Tresa Wilbur
3:14.4h Shannon Williams

80 Yard LH

11.6h Kary White
12.4h Chris Crittenden
12.4h Lisa Helina
12.8h Shannon Williams
13.2h Ann Trout
15.1h Polly Barker

Shot Put

33' 7.5" Cindi Shelton
32' 9.5" Rhonda Paulson
30' 4" Kary White
30' 4" Traci Riley

440 Yard Relay

53.4h Kary White, Linda Perryman, Robyn Clark, Becky McLemore

220 Yards

28.2h Kary White
28.9h Becky McLemore
29.6h Sande Larson
29.7h Polly Barker
29.9h Linda Perryman
30.0h Dawn Graham
30.9h Ann Trout
31.5h Diane Shriver
32.0h Sherri Berg
32.0h Cherrie Herrin
32.5h Shannon Williams
33.0h Debbie Cook
33.5h Penny Lillejord
39.0h Jill Reule

Mile

5:47.4h Wendy Baker
6:20.0h Kim Enlow
6:21.0h Kathy Boyle
6:42.0h Tresa Wilbur
7:13.0h Kim Klint

Long Jump

16' 8.75" Linda Perryman
14' 6" Chris Crittenden
14' 2" Lisa Helina
13' 8.5" Robyn Clark
13' 5" Becky McLemore
12' 2" Cindi Shelton
11' 9.5" Wendy Baker

Discus

99' 4.5" Cindi Shelton
95' 4" Traci Riley
88' 10" Tresa Wilbur
79' 8" Rhonda Paulson

440 Yards

59.08 Becky McLemore
1:01.5h Dawn Graham
1:09.9h Linda Perryman
1:10.2h Kathy Boyle
1:13.3h Lisa Helina
1:26.0h Shannon Williams

Two Mile

13:26.0h Kathy Boyle
13:31.0h Kim Enlow
13:58.0h Monica Stensland
15:35.0h Kim Klint

High Jump

4' 10" Linda Perryman
4' 8" Traci Riley
4' 6" Dawn Graham
4' 6" Lisa Helina
4' 4" Cindi Shelton
4' 0" Cindy Baker

Javelin

94' 10" Cindi Shelton
78' 10.5" Linda Perryman
78' 3" Jamie Koba
73' 8.5" Kary White
64' 5" Rhonda Paulson
56' 0" Traci Riley

55.0h Chris Crittenden, Polly Barker, Sande Larson, Becky McLemore

55.6h Chris Crittenden, Linda Perryman, Sande Larson, Becky McLemore

880 Yard Relay

1:55.0h *No Participants Listed*

Mile Relay

4:19.1h Wendy Baker, Lisa Helina, Dawn Graham, Becky McLemore

4:31.1h Wendy Baker, Dawn Graham, Becky McLemore, Tresa Wilbur

4:39.4h Tresa Wilbur, Wendy Baker, Lisa Helina, Dawn Graham

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1979 Bob Oldham, Head Coach

Kathy Stimpfle, Assistant Coach

100 Yards

12.0h Becky McLemore
12.1h Linda Perryman
12.6h Kary White
13.2h Sande Larson
13.2h Mary Cassar
14.3h Debbie Cook
15.0h Jenny Helina

880 Yards

2:36.3h Wendy Baker
2:52.7h Kim Enlow
2:53.0h Cathy Cassar
3:05.0h Debbie Cook
3:06.3h Monica Stensland

80 Yard LH

11.1h Kary White
12.8h Lisa Helina
13.5h Jenny Helina
13.8h Mary Crittenden
14.0h Cindy Baker

Shot Put

32' 5" Rhonda Paulson
32' 0" Cindi Shelton
30' 7.5" Kary White
26' 10" Francis Gehertz

440 Yard Relay

53.4h Linda Perryman, Kary White, Sande Larson, Becky McLemore

880 Yard Relay

1:55.8h Linda Perryman, Kary White, Sande Larson, Becky McLemore
2:12.2h Mary Crittenden, Jenny Helina, Debbie Cook, Sande Larson

Mile Relay

4:42.0h *No Participants Listed*

5:09.5h Kim Enlow, Kathy Bush, Alison Palmeter, Wendy Baker

220 Yards

26.5h Becky McLemore
27.6h Linda Perryman
29.5h Kary White
29.8h Sande Larson
32.0h Mary Cassar
32.3h Mary Crittenden
33.0h Jenny Helina
33.6h Debbie Cook

Mile

5:49.0h Wendy Baker
6:25.3h Monica Stensland
6:31.0h Kim Enlow
7:08.4h Alison Palmeter
7:16.0h Sue Felix

Long Jump

18' 0" Linda Perryman
13' 3.5" Becky McLemore
12' 11.75" Cindi Baker
12' 8" Mary Cassar
12' 4.75" Lisa Helina
11' 9" Mary Crittenden
11' 8" Jenny Helina

Discus

105' 6" Cindi Shelton
88' 9" Rhonda Paulson
82' 4" Becky McLemore
69' 0" Kary White
68' 5" Francis Gehertz

440 Yards

1:00.2h Becky McLemore
1:12.6h Mary Cassar
1:12.8h Lisa Helina
1:14.0h Francis Gehertz
1:15.0h Kathy Bush
1:20.0h Monica Stensland

Two Mile

13:35.6h Kim Enlow
14:18.2h Monica Stensland
14:52.0h Cathy Cassar

High Jump

5' 1" Linda Perryman
4' 4" Cindy Baker
4' 4" Cindi Shelton
4' 4" Lisa Helina
4' 2" Kary White
4' 0" Sande Larson

Javelin

98' 6" Cindi Shelton
88' 4" Kary White
86' 11" Rhonda Paulson
66' 2" Mary Crittenden
65' 8.25" Francis Gehertz
49' 1" Kathy Bush

NT Cathy Cassar, Debbie Cook, Mary Cassar, Monica Stensland

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1980 Bob Oldham, Head Coach

100 Yards

12.1h Sande Larson
12.4h Becky McLemore
13.8h Lori Griffin
14.1h Colleen Boyce

880 Yards

2:29.0h Cathy Scott
2:42.0h Melissa Lems
2:55.3h Sue Felix
3:05.0h Debbie Cook
3:13.0h Deanna Wieting
3:18.4h Ragene Adams
3:30.0h Joan Ward

100 Meter LH

17.6h Kelly Willig
17.7h Lisa Helina
19.0h Moselle Horiuchi
20.5h Melissa Lems

Long Jump

12' 10.5" Melissa Lems
12' 7" Sande Larson
11' 10" Colleen Boyce
11' 9" Lori Griffin
11' 6" Cathy Scott
10' 11" Kelly Willig

Shot Put

34' 10.5" Rhonda Paulson
31' 1.5" Renee Hughes
39' 8" Juanita Harger
27' 2.5" Janette Nelson
16' 0" Lori Griffin

440 Yard Relay

56.5h Sande Larson, *Two Participants Not Listed*, Becky McLemore
59.5h Kelly Willig, Sue Felix, Colleen Boyce, Moselle Horiuchi

880 Yard Relay

2:02.4h Lisa Helina, Sande Larson, Melissa Lems, Moselle Horiuchi

220 Yards

27.8h Sande Larson
32.0h Moselle Horiuchi
32.9h Lori Griffin
33.0h Colleen Boyce
34.0h Debbie Cook

Mile

5:57.7h Cathy Scott
6:14.9h Sue Felix
6:23.9h Kathy Boyle
6:57.0h Debbie Cook
7:03.0h Deanna Wieting
7:39.0h Ragene Adams
8:17.0h Joan Ward

330 Yard LH

55.5h Kelly Willig
58.6h Melissa Lems
1:00.4h Moselle Horiuchi
1:00.5h Lori Griffin
1:14.2h Ragene Adams

High Jump

4' 6" Moselle Horiuchi
4' 2" Kelly Willig
4' 0" Janette Nelson
3' 10" Juanita Harger

Discus

99' 4" Renee Hughes
93' 6" Rhonda Paulson
77' 3.5" Juanita Harger
70' 3" Janette Nelson

440 Yards

1:06.7h Melissa Lems
1:13.0h Moselle Horiuchi
1:18.0h Debbie Cook
1:20.1h Ragene Adams
1:22.5h Deanna Wieting

Two Mile

12:02.3h Cathy Scott
13:20.0h Kathy Boyle
14:56.0h Sue Felix
18:07.0h Ragene Adams
18:08.2h Deanna Wieting

Javelin

92' 6" Rhonda Paulson
81' 11" Janette Nelson
71' 5.5" Renee Hughes
71' 3.25" Juanita Harger

Mile Relay

4:44.9h Moselle Horiuchi, Cathy Scott, Colleen Boyce, Melissa Lems

4:58.2h Melissa Lems, Debbie Cook, Sue Felix, Becky McLemore

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1981 Bob Oldham, Head Coach

Elaine Swanson, Assistant Coach

100 Meters

13.0h Sande Larson
13.8h Karen Shelton
14.1h Dana Treadwell
14.6h Monica Dujmovic
15.0h Kim Dills
15.6h Mary McDaniel
17.7h Patty Hawley

800 Meters

2:29.0h Monica Dujmovic
2:30.4h Cathy Scott
2:43.0h Michelle Hako
3:07.0h Karin Haggaird
3:11.0h Dee Rhynalds
3:15.7h Shauni Barrett
3:31.0h Karen Scott
3:37.0h Joan Ward

100 Meter LH

17.6h Kelly Willig
17.7h Karen Shelton
18.9h Moselle Horiuchi

Long Jump

14' 10.25 Dana Treadwell
13' 11" Karin Haggaird
13' 10" Colleen Boyce
13' 7.5" Monica Dujmovic
13' 1.5" Mary McDaniel
12' 10.5" Moselle Horiuchi
12' 7" Sande Larson
12' 0.5" Cathy Scott
12' 0.5" Kim Dills
10' 0" Patty Hawley
9' 11" Joan Ward

200 Meters

27.1h Sande Larson
29.0h Karen Shelton
30.4h Dana Treadwell
30.4h Melissa Lems
31.5h Kim Dills
32.0h Moselle Horiuchi
33.0h Mary McDaniel
34.8h Sue McCuen

1600 Meters

5:48.6h Cathy Scott
6:35.0h Colleen Boyce
6:56.0h Michelle Hako
7:00.0h Shauni Barrett
7:06.1h Dee Rhynalds
7:33.0h Karen Scott
8:08.6h Joan Ward

300 Meter LH

51.2h Karen Shelton
53.9h Moselle Horiuchi
55.7h Kelly Willig
56.4h Melissa Lems
58.5h Mary McDaniel
1:01.0h Colleen Boyce

High Jump

4' 6" Dana Treadwell
4' 6" Kelly Willig
4' 2" Moselle Horiuchi
4' 0" Karin Haggaird
3' 10" Patty Hawley

400 Meters

1:05.7h Monica Dujmovic
1:05.7h Melissa Lems
1:05.8h Sande Larson
1:09.1h Moselle Horiuchi
1:09.5h Michelle Hako
1:14.6h Colleen Boyce
1:19.7h Sue McCuen
1:28.3h Shauni Barrett
1:28.3h Joan Ward

3200 Meters

12:32.4h Cathy Scott
15:00.0h Dee Rhynalds
15:47.0h Karen Scott
15:48.0h Shauni Barrett
19:00.0h Joan Ward

Shot Put

36' 1" Renee Hughes
32' 8.5" Rhonda Paulson
23' 7.25" Monica Dujmovic
22' 11.5" Kim Dills
21' 8" Karen Scott
21' 0" Michelle Hako
20' 11.25" Sue McCuen
20' 7.5" Shauni Barrett
20' 4" Karin Haggaird
18' 3.5" Dee Rhynalds

Discus

103' 7" Rhonda Paulson
102' 8.5" Renee Hughes
66' 6" Karin Haggaird
57' 1" Monica Dujmovic

Javelin

91' 9" Rhonda Paulson
79' 9" Renee Hughes
76' 3" Cathy Scott
75' 0" Mary Crittenden
62' 4" Karin Haggaird
57' 5" Kim Dills

440 Yard Relay

54.1h **Y** Karen Shelton, Dana Treadwell, Monica Dujmovic, Sande Larson
54.3h **Y** Sande Larson, Dana Treadwell, Kelly Willig, Karen Shelton

800 Meter Relay

1:54.6h Karen Shelton, Dana Treadwell, Melissa Lems, Sande Larson
2:06.0h Melissa Lems, Moselle Horiuchi, Mary McDaniel, Kim Dills

880 Yard Relay

1:55.9h Melissa Lems, Sande Larson, Dana Treadwell, Karen Shelton

1600 Meter Relay

5:09.7h Karen Scott, Shauni Barrett, Cathy Scott, Dee Rhynalds
5:09.7h Melissa Lems, Colleen Boyce, Monica Dujmovic, Cathy Scott

Mile Relay

4:29.0h Monica Dujmovic, Moselle Horiuchi, Sande Larson, Karen Shelton
4:40.1h Cathy Scott, Melissa Lems, Moselle Horiuchi, Karen Shelton
4:48.5h Moselle Horiuchi, Cathy Scott, Colleen Boyce, Monica Dujmovic

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1982 Bob Oldham, Head Coach

Elaine Clifford, Assistant Coach

100 Meters

13.5h Karen Shelton
13.9h Dana Treadwell
14.2h Sarah Keller
14.4h Charla McKinney
14.5h Kelly Willig
14.6h Barbie Roy
14.7h Anne Sukut
16.0h Collette Roddewig

800 Meters

2:28.3h Cathy Scott
2:30.8h Heidi Evetts
2:43.5h Monica Dujmovic
2:56.0h Mary McDaniel
2:59.0h Doreen McNeeley
3:07.0h Anne Drury
3:08.0h Shannon Cernick
3:09.0h Colleen Boyce
3:17.0h Cindy Reno
3:36.0h Julie Ramsay
3:54.0h Laurel Monohan

100 Meter LH

17.3h Kelly Willig
18.7h Moselle Horiuchi
18.7h Lisa Ackerman
19.9h Mary McDaniel
19.9h Catherine Shea
20.0h Debbie Cook
21.0h Collette Roddewig

Long Jump

15' 6" Dana Treadwell
13' 11" Moselle Horiuchi
13' 10.5" Collette Roddewig
13' 10" Colleen Boyce

200 Meters

28.8 Karen Shelton
28.9 Dana Treadwell
30.0 Sarah Keller
30.1 Barbie Roy
31.4 Charla McKinney
31.6 Anne Sukut
32.0 Monica Dujmovic
32.2 Debbie Scott
33.7 Doreen McNeeley
34.2 Collette Roddewig

1600 Meters

5:31.8 Heidi Evetts
5:48.6 Cathy Scott
6:18.8 Mary McDaniel
6:25.0 Doreen McNeeley
6:35.0 Colleen Boyce
6:50.0 Julie Ramsay
7:11.0 Shannon Cernick
7:18.0 Shauni Barrett
7:18.0 Karen Scott
7:34.0 Cindy Reno

300 Meter LH

50.8h Moselle Horiuchi
51.2h Karen Shelton
54.8h Lisa Ackerman
55.7h Kelly Willig
56.6h Y Mary McDaniel
59.9h Doreen McNeeley
1:00.1h Colleen Boyce
1:01.6h Heidi Evetts

High Jump

4' 10" Doreen McNeeley
4' 6" Monica Dujmovic
4' 6" Kelly Willig
4' 6" Dana Treadwell

400 Meters

1:09.3 Karen Shelton
1:09.8 Michelle Hako
1:09.9 Heidi Evetts
1:10.3 Monica Dujmovic
1:11.0 Charla McKinney
1:11.7 Anne Drury
1:12.6 Doreen McNeeley
1:13.2 Mary McDaniel
1:13.8 Debbie Scott
1:19.0 Laurel Monohan
1:23.0 Julie Ramsay

3200 Meters

11:59.8 Cathy Scott
14:36.7 Mary McDaniel
14:40.1 Colleen Boyce
14:40.6 Doreen McNeeley
15:45.8 Karen Scott
15:48.0 Shauni Barrett
15:52.4 Shannon Cernick

13' 7.5" Monica Dujmovic 4' 6" Collette Roddewig
13' 1.5" Mary McDaniel 4' 4" Barbie Roy
12' 8" Sarah Keller 4' 2" Sarah Keller
12' 1" Heidi Evetts 4' 0" Laurel Monohan
11' 9.25" Lisa Ackerman

Shot Put

37' 11" Renee Hughes
29' 6" Catherine Shea
27' 9.5" Debbie Dale
24' 1" Kelly Willig
23' 2.5" Monica Dujmovic
23' 1" Sarah Keller
22' 10.5" Dee Dee Burton
22' 7.5" Shauni Barrett
22' 3" Doreen McNeeley
21' 8" Karen Scott
20' 0" Cathy Scott
19' 9" Collette Roddewig
19' 3" Lisa Ackerman

Discus

119' 4" Renee Hughes
86' 1" Catherine Shea
81' 11" Debbie Dale
63' 4" Dee Dee Burton
61' 5" Barb Henderson
56' 10" Debbie Scott

Javelin

90' 5" Lisa Ackerman
84' 2.5" Catherine Shea
79' 9" Renee Hughes
78' 0" Debbie Dale
76' 3" Cathy Scott
58' 4" Dee Dee Burton

440 Yard Relay

54.4h Anne Sukut, Sarah Keller, Kelly Willig, Karen Shelton
54.8h Dana Treadwell, Sarah Keller, Kelly Willig, Karen Shelton
55.8h Dana Treadwell, Anne Sukut, Kelly Willig, Karen Shelton
56.3h Barbie Roy, Sarah Keller, Kelly Willig, Karen Shelton

800 Meter Relay

2:01.0h *No Participants Listed*

Mile Relay

4:30.0h Moselle Horiuchi, Heidi Evetts, Monica Dujmovic, Karen Shelton
4:31.4h Moselle Horiuchi, Heidi Evetts, Dana Treadwell, Karen Shelton

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1983

No Results-No Yearbook Published

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1984 Dave Clifford, Head Coach

100 Meters

13.4h Lisa Rogers
13.4h Kim Duvall
14.0h Becky Sale
14.1h Debbie Farr

800 Meters

2:50.2h Tammy Ray
2:50.3h Sara Michaels
2:50.5h Barbie Roy
3:10.0h Dujmovic

100 Meter LH

16.4h Kim Duvall
16.9h Shelly Lenz
18.3h Lisa Rogers
18.6h M Denune
19.3h C Tolleth
20.2h Collette Roddewig

Long Jump

15' 2" Collette Roddewig
13' 9.5" Barbie Roy
13' 2.5" Debbie Farr
13' 1.5" M Denune
12' 1" Jennifer Erwin
12' 1" Sara Michaels

Shot Put

27' 9.5" Sarah Keller
26' 7" Collette Roddewig
25' 4.25" Catherine Drury
24' 6" Michelle Browsers
22' 11" M Denune
22' 9" Tammy Ray
22' 2" Barbie Roy

200 Meters

27.8h Lisa Rogers
28.7h Shelly Lenz
29.4h Debbie Farr
30.1h Becky Sale
31.2h Tammy Ray
31.2h Barbie Roy

1600 Meters

5:48.5h Heidi Evetts
7:07.0h Catherine Drury
7:17.0h Collette Roddewig
7:18.0h C Tolleth

300 Meter LH

46.9h Shelly Lenz
50.6h Kim Duvall
54.3h M Denune
57.2h Jennifer Erwin
58.4h C Tolleth

High Jump

5' 0" Collette Roddewig
4' 4" Barbie Roy
4' 2" M Denune

Discus

103' 9" Sarah Keller
92' 4" Catherine Drury
78' 3" Jennifer Erwin
76' 1" Michelle Browsers
62' 3.5" Perry
61' 9" Kim Hart

400 Meters

1:06.1h Shelly Lenz
1:08.3h Jennifer Erwin
1:12.6h Tammy Ray
1:17.1h Dujmovic

3200 Meters

13:18.0 Alison Eanes
15:13.6 Catherine Drury
15:25.0 Jennifer Erwin

Javelin

88' 8" Heidi Evetts
87' 11" Sarah Keller
87' 7" Michelle Browsers
64' 3" Collette Roddewig
55' 9" C Tolleth
44' 10" Catherine Drury
39' 10" Kim Hart

20' 7" Sara Michaels

26' 0" Perry

20' 5.5" Kim Hart

19' 9.5" Perry

400 Meter Relay

52.2h Shelly Lenz, Kim Duvall, Sarah Keller, Lisa Rogers

53.4h Shelly Lenz, Lisa Rogers, Debbie Farr, Kim Duvall

800 Meter Relay

1:53.4h Shelly Lenz, Kim Duvall, Debbie Farr, Lisa Rogers

1600 Meter Relay

4:50.2h *No Participants Listed*

4:51.5h Heidi Evetts, Catherine Drury, Jennifer Erwin, C Tolleth

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1985 Dave Clifford, Head Coach

100 Meters

13.6h Kim Duvall
13.8h Lisa Rogers
13.9h Kordula Duhn
14.6h Debbie Farr
14.7h Sharon Johnson
16.1h LeAnn DeHate

800 Meters

2:32.8h Melinda Dujmovic
3:33.3h Shawn Burnett

100 Meter HH

16.6h Kim Duvall
18.8h Kordula Duhn
18.9h Lisa Rogers
20.4h Collette Roddewig

Long Jump

14' 11" Collette Roddewig
13' 11.5" Kordula Duhn
13' 9.5" Barbie Roy
13' 4" Debbie Farr
10' 7" Sharon Johnson
8' 5" Sara Michaels

Shot Put

32' 4.25" Sarah Keller
28' 5.5" Michelle Browers
28' 3.5" Collette Roddewig
27' 9" Catherine Drury
24' 8" Shari Schneider
22' 4" Barbie Roy
22' 3" Sara Michaels
22' 0" Jerelyn Nomanson
20' 2" Lisa Rogers
19' 11" Angela Curtis
17' 5.5" Shawn Burnett

400 Meter Relay

54.2h Kim Duvall, Kordula Duhn, Debbie Farr, Lisa Rogers
54.9h Kordula Duhn, Melinda Dujmovic, Debbie Farr, Lisa Rogers

200 Meters

28.7h Lisa Rogers
29.1h Kim Duvall
29.3h Kordula Duhn
29.6h Shannon Earl
30.2h Sharon Johnson
33.0h Collette Roddewig

1600 Meters

5:54.5h Heidi Evetts

300 Meter LH

49.5h Kim Duvall
52.3h Kordula Duhn

High Jump

5' 0" Collette Roddewig
4' 8" Melinda Dujmovic
4' 4" Barbie Roy

Discus

106' 11" Sarah Keller
100' 10" Michelle Browers
75' 9" Catherine Drury
67' 0" Shari Schneider
47' 2" Jerelyn Nomanson

