

LAKE STEVENS VIKING ALL-TIME TOP PERFORMANCES

BOYS

100 METERS (11.2)	200 METERS (23.0)	400 METERS (52.5)
10.97 Ashtin Mott 2007	21.7 Nik Williams 2000	47.90 Nik Williams 2000
10.98 Brian Estes 1987	21.99 Brian Estes 1987	48.7 Cliff Johnston 1979*
10.8 Paul Kammer 1975*	22.11 Ashtin Mott 2007	49.6 Mark Koski 1985
10.8 Henry Schellenberger1971*	22.0 Cliff Johnston 1979*	50.3 Chad Hofland 1988
10.9 Matt Williams 2000	22.1 Henry Schellenberger 1971*	50.4 Jamie Asbell 1995
10.9 Brian Slater 1984	22.40 Matt Williams 2000	50.64 Isaac Molstre 2006 & 2007
11.0 Nik Williams 2001	22.4 Ben Haynes 1997	50.9 Stuart Chaffee 1999
11.0 Ben Haynes 1998	22.5 Ryan McKinney 2001	50.9 Brian Trimble 1997
11.0 Jamie Asbell 1995	22.5 Brian Slater 1984	51.2 Dan Klein 1966*
11.0 Scott Pinion 1987	22.5 Paul Kammer 1975*	51.46 Brent Sanders 1997
11.0 Cliff Johnston 1979*	22.5 Greg Posey 1967*	51.8 Brian Graham 1998
11.0 Larry Austin 1978*	22.78 David McMurray 2006	51.8 DeWayne Garner 1984
11.1 Brent Sanders 1999	22.6 Brent Sanders 1999	51.8 Glen Peterson 1972*
11.1 Jason Jones 1988	22.8 Glen Peterson 1972*	51.9 Brian Estes 1986
11.1 Brad Whitsell 1976*	22.8 Mike Victor 1989	52.12 Josiah Cheslik 2007
11.1 Glen Peterson 1972*	22.9 Mark Koski 1985	52.2 Keith Hutchinson 1996
11.1 Greg Posey 1967*	22.9 Larry Austin 1978*	52.3 Matt Williams 1999
11.33 Isaac Molstre 2006	23.0 Bill Gassaway 1980*	52.3 Gordy Quintel 1991
11.2 Mike Hutchinson 1988		52.3 Sean Jameson 1985
		52.3 Mike Clifton 1974*
	1600 METERS (4:43.0)	52.47 Howard Johnson 2003
800 METERS (2:04.0)	4:10.70 Joey Bywater 2007	52.4 Pat Hagen 1989
1:53.11 Brian Trimble 1997	4:17.17 Kevin Galloway 1999	52.4 Jim Low 1980*
1:54.60 Kevin Galloway 1999	4:19.48 Brian Trimble 1997	52.4 Curt Marian 1973*
1:55.25 Bud Marshall 1985	4:25.66 Kyle VanSanten 2007	
1:55.88 Josiah Cheslik 2007	4:25.9 Scott Steckler 1985	3200 METERS (10:15.0)
1:56.40 Joey Bywater 2007	4:26.45 Garrett Smith 2005	9:03.97 Joey Bywater 2006
1:57.5 Keith Hutchinson 1996	4:27.43 Stephen Marti 2007	9:27.7 Kyle VanSanten 2007
1:57.9 Stuart Chaffee 1998	4:28.44 Daniel Lantz 2007	9:31.77 Kevin Galloway 1998
1:58.2 Rick Langston 1977*	4:28.69 Josh Fountain 2006	9:35.86 Garrett Smith 2005
1:59.1 Blake Gray 1982	4:30.0 Kevin Thomas 1981	9:39.1 Todd Lindell 1981
1:59.31 Josh Fountain 2006	4:30.6 Tom Bowlin 1970*	9:41.53 Kevin Merwin 1993
1:59.5 Kevin Thomas 1981	4:31.3 Brant Bosserman 2000	9:42.2 Bill Anderson 1986
2:00.0 Dan Klein 1967*	4:33.37 Kyle Larson 2007	9:46.5 Stephen Marti 2007
2:00.2 Kevin George 1995	4:35.0 Bud Marshall 1985	9:50.7 John Snyder 1989
2:00.44 Colton Hardwick 2007	4:35.2 Todd Lindell 1982	9:52.2 Scott Steckler 1985
2:00.35 Daniel Lantz 2006	4:35.5 Heath Pritchard 1999	9:52.31 Kyle Larson 2007
2:00.4 Bill Taylor 1987	4:35.5 George Stormo 1968*	9:56.0 Tom Bowlin 1970*
2:01.33 Garrett Smith 2005	4:36.23 Kevin Merwin 1993	9:57.0 Heath Pritchard 1999
2:01.3 Brant Bosserman 1999,2000	4:39.2 Frank Pelayo 1993	10:00.0 Scott Larson 2007
2:01.66 Drew Larson 2007	4:39.3 Karl Pihl 1986	10:04.2 Bud Marshall 1983
2:02.3 Cliff Johnston 1978*	4:40.9 John Snyder 1989	10:04.6 Emmett Stormo 1970*
2:02.4 Chad Hofland 1988	4:42.0 Blake Gray 1983	10:05.7 Kevin Ellis 1989
2:02.9 Scott Steckler 1985	4:42.2 Bill Anderson 1986	10:10.67 Josh Fountain 2003
2:03.9 Mike Heath 1988	4:42.4 Paul Mantikoski 1982	10:12.1 Neil Hedgepeth 1995
		10:12.6 Roy Wolfe 1970*
		10:13.7 Roy Johnson 1969*