400 Meters

1:07.8h Shannon Earl
1:08.7h Debbie Farr

3200 Meters

14:46.9h Barbie Roy
15:17.3h Sara Michaels
18:50.2h Shawn Burnett

Javelin

93' 9" Michelle Browers
90' 11" Collette Roddewig
89' 7" Heidi Evetts
86' 11" Sarah Keller
69' 6" Kordula Duhn
65' 6" Angela Curtis
63' 10" Shari Schneider
63' 1" LeAnn DeHate
38' 6" Barbie Roy
32' 3" Sara Michaels

800 Meter Relay

1:52.4h Debbie Farr, Lisa Rogers, Kim Duvall, Kordula Duhn

2:13.1h LeAnn DeHate, Sharon Johnson, Angela Curtis, Barbie Roy

1600 Meter Relay

4:32.0h *No Participants Listed*

4:34.0h Shannon Earl, Debbie Farr, Heidi Evetts, Melinda Dujmovic

4:48.2h Sharon Johnson, Debbie Farr, Shannon Earl, Melinda Dujmovic

4:49.9h Heidi Evetts, Melinda Dujmovic, Shannon Earl, Catherine Drury

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1986 Dave Clifford, Head Coach

100 Meters

13.7h Lisa Rogers
13.9h Kim Duvall
14.2h Josephine Nelson
14.7h Jenny Woods
15.3h Karen Hinrichs

800 Meters

2:28.5h Melinda Dujmovic
2:56.0h Alex Eanes

100 Meter HH

17.0h Kim Duvall
18.1h Jenny Woods
18.4h Karen Hinrichs

Long Jump

15' 2" Karen Hinrichs
13' 10" Melinda Dujmovic
13' 8" Debbie Farr
10' 2" Kim Kuncl

Shot Put

31' 8.5" Michelle Browers
31' 0.5" Catherine Drury
27' 9" Karen Hinrichs
27' 3" Shari Schneider
24' 0" Kristen Johnson

400 Meter Relay

54.9h *No Participants Listed*

800 Meter Relay

1:50.1h Lisa Rogers, Kim Duvall, Debbie Farr, Melinda Dujmovic

1600 Meter Relay

4:58.0h *No Participants Listed*

200 Meters

29.0h Lisa Rogers
30.4h Jenny Woods
30.6h Josephine Nelson

1600 Meters

6:13.0h Alex Eanes
6:35.0h Alison Eanes
7:03.0h Jennifer Rene

300 Meter LH

47.7h Kim Duvall
52.8h Jenny Woods

High Jump

4' 8" Melinda Dujmovic
4' 6" Karen Hinrichs

Discus

103' 9" Michelle Browers
101' 8" Catherine Drury
87' 0" Kim McGill
78' 7" Shari Schneider
69' 7" Kristen Johnson

400 Meters

1:06.3h Debbie Farr
1:08.0h Josephine Nelson
1:11.0h Jeannie Miller
1:18.5h Alex Eanes

3200 Meters

13:28.0h Alison Eanes
15:44.0h Kim Kuncl

Javelin

107' 9" Michelle Browers
82' 0" Kim McGill
78' 7" Shari Schneider
77' 10" Kim Kuncl
66' 7" Kristen Johnson
55' 7" Jeannie Miller

1987 Dave Clifford, Head Coach

Christine Kjenner, Assistant Coach

100 Meters

13.6h Kim Duvall
13.8h Suzanne Davis
15.1h Jenny Woods
15.1h Angie Wilson

800 Meters

2:31.9h Melinda Dujmovic
3:03.0h Alex Eanes
3:07.0h Nicolle Cordall
3:14.0h Jennifer Rene

100 Meter HH

16.6h Kim Duvall
17.8h Jenny Woods
NT Angie Wilson

Long Jump

14' 7" Melinda Dujmovic
14' 5" Debbie Farr
12' 6.5" Shannon Earl

Shot Put

32' 4" Shari Schneider
31' 5" Catherine Drury
25' 11" Kristen Johnson
25' 0" Angie Wilson
22' 5"

Marshawna Mortenson

200 Meters

28.5h Suzanne Davis
31.5h Jenny Woods
32.4h Angie Wilson

1600 Meters

6:19.0h Debbie Farr
6:22.1h Alex Eanes
6:51.8h Nicolle Cordall
8:07.9h Jennifer Rene

300 Meter LH

47.4h Kim Duvall
56.4h Jenny Woods

High Jump

4' 8" Melinda Dujmovic
4' 8" Nicolle Cordall
4' 8" Kim Duvall

Discus

121' 11" Catherine Drury
99' 11" Shari Schneider
96' 4" Kristen Johnson
82' 5" Suzanne Davis
73' 10"

Marshawna Mortenson

400 Meters

1:02.9h Suzanne Davis
1:06.1h Debbie Farr
1:07.2h Shannon Earl
1:14.1h Angie Wilson

3200 Meters

14:39.0h Jennifer Rene
14:44.0h Alex Eanes
14:44.0h Nicolle Cordall

Javelin

96' 10" Kim Duvall
84' 10" Kristen Johnson
77' 2" Angie Wilson
76' 6.5" Shari Schneider
64' 9" Suzanne Davis
54' 10"

Marshawna Mortenson

400 Meter Relay

NT *No Participants Listed*

800 Meter Relay

1:51.3h Suzanne Davis, Melinda Dujmovic, Kim Duvall, Debbie Farr

1600 Meter Relay

4:28.0h Melinda Dujmovic, Kim Duvall, Debbie Farr, Shannon Earl

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1988 Dave Clifford, Head Coach

100 Meters

13.5h Amy Lee
14.2h Alice Ruppert
14.5h Andura Porten
14.6h Johna Nicholson
14.9h Amber Baldwin
15.2h Karen Heppert
16.2h Toni Ottopal
17.2h Erin Kratz

800 Meters

2:39.5h Kelly Larabee
2:46.2h Catrina Shuck
2:53.9h Joanne Musgrave
2:57.6h Jill Peach
3:16.5h Jennifer Rene
3:32.5h Cindy Tillman
3:38.5h Nicolle Cordall
3:50.4h Erin Kratz

100 HH

17.4h Jenny Woods
19.2h Karen Heppert
19.8h Amy Lee
20.6h Toni Ottopal
20.8h Lena Brock

Long Jump

15' 7.25" Amy Lee
14' 5" Melinda Dujmovic
13' 1" Jenny Woods
11' 7.5" Andura Porten
9' 11" Lena Brock

Shot Put

29' 6" Kristen Johnson
29' 6" Angie Wilson
24' 4.5"
Marshawna Mortenson
20' 8" Cheryl Nomanson

400 Meter Relay

56.6h *No Participants Listed*

200 Meters

28.8h Amy Lee
29.4h Karen Heppert
30.6h Andura Porten
30.7h Johna Nicholson
31.1h Alice Ruppert
31.8h Amber Baldwin

1600 Meters

6:18.0h Jill Peach
6:35.9h Jennifer Rene
6:46.2h Joanne Musgrave
7:11.0h Nicolle Cordall

300 LH

50.7h Melinda Dujmovic
51.0h Jenny Woods
57.7h Lena Brock
1:01.5h Toni Ottopal
1:03.1h Karen Heppert

Triple Jump

30' 9" Melinda Dujmovic
29' 10" Amy Lee
27' 7" Jenny Woods
23' 10" Angie Wilson
23' 5" Andura Porten

Discus

95' 2" Angie Wilson
93' 4" Kristen Johnson
82' 3"
Marshawna Mortenson
49' 0" Cheryl Nomanson

400 Meters

1:04.3h Amy Lee
1:07.1h Melinda Dujmovic
1:09.6h Kelly Larabee
1:14.0h Amber Baldwin
1:14.5h Andura Porten
1:11.0h Lena Brock
1:19.4h Erin Kratz
1:27.2h Cindy Tillman

3200 Meters

13:53.0h Catrina Shuck
14:31.0h Jill Peach
14:51.0h Joanne Musgrave
14:57.0h Jennifer Rene
17:00.0h Nicolle Cordall

High Jump

4' 8" Nicolle Cordall
4' 8" Melinda Dujmovic
4' 6" Toni Ottopal

Javelin

78' 10" Angie Wilson
77' 6" Kristen Johnson
50' 1" Catrina Shuck
49' 0"
Marshawna Mortenson

800 Meter Relay

2:01.2h *No Participants Listed*

1600 Meter Relay

4:32.0h *No Participants Listed*

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1989 Dave Clifford, Head Coach

100 Meters

13.3h Amy Lee
13.8h Andura Porten
14.0h Alice Ruppert
14.3h Karrisa Kinne
14.7h Rachel Carmen
14.8h Stacy Cooper
15.0h Stacy Carlson
15.1h Amber Baldwin
15.3h Johna Nicholson
15.6h Amy Perry

800 Meters

2:42.6h Lisa Toyne
2:44.9h Susan Engstrom
2:53.0h Wendy Holstine
2:55.8h Kristin Caldwell
3:02.3h Tina Kelly
3:03.0h Patty Balodis
3:09.7h Jennifer Rene

100 Meter HH

17.8h Jenny Woods
19.8h Christine Herrera
19.8h Rachel Carmen
20.9h Toni Ottopal
21.6h Lena Brock

Long Jump

16' 0.5" Amy Lee
13' 7" Susan Engstrom
10' 7.5" Jennifer Rene
10' 1" Andura Porten
9' 1" Tine Kelly

Shot Put

32' 2" Kristen Johnson
28' 10.5" Stephanie Hill
26' 8" Angie Wilson

200 Meters

28.6h Amy Lee
29.7h Karrisa Kinne
29.9h Christine Herrera
30.2h Rachel Carmen
30.2h Stacy Cooper
30.2h Johna Nicholson
30.8h Alice Ruppert
31.2h Stacy Carlson
33.2h Amber Baldwin
33.3h Amy Perry

1600 Meters

5:59.5h Susan Engstrom
6:08.0h Kristin Caldwell
6:17.6h Jill Peach
6:23.1h Lisa Toyne
6:57.0h Jennifer Rene
7:32.0h Nicole Shewell
7:32.0h Joanne Musgrave
8:18.0h Erin Kratz

300 Meter LH

50.9h Jenny Woods
52.9h Christine Herrera
1:03.1h Lena Brock
1:06.1h Joanne Musgrave

Triple Jump

32' 6.75" Amy Lee
29' 4.5" Jenny Woods
27' 2" Lisa Toyne

Discus

106' 1" Stephanie Hill
103' 0" Kristin Johnson
87' 10" Angie Wilson

400 Meters

1:04.4h Amy Lee
1:10.3h Patty Balodis
1:10.4h Lisa Toyne
1:13.7h Wendy Holstine
1:13.9h Amy Perry
1:14.2h Tina Kelly
1:15.0h Amber Baldwin
1:16.7h Lena Brock
1:22.0h Stacy Carlson

3200 Meters

13:12.2h Kristin Caldwell
14:31.0h Susan Engstrom
15:30.0h Jennifer Rene
16:51.0h Tina Kelly

High Jump

4' 10" Nicole Shewell
4' 4" Christine Herrera
4' 4" Jill Peach
4' 2" Toni Ottopal

Javelin

97' 10" Toni Ottopal
81' 9" Amy Lee
78' 11" Angie Wilson
75' 0" Kristin Johnson
67' 6" Stephanie Hill
38' 0" Tina Kelly

34' 3" Joanne Musgrave

400 Meter Relay

56.8h *No Participants Listed*

800 Meter Relay

1:59.2h Amber Baldwin, Karrisa Kinne, Johna Nicholson, Alice Ruppert

1600 Meter Relay

4:42.1h *No Participants Listed*

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1990 Dave Clifford, Head Coach

100 Meters

13.4h Amy Breed
14.2h Michelle Higgins
14.2h Alice Ruppert
14.6h Stacy Carlson
14.7h Karrisa Kinne
16.3h Amy Lee

800 Meters

2:35.2h Wendy Holstine
2:42.5h Jessica Gessner
2:46.8h Tina Poepping
2:48.9h Heather Hudson
2:53.0h Patty Balodis
3:07.0h Cynthia Jordan
3:16.4h Rieko Kanda

100 Meter HH

16.5h Amy Breed
18.4h Christine Herrera
18.5h Rachelle Carmen
19.6h Michelle Higgins
21.8h Jen Peck

Long Jump

17' 0" Amy Lee
14' 5" Susan Engstrom
12' 2" Cynthia Jordan

Shot Put

32' 5.5" Angie Wilson
31' 1.5" Jen Peck
30' 0" Stephanie Hill
25' 11" Anna Wetmore
25' 0.5" Toni Ottopal

400 Meter Relay

57.9h *No Participants Listed*

58.5h Stacy Carlson, Michelle Higgins, Karrisa Kinne, Rachelle Carmen

200 Meters

27.9h Amy Lee
28.2h Amy Breed
29.4h Karrisa Kinne
29.7h Michelle Higgins
30.4h Rachelle Carmen
30.9h Alice Ruppert
31.2h Stacy Carlson
31.4h Amy Perry

1600 Meters

5:46.4h Wendy Holstine
5:59.2h Kristin Caldwell
6:18.1h Jessica Gessner
6:19.3h Jill Peach
6:23.0h Cynthia Jordan
6:30.8h Susan Engstrom
7:14.0h Jennifer Rene

300 Meter LH

46.6h Amy Breed
51.0h Christine Herrera
52.0h Susan Engstrom

Triple Jump

34' 0.75" Amy Lee
32' 11" Christine Herrera
29' 2" Susan Engstrom
28' 5.5" Shelbie Stevens

Discus

118' 0" Stephanie Hill
101' 4" Angie Wilson
87' 7" Anna Wetmore
76' 0" Jen Peck
71' 6" Toni Ottopal
46' 11" Michelle Higgins

400 Meters

1:04.0h Amy Breed
1:04.3h Amy Lee
1:08.0h Christine Herrera
1:08.9h Heather Hudson
1:10.3h Patty Balodis
1:11.0h Tina Poepping
1:11.5h Laura Haag
1:17.8h Alice Ruppert

3200 Meters

12:39.5h Kristin Caldwell
14:27.0h Jessica Gessner
14:34.0h Susan Engstrom
14:41.0h Cynthia Jordan
15:20.2h Jennifer Rene

High Jump

5' 0" Shelbie Stevens
4' 8" Christine Herrera
4' 2" Karrisa Kinne
4' 0" Stephanie Hill

Javelin

104' 6" Angie Wilson
95' 3" Amy Lee
92' 10" Jen Peck
80' 0" Toni Ottopal
74' 1" Michelle Higgins
55' 9" Anna Wetmore

800 Meter Relay

2:01.7h *No Participants Listed*

1600 Meter Relay

4:24.1h *No Participants Listed*

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1991 Dave Clifford, Head Coach

100 Meters

13.6h Amy Breed
14.1h Shauna Kinne
14.6h Alice Ruppert
14.7h Stacy Carlson
15.6h Sara Platt
16.0h Amy Pipe
16.6h Cindi Moore

800 Meters

2:34.8h Jen Peck
2:42.6h Jessica Gessner
2:44.3h Julie Dahl
2:48.6h Kristin Caldwell
2:56.2h Tina Poepping
2:58.8h Karrisa Kinne

100 Meter HH

16.6h Amy Breed
18.3h Rachelle Carmen
18.4h Christine Herrera
19.9h Karrisa Kinne

Long Jump

15' 6.5" Christine Herrera
14' 2.25" Susan Engstrom
13' 10.75" Erin Caldwell
13' 6.75" Rachelle Carmen

Shot Put

30' 2" Jen Peck
30' 1" Tina Poepping
28' 2" Joy Hubbard
27' 4.5" Stephanie Hill
22' 10" Patty Balodis
21' 5" Jamie Harris
20' 3" Michele Harris

400 Meter Relay

54.9h Rachelle Carmen, Alice Ruppert, Karrisa Kinne, Shauna Kinne

800 Meter Relay

2:00.4h *No Participants Listed*

2:00.6h Karrisa Kinne, Alice Ruppert, Shauna Kinne, Sara Platt

200 Meters

28.6h Amy Breed
29.3h Karrisa Kinne
29.9h Sara Platt
30.3h Heather Barcus
30.7h Shauna Kinne
30.8h Cindi Moore
32.2h Amy Pipe
32.7h Joy Hubbard

1600 Meters

5:45.6h Jen Peck
5:59.5h Kristin Caldwell
6:14.0h Cynthia Jordan
6:28.8h Heather Barcus
6:58.2h Nikki Schneider
7:09.0h Julie Dahl

300 Meter LH

47.0h Amy Breed
49.3h Susan Engstrom
53.5h Rachelle Carmen
53.9h Christine Herrera

Triple Jump

34' 2.5" Christine Herrera
31' 8" Susan Engstrom
31' 4" Erin Caldwell
26' 10" Rachelle Carmen

Discus

100' 6" Stephanie Hill
76' 3" Jessica Frederick
64' 6" Patty Balodis
56' 3" Erin Caldwell

400 Meters

1:05.0h Amy Breed
1:06.8h Heather Barcus
1:08.9h Alice Ruppert
1:09.1h Julie Dahl
1:11.4h Christine Herrera
1:12.8h Tina Poepping
1:18.7h Joy Hubbard
1:28.8h Jamie Harris

3200 Meters

12:30.4h Kristin Caldwell
14:00.0h Cynthia Jordan
14:06.0h Jessica Gessner
15:20.0h Nikki Schneider

High Jump

5' 1" Shelbie Stevens
4' 8" Christine Herrera

Javelin

114' 4" Shelbie Stevens
108' 8" Jen Peck
93' 11" Jessica Frederick
76' 3" Stephanie Hill
62' 7" Michele Harris

1600 Meter Relay

4:28.0h Heather Barcus, Julie Dahl, Amy Breed, Jen Peck

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1992 Dave Clifford, Head Coach

100 Meters

13.9h Natalie Edwards
14.0h Amy Breed
14.1h Lindsay Weller
14.5h Erica McCurdy

800 Meters

2:40.8h Julie Dahl
2:47.0h Kristin Caldwell
2:51.8h Beth Ristic
2:56.6h Ashley Davis
3:00.5h Cynthia Jordan

100 Meter HH

16.7h Amy Breed
19.7h Natalie Edwards
21.1h Erica McCurdy

Long Jump

15' 0.5" Natalie Edwards
14' 8.5" Jennifer Trunkey
14' 0.5" Amy Breed
12' 6.5" Kristin Caldwell
12' 5.5" Amy Hatcher

Shot Put

31' 0.5" Tina Poepping
30' 10" Amy Breed
28' 7" Stephanie Hill
21' 8" Shasta Smith
20' 1.5" Sara Davidson

400 Meter Relay

54.4h Amy Hatcher, Kristin Lavallee, Lindsay Weller, Natalie Edwards

800 Meter Relay

1:55.0h Amy Hatcher, Kristin Lavallee, Lindsay Weller, Natalie Edwards

1600 Meter Relay

4:39.0h Kristin Caldwell, Julie Dahl, Natalie Edwards, Kristin Lavallee

200 Meters

29.1h Kristin Lavallee
29.7h Amy Hatcher
33.6h Erica McCurdy
36.0h Janina Pizzano

1300 Meters

5:34.0h Kristin Caldwell
6:20.2h Beth Ristic
6:30.0h Julie Dahl
6:40.0h Cynthia Jordan

300 Meter LH

46.9h Amy Breed
58.3h Natalie Edwards

Triple Jump

32' 5.25" Jennifer Trunkey
29' 6" Julie Dahl

Discus

112' 0.5" Stephanie Hill
74' 10" Lindsay Weller

400 Meters

1:07.0h Amy Hatcher
1:08.4h Amy Breed
1:14.6h Kristin Lavallee

3200 Meters

12:13.0h Kristin Caldwell
13:44.0h Amy Breed
14:11.0h Cynthia Jordan

High Jump

4' 8" Jennifer Trunkey
4' 2" Amy Breed

Javelin

134' 8" Shelbie Stevens
129' 4" Stephanie Hill
118' 10" Amy Breed
106' 4" Jennifer Trunkey
49' 7" Sara Davidson
45' 1" Shasta Smith

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1993 Dave Clifford, Head Coach

100 Meters

13.8h Kristin Lavallee
14.1h Amy Hatcher
14.7h Sally Hayden
14.7h Robin Guettler
15.5h Maryanne Avery

800 Meters

2:47.0h Beth Ristic
2:51.0h Ashley Davis
2:53.5h Amy Hatcher
2:55.3h Robin Guettler
3:01.0h Kristie Norrbom
3:15.7h Janelle Fairbanks
3:39.7h Moon

100 Meter HH

17.0h Deanna Chris
18.0h Tutti Blount
19.1h Natalie Edwards
20.8h Maryanne Avery

Long Jump

16' 5" Natalie Edwards
15' 2.5" Jen Trunkey
14' 10.5" Sally Hayden
13' 8" Dena Drake
13' 3.25" Deanna Chris
11' 11" Shelbie Stevens

Shot Put

28' 10.5" Amy Marshall
26' 8.25" Shasta Smith
25' 6.5" Sarah Lehmer
24' 1.75" Erin Lanigan
22' 6.5" Jamie Harris
20' 1.5" Sara Davidson
19' 6" Haili Shinn

400 Meter Relay

55.0h Janina Pizzano, Kristin Lavallee, Deanna Chris, Natalie Edwards

800 Meter Relay

1:59.8h Janina Pizzano, Kristin Lavallee, Jamie Lashbrook, Natalie Edwards

200 Meters

28.6h Kristin Lavallee
30.5h Robin Guettler
30.8h Jamie Lashbrook
31.9h Janina Pizzano

1600 Meters

6:10.0h Beth Ristic
6:53.0h Ashley Davis
7:01.0h Kristie Norrbom
7:38.0h Janelle Fairbanks

300 Meter LH

51.9h Tutti Blount
55.5h Natalie Edwards

Triple Jump

34' 2" Jen Trunkey
30' 0" Dena Drake
29' 3" Deanna Chris
28' 0" Shelbie Stevens
27' 9" Sally Bettes

Discus

90' 8" Erin Lanigan
87' 10" Amy Marshall
81' 0" Robin Guettler
66' 10.5" Sarah Lehmer
63' 2" Sara Davidson
59' 3.5" Shannon Geerhart
56' 3" Janelle Fairbanks
47' 2" Nikkie Schneider

400 Meters

1:07.5h Amy Hatcher
1:1.8h Jessica Terrell
1:19.0h Kristie Norrbom

3200 Meters

16:18.0h Maria Fury
17:29.3h Nikkie Schneider

High Jump

4' 10" Tutti Blount
4' 6" Sally Bettes
4' 6" Dena Drake
4' 4" Sally Hayden
4' 4" Jen Trunkey
4' 4" Shelbie Stevens

Javelin

134' 3" Shelbie Stevens
124' 10" Jen Trunkey
101' 10" Maria Fury
71' 8" Jamie Harris
69' 3" Tutti Blount
66' 2" Erin Lanigan

2:08.1h Sally Hayden, Amy Hatcher, Janina Pizzano, Kristin Lavallee

1600 Meter Relay

5:18.0h Beth Ristic, Ashley Davis, Janelle Fairbanks, *Participant Not Listed*

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1994 Dave Clifford, Head Coach

100 Meters

13.6h Kristin Lavallee
13.8h Natalie Edwards
14.0h Janina Pizzano
15.5h Jonna Oliveres

800 Meters

2:52.2h Amy Smith
2:58.0h Karen Boers
2:59.0h Ashley Davis
3:00.0h Jonna Oliveres

100 Meters HH

18.1h Pam Lovely
18.7h Natalie Edwards
19.7h Dena Drake

Long Jump

16' 4" Natalie Edwards
15' 1.5" Pam Lovely
13' 11" Sally Hayden
13' 10" Jen Trunkey
13' 8" Dena Drake

Shot Put

29' 8" Lesely Hudson
27' 0" Shasta Smith
23' 3" Jamie Lewis
21' 8" Sally Hayden
19' 8.5" Chris Johnson

400 Meter Relay

57.0h Janina Pizzano, Kristin Lavallee, Sally Hayden, Jonna Oliveres

800 Meters Relay

1:55.8h Janina Pizzano, Kristin Lavallee, Pam Lovely, Natalie Edwards
2:03.0h Janina Pizzano, Pam Lovely, Jonna Oliveres, Kristin Lavallee

1600 Meter Relay

5:19.0h Ashley Davis, Karen Boers, Amy Smith, Alahna Mulligan

200 Meters

28.7h Kristin Lavallee
28.7h Pam Lovely
30.0h Janina Pizzano
34.2h Jonna Oliveres

1600 Meters

6:49.4h Amy Smith
6:58.0h Alahna Mulligan
7:06.9h Ashley Davis

300 Meter LH

48.3h Pam Lovely
51.6h Natalie Edwards

Triple Jump

33' 2" Jen Trunkey
29' 11" Dena Drake

Discus

80' 4" Lesely Hudson
72' 8" Sally Hayden
71' 2.5" Dena Drake
71' 2" Jamie Lewis
68' 6.5" Shasta Smith
54' 8" Chris Johnson

400 Meters

1:06.0h Pam Lovely
1:09.3h Karen Boers
1:16.6h Jonna Oliveres
1:23.8h Alahna Mulligan

3200 Meters

13:51.0h Karen Boers
14:24.0h Ashley Davis
14:48.0h Alahna Mulligan

High Jump

4' 10" Pam Lovely
4' 6" Jen Trunkey
4' 4" Dena Drake
4' 0" Sally Hayden

Javelin

121' 8" Jen Trunkey
82' 4" Lesely Hudson
76' 1" Dena Drake
63' 9" Jamie Lewis
63' 2" Shasta Smith
54' 8" Chris Johnson

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1995 Dave Clifford, Head Coach

100 Meters

12.9h Sarah Lavallee
14.0h Kristin Lavallee
14.1h Natalie Edwards
15.1h Hassie Harris

800 Meters

2:36.0h Mandy Borschowa
2:39.5h Angie Tuttle
2:39.8h Karen Boers
2:45.0h Robin Guettler
2:48.0h Jeunai Hampton
2:49.8h Jamie Douglas

100 Meter HH

15.00 Sarah Lavallee
16.3h Pam Lovely
17.0h Danielle Blue
19.4h Natalie Edwards

Long Jump

17' 0" Natalie Edwards
15' 8.75" Nikki Hover
15' 2" Sarah Lavallee
14' 5" Jeunai Hampton
13' 0.25" Angie Tuttle

Shot Put

34' 5" Nikki Hover
31' 11" Mandy Borschowa
31' 1.5" Lesely Hudson
30' 0" Kelly Stubbart
23' 3" Jamie Lewis
22' 1" Megan DesJardins
16' 3.5" Amber Johnson

400 Meter Relay

52.3h Nikki Hover, Sarah Lavallee, Kristin Lavallee, Natalie Edwards

800 Meter Relay

1:50.8h Nikki Hover, Sarah Lavallee, Kristin Lavallee, Danielle Blue

1600 Meter Relay

4:19.8h Sarah Lavallee, Danielle Blue, Karen Boers, Jamie Douglas

200 Meters

27.3h Sarah Lavallee
27.9h Nikki Hover
29.6h Kristin Lavallee
30.0h Natalie Edwards
30.2h Hassie Harris

1600 Meters

6:30.0h Amy Smith
6:38.1h Alahna Mulligan

300 Meter LH

48.6h Danielle Blue
48.9h Pam Lovely

Triple Jump

33' 8" Pam Lovely
33' 7.75" Natalie Edwards
30' 7.5" Danielle Blue

Discus

119' 3" Mandy Borschowa
74' 11" Jamie Douglas
68' 0" Lesely Hudson
68' 0" Robin Guettler
60' 0" Kelly Stubbart
57' 8" Tessa Schlaht
56' 6.75" Amber Johnson

400 Meters

1:04.3h Jamie Douglas
1:08.9h Karen Boers
1:17.0h Angie Tuttle
1:18.0h Alahna Mulligan

3200 Meters

13:58.6h Ashley Davis
14:09.6h Alahna Mulligan

High Jump

4' 8" Pam Lovely
4' 6" Danielle Blue
4' 2" Jen Trunkey

Javelin

112' 3" Jamie Douglas
109' 0" Jen Trunkey
93' 5" Mandy Borschowa
83' 8" Lesely Hudson
74' 0" Jamie Lewis
45' 9" Tessa Schlaht
38' 4" Megan DesJardins

Sea-King District Champions

1996 Dave Clifford, Head Coach

100 Meters

13.1h Megan Morris
13.2h Nikita Carstens
13.9h Jamie Douglas
14.3h Cyndi Sypher
14.5h DJ Service
14.9h Anna True

200 Meters

27.8h Nikita Carstens
27.8h Nikki Hover
28.7h Danielle Blue
30.0h Jamie Douglas
30.6h Melanie Edwards
31.6h Anna True
31.6h Cyndi Sypher

400 Meters

1:05.2h Danielle Blue
1:06.0h Pam Lovely
1:06.6h Nikita Carstens
1:08.0h Jamie Douglas
1:10.8h Jonna Knecht
1:12.6h Lisa Middaugh
1:18.0h Tawny Allison
1:26.0h Saffron Peters
1:27.5h Harmony Behrndt

800 Meters

2:39.5h Rena Herndon
2:48.0h Jeunai Hampton
2:50.6h Shana Douglas
2:57.0h Angie Tuttle
3:00.0h Tawny Allison
3:00.0h Lisa Middaugh
3:09.1h Alahna Mulligan
3:17.4h Heather Olah
3:28.2h Harmony Behrndt

1600 Meters

5:50.2h Julie Person
6:14.0h Rena Herndon
6:42.1h Shana Douglas
6:50.1h Heather Olah
6:58.0h Alahna Mulligan

3200 Meters

14:04.0h Alahna Mulligan
15:35.6h Heather Olah
16:04.0h Tawny Allison

100 Meter HH

14.76 Sarah Lavallee
15.7h Pam Lovely
17.6h Melanie Edwards
20.4h Tawny Allison
20.7h DJ Service

300 Meter LH

45.0h Sarah Lavallee
51.2h Melanie Edwards
58.0h DJ Service

Long Jump

17' 4.75" Nikki Hover
15' 10.5" Jonna Knecht
12' 4" Shana Douglas
12' 1" Christina Baker
10' 10" DJ Service
10' 5" Saffron Peters

Triple Jump

34' 3.5" Pam Lovely
30' 2.25" Megan Morris
29' 5" Sarah Lavallee
29' 2.75" Cyndi Sypher

High Jump

4' 8" Pam Lovely
4"4" Lisa Middaugh

Shot Put

37' 1.5" Nikki Hover
33' 11" Mandy Borschowa
32' 4" Lesely Hudson
29' 9" Jordan McDaniels

Discus

144' 6" Mandy Borschowa
99' 0" Jordan McDaniels
81' 2" Saffron Peters
78' 1" Lesely Hudson

Javelin

140' 1" Jamie Douglas
118' 4" Jordan McDaniels
117' 6" Mandy Borschowa
93' 1" Lesely Hudson

24' 0.5" Saffron Peters

72' 7" Jamie Lewis

77' 2" Jamie Lewis

23' 2.5" Jamie Lewis

75' 2" Shana Douglas

400 Meter Relay

52.21 Nikki Hover, Sarah Lavallee, Nikita Carstens, Megan Morris

800 Meter Relay

1:48.56 Nikki Hover, Sarah Lavallee, Pam Lovely, Megan Morris

1:48.68 Nikki Hover, Nikita Carstens, Pam Lovely, Megan Morris

1600 Meter Relay

4:17.3h Danielle Blue, Nikita Carstens, Pam Lovely, Jamie Douglas

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Washington State Team Champions

Sea-King District Champions

1997 Dave Clifford, Head Coach

100 Meters

13.2h Nikita Carstens
13.4h Sarah Lavallee
13.5h Stephanie Holt
14.4h Emily Verbon
14.7h Melanie Edwards
14.7h Laura Fletcher
15.2h Nina Thimsen
15.4h Christina Ewald
15.8h Michelle Clapp

800 Meters

2:52.3h Jessica Raisio
2:53.9h Rena Herndon
2:55.0h Nina Thimsen
3:03.0h Cyndi Sypher
3:11.0h Tawny Allison

100 Meter HH

14.4h Sarah Lavallee
14.9h Pam Lovely
17.1h Melanie Edwards
19.2h Christine Lambrecht
21.7h Tawny Allison

Long Jump

15' 10.25" Jonna Knecht
15' 7.5" Nikki Hover
15' 5" Pam Lovely
13' 3" Rena Herndon
13' 2.5" Cyndi Sypher
13' 1.5" Jen Schumacher

Shot Put

40' 2.25" Mandy Borschowa
36' 10.75" Nikki Hover
34' 5.5" Jordan McDaniels
26' 3" Joanna Pleasants
22' 7.75" Laura Haakenson

200 Meters

27.3h Nikki Hover
28.1h Nikita Carstens
29.4h Stephanie Holt
29.5h Christine Lambrecht
32.9h Crystal Miller
33.0h Michelle Clapp

1600 Meters

5:39.0h Julie Person
6:02.3h Jessica Raisio
6:24.0h J Thoreson
6:34.0h Alahna Mulligan
6:47.4h Heidi Witt
7:10.0h Heather Olah

300 Meter LH

43.81 Sarah Lavallee
48.1h Melanie Edwards
51.3h Christine Lambrecht
59.4h Emily Verbon

Triple Jump

34' 6" Pam Lovely
32' 5" Danielle Blue
32' 2.25" Melanie Edwards
30' 11" Nikita Carstens
29' 0" Cyndi Sypher

Discus

156' 7" Mandy Borschowa
123' 9" Jordan McDaniels
93' 5" Joanna Pleasants
83' 0" Michelle Clapp
64' 2" M'lynda Henninger
61' 1" Annie Corlett

400 Meters

1:03.2h Pam Lovely
1:04.5h Danielle Blue
1:07.4h Jonna Knecht
1:11.5h Jordan McDaniels
1:16.7h Tawny Allison
1:17.0h Jessica Raisio
1:21.0h Jen Schumacher

3200 Meters

12:23.0h Jessica Raisio
12:23.0h Julie Person
13:43.0h J Thoreson
13:43.0h Alahna Mulligan
15:21.1h Heather Olah
16:09.3h Heidi Witt

High Jump

4' 10" Danielle Blue
4' 6" Pam Lovely
4' 4" Joanna Pleasants
4' 4" Shana Douglas
4' 4" Jonna Knecht
4' 4" Annie Corlett

Javelin

138' 1" Jamie Douglas
127' 5" Mandy Borschowa
120' 10" Jordan McDaniels
96' 8" Joanna Pleasants
81' 0" Michelle Clapp
73' 7" Harmony Berhndt

61' 6" Shana Douglas
58' 9" M'lynda Henninger

400 Meter Relay

52.0h Nikki Hover, Sarah Lavallee, Nikita Carstens, Stephanie Holt

800 Meter Relay

1:46.2h Nikki Hover, Sarah Lavallee, Pam Lovely, Nikita Carstens

1600 Meter Relay

4:08.86 Danielle Blue, Nikita Carstens, Stephanie Holt, Pam Lovely

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1998 Dave Clifford, Head Coach

100 Meters

13.0h Sarah Lavallee
14.1h Laura Fletcher
14.8h Amy Hyatt
14.9h Nikki Belt
15.5h Carri Smith
16.0h Crystal Henry

800 Meters

2:39.3h Jessie Raisio
2:55.3h Ginger Roughton

100 Meter HH

14.28 Sarah Lavallee
17.70 Melanie Edwards
17.91 Emily Verbon
18.0h Amy Hyatt
20.7h Crystal Henry

Long Jump

16' 3" Nikki Hover
15' 10" Jonna Knecht
14' 4" Ashley Wiegardt
14' 2" Jamie Douglas
13' 11.5" Emily Verbon

Shot Put

46' 0.5" Mandy Borschowa
38' 4.5" Nikki Hover
36' 7" Jordan McDaniels
27' 7.5" Lauren Westerman
27' 0" Jennifer Springer
25' 5" Joanna Pleasants
22' 9" Laura Haakenson

400 Meter Relay

52.26 Nikki Hover, Sarah Lavallee, Jonna Knecht, Heather Breitenbach

800 Meter Relay

2:04.0h Carri Smith, Amy Hyatt, Ashley Wiegardt, Ginger Roughton

1600 Meter Relay

4:08.68 Sarah Lavallee, Ashley Wiegardt, Danielle Blue, Nikki Hover

200 Meters

26.5h Heather Breitenbach
27.3h Nikki Hover
28.5h Laura Fletcher
28.6h Ashley Wiegardt
29.7h Melanie Edwards

1600 Meters

5:30.8h Jesse Raisio
5:49.6h Sheena Kern
7:11.5h Heather Olah
7:14.0h Laura Haakenson

300 Meter LH

43.22 Sarah Lavallee
49.0h Danielle Blue
50.8h Melanie Edwards
54.7h Amy Hyatt
59.1h Ginger Roughton

Triple Jump

32' 9" Melanie Edwards
31' 1.25" Danielle Blue
29' 2" Nikki Belt

Discus

182' 0" Mandy Borschowa
124' 2" Jordan McDaniels
97' 3" Joanna Pleasants
89' 3" Jamie Douglas
81' 10" Lauren Westerman
75' 3" Laura Haakenson

400 Meters

1:01.9h Heather Breitenbach
1:15.3h Crystal Henry
1:17.7h Tawny Allison

3200 Meters

11:42.8h Jesse Raisio
12:00.0h Sheena Kern
15:00.0h Tawny Allison

Pole Vault

8' 0" Carri Smith
7' 0" Nikki Belt

High jump

4' 10" Heather Breitenbach
4' 8" Danielle Blue
4' 6" Carri Smith

Javelin

145' 2" Jamie Douglas
139' 6" Mandy Borschowa
119' 3" Jordan McDaniels
116' 0" Joanna Pleasants
99' 1" Nikki Hover
71' 0" Lauren Westerman
66' 2" Jennifer Springer

1999 Dave Clifford

100 Meters

13.7h Heather Breitenbach
14.5h Laura Fletcher
14.6h Emily Verbon
14.7h Megan Henry
14.9h Nicole Haustveit
15.1h Nikki Belt
15.2h Tessa Skinner

800 Meters

2:49.2h Katie Childs
2:53.0h Munson

100 Meter HH

16.18 Melanie Edwards
17.5h Emily Verbon
20.3h Crystal Henry
20.7h Nicole Haustveit
21.5h Courtney Schuller

Long Jump

16' 3.25" Melanie Edwards
15' 9" Jonna Knecht
13' 6.5" Laura Fletcher
13' 2.5" Emily Verbon
13' 2" Ashley Wiegardt

Shot Put

36' 6" Jordan McDaniels
27' 4.5"
Ashley Van Oeveren
26' 11.25" Laura Haakenson
26' 6.5" Ashlie Smith
22' 10.5" Maggie Flaig
20' 5.5" Megan Gravendyke

200 Meters

27.0h Heather Breitenbach
28.02 Ashley Wiegardt
29.5h Laura Fletcher
31.2h Megan Henry
32.6h Crystal Henry

1600 Meters

5:37.6h Sheena Kern
6:19.8h Katie Childs

300 Meter LH

46.25 Melanie Edwards
54.2h Emily Verbon
58.6h Crystal Henry
1:02.5h Courtney Schuller

Triple Jump

34' 5" Melanie Edwards
30' 3" Cari Smith
26' 9.5" Emily Verbon
26' 9" Nikki Belt

Discus

140' 8" Jordan McDaniels
105' 7" Joanna Pleasants
92' 2" Maggie Flaig
88' 11" Laura Haakenson
81' 3"
Ashley Van Oeveren
71' 4" Ashlie Smith
47' 11" Megan Gravendyke

400 Meters

1:01.2h Heather Breitenbach
1:03.9h Laura Fletcher
1:09.7h Ashley Wiegardt
1:14.8h Katie Childs

3200 Meters

12:01.8h Sheena Kern
14:05.0h Katie Childs

Pole Vault

8' 6" Nikki Belt
8' 6" Cari Smith
8' 1" Jonna Knecht

High Jump

5' 2" Heather Breitenbach
4' 8" Cari Smith
4' 8" Jonna Knecht
4' 4" Joanna Pleasants

Javelin

134' 9" Jordan McDaniels
121' 1" Joanna Pleasants
79' 0" Maggie Flaig
72' 9" Laura Haakenson
64' 5"
Ashley Van Oeveren
57' 11" Megan Gravendyke
44' 5" Ashlie Smith

400 Meter Relay

52.2h Melanie Edwards, Laura Fletcher, Ashley Wiegardt, Heather Breitenbach
1:01.5h Ashley Wiegardt, Tessa Skinner, Megan Henry, Courtney Schuller

800 Meter Relay

1:53.8h Melanie Edwards, Ashley Wiegardt, Jonna Knecht, Heather Breitenbach
1:55.7h Melanie Edwards, Jonna Knecht, Heather Breitenbach, Nikki Belt

1600 Meter Relay

4:29.2h Laura Fletcher, Ashley Wiegardt, Sheena Kern, Heather Breitenbach

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2000 Dave Clifford, Head Coach

100 Meters

12.9h Heather Breitenbach
13.8h Therese Duvall
14.4h Crystal Henry
14.5h Maria Lynch

800 Meters

2:38.4h Jessica Hanna
2:46.1h Mellisa Warren
2:49.0h Ashley Wiegardt
2:49.1h Katie Childs
2:58.2h Heidi Strom
3:19.8h Kit Englund

100 Meter HH

16.8h Emily Verbon
17.5h Amy Hyatt
20.3h Crystal Henry

Long Jump

15' 1" Ashley Wiegardt
13' 10" Callen Gaston
13' 6.75" Carrie Frantz
12' 10.25" Cari Smith
12' 1.75" Sasha Meshkova
11' 7.5" Therese Duvall

Shot Put

31' 4.75"
Ashley Van Oeveren
31' 4.5" Tanya Smart
27' 3" Angie Briskey
26' 10.25" Maggie Flaig
24' 2.25" Peters
22' 3.5" Tessa Skinner
21' 2" Carly Kujath
18' 4" Heather Maillet
17' 10.5" Kaila Stevens

200 Meters

26.7h Heather Breitenbach
27.6h Ashley Wiegardt
29.5h Carrie Frantz
30.7h Maria Lynch
30.9h Therese Duvall
31.5h Allison Joslin
32.4h Kaila Stevens

1600 Meters

5:52.9h Katie Childs
5:59.10 Sheena Kern
6:00.1h Jessica Hanna
6:30.9h Lillian Lazenby
6:41.2h Mellisa Warren
6:46.7h Heidi Strom

300 Meter LH

49.0h Heather Breitenbach
55.2h Amy Hyatt
56.5h Crystal Henry
58.2h Emily Verbon
1:33.5h Jessica Hanna

Triple Jump

33' 8.25" Ashley Wiegardt
29' 6" Cari Smith
27' 9" Emily Verbon
26' 9" Callen Gaston
25' 11" Crystal Henry

Discus

113' 8" Tanya Smart
106' 4" Joanna Pleasants
98' 1.5"
Ashley Van Oeveren
97' 8" Maggie Flaig
89' 11" Angie Briskey
75' 11" Tessa Skinner
69' 9" Peters
67' 6.5" Brittany White
65' 11" Carly Kujath

400 Meters

1:03.09
Heather Breitenbach
1:06.6h Ashley Wiegardt
1:11.6h Mellisa Warren
1:14.2h Allison Joslin
1:17.7h Kaila Stevens

3200 Meters

12:36.0h Sheena Kern
12:38.2h Katie Childs
14:17.5h Lillian Lazenby

Pole Vault

8' 6" Cari Smith
7' 6" Emily Verbon
7' 6" Carrie Frantz

High Jump

5' 1" Heather Breitenbach
4' 10" Callen Gaston
4' 10" Maria Lynch

Javelin

111' 9" Joanna Pleasants
90' 1" Tanya Smart
81' 7" Maggie Flaig
64' 4" Angie Briskey
61' 3" Heather Maillet
59' 0" Tessa Skinner
53' 6"
Ashley Van Oeveren
53' 0" Carly Kujath
52' 7" Kaila Stevens

16' 7.5" Kit Englund

57' 5" Kaila Stevens

49' 2" Brittany White

52' 5.5" Heather Maillet

25' 4" Allison Joslin

44' 7" Allison Joslin

40' 11" Kit Englund

400 Meter Relay

57.8h No Participants Listed

800 Meter Relay

1:56.2h No Participants Listed

1600 Meter Relay

4:35.0h No Participants Listed

NT Mellisa Warren, Jessica Hanna, Heather Breitenbach, Ashley Wiegardt

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2001 Dave Clifford, Head Coach