110 M HURDLES (16.0)

14.37 Ryan McKinney 2001
 14.74 Richie Chambers 1989
 14.81 Pat Hagen 1989
 14.87 Kevin Moss 1987
 14.7 Larry Lian 1971
 14.90 Kevin Hutchinson 2002
 14.99 Rian Cool 1997
 14.9 Rich Wilson 1989
 15.2 Laith Barnhill 1981
 15.3 Mike Anderson 1999
 15.5 Travis Hansen 1997
 15.6 Jeff Pegrum 1987
 15.6 Steve Fry 1967
 15.7 Jake Schauerman 1994
 15.7 Marc Romo 1993
 15.7 Tim Capell 1984
 15.7 Bill Mitchell 1969
 16.03 Nathan Lander 2005
 15.8 Derek McLeod 1995
 15.8 Ken Packwood 1971
 15.9 Scott Whitsell 1978
 15.9 Wes Olson 1970

300 M HURDLES (43.0)

38.74 Ryan McKinney 2001
 38.76 Richie Chambers 1990
 39.59 Kevin Hutchinson 2002
 39.63 Kevin Moss 1987
 39.4 Rich Wilson 1989
 39.77 Pat Hagen 1989
 40.19 Jeff Pegrum 1987
 40.46 Mike Anderson 1998
 40.3 Rian Cool 1997
 40.7 Marc Romo 1992
 41.0 DeWayne Garner 1985
 41.26 Daniel Russum 2007
 41.4 Derek McLeod 1995
 42.3 Lonnie White 1994
 42.5 Brian Moss 1985
 42.6 Aaron Ruvalcaba 1992
 42.7 Travis Hansen 1997
 42.9 Jeff St. John 1986