100 Meters

13.5h Kristen Berndt

800 Meters

2:33.7h Jessica Scalzo
NT Jasmine Carver
NT Heidi Strom

100 Meter HH

16.9h Kristen Berndt

Long Jump

17' 1.5" Ashley Wiegardt

Shot Put

34' 6.25"

Ashley Van Oeveren

30' 5.25" Caitlin Braun

400 Meter Relay

55.1h *No Participants Listed*

800 Meter Relay

Did Not Run

1600 Meter Relay

4:21.0h *Participants Not Listed*

Additional Team members

Monika Hanley

Crystal Henry

Hata Kumiko

Stefanie Reilly

Tess Skinner

Kaila Stevens

Cheryl Varga

Mellisa Warren

200 Meters

27.3h Ashley Wiegardt
NT Kelly Fletcher

1600 Meters

5:17.86 Jessica Scalzo
NT Rachel Alexander
NT Jessica Hanna
NT Sheena Kern

300 Meter LH

50.3h Kristen Berndt

Triple Jump

32' 8.25" Ashley Wiegardt

Discus

118' 10" Tanya Smart

104' 1"

Ashley Van Oeveren

400 Meters

1:02.9h Ashley Wiegardt
1:03.6h Kelly Fletcher
NT Jessica Hanna

3200 Meters

11:27.18 Jessica Scalzo
11:56.0h Sheena Kern
NT Jessica Hanna

Pole Vault

8' 0" Nikki Belt

High Jump

4' 4" Maria Lynch

Javelin

107' 0" Tanya Smart

ND Amber Smith

ND Tanya Smart

2002 Dave Clifford, Head Coach

100 Meters

13.08 Kelsey Lamon
14.2h Merritt Knott
14.5h Amanda Dance
15.1h Carrie Frantz
15.6h Sirena Solberg

800 Meters

2:29.9h Jessica Hanna
2:43.1h Mellisa Warren
2:55.2h Vannesa Scalzo
2:57.2h Sarrie Fleming
3:07.6h Sirena Solberg
3:09.7h Kaila Stevens
3:16.9h Barb Holm
3:23.8h Natsumi Asanuma

100 Meter HH

16.6h Kristen Berndt
18.7h Meaghan Dunklee
19.9h Amy Keogh
21.4h Karin Brevick

Long Jump

15' 5" Whitney Chelgren
14' 2" Lauren Paulus
13' 4" Amy Keogh
13' 4" Meaghan Dunklee
12' 2.5" Rachel Alexander
11' 10.75" Katrina Sasynuik
11' 8.5" Stefanie Reilly

Shot Put

33' 7.25"
Ashley Van Oeveren
33' 7" Caitlin Braun
33' 1.5" Piper Sherbon
29' 2.25"
Allison Neuenschwander
26' 0" Amber Smith
24' 9.5" Amy Stauch

200 Meters

27.0h Kelsey Lamon
28.4h Kelly Fletcher
29.1h Kristen Berndt
30.1h Karin Brevick
30.3h Amanda Dance
30.6h Amy Keogh
31.3h Carrie Frantz

1600 Meters

6:21.6h Shannon Kelly
6:23.4h Mellisa Warren
6:42.1h Lillian Lazenby
6:44.5h Heidi Strom
6:46.8h Sarrie Fleming
6:46.9h KD Adams
7:34.4h Kaila Stevens

300 Meter LH

50.33 Kristen Berndt
53.73 Meaghan Dunklee
55.8h Karin Brevick
57.7h Amy Keogh

Triple Jump

36' 11.75" Piper Sherbon
30' 1" Lauren Paulus
27' 3" Stefanie Reilly
26' 4.5" Rachel Alexander

Discus

114' 8"
Ashley Van Oeveren
109' 3" Piper Sherbon
92' 6" Amber Smith
86' 9" Caitlin Braun
80' 1.5" Amy Stauch
79' 1" Shannon Posey
71' 5"

400 Meters

1:03.6h Kelly Fletcher
1:08.6h Jessica Hanna
1:13.1h Kaila Stevens
1:21.4h Natsumi Asanuma
1:26.0h Barb Holm

3200 Meters

13:44.8h Shannon Kelly
15:13.1h Lillian Lazenby

Pole Vault

8' 6" Carrie Frantz
7' 0" Lauren Paulus

High Jump

5' 2" Piper Sherbon
4' 10" Amy Keogh
4' 6" Whitney Chelgren

Javelin

122' 9" Kristen Berndt
111' 10" Shannon Posey
95' 4" Piper Sherbon
83' 2" Amy Stauch
70' 3" Amber Smith
44' 1" Monika Hanley

22' 1" Patience Anderson

19' 1.5" Monika Hanley

18' 0.5" Liz Molson

Allison Neuenschwander

58' 6" Monika Hanley

58' 0" Patience Anderson

54' 4" Liz Molson

400 Meter Relay

54.2h *No Participants Listed*

54.5h Kristen Berndt, Kelly Fletcher, Meaghan Dunklee, Whitney Chelgren

800 Meter Relay

1:55.2h *No Participants Listed*

1600 Meter Relay

4:32.4h *No Participants Listed*

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2003 Dave Clifford, Head Coach

100 Meters

13.2h Nicole Remish
13.3h Jordan Tipton
13.6h Kristen Berndt
13.6h Jessie Marley
13.9h Kali Walker

800 Meters

2:40.6h Collette Hatch
2:52.0h Meaghan Dunklee
3:01.7h Sirena Solberg
3:09.5h Barb Holm
3:15.8h Sarrie Fleming
3:15.9h Kaila Stevens
3:33.9h Tamame Hori

100 Meter HH

16.0h Kristen Berndt
18.2h Meaghan Dunklee

Long Jump

16' 11.5" Piper Sherbon
15' 3.5" Kali Roestel
14' 5.25" Meaghan Dunklee
14' 2.5" Jordan Tipton
14' 2.25" Maggie Olsen

Shot Put

39' 4" Piper Sherbon
34' 2" Caitlin Braun
27' 6.5" Amy Stauch
23' 8" Shannon Posey
19' 9.5" Monika Hanley

200 Meters

27.6h Nicole Remish
29.0h Kali Walker
29.6h Jessie Marley
29.8h Kelley Fletcher

1600 Meters

6:05.3h Erin Dunklee
6:10.1h Jasmine Carver
6:29.6h Ariane Barr
6:51.9h Barb Holm
6:57.2h Sarrie Fleming
7:26.0h Tamame Hori
7:34.5h Kaila Stevens

300 Meter LH

50.1h Kristen Berndt
52.3h Meaghan Dunklee
59.1h Stephanie Reilly

Triple Jump

37' 2.5" Piper Sherbon
32' 0" Kali Roestel
31' 5.5" Maggie Olsen
28' 2" Stephanie Reilly

Discus

120' 1" Piper Sherbon
112' 9" Caitlin Braun
93' 4" Shannon Posey
87' 7.25" Amy Stauch
73' 4" Maggie Olsen
65' 4" Monika Hanley
60' 4" Jamie Allred

400 Meters

1:03.74 Kelley Fletcher
1:06.4h Kali Roestel
1:15.3h Erica Jensen
1:18.2h Kaila Stevens
1:19.1h Sirena Solberg
1:30.9h Tamame Hori

3200 Meters

13:12.2h Jasmine Carver
13:38.1h Devan Paulus
14:07.5h Erin Dunklee
14:22.3h Ariane Barr

Pole Vault

8' 0" Meaghan Dunklee
7' 0" Devan Paulus
6' 6" Erin Dunklee

High Jump

4' 4" Erica Jensen
4' 2" Shannon Posey

Javelin

128' 0" Kristen Berndt
121' 6" Shannon Posey
107' 7" Piper Sherbon
99' 4.5" Maggie Olsen
85' 7" Caitlin Braun
79' 6" Amy Stauch
60' 11" Jamie Allred
47' 7" Monika Hanley

400 Meter Relay

52.9h Kristen Berndt, Nicole Remish, Jordan Tipton, Kali Roestel
53.81 Kali Roestel, Jordan Tipton, Meaghan Dunklee, Kristen Berndt
53.6h Nicole Remish, Jessie Marley, Jordan Tipton, Kali Walker
53.8h Nicole Remish, Kristen Berndt, Jessie Marley, Jordan Tipton

800 Meter Relay

1:53.8h Kristen Berndt, Nicole Remish, Jordan Tipton, Kali Roestel

1:56.8h Jordan Tipton, Jessie Marley, Kelley Fletcher, Kristen Berndt

1:59.0h Nicole Remish, Kali Roestel, Jessie Marley, Jordan Tipton

1600 Meter Relay

4:42.1h Kelley Fletcher, Kristen Berndt, Kali Roestel, Meaghan Dunklee

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2004 Dave Clifford, Christine Kjenner, Coaches

Keli Lake, Chris Jackson, Dave Ovall, Greg Meyers, Assistant Coaches

100 Meters

13.1h Nicole Remish

13.5h Jordan Tipton

13.5h Monica Nelson

14.6h Krisi Lund

800 Meters

2:36.3h Vanessa Scalzo

2:43.01 Collette Hatch

2:53.1h Jasmine Carver

2:55.9h Barb Holm

2:58.6h Meaghan Dunklee

3:05.9h Sirena Solberg

100 Meter HH

16.37 Kristen Berndt

17.9h Meaghan Dunklee

19.4h Krisi Lund

20.3h Monica Nelson

Long Jump

17' 7.25" Piper Sherbon

14' 9" Monica Nelson

13' 11.5" Jordan Tipton

Shot Put

40' 4" Piper Sherbon

36' 4.75" Caitlin Braun

31' 5" Shannon Posey

28' 7.5" Tephra Brune

27' 5.5" Kristen Berndt

20' 9" Monika Hanley

20' 9" Ali Bilow

400 Meter Relay

50.07 Kristen Berndt, Jordan Tipton, Monica Nelson, Nicole Remish

800 Meter Relay

1:52.8h Kristen Berndt, Monica Nelson, Krisi Lund, Nicole Remish

1600 Meter Relay

4:32.0h Vanessa Scalzo, Collette Hatch, Devan Paulus, Ariane Barr

200 Meters

26.7h Nicole Remish

29.04 Jordan Tipton

1600 Meters

6:03.9h Collette Hatch

6:05.9h Jasmine Carver

6:15.5h Ariane Barr

6:23.9h Erin Dunklee

6:38.4h Barb Holm

6:40.8h Tove Garhart

6:43.7h Sirena Solberg

300 Meter LH

47.9h Kristen Berndt

49.8h Meaghan Dunklee

50.9h Krisi Lund

55.4h Tove Garhart

1:04.6h Erin Dunklee

Triple Jump

37' 6" Piper Sherbon

31' 2.5" Kristen Berndt

30' 7.5" Monica Nelson

Discus

125' 3" Caitlin Braun

117' 3" Piper Sherbon

102' 1" Shannon Posey

91' 4.5" Kristen Berndt

90' 8" Tephra Brune

69' 0" Monika Hanley

47' 3" Ali Bilow

400 Meters

1:00.85 Nicole Remish

1:07.1h Collette Hatch

3200 Meters

13:18.6h Devan Paulus

13:31.4h Jasmine Carver

14:00.9h Ariane Barr

14:54.9h Erin Dunklee

Pole Vault

8' 0" Devan Paulus

8' 0" Meaghan Dunklee

7' 6" Erin Dunklee

7' 6" Tove Garhart

High Jump

-

Javelin

134' 0" Kristen Berndt

123' 10" Shannon Posey

103' 1" Piper Sherbon

93' 3" Caitlin Braun

74' 6" Tephra Brune

45' 10" Monika Hanley

2005 Dave Clifford, Head Coach

Keli Lake, Chris Jackson, Dave Ovall, Greg Meyers

Jordan Sauvage, Suzanne da Ponte, Assistant Coaches

100 Meters

12.7h Jessie Oliver
13.0h Nicole Remish

200 Meters

26.52 Nicole Remish
28.1h Jessie Oliver
28.8h Symone Shaw

400 Meters

1:00.17 Nicole Remish
1:10.7h Elisha Davis
1:13.9h Jennifer Davis
1:22.3h Hillary Burk

800 Meters

2:37.3h Ellie Allen
2:40.60 Ariane Barr
2:47.2h Jennifer Davis
2:52.1h Elisha Davis
2:59.6h Barb Holm
3:20.1h Hillary Burk

1600 Meters

5:22.1h Ellie Allen
5:58.1h Katie Hogan
5:58.1h Jennifer Davis
6:07.1h Hillary Burk
6:15.7h Ariane Barr
6:34.5h Barb Holm
6:37.5h Elisha Davis

3200 Meters

11:50.4h Ellie Allen
12:48.5h Katie Hogan
14:27.1h Jennifer Davis
14:39.2h Hillary Burk
15:12.1h Elisha Davis

110HH

17.6h Meaghan Dunklee
18.65 Jessie Oliver

300LH

46.18 Jessie Oliver
50.2h Meaghan Dunklee

Pole Vault

9' 6" Tove Garhart
8' 6" Meaghan Dunklee
8' 0" Devan Paulus
7' 6" Erin Dunklee

Long Jump

16' 6" Symone Shaw
15' 8.25" Kali Roestel
12' 9.75" Kayla Grant

Triple Jump

30' 10" Kali Roestel
29' 8.5" Jessie Oliver

High Jump

4' 8" Monica Nelson
4' 2" Hillary Burk

Shot Put

32' 3" Shannon Posey
30' 6" Ashley Wright
27' 10" Bethany Barrus
22' 7.25" Ali Bilow
22' 3.5" Kayla Grant
21' 11.25" Chelsea Rothgeb
21' 5" Noel Walter

Discus

108' 8" Shannon Posey
92' 10" Bethany Barrus
91' 9" Ashley Wright
59' 11" Noel Walter
58' 8.75" Ali Bilow
58' 4" Kayla Grant
57' 0.25" Chelsea Rothgeb

Javelin

130' 9" Shannon Posey
78' 2" Noel Walter
58' 3" Kayla Grant
54' 10" Bethany Barrus
46' 0" Chelsea Rothgeb
43' 1" Ali Bilow

Hammer Throw

100' 8" Shannon Posey
98' 11" Bethany Barrus

400 Meter Relay

50.15 Jessie Oliver, Symone Shaw, Kali Roestel, Nicole Remish

800 Meter Relay

1:48.38 Jessie Oliver, Symone Shaw, Kali Roestel, Nicole Remish

1:55.0h Nicole Remish, Jessie Oliver, Meaghan Dunklee, Ariane Barr

1600 Meter Relay

4:46.28 Ariane Barr, Elisha Davis, Jennifer Davis, Devan Paulus

4:50.9h Ariane Barr, Hillary Burk, Katie Hogan, Ellie Allen

4:54.5h Jennifer Davis, Meaghan Dunklee, Ariane Barr, Ellie Allen

5:03.90 Meaghan Dunklee, Tove Garhart, Elisha Davis, Devan Paulus

5:05.2h Elisha Davis, Jennifer Davis, Barb Holm, Devan Paulus

5:13.70 Bethany Barrus, Barb Holm, Hillary Burk, Ariane Barr

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2006 Dave Clifford, Head Coach

Keli Lake, Chris Jackson, Dave Ovall, Greg Meyers, Suzanne da Ponte,
Assistant Coaches

100 Meters

12.6h Madison Yakaboski
13.0h Katie Woolsey
13.1h Diane Keller
13.2h Nicole Remish
13.2h Jessica Oliver
13.9h Stephanie Burk

800 Meters

2:42.2h Mariah Stevens
2:43.1h Kayla Thompson
2:49.9h Wendy Hecker
2:51.2h Ariane Barr
2:52.1h Elisha Davis
2:55.4h Brooke Moorhead
3:02.7h McKenzie Arthur

110HH

16.44 Diane Keller
18.5h Jessica Oliver
18.9h Mariah Stevens
19.9h Kristen Walker

Long Jump

17' 0" Symone Shaw
16' 3.5" Madison Yakaboski
15' 5.5" Kali Roestel

Shot Put

33' 4.5" Kelsey Tarp
30' 9" Ashley Wright
30' 7.25" Tephra Brune
29' 6.5" Ariel Farnsworth
29' 6" Katelyn Walker
28' 2" Bethany Barrus
25' 4.25" Amy Whitney
24' 3" Chelsea Rothgeb
23' 8" Ali Bilow

200 Meters

26.8h Nicole Remish
27.04 Katie Woolsey
27.8h Stephanie Burk
28.3h Jessica Oliver
28.9h Symone Shaw

1600 Meters

5:48.6h Katie Hogan
6:05.2h Wendy Hecker
6:05.4h Kayla Thompson
6:06.6h Ariane Barr
6:21.8h Brooke Moorhead

300LH

46.37 Jessica Oliver
47.88 Diane Keller
54.8h Mariah Stevens
58.3h Kristen Walker

Triple Jump

34' 11" Madison Yakaboski
34' 0.75" Stephanie Burk
28' 4" Nicole Remish

Discus

109' 3" Tephra Brune
103' 0" Ashley Wright
92' 9.5" Bethany Barrus
91' 9" Ariel Farnsworth
86' 3" Amy Whitney
80' 1" Katelyn Walker
77' 11" Kelsey Tarp
68' 1" Ali Bilow
62' 2" Chelsea Rothgeb

400 Meters

1:00.30 Nicole Remish
1:01.7h Madison Yakaboski
1:01.9h Katie Woolsey

3200 Meters

12:31.59 Katie Hogan
13:52.1h Kayla Thompson
13:55.1h Brooke Moorhead
14:29.3h Wendy Hecker
15:41.1h Elisha Davis

Pole Vault

9' 6" Tove Garhart
9' 0" Jillian Buck
8' 6" Devan Paulus
7' 6" Erin Dunklee
7' 6" Elisha Davis
7' 6" Brittney Conway
7' 0" Kirstie Keller

High Jump

5' 0" Kirstie Keller
4' 10" Stephanie Burk
4' 2" Wendy Hecker

Javelin

91' 9" Katie Woolsey
86' 10" Katelyn Walker
85' 8" Tephra Brune
77' 1" Amy Whitney
71' 9" Ashley Wright
65' 1" Bethany Barrus
59' 9" Ariel Farnsworth
54' 7" Kelsey Tarp
53' 0" Chelsea Rothgeb

50' 6" Ali Bilow

400 Meter Relay

49.80 Madison Yakaboski, Jessica Oliver, Nicole Remish, Symone Shaw

50.07 Diane Keller, Jessica Oliver, Nicole Remish, Symone Shaw

51.6h Jessica Oliver, Nicole Remish, Katie Woolsey, Diane Keller

800 Meter Relay

1:49.3h Jessica Oliver, Katie Woolsey, Madison Yakaboski, Nicole Remish

1:51.3h Nicole Remish, Jessica Oliver, Katie Woolsey, Stephanie Burk

1:52.1h Jessica Oliver, Nicole Remish, Katie Woolsey, Kali Roestel

1600 Meter Relay

4:01.50 Nicole Remish, Madison Yakaboski, Katie Woolsey, Jessica Oliver

4:15.6h Nicole Remish, Jessica Oliver, Stephanie Burk, Madison Yakaboski

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2007 Dave Clifford, Head Coach

Kyle Wallace, Chris Jackson, Dave Ovall, Greg Meyers,
Suzanne da Ponte, Assistant Coaches

100 Meters

13.1h Helen Hasbun
13.53 Hannah Hasbun
13.3h Mercedes Kwakeulu
13.7h Natalie Opsvig
13.8h Kayla McLain
13.8h Lauren Snead
14.0h Robyn Schirmer

800 Meters

2:26.05 Megan Past
2:31.1h Alex Rudd
2:35.4h Kelly Besmer
2:35.6h Jessareh Helm
2:40.4h Shila Hodgins
2:49.5h Geena Baumgarten
2:53.8h Wendy Hecker
2:55.9h Brook Moorhead
2:59.1h Julie Censullo
3:04.8h Hillary Burk
3:26.5h Chelsea Erlach

100 Meter HH

15.80 Diane Keller
16.7h Hannah Hasbun
17.7h Mariah Stevens
18.0h Summer Nash
18.2h Lauren Snead
19.4h Corina Linder

Long Jump

17' 6.5" Symone Shaw
15' 9.5" Diane Keller
14' 8.25" Helen Hasbun
14' 3" Monica Nelson
13' 7" Hillary Burk

Shot Put

33' 11.5" Kelsey Tarp

200 Meters

26.8h Katie Woolsey
27.7h Hannah Hasbun
28.0h Natalie Opsvig
28.1h Kayla McLain
29.4h Taylor Robbins
30.1h Robyn Schirmer
30.4h Corina Linder
31.2h Catherine Farist

1600 Meters

5:22.52 Alex Rudd
5:33.95 Megan Past
5:35.7h Jessareh Helm
5:41.7h Katie Hogan
5:48.6h Kelly Besmer
5:57.7h Shila Hodgins
5:58.9h Wendy Hecker
6:06.3h Hillary Burk
6:24.2h Brook Moorhead
6:25.2h Julie Censullo
7:12.9h Chelsea Erlach

300 Meter LH

47.6h Diane Keller
51.86 Mariah Stevens
52.9h Lauren Snead
54.3h Stephanie Burk
1:01.9h Kristen Walker

Triple Jump

34' 0.75" Stephanie Burk
30' 7" Monica Nelson

Discus

113' 10" Tephra Brune

400 Meters

1:00.41 Katie Woolsey
1:03.86 Taylor Robbins
1:05.4h Marley Robbins
1:12.9h Geena Baumgarten

3200 Meters

11:25.41 Alex Rudd
12:03.48 Kelly Besmer
12:27.9h Katie Hogan
12:45.9h Megan Past
13:35.5h Hillary Burk
13:52.8h Brook Moorhead
14:23.7h Wendy Hecker
14:26.4h Julie Censullo

Pole Vault

9' 0" Stephanie Burk
8' 6" Elisha Davis
8' 6" Summer Nash
8' 0" Marley Robbins
8' 0" Kelly Besmer
7' 6" Brittney Conway
7' 0" Catherine Farist

High Jump

5' 2" Summer Nash
5' 2" Stephanie Burk
5' 0" Diane Keller
4' 6" Monica Nelson
4' 4" Taylor Robbins

Javelin

104' 5" Katie Woolsey

33' 7" Alisha Larion	93' 7.5" Corina Linder	93' 11" Katelyn Walker
33' 3.25" Katelyn Walker	92' 6" Kelsey Tarp	86' 10" Molly Meyers
32' 5" Jess Blessard	85' 0" Alisha Larion	86' 6" Alisha Larion
31' 8.5" Tephra Brune	82' 5" Marya Nash	84' 0" Jess Blessard
30' 6.5" Molly Meyers	74' 11" Kristen Walker	83' 6" Tephra Brune
23' 3" Kristen Walker	72' 8" Jess Blessard	69' 0" Marya Nash
22' 5.75" Marya Nash	69' 9" Molly Meyers	66' 7" Chelsea Rothgeb
22' 4" Chelsea Rothgeb	58' 4" Chelsea Rothgeb	65' 2" Kristen Walker
		63' 6" Wendy Hecker
		58' 3" Corina Linder

400 Meter Relay

50.51 Katie Woolsey, Helen Hasbun, Symone Shaw, Hannah Hasbun
 52.2h Hannah Hasbun, Helen Hasbun, Symone Shaw, Kayla McLain
 53.0h Katie Woolsey, Symone Shaw, Diane Keller, Natalie Opsvig
 53.2h Katie Woolsey, Monica Nelson, Natalie Opsvig, Symone Shaw
 54.8h Mercedes Kwakeulu, Natalie Opsvig, Kayla McLain, Robyn Schirmer

800 Meter Relay

1:47.54 Kayla McLain, Helen Hasbun, Katie Woolsey, Hannah Hasbun
 1:53.6h Hannah Hasbun, Natalie Opsvig, Stephanie Burk, Mariah Stevens
 1:54.0h Hannah Hasbun, Helen Hasbun, Natalie Opsvig, Lauren Snead
 2:00.1h Helen Hasbun, Corina Linder, Natalie Opsvig, Lauren Snead

1600 Meter Relay

4:19.4h Katie Woolsey, Taylor Robbins, Marley Robbins, Megan Past
 4:23.0h Marley Robbins, Taylor Robbins, Megan Past, Mariah Stevens
 4:32.5h Jessareh Helm, Megan Past, Marley Robbins, Geena Baumgarden
 4:41.1h Kelly Besmer, Shila Hodgins, Megan Past, Mariah Stevens

1500 Meters

4:59.40 Alex Rudd
 5:01.86 Megan Past

3000 Meters

10:55.55 Alex Rudd
 11:30.62 Kelly Besmer

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2008 Dave Clifford, Head Coach

Suzanne da Ponte, Chris Jackson, Gregg Meyers, Dave Ovall,
Brian Peterman, PJ Stewart, Assistant Coaches

100 Meters

12.79 Helen Hasbun
13.2h Katie Woolsey
13.59 Kayla Mclain
13.4h Mercedes Nwokeuku
13.9h Natalie Opsvig

800 Meters

2:26.90 Megan Past
2:29.94 Dannah Parsons
2:36.2h Alex Rudd
2:43.0h Kelly Besmer
2:44.1h Katie Hogan
2:53.2h Brooke Moorhead
2:55.47 Wendy Hecker
2:56.0h Krista Nikalson
2:59.65

Geena Baumgardner
3:00.3h Julie Censulo
3:08.1h Chelsea Erlach
3:14.25 Danielle Perkins

100 Meter HH

15.13 Diane Keller
16.7h Summer Nash
17.69 Hannah Hasbun
17.7h Lauren Snead
20.65 Corina Linder

Long Jump

16' 10" Symone Shaw
16' 6.25" Helen Hasbun
14' 10.75" Diane Keller
13' 4" Stephanie Burk
11' 10.75" Corina Linder
11' 8" Dannah Parsons

Shot Put

37' 8" Alisha Larion
34' 11" Katelyn Walker
33' 0.5" Molly Meyers

200 Meters

26.72 Kayla Mclain
26.88 Katie Woolsey
27.28 Helen Hasbun
28.07 Natalie Opsvig

1600 Meters

5:32.2h Alex Rudd
5:33.8h Megan Past
5:56.9h Dannah Parsons
5:59.3h Katie Hogan
6:06.4h Brooke Moorhead
6:18.3h Julie Censulo
6:18.6h Wendy Hecker
6:19.7h Geena Baumgardner
6:22.8h Jessareh Helm
6:25.2h Krista Nikalson
6:45.5h Chelsea Erlach
7:17.0h Danielle Perkins

300 Meter LH

50.21 Hannah Hasbun
51.31 Lauren Snead
58.62 Corina Linder

Triple Jump

33' 6" Symone Shaw
32' 5.75" Stephanie Burk
30' 11.5" Diane Keller
30' 3.25" Summer Nash

Discus

104' 11" Summer Nash
104' 9" Alisha Larion
100' 1" Kelsey Tarp

400 Meters

59.95 Katie Woolsey
1:04.68 Taylor Robbins
1:07.1h Dannah Parsons
1:14.5h Krista Nikalson
1:22.8h Julie Censulo

3200 Meters

11:47.06 Alex Rudd
12:47.10 Kelly Besmer
12:58.4h Katie Hogan
13:52.9h Brooke Morehead
13:56.6h Julie Censulo
16:16.9h Chelsea Erlach

Pole Vault

8' 0" Marley Robbins
8' 0" Kelly Besmer
7' 7" Michel Cloward
7' 6" Brittney Conway

High Jump

5' 2" Stephanie Burk
5' 0" Summer Nash
4' 10" Diane Keller
4' 10" Wendy Hecker
4' 2" Taylor Robbins

Javelin

109' 3" Katie Woolsey
98' 0" Emily Ferree
97' 7" Katelyn Walker

32' 5.75" Kelsey Tarp	96' 7" Tori Howell	96' 3" Molly Meyers
27' 4.5" Tori Howell	95' 4" Corina Linder	93' 6" Alisha Larion
26' 1.5" Kristen Walker	85' 9" Molly Meyers	76' 8" Kristen Walker
23' 3" Corina Linder	83' 5" Emily Ferree	62' 4" Corina Linder
	75' 8" Kristen Walker	51' 6" Chelsea Rothgeb
	57' 8" Chelsea Rothgeb	

400 Meter Relay

50.52 Kayla Mclain, Helen Hasbun, Symone Shaw, Katie Woolsey
 53.3h Diane Keller, Natalie Opsvig, Kayla Mclain, Symone Shaw
 56.1h Mercedes Nowkeuku, Summer Nash, Symone Shaw, Natalie Opsvig
 56.37 Kayla Mclain, Hannah Hasbun, Helen Hasbun, Symone Shaw

800 Meter Relay

1:45.77 Kayla Mclain, Natalie Opsvig, Helen Hasbun, Katie Woolsey
 1:50.82 Diane Keller, Natalie Opsvig, Helen Hasbun, Kayla Mclain
 1:52.0h Diane Keller, Kayla Mclain, Symone Shaw, Katie Woolsey
 1:53.1h Helen Hasbun, Natalie Opsvig, Symone Shaw, Kayla Mclain
 1:56.2h Kayla Mclain, Dannah Parsons, Symone Shaw, Natalie Opsvig

1600 Meter Relay

4:15.6h Taylor Robbins, Megan Past, Marley Robbins, Katie Woolsey
 4:19.45 Taylor Robbins, Megan Past, Lauren Snead, Marley Robbins
 4:28.75 Dannah Parsons, Megan Past, Marley Robbins, Taylor Robbins
 4:30.8h Marley Robbins, Megan Past, Alex Rudd, Taylor Robbins
 4:53.8h Dannah Parsons, Geena Baumgarden, Alex Rudd, Krista Nikalson
 5:16.32 Brooke Moorhead, Geena Baumgarden, Julie Censulo, Chelsea Erlach

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Kingco League Team Champions

SeaKing District Champions

2009 Dave Clifford, Head Coach

Suzanne da Ponte, Rachel Dillon, Brady James, Chris Jackson,

Gregg Meyers, Dave Ovall, Brian Peterman, PJ Stewart, Assistant Coaches

100 Meters

12.73 Helen Hasbun
13.25 Sophie Rockow
13.2h Nikki Stanton
14.0h Annalise Sansburn

200 Meters 400 Meters

25.72 Helen Hasbun
27.33 Nikki Stanton
27.5h Natalie Opsvig
27.5h Sophie Rockow
28.2h Hannah Hasbun
28.51 Taylor Robbins
28.9h Annalise Sansburn
29.9h Leslie Stevens
31.2h Rissy Past

1:01.9h Lindsay Kirby
1:03.11 Taylor Robbins
1:04.0h Megan Past
1:07.0h Sally Miller
1:10.5h Kendall Maddux
1:11.0h Dannah Parsons
1:13.8h Rissy Past

800 Meters

2:23.6h Megan Past
2:31.44 Lindsay Kirby
2:35.7h Alex Rudd
2:36.60 Jessareh Helm
2:42.75 Dannah Parsons
2:43.3h Sally Miller
2:53.1h Wendy Hecker
2:54.3h Angela Hontas
2:54.81 Kendall Maddux
3:19.2h Julie Censullo

1600 Meters

5:23.2h Alex Rudd
5:37.5h Megan Past
5:53.2h Sally Miller
5:58.9h Jessareh Helm
6:00.9h Kendall Maddux
6:10.8h Wendy Hecker
6:12.2h Angela Hontas
7:00.0h Julie Censullo
7:03.8h Geena Baumgardner
7:13.5h Madeline Bezanson

3200 Meters

11:37.30 Alex Rudd
12:01.76 Kendall Maddux
13:07.4h Jessareh Helm
13:19.1h Wendy Hecker
14:21.8h Angela Hontas
15:13.61 Julie Censullo

100 Meter HH

14.71 Diane Keller
16.22 Hannah Hasbun

300 Meter LH

46.20 Hannah Hasbun
47.57 Diane Keller
52.9h Kendall Maddux
1:00.7h Madeline Bezanson

Pole Vault

10' 0" Georgia Reynolds
9' 6" Kelly Besmer
8' 6" Lexi Swanson
7' 0" Maggie Burrows

Long Jump

17' 6.5" Diane Keller
16' 8.75" Helen Hasbun
14' 11.75" Sally Miller
12' 10" Rissy Past

Triple Jump

32' 11.75" Stephanie Burk
31' 5" Sally Miller
31' 3.5" Diane Keller

High Jump

5' 0" Stephanie Burk
4' 10" Diana Keller
4' 10" Wendy Hecker
4' 0" Corina Linder

Shot Put

36' 7.5" Molly Meyers
32' 4" Tori Howell
26' 3" Emily Farree

Discus

116' 1" Corina Linder
105' 3" Tori Howell
83' 9" Emily Farree

Javelin

121' 6" Kelly Besmer
109' 7" Emily Farree
107' 11" Molly Meyers

24' 10" CC Christen
21' 0.5" Leslie Stevens

61' 9" CC Christen

92' 9" Leslie Stevens
79' 1" Corina Linder

4 x 100 Meter Relay

49.31 Diane Keller, Hannah Hasbun, Helen Hasbun, Nikki Stanton
51.7h Hannah Hasbun, Helen Hasbun, Diane Keller, Sophie Rockow
52.19 Sophie Rockow, Helen Hasbun, Natalie Opsvig, Hannah Hasbun
52.4h Stephanie Burk, Diane Keller, Natalie Opsvig, Hannah Hasbun
54.65 Hannah Hasbun, Lindsay Kirby, Kayla Mclain, Natalie Opsvig

4 x 200 Meter Relay

1:45.28 Nikki Stanton, Natalie Opsvig, Hannah Hasbun, Helen Hasbun
1:46.29 Nikki Stanton, Sophie Rockow, Hannah Hasbun, Helen Hasbun
1:46.64 Hannah Hasbun, Natalie Opsvig, Nikki Stanton, Sophie Rockow
1:47.4h Hannah Hasbun, Helen Hasbun, Natalie Opsvig, Sophie Rockow
1:53.2h Lindsay Kirby, Natalie Opsvig, Taylor Robbins, Sophie Rockow
1:57.6h Rissy Past, Lindsay Kirby, Annalise Sansburn, Leslie Stevens
1:58.2h Rissy Past, Sophie Rockow, Annalise Sansburn, Leslie Stevens
2:02.9h Natalie Opsvig, Helen Hasbun, Taylor Robbins, Sophie Rockow
2:05.3h Madeline Bezanson, Rissy Past, Leslie Stevens, Annalise Sansburn

4 x 400 Meter Relay

4:13.41 Megan Past, Taylor Robbins, Lindsay Kirby, Natalie Opsvig
4:27.7h Dannah Parsons, Megan Past, Taylor Robbins, Lindsay Kirby
4:33.6h Dannah parsons, Megan Past, Rissy Past, Taylor Robbins
4:40.7h Jessareh Helm, Sally Miller, Dannah Parsons, Alex Rudd
4:44.63 Dannah Parsons, Sally Miller, Kelly Besmer, Rissy Past
4:54.1h Madeline Bezanson, Kendall Maddux, Sally Miller, Alex Rudd
5:01.1h Dannah Parsons, Wendy Hecker, Madeline Bezanson, Sally Miller
5:26.5h Geena Baumgardner, Julie Censullo, Angela Hontas, Wendy Hecker

1500 Meters

5:54.80 Sally Miller

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2010 Dave Clifford, Head Coach

Suzanne da Ponte, Rachel Dillon, Chris Jackson, Brady Jones,
Gregg Meyers, Dave Ovall, Brian Peterman, Shannon Shelby,
PJ Stewart, Assistant Coaches:

100 Meters

13.17 Sophie Rockow
13.23 Helen Hasbun
13.2h Georgia Reynolds
13.51 Claire Larsen
13.8h Breanne Beckes
Beckes
14.1h Hannah Richmond
14.3h Sabrina Frost

800 Meters

2:25.58 Christina Volken
2:34.2h Megan Past
Maddux
2:37.1h Alex Rudd
Volken
2:48.7h Kendall Maddux
Tourette
2:56.9h Landon Edwards
3:02.2h Claudia Baumann
Bezanson
3:11.2h
Geena Baumgardner
3:11.3h Natalie Guterson
3:17.3h Jesse La Tourette
3:19.2h Laurence Tack
3:19.3h Hannah Salmon
3:22.5h Julie Censullo
3:24.5h
Madeleine Bezanson
3:33.1h Mari Patis

100 Meter HH

200 Meters

26.35 Hannah Hasbun
26.9h Helen Hasbun
27.16 Sophie Rockow
27.3h Natalie Opsvig
27.3h Georgia Reynolds

28.3h Breanne Beckes
28.9h Claire Larsen
29.1h Lindsay Kirby
29.2h Leslie Stevens
29.8h Shannon Acker
30.4h Sabrina Frost

1600 Meters

5:27.94 Alex Rudd
5:42.6h Christina Volken

5:51.7h Kendall Maddux

6:28.9h Claudia Baumann

6:32.1h Landon Edwards
6:49.8h Natalie Guterson

7:00.2h Jesse La Tourette
7:00.4h Geena Baumgardner
7:10.5h Julie Censullo
7:10.6h Laurence Tack
7:28.5h Madeleine Bezanson
7:38.5h Mari Patis

300 Meter LH

400 Meters

1:03.2h Lindsay Kirby
1:04.9h Claire Larsen
1:05.7h Ashley Jackson
1:07.37 Natalie Opsvig
1:07.7h Breanne

3200 Meters

11:46.37 Alex Rudd
12:29.19 Kendall

12:49.8h Christina

15:34.5h Jesse La

16:39.4h Julie Censullo
17:01.7h Madeleine

Pole Vault

15.79 Hannah Hasbun
Reynolds
17.07 Nadia Beattie
17.52 Ashley Jackson
18.2h Shannon Acker
Richmond

Long Jump

16' 9.75" Helen Hasbun
16' 1.25" Sally Miller
15' 6.25" Ashley Jackson
12' 0.75" Haley White

Shot Put

38' 6.75" Molly Meyers
30' 4.5" Corina Linder
29' 9.5" Emily Ferree
28' 4.5" Kelly Besmer

4 x 100 Meter Relay

50.02 Hannah Hasbun, Natalie Opsvig, Sophie Rockow, Georgia Reynolds
50.7h Natalie Opsvig, Claire Larsen, Sophie Rockow, Hannah Hasbun
52.09 Claire Larsen, Georgia Reynolds, Sophie Rockow, Hannah Hasbun
52.2h Hannah Hasbun, Helen Hasbun, Georgia Reynolds, Sophie Rockow
52.5h Breanne Beckes, Claire Larsen, Sophie Rockow, Hannah Hasbun
1:01.75 Kelly Besmer, Emily Ferree, Corina Linder, Molly Meyers

4 x 200 Meter Relay

1:46.33 Hannah Hasbun, Natalie Opsvig, Georgia Reynolds, Sophie Rockow
1:48.5h Hannah Hasbun, Helen Hasbun, Ashley Jackson, Natalie Opsvig
1:49.06 Georgia Reynolds, Natalie Opsvig, Sophie Rockow, Breanne Beckes
1:49.0h Breanne Beckes, Natalie Opsvig, Sophie Rockow, Hannah Hasbun
1:49.3h Hannah Hasbun, Helen Hasbun, Sophie Rockow, Natalie Opsvig

4 x 400 Meter Relay

4:16.26 Lindsay Kirby, Natalie Opsvig, Sally Miller, Christina Volken
4:18.24 Lindsay Kirby, Natalie Opsvig, Ashley Jackson, Christina Volken
4:21.4h Sophie Rockow, Sally Miller, Natalie Opsvig, Ashley Jackson

45.15 Hannah Hasbun
48.15 Ashley Jackson
52.4h Shannon Acker
52.4h Kendall Maddux

60.9h Landon Edwards Triple Jump

33' 9.5" Leslie Stevens
33' 2" Aubrey Larion
32' 8" Sally Miller
30' 11.5" Sophie Rockow
30' 1" Shannon Acker
28' 11" Kendall Maddux

Discus

119' 4" Corina Linder
103' 8" Molly Meyers
80' 2" Emily Ferree
69' 6" Maddie Wilson
56' 8" Leslie Stevens

11' 6" Georgia
9' 0" Lexi Swanson
7' 6" Daniele Curley
7' 0" Hannah

6' 6" Haley White High Jump

4' 6" Lexi Swanson
4' 2" Aubrey Larion

Javelin

136' 3" Kelly Besmer
122' 8" Emily Ferree
104' 2" Molly Meyers
103' 4" Leslie Stevens
97' 8" Aubrey Larion
81' 0" Corina Linder
59' 9" Lydia Lofgren
52' 0" Maddie Wilson

4:22.5h Lindsay Kirby, Natalie Opsvig, Sally Miller, Ashley Jackson
4:32.5h Ashley Jackson, Lindsay Kirby, Natalie Opsvig, Shannon Acker
4:35.1h Ashley Jackson, Sally Miller, Natalie Opsvig, Megan Past
4:38.4h Ashley Jackson, Sabrina Frost, Natalie Opsvig, Sally Miller

Mile

5:40.70 Christina Volken

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2011 Dave Clifford, Head Coach

Assistant Coaches: Rachel Dillon, Chris Jackson, Gregg Meyers, Dave
Ovall, Brian Peterman, Sean Sudwall

100 Meters

13.00 Jesse Guyer
13.46 Sophie Rockow
13.7h Abbey Bottemiller
13.8h Rachel Finnegan
13.9h Kristen Kasel
14.4h Sydney Dore
15.2h Emma Panciroli
15.3h Chelsea Meadows
15.4h Krisin Moore

800 Meters

2:24.18 Christina Volken
2:31.1h Lindsay Kirby
Maddux
2:31.6h Bailey Scott
Bezanson
2:32.4h Abbey Bottemiller
2:53.5h Kamira Nicolino
2:59.9h Delaney Hollis
3:11.4h Bailey Wise
3:14.1h Madeleine Bezanson
3:16.1h Mari Patis
3:26.0h Hannah Salmon

100 Meter HH

17.35 Ashley Jackson
19.2h Sydney Leonard
20.03 Jesse Guyer

Long Jump

15' 7.5" Ashley Jackson
15' 1.75" Bailey Scott
12' 3.5"
Madeleine Hutchinson

200 Meters

27.21 Sophie Rockow
27.71 Jesse Guyer
28.69 Sydney Dore
28.8h Abbey Bottemiller
29.8h
Madeleine Hutchinson
30.1h Kennedi Norris
31.2h Krisin Moore
31.6h Madelyn Esteb
32.3h Chelsea Meadows
32.5h Emma Panciroli

1600 Meters

5:20.86 Bailey Scott
6:02.5h Christina Volken
6:14.3h Kendall Maddux
6:18.1h Kamira Nicolino
6:19.1h Delaney Hollis
6:24.41 Madelyn Esteb
6:49.9h Mari Patis
6:54.4h Bailey Wise
6:55.4h
Madeleine Bezanson
7:22.3h Hannah Salmon

300 Meter LH

46.66 Ashley Jackson
54.7h Sydney Leonard

Triple Jump

35' 7" Leslie Stevens
33' 4.5" Sophie Rockow
30' 10" Jesse Guyer

400 Meters

63.61 Lindsay Kirby
65.3h Madeleine Hutchinson
66.1h Abbey Bottemiller
67.17 Madelyn Esteb
67.50 Kennedi Norris

3200 Meters

11:57.88 Bailey Scott
13:08.62 Kendall
15:02.1h Madeleine

Pole Vault

9' 9" Lexi Swanson
9' 0" Daniele Curley
8' 6" Hannah Richmond
7' 6" Emma Panciroli
7' 6" Krisin Moore

High Jump

4' 8" Lexi Swanson
4' 4" Madelyn Esteb
4' 0" Kamira Nicolino
4' 0" Sydney Dore

10' 10" Jordan Koellen
10' 8.75" Cara Currier
10' 0.5" Daniele Curley

4' 0" Cara Currier

Shot Put

27' 11.25" Sydney Leonard
27' 4.5" Madison Bardsley
25' 10" Leslie Stevens
23' 3.5" Velvet Weber
20' 7" Paige Dahlberg

Discus

85' 2" Leslie Stevens
84' 6" Kristen Kasel
77' 10" Madison Bardsley
63' 2" Paige Dahlberg
51' 7" Jordan Koellen
48' 5" Cara Currier

Javelin

110' 10" Leslie Stevens
90' 2" Kristen Kasel
88' 7" Sydney Leonard
78' 3" Chelsea Meadows
77' 1" Velvet Weber
64' 1" Paige Dahlberg

4 x 100 Meter Relay

51.62 Abbey Bottemiller, Sophie Rockow, Jesse Guyer, Kristen Kasel
54.59 Abbey Bottemiller, Rachel Finnegan, Jesse Guyer, Sophie Rockow
57.2h Rachel Finnegan, Madeleine Hutchinson, Kennedy Norris, Sydney Dore
57.5h Madelyn Esteb, Madeleine Hutchinson, Kennedy Norris, Sydney Dore
61.49 Madeleine Hutchinson, Rachel Finnegan, Abbey Bottemiller, Jesse Guyer