400 METER RELAY (44.5)

42.91 James Little, David McMurray,
 Isaac Molstre, Ashtin Mott 2007
 43.22 Johnny Hobson, Jeff Pegrum
 Brian Estes, Scott Pinion 1987
 43.29 Isaac Molstre, Ashtin Mott, 2006
 Keefe Driscoll, David McMurray
 43.35 Nik Williams, Ryan McKinney,
 Stuart Chaffee, Brent Sanders 1999
 43.4 Mike Hutchinson, Casey Ellis,
 Andy Cluphf, Jason Jones 1988
 43.5 Nik Williams, Micah Russum,
 Matt Williams, Brian Graham 2000
 43.80 Tony Human, Tim Ryan 1994
 Jon Harsaghy, Jamie Asbell
 43.81 Nik Williams, Brian Graham, 1999
 Stuart Chaffee, Brent Sanders
 43.8 Rich Wilson, Casey Ellis, 1989
 Andy Cluphf, Mike Hutchinson
 43.9 Tim Hirata, Brent Sanders, 1997&98
 Stuart Chaffee, Ben Haynes
 43.9 Andy Cluphf, Casey Mills 1990
 Kelly McNeal, Richie Chambers
 43.9 Mark Koski, Tim Adams, 1984
 Brian Slater, DeWayne Garner
 43.9 Bill Gassaway, Larry Austin 1979
 Cliff Johnston, Kurt Shroeder
 44.0 Mike Hutchinson, Rich Wilson 1989
 Andy Cluphf, Richie Chambers
 44.1 John Hobson, Jeff Pegrum, 1987
 Brian Estes, Chad Hofland
 44.25 Jeremy Roe, Howard Johnson 2003
 Nick Page, DJ Johnson
 44.2 Dustin Adams, James Little, 2007
 Isaac Molstre, Ashtin Mott
 44.2 Tony Human, Ben Haynes 1995
 Jeremy Fuller, Jamie Asbell
 44.2 Mike Hutchinson, Chad Hofland
 Jason Jones, Scott Pinion 1988
 44.2 Mark Koski, John Hobson, 1985
 Brian Estes, DeWayne Garner
 44.3 Ryan Roehl, Brent Sanders 1996
 Tim Hirata, Ben Haynes
 44.3 Mike Hutchinson, Chad Hofland
 Andy Cluphf, Jason Jones 1988
 44.3 Johnny Hobson, John Wood,
 Brian Estes, Scott Pinion 1986
 44.4 Pete Bargreen, Scott Wheeler 1982
 Dave McKenzie, Carl Stephans
 44.5 Tim Ryan, Jamie Asbell, 1993
 Tony Human, Adam Riehl

1600 METER RELAY (3:30)

3:18.74 Ryan McKinney, Matt Williams,
 Brian Graham, Nik Williams 2000
 3:21.17 Ashtin Mott, David McMurray,
 Isaac Molstre, Josiah Cheslik 2007
 3:21.3 Brian Estes, Bud Marshall 1985
 Mark Koski, DeWayne Garner
 3:23.30 Nik Williams, Kevin Hutchinson,
 Matt Williams, Ryan McKinney 2001
 3:23.73 Brian Estes, Bill Taylor, 1987
 Kevin Moss, Chad Hofland
 3:24.11 Ryan McKinney, Adam Mann
 Brian Graham, Nik Williams 2000
 3:24.17 Nik Williams, Ben Haynes, 1998
 Mike Anderson, Stuart Chaffee
 3:24.3 Ben Haynes, Stuart Chaffee, 1997
 Brent Sanders, Brian Trimble
 3:24.66 Keith Hutchinson, Kevin George
 Brian Trimble, Jamie Asbell 1995
 3:24.83 Nik Williams, Mike Anderson, 1999
 Kevin Galloway, Stuart Chaffee
 3:25.2 Nik Williams, Mike Anderson, 1999
 Brian Graham, Stuart Chaffee
 3:26.41 Brian Estes, Bud Marshall 1985
 Sean Jameson, DeWayne Garner
 3:26.87 Ben Haynes, Stuart Chaffee, 1996
 Brian Trimble, Keith Hutchinson
 3:26.96 Nik Williams, Matt Williams, 1999
 Mike Anderson, Stuart Chaffee
 3:27.0 Brian Estes, Bill Taylor, 1987
 Jeff Pegrum, Chad Hofland
 3:27.1 Ashtin Mott, Drew Larson, 2007
 Isaac Molstre, Josiah Cheslik
 3:27.3 Brent Sanders, Mike Anderson, 1997
 Stuart Chaffee, Ben Haynes
 3:27.3 Stuart Chaffee, Mike Anderson, 1997
 Ben Haynes, Brian Trimble
 3:27.4 Pat Hagen, Rich Wilson, 1989
 Mike Hutchinson, Richie Chambers
 3:27.89 Ashtin Mott, Josh Fountain, 2006
 Keefe Driscoll, David McMurray
 3:28.3 Chad Hofland, Richie Chambers
 Mike Heath, Mike Hutchinson 1988
 3:28.6 Brian Estes, Bill Taylor, 1986
 Kevin Moss, Sean Jameson
 3:28.89 Nik Williams, DJ Johnson,
 Matt Williams, Ryan McKinney 2001
 3:28.9 Nik Williams, Brian Graham,
 Mike Anderson, Stuart Chaffee 1998
 3:29.0 Chad Hofland, Richie Chambers
 Jason Jones, Mike Hutchinson 1988
 3:29.22 Brian Estes, Sean Jameson 1985
 Mark Koski, DeWayne Garner
 3:29.3 Dave Lacey, Dave Larson
 Curt Marian, Larry Lian 1971*
 3:29.4 Brian Estes, Sean Jameson 1985
 Scott Steckler, DeWayne Garner
 3:29.9 Mark Koski, DeWayne Garner
 Brian Moss, Blake Gray 1983