4 x 200 Meter Relay

1:50.28 Abbey Bottemiller, Sydney Dore, Sophie Rockow, Jesse Guyer
1:53.0h Abbey Bottemiller, Rachel Finnegan, Jesse Guyer, Sophie Rockow
1:54.86 Jesse Guyer, Lindsay Kirby, Madeleine Hutchinson, Sophie Rockow
1:55.4h Madeleine Hutchinson, Madelyn Esteb, Jesse Guyer, Sophie Rockow
1:55.88 Sydney Dore, Rachel Finnegan, Madeleine Hutchinson, Kennedy Norris
1:59.0h Sydney Dore, Madelyn Esteb, Madeleine Hutchinson, Kennedy Norris

4 x 400 Meter Relay

4:14.19 Abbey Bottemiller, Christina Volken, Lindsay Kirby, Madeleine Hutchinson
4:29.6h Ashley Jackson, Christina Volken, Lindsay Kirby, Madelyn Esteb
4:31.2h Lindsay Kirby, Christina Volken, Ashley Jackson, Bailey Scott
4:32.3h Lindsay Kirby, Christina Volken, Ashley Jackson, Madeleine Hutchinson
4:37.16 Madeleine Hutchinson, Bailey Scott, Ashley Jackson, Abbey Bottemiller
5:11.9h Kendall Maddux, Kamira Nicolino, Mari Patis, Hannah Salmon

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2012 Dave Clifford, Head Coach

Chris Jackson, Gregg Meyers, Dave Ovall, Brian Peterman,
Sean Sudwall, Assistant Coaches

100 Meters

12.9h Jesse Guyer
13.7h Sophie Rockow
13.7h Johanna Cranford
13.8h Karlie Hurley

800 Meters

2:27.32 Christina Volken
2:29.99 Abbey Bottemiller
2:47.9h Angelina Belceto
2:52.4h Amanda Urbasich
3:31.6h Hannah Salmon

100 Meter HH

17.55 Ashley Jackson
17.7h Sydney Leonard

Long Jump

16' 0.5" Sally Miller
15' 6.75" Karlie Hurley
15' 6.5" Ashley Jackson
14' 5" Sophie Rockow

Shot Put

31' 10" Sydney Leonard
31' 0" Heather Vanourek
27' 1" Andrea Suttle
26' 8.75" Velvet Weber
23' 7.5" Sara Brevick

200 Meters

27.68 Jesse Guyer
27.82 Sophie Rockow
27.9h Johanna Cranford
28.20 Karlie Hurley

1600 Meters

5:25.5h Bailey Scott
5:44.94 Abbey Bottemiller
5:51.53 Angelina Belceto
5:59.21 Ella Thompson
6:01.6h Delaney Hollis
6:17.4h Annie Shaw
6:22.62 Kamira Nicolino
6:42.58 Amanda Urbasich
6:47.6h Madeleine Bezanson
6:58.61 Bailey Wise
7:10.4h Mari Patis

300 Meter LH

47.32 Ashley Jackson
48.83a Sydney Leonard

Triple Jump

33' 4.25" Sally Miller
33' 0" Sophie Rockow
31' 1" Jesse Guyer

Discus

90' 9" Kristen Kasel
90' 5" Heather Vanourek
87' 7" Andrea Suttle
75' 1" Sara Brevick
67' 2" Velvet Weber

400 Meters

1:00.39 Karlie Hurley
1:04.5h Madeleine Hutchison
1:04.5h Christine Volken

3200 Meters

11:57.35 Bailey Scott
12:44.49 Angelina Belceto
13:02.58 Ella Thompson
13:13.15 Annie Shaw
13:56.29 Delaney Hollis
15:22.15 Bailey Wise
15:25.6h Madeleine Bezanson

Pole Vault

10' 0" Lexi Swanson
9' 6" Hailey Johnson
9' 6" Daniele Curley
9' 0" Hannah Richmond
9' 0" Mikaelyn Davis
8' 6" Kristin Moore
8' 0" Emma Panciroli
7' 0" Cara Carrier

High Jump

4' 6" Lexi Swanson

Javelin

114' 7" Sydney Leonard
92' 10" Kristen Kasel
86' 2" Sara Brevick
80' 5" Velvet Weber
69' 7" Andrea Suttle

22' 7.5" Kristen Kasel
17' 7" Avery Dahline

59' 0" Maddie Hager

54' 10" Madeleine Bezanson
51' 1" Heather Vanourek
24' 0" Avery Dahline

4 x 100 Meter Relay

51.8h Sophie Rockow, Karlie Hurley, Jesse Guyer, Johanna Cranford
52.25 Sophie Rockow, Sally Miller, Jesse Guyer, Hannah Richmond
52.31 Sophie Rockow, Karlie Hurley, Jesse Guyer, Hannah Richmond
53.8h Sophie Rockow, Sally Miller, Karlie Hurley, Hannah Richmond
53.23 Sophie Rockow, Karlie Hurley, Johanna Cranford, Velvet Weber
53.63 *No Participants Listed*
59.03 Sara Brevick, Andrea Suttle, Sydney Leonard, Kristen Kasel

4 x 200 Meter Relay

1:48.06 Sophie Rockow, Sally Miller, Jesse Guyer, Karlie Hurley
1:51.36 Sophie Rockow, Karlie Hurley, Madeleine Hutchison, Jesse Guyer
1:52.05 Abbey Bottemiller, Sophie Rockow, Sally Miller, Madeleine Hutchison
1:56.6h Sally Miller, Sydney Leonard, Sara Brevick, Madeleine Hutchison
1:57.00 Abbey Bottemiller, Sydney Leonard, Sally Miller, Madeleine Hutchison

4 x 400 Meter Relay

4:06.41 Abbey Bottemiller, Jesse Guyer, Karlie Hurley, Christina Volken
4:17.63 Karlie Hurley, Christina Volken, Madeleine Hutchison, Jesse Guyer
4:26.00 Abbey Bottemiller, Christina Volken, Karlie Hurley, Bailey Scott
4:27.1h Abbey Bottemiller, Christina Volken, Sally Miller, Madeleine Hutchison
4:27.8a Karlie Hurley, Christina Volken, Madeleine Hutchison, Abbey Bottemiller
4:32.5h Madeleine Hutchison, Christina Volken, Bailey Scott, Sara Brevick
4:34.42 Ashley Jackson, Christina Volken, Abbey Bottemiller, Madelyn Esteb
4:35.78 Abbey Bottemiller, Christina Volken, Sally Miller, Bailey Scott
4:36.70 Madeleine Hutchison, Christina Volken, Sally Miller, Bailey Scott
5:18.1h *No Participants Listed*

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2013 Dave Clifford, Head Coach

Megan Botulinski, Chris Jackson, Gregg Meyers, Dave Ovall,
Brian Peterman, Sean Sudwall, Assistant Coaches

100 Meters

12.75 Jesse Guyer
13.21 Karlie Hurley
13.60 Curstyn Williamson
13.4h Hannah Richmond
13.71 Kelli Christopherson
13.9h Diana Hruska

200 Meters

25.90 Karlie Hurley
27.9h Hannah Richmond
28.66 Kelli Christopherson
28.68 Curstyn Williamson
28.95 Jesse Guyer
29.14 Pauline Kaczmarek
29.42 Sarah Miller
29.59

400 Meters

59.68 Karlie Hurley
1:01.5h Mackenzie Hutchison
1:06.18 Abbey Bottemiller
1:06.48 Hannah Richmond

800 Meters

2:23.72
Madeleine Hutchison
2:31.83 Abbey Bottemiller
2:46.1h Bailey Scott
2:52.8h Delaney Hollis
3:18.24 Mari Patis

1600 Meters

5:28.3h Madeleine Hutchison
5:34.72 Bailey Scott
5:49.51 Delaney Hollis
6:07.30 Melissa Hruska
6:15.3h Ella Thompson
6:19.94
Elisabeth Johanson
6:25.42 Angelina Belceto
6:31.2h Annie Shaw
7:03.38 Mckensi McClellan
7:18.6h Mari Patis

3200 Meters

12:16.01 Bailey Scott
14:23.7h Elisabeth Johanson
14:25.1h Delaney Hollis
14.26.99 Annie Shaw
14:33.0h Melissa Hruska
15:57.73 Mari Patis

100 Meter HH

17.17 Ashley Jackson
17.21 Sarah Miller
17.6h Mackenzie Hutchison
18.60 Sydney Leonard

300 Meter LH

46.38 Ashley Jackson
48.52
Mackenzie Hutchison
49.43 Sydney Leonard

Pole Vault

9' 6" Daniele Curley
9' 6" Mikaelyn Davis
8' 6" Emma Panciroli
8' 6" Pauline Kaczmarek
8' 0" Hailey Johnson
8' 0" Kristin Moore
7' 6" Abby Weber
7' 0" Cara Carrier

Long Jump

16' 5.5" Ashley Jackson
16' 3" Karlie Hurley
15' 2" Pauline Kaczmarek

Triple Jump

29' 9.5" Jesse Guyer

High Jump

4' 6" Sydney Leonard
4' 4" Rachel Wachtendonk
4' 2" Curstyn Williamson

Shot Put

Discus

Javelin

33' 0.5" Andrea Suttle	111' 1" Andrea Suttle	111' 10" Sara Brevick
32' 3" Heather Vanourek	98' 10" Kristen Kasel	105' 1" Sydney Leonard
31' 5" Sydney Leonard	89' 2" Heather Vanourek	92' 7" Kristen Kasel
30' 7.25" Velvet Weber	85' 11" Velvet Weber	89' 2" Velvet Weber
25' 5" Zoie Bel	85' 11" Sara Brevick	78' 6" Mckenna Fedora
23' 9" Sara Brevick	68' 1" Mckenna Fedora	72' 6" Taylor Stewart
20' 11.5" Mckenna Fedora	62' 8" Natalie Gunn	71' 3" Natalie Gunn
	60' 10" Zoie Bel	65' 4" Rachel Wachtendonk
	53' 3" Taylor Stewart	

4 x 100 Meter Relay

52.03 Karlie Hurley, Jesse Guyer, Hannah Richmond, Sydney Leonard
 52.80 Kelli Christopherson, Curstyn Williamson, Sarah Miller, Hannah Richmond
 54.9h Kelli Christopherson, Hannah Richmond, Sarah Miller, Sydney Leonard
 55.30 Kelli Christopherson, Curstyn Williamson, Sarah Miller, Sydney Leonard
 62.77 Sarah Miller, Diana Hruska, Curstyn Williamson, Kelli Christopherson
 NT Kelli Christopherson, Diana Hruska, Curstyn Williamson, Pauline Kaczmarek

4 x 200 Meter Relay

1:45.51 Karlie Hurley, Mackenzie Hutchison, Hannah Richmond, Jesse Guyer
 1:49.87 Karlie Hurley, Abbey Bottemiller, Hannah Richmond, Jesse Guyer
 1:51.5h Mackenzie Hutchison, Jesse Guyer, Kelli Christopherson, Curstyn Williamson
 1:55.60 Abbey Bottemiller, Hailey Johnson, Sara Brevick, Curstyn Williamson
 1:56.5h Sara Brevick, Kelli Christopherson, Curstyn Williamson, Kelli Christopherson

4 x 400 Meter Relay

4:05.66 12a Karlie Hurley, Mackenzie Hutchison, Pauline Kaczmarek, Madeleine Hutchison
 4:10.52 Jesse Guyer, Hannah Richmond, Mackenzie Hutchison, Pauline Kaczmarek
 4:13.2h Mackenzie Hutchison, Madeleine Hutchison, Jesse Guyer, Pauline Kaczmarek
 4:16.11 Karlie Hurley, Abbey Bottemiller, Hannah Richmond, Jesse Guyer
 4:17.12 Karlie Hurley, Mackenzie Hutchison, Pauline Kaczmarek, Jesse Guyer
 4:18.25 Mackenzie Hutchison, Jesse Guyer, Madeleine Hutchison, Hannah Richmond
 4:18.48 Mackenzie Hutchison, Abbey Bottemiller, Jesse Guyer, Hannah Richmond
 4:19.39 Karlie Hurley, Jesse Guyer, Madeleine Hutchison, Mackenzie Hutchison
 4:22.68 Karlie Hurley, Madeleine Hutchison, Abbey Bottemiller, Mackenzie Hutchison
 4:24.0h Pauline Kaczmarek, Madeleine Hutchison, Mackenzie Hutchison,
 Hannah Richmond

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2014 Dave Clifford, Head Coach

Megan Botulinski, Chris Jackson, Gregg Meyers, Dave Ovall,
Brian Peterman, Sean Sudwall, Assistant Coaches

100 Meters

12.77 Jesse Guyer
13.39 Lauren Rutherford
13.52 Karlie Hurley
13.71 Kelli Christopherson
13.5h Lauren Mather
13.88 Diana Hruska

200 Meters

26.38 Karlie Hurley
27.38 Bailey Scott
27.43 Jesse Guyer
27.49 Lauren Rutherford
27.74 Kelli Christopherson
28.59 Diana Hruska
29.3h Sarah Miller
29.4h Lauren Mather
30.05 Lauren Gappa
30.31 Madysen Privatsky
31.04 Miranda Jarocki
31.09 Abby Weber

400 Meters

59.39 Karlie Hurley
1:00.85 Mackenzie Hutchison
1:00.92 Bailey Scott
1:02.10 Lindsey Sydor

800 Meters

2:19.68 Lindsey Sydnor
2:21.26
 Madeleine Hutchison
2:22.07 Hannah Waskom
2:27.39 Melissa Hruska
2:32.19 Ellie Bruce
2:58.62 Kylie Steskal
2:59.69 Hailey Hammer
3:09.05 Miranda Jarocki

1600 Meters

5:04.46 Hannah Waskom
5:15.04
 Madeleine Hutchison
5:17.18 Lindsey Sydnor
5:43.91 Delaney Hollis
5:49.61 Ellie Bruce
6:07.51 Melissa Hruska
6:21.6h Hailey Hammer
6:26.14 Kylie Steskal
6:49.0h Miranda Jarocki
6:59.0h Solvej Cannell
7:09.64 Faith Callies

3200 Meters

11:07.31 Hannah Waskom
11:11.25
 Madeleine Hutchison
12:22.72 Delaney Hollis
12:56.74 Ellie Bruce
13:17.46 Kylie Steskal
14:19.71 Hailey Hammer

17.29 Sarah Miller
20.54 Faith Callies

100 Meter HH

46.36
 Mackenzie Hutchison
50.75 Sydney Leonard
53.00 Sarah Miller

300 Meter LH Pole Vault

10' 0" Mikaelyn Davis
9' 0" Jennifer Rogers
8' 6" Emma Panciroli
8' 6" Abby Weber
8' 6" Sarah Panciroli
7' 0" Lauren Gappa
6' 6" Kristin Moore
6' 6" Kylie Steskal

Long Jump

16' 5.75" Karlie Hurley

Triple Jump

31' 10.75"

High Jump

4' 8" Mackenzie Hutchison

13' 7" Madysen Privatsky

Madysen Privatsky
31' 9" Jesse Guyer

4' 8" Bailey Scott
4' 4" Sydney Leonard
4' 4" Miranda Jarocki
4' 2" Ellie Bruce

Shot Put

32' 2.75" Sydney Leonard
24' 2.5" Cora Van Leuven
23' 10" Riley Ovall

Discus

108' 0" Sara Brevick
92' 0" Clarice Chartier
77' 8" Taylor Stewart
60' 8" Cora Van Leuven

Javelin

128' 3" Riley Ovall
114' 5" Sara Brevick
114' 1" Sydney Leonard
88' 8" Clarice Chartier
71' 2" Taylor Stewart
50' 3" Cora Van Leuven

4 x 100 Meter Relay

52.08 Kelli Christopherson, Lauren Rutherford, Diana Hruska, Sydney Leonard
53.11 Diana Hruska, Kelli Christopherson, Lauren Rutherford, Madysen Privatsky
53.14 Karlie Hurley, Mackenzie Hutchison, Sydney Leonard, Lauren Rutherford
53.46 Diana Hruska, Kelli Christopherson, Lauren Rutherford, Sarah Miller
54.33 Diana Hruska, Kelli Christopherson, Sydney Leonard, Madysen Privatsky
54.3h Kelli Christopherson, Diana Hruska, Lauren Mather, Sarah Miller
63.62 Riley Ovall, Taylor Stewart, Sara Brevick, Cora Van Leuven

4 x 200 Meter Relay

1:45.34 Karlie Hurley, Mackenzie Hutchison, Bailey Scott, Jesse Guyer
1:46.08 Lauren Rutherford, Mackenzie Hutchison, Karlie Hurley, Jesse Guyer
1:46.48 Kelli Christopherson, Jesse Guyer, Karlie Hurley, Mackenzie Hutchison
1:47.7h Karlie Hurley, Lindsey Sydnor, Lauren Rutherford, Jesse Guyer
1:49.28 Mackenzie Hutchison, Kelli Christopherson, Lauren Rutherford, Jesse Guyer
1:51.78 Karlie Hurley, Mackenzie Hutchison, Lauren Rutherford, Kelli Christopherson
1:54.88 Kelli Christopherson, Diana Hruska, Madeleine Hutchison, Lauren Rutherford
1:55.42 Mackenzie Hutchison, Jennifer Rogers, Kelli Christopherson, Jesse Guyer
1:59.77 Mikaelyn Davis, Jennifer Rogers, Lauren Gappa, Abby Weber
1:59.79 Relay Team
2:01.54 Mikaelyn Davis, Sarah Panciroli, Lauren Gappa, Jennifer Rogers

4 x 400 Meter Relay

3:57.08 Jesse Guyer, Karlie Hurley, Mackenzie Hutchison, Madeleine Hutchison
3:59.09 Karlie Hurley, Mackenzie Hutchison, Bailey Scott, Jesse Guyer
4:04.27 Karlie Hurley, Mackenzie Hutchison, Lindsey Sydor, Bailey Scott
4:05.24 Mackenzie Hutchison, Lindsey Sydor, Jesse Guyer, Bailey Scott
4:09.49 Jesse Guyer, Madeleine Hutchison, Bailey Scott, Lindsey Sydor
4:13.4h Mackenzie Hutchison, Madeleine Hutchison, Lindsey Sydor, Bailey Scott
4:22.59 Mackenzie Hutchison, Madeleine Hutchison, Ellie Bruce, Bailey Scott
4:47.04 Madeleine Hutchison, Miranda Jarocki, Hailey Hammer, Ellie Bruce

4:56.4h Madysen Privatsky, Faith Callies, Miranda Jarocki, Sarah Miller
Mile

5:15.40 Madeleine Hutchison

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2015 Dave Clifford, Head Coach

Chris Jackson, Gregg Meyers, Dave Ovall, Leslie Seelye,
Sean Sudwall, Assistant Coaches

100 Meters

12.50 Karlie Hurley
13.27 Kelli Christopherson
13.48 Lauren Rutherford
13.70 Diana Hruska
13.97 Lauren Mather
14.2h Kari Lorenzo
14.4h Megan Ellis

200 Meters

25.38 Karlie Hurley
27.38 Kelli Christopherson
28.14 Diana Hruska
28.53 Lauren Rutherford
28.61 Lauren Gappa
28.84 Drew Butler
28.9h Lauren Mather
29.1h Sarah Panciroli
30.83 Megan Ellis

400 Meters

59.02 Karlie Hurley
63.09 Melissa Hruska
64.64 Sarah Panciroli
64.68 Mackenzie Hutchison
65.62 Lauren Gappa
67.53 Chloe Cosgrove

800 Meters

2:15.88 Lindsey Sydnor
2:17.22 Melissa Hruska
2:19.23 Hannah Waskom
2:23.13
Mackenzie Hutchison
2:29.75 Ellie Bruce
2:52.4h Hailey Hammer
2:54.5h Stef Stevens

1600 Meters

5:01.07 Lindsey Sydnor
5:02.86 Hannah Waskom
5:22.31 Melissa Hruska
5:38.30 Ellie Bruce
5:45.2h Chloe Cosgrove
5:56.2h Julene McDonald
6:06.70 Hailey Hammer
6:07.2h Stef Stevens
6:15.9h Kylie Steskal
6:34.63 Quinn Van Buren
6:40.7h Renee Spear
7:10.3h Sadie Woolf
7:46.76 Kelly Dunn

3200 Meters

10:47.22 Hannah Waskom
11:07.51 Lindsey Sydnor
11:42.21 Melissa Hruska
12:13.7h Julene McDonald
12:19.27 Ellie Bruce
12:37.21 Chloe Cosgrove
13:16.15 Hailey Hammer
13:37.36 Kylie Steskal

100 Meter HH

19.43 Olivia Henning
19.3h Riley Buckmaster
20.11 Lexi Winter
20.48 Chloe Cosgrove

300 Meter LH

51.59 Lexi Winter
53.00 Olivia Henning
53.1h Riley Buckmaster
55.04 Chloe Cosgrove

Pole Vault

10' 0" Abby Weber
9' 6" Sarah Panciroli
8' 6" Lauren Gappa
8' 6" Amanda Antoch
8' 6" Riley Buckmaster
8' 0" Drew Butler

Long Jump

16' 5.75" Lauren Rutherford
12' 7.5" Megan Ellis

Triple Jump

29' 8.5" Olivia Henning

High Jump

5' 3" Drew Butler
4' 6" Amanda Antoch

Shot Put

36' 3" Elizabeth Larson
28' 11" Sara Brevick

Discus

110' 8" Sara Brevick
92' 1" Clarice Chartier

Javelin

125' 8" Sara Brevick
123' 5" Riley Ovall

27' 1.25" Riley Ovall	79' 8" Elizabeth Larson	97' 0" Clarice Chartier
25' 4.5" Celeste Rodriguez	69' 9" Riley Ovall	66' 10" Celeste Rodriguez
22' 0.25" Launa Bateman	59' 0" Teresa Eichler	52' 5" Teresa Eichler
	54' 10" Celeste Rodriguez	46' 7" Launa Bateman
	49' 5" Launa Bateman	

4 x 100 Meter Relay

51.72 Kelli Christopherson, Diana Hruska, Lauren Rutherford, Sarah Panciroli
 52.65 Kelli Christopherson, Diana Hruska, Lauren Mather, Abby Weber
 52.75 Lauren Gappa, Diana Hruska, Lauren Mather, Lauren Rutherford
 52.96 Kelli Christopherson, Lauren Mather, Lauren Rutherford, Olivia Henning
 52.99 Kelli Christopherson, Diana Hruska, Lauren Gappa, Lauren Rutherford
 53.1h Diana Hruska, Lauren Mather, Kelli Christopherson, Lauren Rutherford
 53.78 Diana Hruska, Kelli Christopherson, Lauren Gappa, Chloe Cosgrove
 53.84 *No Participants Listed*
 55.83 Lauren Mather, Olivia Henning, Abby Weber, Kelli Christopherson
 1:02.31 Celeste Rodriguez, Sara Brevick, Riley Ovall, Clarice Chartier

4 x 200 Meter Relay

1:47.02 Karlie Hurley, Kelli Christopherson, Lauren Rutherford, Mackenzie Hutchison
 1:48.19 Karlie Hurley, Kelli Christopherson, Sarah Panciroli, Lauren Rutherford
 1:50.01 Karlie Hurley, Kelli Christopherson, Sarah Panciroli, Mackenzie Hutchison
 1:50.52 Karlie Hurley, Mackenzie Hutchison, Diana Hruska, Lauren Rutherford
 1:50.97 Sarah Panciroli, Lauren Gappa, Abby Weber, Lauren Rutherford
 1:55.1h Lauren Mather, Diana Hruska, Sarah Panciroli, Lauren Gappa
 1:55.8h Kelli Christopherson, Lauren Mather, Sarah Panciroli, Lauren Gappa

4 x 400 Meter Relay

4:04.03 Karlie Hurley, Mackenzie Hutchison, Mellisa Hruska, Lindsey Sydnor
 4:11.97 Karlie Hurley, Mackenzie Hutchison, Mellisa Hruska, Sarah Panciroli,
 4:13.9h Sarah Panciroli, Mackenzie Hutchison, Lindsey Sydnor, Mellisa Hruska
 4:14.10 Lauren Gappa, Sarah Panciroli, Mackenzie Hutchison, Karlie Hurley
 4:17.37 Karlie Hurley, Mackenzie Hutchison, Sarah Panciroli, Lindsey Sydnor
 4:24.9h Mackenzie Hutchison, Chloe Cosgrove, Lauren Gappa, Lindsey Sydnor
 4:25.08 Hannah Waskom, Lindsey Sydnor, Melissa Hruska, Julene McDonald
 4:27.0h *No Participants Listed*
 4:52.0h Sarah Panciroli, Julene McDonald, Kylie Steskal, Stef Stevens

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2016 Dave Clifford, Head Coach

Chris Jackson, Amy Corder, Gregg Meyers, Dave Ovall, PJ Stewart, Sean Sudwall, Assistant Coaches:

100 Meters

12.83 Curstyn Williamson
13.30 Kelli Christopherson
13.64 Lauren Rutherford
13.73 Grace Wallace
13.92 Diana Hruska
14.0h Sophie Hulet
14.30 Lauren Mather
14.37 Tatum Dalglish
14.63 Gillian Nedblake
15.03 Adya Kumar
15.36 Madison McGavran
16.12 Dana Korssjoen

200 Meters

26.57 Curstyn Williamson
27.84 Kelli Christopherson
28.14 Lauren Rutherford
28.67 Lauren Gappa
28.80 Diana Hruska
29.42 Sarah Panciroli
29.42 Grace Wallace
29.81 Sophie Hulet
30.22 Lauren Mather
30.58 Gillian Nedblake
31.68 Adya Kumar
32.07 Claire Schilperoort
34.45 Hailey Hammer

400 Meters

62.39 Lauren Gappa
63.56 Curstyn Williamson
66.28 Diana Hruska
67.78 Kelli Christopherson
70.03 Sophie Hulet

800 Meters

2:19.70 Melissa Hruska
2:21.84 Hannah Waskom
2:30.89 Chloe Cosgrove
2:31.81 Lexi Winter
2:40.10 Ellie Bruce
2:52.99 Jilian Cady
2:53.24 Emily Webb
2:53.46 Addie Kaess

1600 Meters

4:59.51 Hannah Waskom
5:05.67 Melissa Hruska
5:28.47 Julene McDonald
5:47.0h Quinn Van Buren
5:48.38 Lexi Winter
5:50.86 Chloe Cosgrove
5:52.53 Ellie Bruce
5:54.56 Addie Kaess
6:05.0h Emily Webb
6:06.6h Hailey Hammer
6:22.65 Sarah Panciroli
6:36.01 Miranda Jarocki
6:39.15 Kinsey Steskal
6:44.90 Jilian Cady
6:45.95 Rosamarie Bateman

3200 Meters

10:48.46 Hannah Waskom
10:58.14 Melissa Hruska
11:41.56 Julene McDonald
12:50.79 Lexi Winter
13:03.04 Ellie Bruce
13:10.11 Addie Kaess
13:23.97 Hailey Hammer
13:42.94 Emily Webb
13:58.45 Kinsey Steskal

100 Meter HH

17.23 Sarah Miller
18.09 Olivia Henning
19.05 Riley Buckmaster
20.06 Claire Schilperoort
22.97 Grace Wallace

300 Meter LH

51.91 Sarah Miller
53.41 Olivia Henning
54.19 Riley Buckmaster

Pole Vault

10' 0" Amanda Antoch
10' 0" Abby Weber
10' 0" Sarah Panciroli
10' 0" Lauren Gappa
8' 6" Riley Buckmaster
8' 0" Madison McGavran

Long Jump

17' 4" Lauren Rutherford
 16' 5.5" Tatum Dalglish
 15' 1" Karlie Stewart
 14' 6.5" Amanda Antoch
 13' 0" Launa Bateman
 12' 10.5" Sophia Hulet
 11' 2" Dana Korssjoen

Shot Put

30' 4.5" Abbigal Triou
 27' 3" Jane Livingston
 26' 11.5" Launa Bateman
 25' 2.5" Annie Hiebert
 18' 7.5" Teah Good
 17' 7.5" Caroline Chabot

Triple Jump

34' 6" Tatum Dalglish
 31' 1" Amanda Antoch
 30' 6" Karlie Stewart
 30' 2" Olivia Henning

Discus

98' 3" Jenae Usselman
 82' 7" Jane Livingston
 82' 2" Annie Hiebert
 68' 0" Abbigal Triou
 66' 6" Jilian Cady
 58' 1" Caroline Chabot
 37' 6" Launa Bateman

6' 6" Kylie Steskal
 6' 6" Launa Bateman
 6' 0" Rosamarie Bateman

High Jump

5' 2" Karlie Stewart
 4' 10" Grace Wallace
 4' 8" Amanda Antoch
 4' 6" Madison McGavran
 4' 6" Lauren Rutherford
 4' 4" Claire Schilperoort
 4' 4" Olivia Henning

Javelin

120' 7" Riley Ovall
 113' 5" Jenae Usselman
 68' 1" Jilian Cady
 59' 9" Teah Good

4 x 100 Meter Relay

50.63 Kelli Christopherson, Diana Hruska, Lauren Rutherford, Curstyn Williamson
 52.14 *No Participants Listed*
 52.34 Kelli Christopherson, Diana Hruska, Avery Lane, Curstyn Williamson
 52.99 Kelli Christopherson, Diana Hruska, Grace Wallace, Curstyn Williamson
 53.30 Diana Hruska, Sarah Miller, Lauren Rutherford, Curstyn Williamson
 54.82 Kelli Christopherson, Lauren Gappa, Diana Hruska, Lauren Mather
 61.82 Jilian Cady, Riley Ovall, Abbigal Triou, Jenae Usselman
 64.40 Rosamarie Bateman, Jilian Cady, Addie Kaess, Emily Webb

4 x 200 Meter Relay

1:46.54 Kelli Christopherson, Lauren Gappa, Lauren Rutherford, Curstyn Williamson
 1:50.19 Kelli Christopherson, Lauren Gappa, Diana Hruska, Sarah Panciroli
 1:51.30 Kelli Christopherson, Lauren Gappa, Diana Hruska, Curstyn Williamson
 1:51.90 *No Participants Listed*
 1:52.6h Diana Hruska, Kelli Christopherson, Avery Lane, Curstyn Williamson
 1:53.47 Kelli Christopherson, Lauren Gappa, Diana Hruska, Lauren Rutherford
 1:55.51 Diana Hruska, Sophia Hulet, Lauren Rutherford, Curstyn Williamson

4 x 400 Meter Relay

4:17.11 Lauren Gappa, Sarah Panciroli, Kelli Christopherson, Mellisa Hruska
 4:21.24 *No Participants Listed*
 4:21.95 Kelli Christopherson, Lauren Gappa, Sarah Panciroli, Curstyn Williamson

4:23.76 Lauren Gappa, Diana Hruska, Mellisa Hruska, Sarah Panciroli
4:26.07 Lauren Gappa, Mellisa Hruska, Sarah Panciroli, Lexi Winter
4:28.05 Kelli Christopherson, Chloe Cosgrove, Mellisa Hruska, Lexi Winter
4:29.68 Lauren Gappa, Diana Hruska, Sarah Panciroli, Hannah Waskom
4:30.8h Lauren Gappa, Diana Hruska, Sarah Panciroli, Lexi Winter
4:32.70 Lauren Gappa, Kelli Christopherson, Mellisa Hruska, Sarah Panciroli
4:55.07 Ellie Bruce, Hailey Hammer, Oliva Henning, Emily Webb

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2017 Dave Clifford, Head Coach

Chris Jackson, Amy Hecox, Gregg Meyers, Dave Ovall, PJ Stewart, Sean Sudwall, Assistant Coaches

100 Meters

13.48 Sophie Hulet
13.58 Sarah Creighton
13.82 Lizzie Belcito
14.45 Lauren Mather
14.53 Diana Dolan
15.00 Morgan Pettersson
15.01 Isabella Sue-Healy
15.82 Caitlen Hearn

800 Meters

2:24.21 Hannah Waskom
2:25.32 Sarah Creighton
2:26.5h Chloe Cosgrove
2:29.56 Lexi Winter
2:31.81 Ellie Bruce
2:38.1h Julene McDonald
2:39.9h Emily Webb
2:43.26 Gillian Nedblake
2:53.4h Dora Huestis
2:55.17 Macy Crosby

100 Meter HH

17.80 Olivia Henning
18.22 Riley Buckmaster
19.48 Hannah Christensen
19.85 Morgan Pettersson
20.42 Claire Schilperoort
21.41 Caitlen Hearn

Long Jump

15' 8.5" Tatum Dalglish
14' 11" Dana Dolan

200 Meters

27.71 Sarah Creighton
28.13 Lizzie Belcito
28.81 Sophie Hulet
29.3h Lauren Gappa
30.13 Sarah Panciroli
30.82 Morgan Pettersson
30.90 Lauren Mather
32.49 Caitlen Hearn

1600 Meters

4:58.39 Hannah Waskom
5:13.05 Chloe Cosgrove
5:29.38 Ellie Bruce
5:37.78 Julene McDonald
5:40.42 Lexi Winter
5:45.07 Quinn Van Buren
5:57.72 Emily Webb
6:00.15 Macy Crosby
6:02.60 Hailey Hammer
6:05.5h Gillian Nedblake
6:05.93 Rosamarie Bateman
6:33.57 Eliza Betz
6:36.59 Miranda Jarocki
6:38.7h Kinsey Steskal
6:39.2h Gabriella Laureano
6:42.3h Teah Good
7:37.52 Grace O'Brien

300 Meter LH

52.32 Olivia Henning
52.96 Riley Buckmaster

Triple Jump

33' 0" Tatum Dalglish
32' 7" Olivia Henning

400 Meters

60.79a Sarah Creighton
65.14a Lauren Gappa
71.08a Teah Good

3200 Meters

10:46.64 Hannah Waskom
11:22.43 Chloe Cosgrove
11:57.34 Ellie Bruce
12:09.10 Julene McDonald
13:14.11 Hailey Hammer
13:10.11 Addie Kaess
13:31.76 Rosamarie Bateman
14:27.03 Kinsey Steskal

Pole Vault

10' 0" Sarah Panciroli
9' 0" Lauren Gappa
8' 6" Riley Buckmaster
7' 6" Chloe Stewart
7' 6" Hannah Christensen
7' 0" Lizzie Belcito

High Jump

4' 6" Olivia Henning
4' 6" Miranda Jarocki

14' 0.25" Claire Schilperoort	29' 8" Miranda Jarocki	4' 6" Chloe Stewart
13' 5" Launa Bateman	28' 8" Dana Dolan	4' 4" Claire Schilperoort
12' 5" Morgan Pettersson	27' 6" Launa Bateman	4' 4" Caitlen Hearn
12' 4.5" Caitlen Hearn		
12' 0" Isabella Sue-Healy		

Shot Put

32' 9.75" Abbigal Triou
 32' 5" Kali Barlow
 30' 7" Riley Ovall
 25' 10.5" Launa Bateman
 25' 2" Graysen Kaess
 21' 3" Cassandra Flitcroft

Discus

120' 8" Kali Barlow
 104' 6" Jenae Usselman
 101' 8" Abbigal Triou
 59' 11" Cassandra Flitcroft
 56' 7" Graysen Kaess

Javelin

131' 1" Riley Ovall
 120' 10" Jenae Usselman
 71' 1" Teah Good

4 x 100 Meter Relay

52.96 Lizzie Belcito, Sarah Creighton, Sophia Hulet, Chloe Stewart
 53.56 Lizzie Belcito, Sophia Hulet, Chloe Stewart, Hannah Christensen
 54.60 Lizzie Belcito, Sophia Hulet, Chloe Stewart, Morgan Pettersson
 55.99 Lizzie Belcito, Dana Dolan, Sophia Hulet, Chloe Stewart
 56.19 Lizzie Belcito, Dana Dolan, Sophia Hulet, Hannah Christensen
 61.56 Kali Barlow, Riley Ovall, Jenae Usselman, Abbigal Triou

4 x 200 Meter Relay

1:51.33 Lizzie Belcito, Sarah Creighton, Sophia Hulet, Chloe Stewart
 1:51.73 Sarah Creighton, Lauren Gappa, Sophia Hulet, Sarah Panciroli
 1:52.1h Sarah Creighton, Sarah Panciroli, Lizzie Belcito, Sophia Hulet
 1:52.66 Lauren Gappa, Sophia Hulet, Sarah Creighton, Sarah Panciroli
 1:52.87 Sophia Hulet, Hannah Christensen, Lizzie Belcito, Sarah Creighton
 1:55.12 Sarah Creighton, Sarah Panciroli, Sophia Hulet, Hannah Christensen
 1:57.26 Sarah Panciroli, Sophia Hulet, Lizzie Belcito, Hannah Christensen
 1:57.34 Sophia Hulet, Sarah Panciroli, Lizzie Belcito, Chloe Stewart

4 x 400 Meter Relay

4:17.78 Chloe Cosgrove, Lauren Gappa, Sarah Panciroli, Sarah Creighton
 4:21.96 Sarah Panciroli, Lexi Winter, Chloe Cosgrove, Hannah Waskom
 4:38.75 Chloe Cosgrove, Sarah Creighton, Lexi Winter, Hannah Waskom
 4:40.5h Lexi Winter, Gillian Nedblake, Gabriella Laureano, Chloe Cosgrove

1500 Meters

4:57.03 Chloe Cosgrove

Mile

5:02.12 Hannah Waskom

3000 Meters

10:01.70 Hannah Waskom

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2018 Dave Clifford, Head Coach

Chris Jackson, Amy Hecox, Gregg Meyers, Dave Ovall, Brian Peterman, PJ Stewart, Sean Sudwall, Assistant Coaches

100 Meters

13.37 Faith Wallace
13.72 Sophia Hulet
13.78 Kiara Goodwin
13.86 Lizzie Belcito
13.98 Grace Wallace
14.79 Isabella Sue-Healy
14.84 Maddyson Raveling

800 Meters

2:26.17 Lily Colvin
2:29.09 Chloe Cosgrove
2:34.4h Gillian Nedblake
2:35.3h Maybel From
2:39.48 Lexi Winter
2:43.93 Julene McDonald
2:57.70 Gracie Glover

100 Meter HH

17.82 Olivia Henning
18.67 Riley Buckmaster
19.03 Sophia Smith
19.13 Hannah Christensen
19.87 Morgan Pettersson
20.62 Sarah Pickering

Long Jump

15' 11" Tatum Dagleish

200 Meters

28.22 Lizzie Belcito
28.27 Faith Wallace
28.64 Kiara Goodwin
30.65 Maddyson Raveling
31.0h Sophia Hulet
31.88 Isabella Sue-Healy
31.92 Grace Wallace
32.14 Morgan Pettersson

1600 Meters

5:15.83 Chloe Cosgrove
5:39.83 Maybel From
5:46.38 Addie Kaess
5:48.11
Mackenzie Saunders
5:49.00 Lily Colvin
5:49.69 Gillian Nedblake
5:52.35 Julene McDonald
5:54.62 Quinn Van Buren
5:55.18
Rosamarie Bateman
6:10.37 Dora Huestis
6:12.64 Lexi Winter
6:15.91 Eliza Betz
6:16.59 Grace Lansberry
6:28.98 Kayla Christmas
6:57.45 Gracie Glover
7:06.23 Emily Hendrickson

300 Meter LH

50.68 Lexi Winter
56.25 Sophia Smith
57.37 Sarah Pickering
1:05.68 Rosamarie Bateman

Triple Jump

32' 4.25" Tatum Dagleish

400 Meters

1:06.14 Maybel From
1:08.65 Lily Colvin
1:09.69 Gillian Nedblake

3200 Meters

11:22.59 Chloe Cosgrove
12:17.36
Mackenzie Saunders
12:29.23 Maybel From
12:31.27 Julene McDonald
12:37.84 Addie Kaess
12:45.49 Gillian Nedblake
12:48.33 Quinn Van Buren
13:17.04 Lily Colvin
13:18.25 Rosamarie Bateman
13:22.10 Dora Huestis

Pole Vault

9' 6" Riley Buckmaster
8' 0" Hannah Christensen

High Jump

5' 2" Karlie Stewart

14' 5" Karlie Stewart
13' 9.75" Sophia Hulet
13' 7.75" Maddyson Raveling
12' 6.25" Macey Sanchez
11' 11.75" Faith Wallace

31' 4" Olivia Henning
29' 10.5" Sophia Hulet

4' 6" Grace Wallace
4' 6" Olivia Henning

Shot Put

34' 8.75" Abbigail Triou
22' 5" Teigen Elwood
21' 2.75" Julia Navidi

Discus

106' 8" Abbigail Triou
101' 8" Jenae Usselman
75' 0" Macey Sanchez
73' 10" Teigen Elwood
60' 6" Julia Navidi

Javelin

141' 8" Jenae Usselman
61' 8" Macey Sanchez

4 x 100 Meter Relay

51.65 Lizzie Belcito, Kiara Goodwin, Faith Wallace, Sophia Hulet
51.95 Kiara Goodwin, Faith Wallace, Grace Wallace, Sophia Hulet
54.77 Faith Wallace, Grace Wallace, Sophia Hulet, Lizzie Belcito
55.04 Sophia Hulet, Lizzie Belcito, Hannah Christensen, Sarah Pickering
58.7h Hannah Christensen, Sarah Pickering, Sophia Smith, Sophia Hulet
59.51 *No Participants Listed*

4 x 200 Meter Relay

1:50.22 Lizzie Belcito, Kiara Goodwin, Faith Wallace, Sophia Hulet
1:51.79 Kiara Goodwin, Faith Wallace, Sophia Smith, Lizzie Belcito
1:54.23 Lizzie Belcito, Sophia Hulet, Kiara Goodwin, Maybel From
1:54.63 Sophia Smith, Kiara Goodwin, Grace Wallace, Faith Wallace
1:55.88 Lizzie Belcito, Faith Wallace, Kiara Goodwin, Grace Wallace
1:57.91 Kiara Goodwin, Grace Wallace, Sophia Smith, Morgan Pettersson
1:59.37 Morgan Pettersson, Faith Wallace, Grace Wallace, Hannah Christensen

4 x 400 Meter Relay

4:35.63 Lily Colvin, Maybel From, Chloe Cosgrove, Maddyson Raveling
4:40.58 Lily Colvin, Gillian Nedblake, Lexi Winter, Mackenzie Saunders
4:42.2h Maybel From, Lily Colvin, Chloe Cosgrove, Gillian Nedblake
4:43.10 Lily Colvin, Maybel From, Chloe Cosgrove, Gillian Nedblake
4:53.23 Maybel From, Lexi Winter, Lily Colvin, Chloe Cosgrove

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2019 Dave Clifford, Head Coach

Chris Jackson, Dave Ovall, Brian Peterman, Jordan Sauvage,
PJ Stewart, Sean Sudwall, Jill Waskom, Assistant Coaches

100 Meters

13.08 Abigail Van Vleet
14.02 Alex Huard
14.02 Grace Wallace
14.21 Vivian Mueller
14.24 Ayano Loucks
14.36 Sophia Hulet
14.42 Kaja Johnson
14.47 Sayge Thompson
14.50 Lauren Bennetts
14.51 Isabella Sue-Healy
14.61 Sidney Aspinall
14.75 Siena McDowell
15.24 Andrea Khuu
15.27 Mary McCutchan
15.35 Natalie Stipan
15.37 Claire Stipan
15.79 Jenna Bacon

200 Meters

27.58 Abigail Van Vleet
27.60 Faith Wallace
28.64 Alex Huard
29.05 Olivia Hebert
30.02 Kaja Johnson
30.74 Sidney Aspinall
31.09 Isabella Sue-Healy
31.40 Natalie Stipan
31.59 Ayano Loucks
31.62 Siena McDowell
31.66 Sayge Thompson
31.73 Andrea Khuu
32.33 Claire Stipan
32.58 Jenna Bacon
32.98 Mary McCutchan

400 Meters

1:02.59 Faith Wallace
1:02.86 Alex Huard
1:14.34 Jenna Bacon

800 Meters

2:38.84 Amy Jenkins
2:39.28 Ravenna Vaden
2:56.14 Lizzy Totten

1600 Meters

5:34.16
Mackenzie Saunders
5:42.81 Ravenna Vaden
5:44.82 Addie Kaess
5:51.95 Rosamarie Bateman
6:04.07 Grace Lansberry
6:06.31 Dora Huestis
6:07.20 Amy Jenkins
6:30.32 Lizzy Totten
6:31.56 Emily Hendrickson
6:50.68 Kelsey Reynolds
7:00.31 Emilia Scarmastra
7:04.10 Kayla Christmas

3200 Meters

12:04.27 Mackenzie Saunders
12:05.25 Rosamarie Bateman
12:28.39 Ravenna Vaden
12:30.47 Addie Kaess
13:15.42 Dora Huestis
13:20.00 Grace Lansberry
13:52.96 Emily Hendrickson
15:27.44 Kayla Christmas

100 Meter HH

19.08 Morgan Pettersson
19.18 Hannah Christensen
19.73 Riley Wilkins
20.49 Olivia Hebert

300 Meter LH

51.56 Olivia Hebert
54.73 Riley Wilkins
55.72 Morgan Pettersson

Pole Vault

9' 0" Hannah Christensen
6' 0" Sophia Hulet

Long Jump

16' 9" Tatum Dalglish
 14' 10.75 Karlie Stewart
 13' 9" Sophia Hulet

Triple Jump

33' 4.75" Tatum Dalglish
 29' 4.75" Jenae Usselman
 28' 11" Sophia Hulet

High Jump

5' 4" Karlie Stewart
 4' 8" Grace Wallace
 4' 4" Jenna Bacon
 4' 4" Sidney Aspinall
 4' 2" Alex Huard
 4' 2" Lauren Bennetts

Shot Put

36' 1" Abbigal Triou
 34' 4" Avery Hamby
 30' 9" Jenae Usselman
 28' 0.25" Ellen Vincent

Discus

113' 7" Abbigal Triou
 102' 6" Jenae Usselman
 79' 4" Avery Hamby
 73' 0" Ellen Vincent

Javelin

128' 3" Jenae Usselman

4 x 100 Meter Relay

52.07 Alex Huard, Abigail Van Vleet, Faith Wallace, Olivia Hebert
 52.52 Alex Huard, Abigail Van Vleet, Faith Wallace, Grace Wallace
 52.86 Alex Huard, Abigail Van Vleet, Grace Wallace, Sophia Hulet
 54.18 Faith Wallace, Sayge Thompson, Alex Huard, Abigail Van Vleet
 54.53 Sophia Hulet, Abigail Van Vleet, Faith Wallace, Alex Huard
 54.82 Lauren Bennetts, Sophia Hulet, Abigail Van Vleet, Vivian Mueller
 54.98 Abigail Van Vleet, Alex Huard, Faith Wallace, Sophia Hulet
 57.10 Isabella Sua -Healey, Kaja Johnson, Mary McCutchan, Ayano Loucks
 57.33 Alex Huard, Sophia Hulet, Abigail Van Vleet, Chris Stipan
 57.88 Kaja Johnson, Andrea Khuu, Mary McCutchan, Isabella Sua-Healey
 58.43 Isabella Sua-Healey, Kaja Johnson, Lauren Bennetts, Andrea Khuu
 59.27 Andrea Khuu, Mary McCutchan, Natalie Stipan, Kaja Johnson
 59.63 *No Participants Listed*

1:00.44 Kaja Johnson, Andrea Khuu, Isabella Sua-Healy, Claire Stipan

1:00.77 Jenae Usselman, Ellen Vincent, Avery Hamby, Abbigal, Triou

4 x 200 Meter Relay

1:55.65 Olivia Hebert, Alex Huard, Abigail Van Vleet, Faith Wallace
 1:56.75 Alex Huard, Abigail Van Vleet, Tatum Dalglish, Siena McDowell
 2:00.54 Morgan Pettersson, Faith Wallace, Hannah Christensen, Abigail Van Vleet
 2:00.67 Natalie Stipan, Kaja Johnson, Siena McDowell, Abigail Van Vleet
 2:01.50 Kaja Johnson, Isabella Sua-Healy, Siena McDowell, Natalie Stipan
 2:02.44 Natalie Stipan, Siena McDowell, Morgan Pettersson, Sayge Thompson
 2:02.48 Lauren Bennetts, Siena McDowell, Sayge Thompson, Isabella Sua-Healey
 2:05.31 Lauren Bennetts, Isabella Sua-Healey, Kaja Johnson, Andrea Khuu

4 x 400 Meter Relay

4:37.85 Addie Kaess, Mackenzie Saunders, Amy Jenkins, Ravenna Vaden
 4:41.72 Ravenna Vaden, Mackenzie Saunders, Amy Jenkins, Jenna Bacon

4:46.50 Amy Jenkins, Ravenna Vaden, Olivia Hebert, Mackenzie Saunders

4:48.51 Amy Jenkins, Morgan Pettersson, Olivia Hebert, Riley Wilkins

4:50.98 Ravenna Vaden, Amy Jenkins, Faith Wallace, Olivia Hebert

1500

5:09.32 Mackenzie Saunders

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2020 Dave Clifford, Head Coach

Chris Jackson, Dave Ovall, Brian Peterman, Jordan Sauvage, PJ Stewart,

Sean Sudwall, Jill Waskom, Assistant Coaches

Season cancelled – Covid-19

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2021 Jordan Sauvage, Head Coach

Kelly Besmer, Jim Jacobson, Brian Peterman, Cullin Piatt, Hanna Piatt,
Sophie Rockow, Leann Stewart, PJ Stewart, Sean Sundwall, Assistant
Coaches

100 Meters

13.01 Bailey Hall
13.26 Hailey Weir
McAllister13.33 Scooby Reid
13.61 Ruth Groscost
14.17 Josephine Dilger
14.47 Maggie Kamp
15.35 Elise Ericksen

800 Meters

2:25.35 Addie Craig
2:36.88 Ravenna Vaden
2:38.85 Grace Lansberry
2:45.27 Chloe Hammer
2:55.65 Megan King
3:14.86 Ashley Ayling
3:24.82 Emily Hendrickson

100 Meter HH

19.60 Claire Bailey
23.38 Ashley McAllister

Long Jump

15' 1" Hailey Weir
13' 11" Jaida Warrick
13' 5.25" Josephine Dilger
12' 5" Maggie Kamp

Shot Put

4 x 100 Meter Relay

200 Meters

26.81 Hailey Weir
27.02 Bailey Hall
27.98 Ruth Groscost
29.94 Lena Hillsberg
30.69 Mary McCutchan
31.65 Kaja Johnson
31.67 Ayano Loucks

1600 Meters

5:25.35 Addie Craig
5:29.97 Ravenna Vaden
5:30.23 Makaylee Jensen
5:33.53 Ava Rodriguez
5:43.68 Chloe Hammer
5:44.13 Grace Lansberry
6:00.83 Brooke McBride
6:18.67 Megan King
6:27.33 Kiele Calhoun
7:34.94 Emily Hendrickson

300 Meter LH

54.14 Bailey Hall
54.33 Olivia Hebert

Triple Jump

28' 7.75" Olivia Hebert

Discus

63' 10" Maggie Kamp
36' 4" Ashley Ayling

400 Meters

1:04.26 Hailey Weir
1:16.23 Ashley
1:17.19 Josephine Dilger
1:20.75 Kaja Johnson

3200 Meters

12:42.76 Addie Craig
12:50.52 Ravenna Vaden
12:58.45 Ava Rodriguez
13:58.37 Brooke McBride
14:07.0h Kiele Calhoun

Pole Vault

7' 6" Addie Craig
7' 6" Ruth Groscost
7' 0" Lena Hillsberg
7' 0" Maggie Kamp

High Jump

4' 4" Olivia Ciabattari

Javelin

77' 3" Jaida Warrick
76' 6" Scooby Reid
54' 4" Olivia Ciabattari
42' 2" Josephine Dilger
34' 11" Elise Ericksen

52.66 Bailey Hall, Claire Bailey, Ruth Groscost, Scooby Reid
53.92 Claire Bailey, Lena Hillsberg, Ruth Groscost, Scooby Reid
54.17 Ruth Groscost, Maggie Kamp, Mary McCutchan, Scooby Reid
1:00.88 Claire Bailey, Lena Hillsberg, Ayano Loucks, Kaja Johnson
1:01.34 Claire Bailey, Ayano Loucks, Lena Hillsberg, Bailey Hall

4 x 200 Meter Relay

1:55.94 Mary McCutchan, Ayana Loucks, Ruth Groscost, Hailey Weir
1:56.86 Scooby Reid, Jenna Bacon, Maggie Kamp, Olivia Herbert
2:01.25 Mary McCutchan, Ayana Loucks, Kaja Johnson, Lena Hillsberg

4 x 400 Meter Relay

4:26.99 Makaylee Jensen, Chloe Hammer, Scooby Reid, Hailey Weir
4:27.69 Ravenna Vaden, Addie Craig, Ava Rodriguez, Scooby Reid
4:36.47 Ravenna Vaden, Ava Rodriguez, Grace Lansberry, Brooke McBride
4:36.74 Ravenna Vaden, Mary McCutchan, Bailey Hall, Jenna Bacon
5:25.21 Ashley Ayling, Ashley McCallister, Kaja Johnson, Ava Rodriguez

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2022 Jordan Sauvage, Head Coach

Kenny Emerick, Neil Kells, Cullin Piatt, Hanna Piatt, Sophie Rockow,
Leann Stewart, PJ Stewart, Assistant Coaches

100 Meters

13.13 Scooby Reid
13.20 Hailey Weir
13.25 Bailey Hall
13.47 Giovanna Hansen
13.47 Rachel Arnold
13.91 Lily George
14.04 Jordan Liddiard
14.31 Aubrey Walker
14.48 Vivian Cleary
14.50 Maya Derouin
14.55 Nicolette Burbrink
14.57 Malia Bridgman
14.58 Lauren Leslie
14.58 Allie Cummins
14.67 Josephine Dilger
14.78 Logan Hickey
14.99 Kyra Doty
15.79 Sophia Tomlisson
15.97 Maya Hewitt
16.26 Brianne Filppu
17.18 Garrity Buchanan

800 Meters

2:27.87 Ravenna Vaden
2:32.76 Chloe Hammer
2:32.91 Hailey Cossey
2:35.43 Megan King
2:56.26 Natalie McDonnell

100 Meter HH

17.22 Rachel Arnold
19.50 Claire Bailey
22.41 Maya Hewitt
22.60 Aubrey Walker
23.00 Ashley McAllister

200 Meters

26.71 Hailey Weir
26.79 Giovanna Hansen
27.36 Bailey Hall
28.05 Scooby Reid
28.82 Rachel Arnold
28.92 Jordan Liddiard
29.55 Lily George
29.84 Lena Hillsberg
30.18 Malia Bridgman
30.64 Nicolette Burbrink
31.14 Lauren Leslie
31.21 Logan Hickey
32.27 Natalie Verhoff
34.16 Josephine Dilger
34.72 Brianne Filppu
36.11 Garrity Buchanan
37.74 Stella Moosman

1600 Meters

5:19.26 Hailey Cossey
5:37.48 Ravenna Vaden
5:43.30 Megan King
5:48.05 Brooke McBride
5:51.06 Chloe Hammer
6:25.55 Natalie McDonnell
6:49.16 Hayden Palomaria
6:50.83 Brianne Filppu

300 Meter LH

55.39 Bailey Hall
56.28 Claire Bailey
1:00.42 Maya Hewitt
1:00.63 Ashley McAllister

400 Meters

1:00.63 Giovanna Hansen
1:02.43 Eliza McDonald
1:06.17 Hailey Cossey
1:09.90 Natalie Verhoff
1:14.30 Josephine Dilger
1:15.47 Ashley McAllister
1:16.12 Brianne Filppu
1:19.35 Stella Moosman

3200 Meters

11:53.35 Hailey Cossey
12:47.15 Brooke McBride
12:59.31 Kiele Calhoun

Pole Vault

9' 0" Lauren Leslie
7' 6" Josephine Dilger
7' 0" Lena Hillsberg

Long Jump

16' 4.25" Hailey Weir
 15' 5" Jaida Warrick
 13' 5.5" Josephine Dilger
 13' 3.5" Allie Cummins
 10' 8.5" Elia Belau
 10' 6" Anja Tetuan
 9' 8.5" Kyra Doty

Shot Put

24' 3.5" Jaida Warrick
 23' 5.25" Kinsey Don Carlos
 21' 9" Josie Schlotfeldt
 21' 0.5" Stella Sauvage
 19' 5" Vivienne Wood
 18' 1.5" Alana McNett
 15' 9" Haley Clark

Triple Jump

29' 10.5" Vivian Cleary
 28' 4" Giovanna Hansen

Discus

63' 8" Vivienne Wood
 59' 7" Kinsey Don Carlos
 57' 11" Sophia Tomlisson
 55' 1" Stella Sauvage
 53' 0" Alana McNett
 48' 4" Josie Schlotfeldt
 37' 6" Sierra Ahner
 2' 2" Ellie Noeicki

High Jump

4' 8" Olivia Ciabattari
 4' 2" Malia Bridgman
 4' 0" Haley Clark

Javelin

107' 4" Jaida Warrick
 89' 9" Scooby Reid
 60' 6" Kinsey Don Carlos
 54' 4" Josie Schlotfeldt
 53' 5" Vivienne Wood
 46' 8" Alana McNett
 45' 10" Olivia Ciabattari
 45' 6" Stella Sauvage
 41' 2" Haley Clark

4 x 100 Meter Relay

50.84 Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir
 52.79 Bailey Hall, Scooby Reid, Giovanna Hansen, Lena Hillsberg

4 x 200 Meter Relay

1:47.01 Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir
 1:58.52 Jordan Liddiard, Mary McCutchan, Vivian Cleary, Lauren Leslie
 2:01.61 Lena Hillsberg, Mary McCutchan, Vivian Cleary, Lauren Leslie
 2:02.74 Lena Hillsberg, Mary McCutchan, Allie Cummins, Lauren Leslie

4 x 400 Meter Relay

4:17.18 Ravenna Vaden, Giovanna Hansen, Eliza McDonald, Scooby Reid
 4:21.17 Giovanna Hansen, Eliza McDonald, Hailey Cossey, Bailey Hall
 4:22.14 Bailey Hall, Hailey Weir, Eliza McDonald, Giovanna Hansen
 4:43.39 Megan King, Chloe Hammer, Kiele Calhoun, Ravenna Vaden
 5:06.34 Stella Moosman, Ashley McAllister, Hayden Palomaria, Natalie Verhoff
 5:18.50 Stella Moosman, Natalie Verhoff, Hayden Palomaria, Brianne Filppu

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2023 Jordan Sauvage, Head Coach

Kenny Emrick, Neil Kells, Bron McDaniels, Cullin Piatt, Hanna Piatt,
Sophie Rockow, Riley Sine, Kurt Spann, Leann Stewart, PJ Stewart,
Assistant Coaches:

100 Meters

12.43 Hailey Weir
12.74 Sophia Kono
12.81 Scooby Reid
12.82 Rachel Arnold
13.22 Bailey Hall
13.39 Giovanna Hansen
13.44 Ruth Groscost
13.75 Jordan Liddiard
13.96 Hailey Blodgett
13.99 Lauren Leslie
14.19 Aspen Sinnott
14.27 Aubrey Walker
14.31 Paris Price
14.66 Katie Holloway
14.66 Josephine Dilger
14.91 Malia Bridgman
14.97 Ella Dale
15.04 Skyler Tierney
15.34 Sienna Fraser
15.61 Marie Zessin
15.73 Selena Huante
16.53 Claire Tougher

800 Meters

2:23.72 Hailey Cossey
2:32.86 Emily Rodriguez
2:39.88 Jordan Liddiard
2:42.86 Zoe Hendricks
2:46.25 Malia Bridgman
2:49.05 Kate Spradlin
2:56.01 Piper Bagley

100 Meter HH

16.88 Jaida Warrick
17.91 Claire Bailey
20.36 Aubrey Walker

200 Meters

25.03 Hailey Weir
25.94 Sophia Kono
26.13 Giovanna Hansen
26.34 Rachel Arnold
26.38 Bailey Hall
28.18 Ruth Groscost
28.46 Jordan Liddiard
29.26 Paris Price
29.27 Aspen Sinnott
29.75 Lauren Leslie
30.17 Hailey Blodgett
30.19 Lena Hillsberg
30.28 Katie Holloway
30.74 Josephine Dilger
32.61 Sienna Fraser
32.98 Elise Ericksen
33.32 Chloe Fredell
33.81 Selena Huante

1600 Meters

5:03.56 Hailey Cossey
5:20.78 Aleeya Cossey
5:39.23 Brooke McBride
5:48.12 Zoe Hendricks
6:01.48 Molly Cooney
6:07.93 Natalie McDonnell
6:40.53 Hayden Palomaria
6:59.10 Piper Bagley

300 Meter LH

49.86 Maya Hewitt
58.02 Claire Bailey
1:01.56 Ashley McAllister

400 Meters

55.80 Hailey Weir
59.16 Giovanna Hansen
1:00.49 Emily Rodriguez
1:05.34 Jordan Liddiard
1:06.02 Bailey Hall
1:08.05 Lorelai Justice
1:09.05 Ella George
1:10.01 Lena Hillsberg
1:11.61 Erika Yaple
1:13.17 Clara Eide
1:14.03 Ashley McAllister
1:15.35 Elise Ericksen

3200 Meters

11:02.43 Hailey Cossey
12:16.64 Brooke McBride
13:18.83 Zoe Hendricks
14:35.72 Kiele Calhoun

Pole Vault

11' 0" Lauren Leslie
8' 0" Maya Hewitt
7' 6" Lorelai Justice

20.53 Maya Hewitt
24.36 Ashley McAllister

6' 6" Emily Rodriguez

Long Jump

Triple Jump

High Jump

17' 9" Hailey Weir
14' 5.25" Giovanna Hansen
13' 5.25" Ella Dale
13' 1.75" Claire Bailey
13' 1" Sienna Fraser
11' 11.5" Sophia Shchedrin
12' 8" Aspen Sinnott
12' 4" Aubrey Walker

30' 5.75" Claire Bailey

4' 10" Olivia Ciabattari
4' 4" Skyler Tierney
4' 2" Ella Dale
4' 2" Lena Hillsberg

Shot Put

Discus

Javelin

28' 10" Jaida Warrick
25' 1" Marie Zessin
23' 4.5" Josie Schlotfeldt
16' 9" Taylor Kraswoski
16' 9" Alicia Christensen
15' 5" Kaya Carman
15' 3" Malak Yousef
12' 11" Maya Amandus

78' 10" Jaida Warrick
59' 11" Annica Dierks
54' 2" Sydney Bonham
48' 6" Josie Schlotfeldt
45' 8" Selena Huante
36' 11" Alicia Christensen
11' 0" Ellie Noeicki
2' 4" Sierra Ahner

112' 6" Jaida Warrick
94' 11" Scooby Reid
60' 9" Annica Dierks
58' 7" Marie Zessin
54' 7" Sydney Bonham
51' 11" Taylor Kraswoski
48' 2" Josie Schlotfeldt
48' 1" Malak Yousef
34' 10" Kaya Carman
34' 1" Alicia Christensen
29' 5" Maya Amandus

4 x 100 Meter Relay

49.16 Sophia Kono, Scooby Reid, Giovanna Hansen, Hailey Weir
49.46 Bailey Hall, Scooby Reid, Giovanna Hansen, Sophia Kono
50.40 Bailey Hall, Scooby Reid, Giovanna Hansen, Ruth Groscost
50.42 Bailey Hall, Ruth Groscost, Giovanna Hansen, Hailey Weir
50.72 Bailey Hall, Scooby Reid, Giovanna Hansen, Hailey Weir
50.83 Bailey Hall, Rachel Arnold, Sophia Kono, Hailey Weir
51.10 Bailey Hall, Scooby Reid, Sophia Kono, Rachel Arnold
51.15 Rachel Arnold, Bailey Hall, Paris Price, Hailey Weir
51.49 Sophia Kono, Scooby Reid, Ruth Groscost, Rachel Arnold
51.91 Sophia Kono, Ruth Groscost, Hailey Blodgett, Rachel Arnold
52.01 Paris Price, Ruth Groscost, Sophia Kono, Rachel Arnold
52.36 Bailey Hall, Ruth Groscost, Sophia Kono, Rachel Arnold
53.21 Sophia Kono, Hailey Blodgett, Aspen Sinnott, Rachel Arnold
55.93 Paris Price, Hailey Blodgett, Katie Holloway, Aspen Sinnott
57.71 Katie Holloway, Hailey Blodgett, Aspen Sinnott, Aubrey Walker

1:00.57 Katie Holloway, Hailey Blodgett, Aspen Sinnott, Rachel Arnold
1:01.38 Jaida Warrick, Josie Schlotfeldt, Marie Zessin, Annica Dierks
1:17.14 Kaya Carman, Alicia Christensen, Malak Yousef, Maya Amandus

4 x 200 Meter Relay

1:42.77 Sophia Kono, Scooby Reid, Giovanna Hansen, Hailey Weir
1:44.45 Bailey Hall, Scooby Reid, Sophia Kono, Giovanna Hansen
1:46.34 Bailey Hall, Scooby Reid, Sophia Kono, Rachel Arnold
1:46.75 Bailey Hall, Rachel Arnold, Giovanna Hansen, Hailey Weir
1:46.93 Bailey Hall, Ruth Groscost, Giovanna Hansen, Hailey Weir
1:47.99 Bailey Hall, Rachel Arnold, Ruth Groscost, Giovanna Hansen
1:48.50 Bailey Hall, Rachel Arnold, Sophia Kono, Giovanna Hansen
1:49.11 Bailey Hall, Paris Price, Giovanna Hansen, Hailey Weir
1:54.86 Sophia Kono, Katie Holloway, Hailey Blodgett, Rachel Arnold
1:55.66 Rachel Arnold, Katie Holloway, Hailey Blodgett, Giovanna Hansen
1:56.15 Paris Price, Ruth Groscost, Katie Holloway, Hailey Blodgett
1:59.27 Katie Holloway, Ruth Groscost, Hailey Blodgett, Aspen Sinnott
2:00.32 Sophia Kono, Hailey Blodgett, Selena Huante, Rachel Arnold

4 x 400 Meter Relay

3:59.54 Rachel Arnold, Emily Rodriguez, Giovanna Hansen, Hailey Weir
4:05.52 Rachel Arnold, Emily Rodriguez, Ruth Groscost, Giovanna Hansen
4:13.03 Rachel Arnold, Bailey Hall, Ruth Groscost, Giovanna Hansen
4:21.84 Emily Rodriguez, Ella George, Maya Hewitt, Hailey Cossey
4:39.92 Ella George, Maya Hewitt, Malia Bridgman, Emily Rodriguez
4:40.67 Lorelai Justice, Kate Spradlin, Jordan Liddiard, Emily Rodriguez
4:55.66 Ashley McAllister, Erika Yapple, Lena Hillsberg, Kate Spradlin
5:10.73 Piper Bagley, Ashley McAllister, Erica Yapple, Hayden Palomaria
5:24.01 Molly Cossey, Natalie McDonnell, Hayden Palomaria, Piper Bagley

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