LONG JUMP (20-6)

23-2 $\frac{3}{4}$ Paul Kammer 1975
 23-2 $\frac{1}{2}$ Brian Graham 2000
 22-6 Mike Butler 1978
 22-5 $\frac{1}{2}$ David McMurray 2006
 22-5 Larry Austin 1979
 22-4 $\frac{1}{2}$ Andy Cluphf 1990
 22-2 Ryan McKinney 2000
 22-0 Jeff Aken 1987
 21-11 $\frac{3}{4}$ Scott Pinion 1987
 21-4 $\frac{3}{4}$ Matt Williams 2000
 21-4 $\frac{1}{2}$ Mike Victor 1989
 21-3 Jeff St. John 1986
 21-2 Curt Marian 1972
 21-1 $\frac{1}{2}$ Kerry Mauer 1980
 21- $\frac{3}{4}$ Brad Whitsell 1976
 20-11 $\frac{3}{4}$ Jim Pearson 1963
 20-11 $\frac{1}{2}$ Henry Schellenberger'70
 20-11 $\frac{1}{4}$ Greg Posey 1966
 20-9 $\frac{3}{4}$ Tony Human 1995
 20-9 Kevin Watson 1985
 20-8 $\frac{1}{2}$ Brennan Frost 2007
 20-6 Rian Cool 1997
 20-6 Adam Riehl 1993
 20-6 Pete Bargreen 1983

TRIPLE JUMP (41-0)

46-6 $\frac{1}{2}$ Brian Graham 2000
 43-9 Mike Victor 1990
 43-9 Randy Lyons 1976
 43-6 Rian Cool 1997
 42-11 $\frac{1}{2}$ Kevin Watson 1985
 42-11 $\frac{1}{4}$ Scott Pinion 1987
 42-11 John Eyelander 1973
 42-7 Richie Chambers 1990
 42-4 Manolo Carillo 1987
 42-2 $\frac{3}{4}$ Stephen Graham 2007
 42-2 Mike Holguin 1983
 42- $\frac{3}{4}$ DJ Johnson 2003
 41-11 $\frac{1}{4}$ Stephen Graham 2005
 41-9 Kevin Hutchinson 2002
 41-8 Keith Hutchinson 1996
 41-7 Micah Fazio 1995
 41-3 $\frac{1}{2}$ Alex Smith 2005
 41-1 Pat Hagen 1989

HIGH JUMP (6-0)

6-10 Cameron Baron 1999
 6-7 $\frac{1}{2}$ Darren Nicholson 1987
 6-6 Jeff Landre 1988
 6-6 Duane Paulson 1986
 6-5 Keith Hutchinson 1996
 6-4 Steve Pipe 1997
 6-4 Curt Wilson 1989
 6-4 Mike Hutchinson 1988
 6-4 Mike Holguin 1983
 6-4 Carl Stephens 1982
 6-3 Andy Cluphf 1989
 6-3 Larry Lian 1971
 6-2 Alex Smith 2003,2004,2005
 6-1 $\frac{5}{8}$ Steve Fry 1967
 6-1 Wes Olson 1970
 6-1 Bob Lacey 1969
 6-0 Eric Huswick 2007
 6-0 Brennan Frost 2007
 6-0 Scott Baylor 2002
 6-0 Kevin Moss 1987
 6-0 Jeff Aken 1987

POLE VAULT (12-0)

13-7 Joe Mathias 1998
 13-6 $\frac{1}{2}$ Jared Fairbanks 1995
 13-6 Josh Cole 2007
 13-6 Josh Bohling 2005
 13-6 Glen Finley 2004
 13-6 Jeremy Fuller 1995
 13-6 Ty Reoh 1990
 13-6 Tim Zanas 1989
 13-3 Brandon Zueger 2004
 13-0 Larry Dressel 1986 & 87
 13-0 John Zanas 1985
 13-0 Bob Lacey 1968 & 69
 12-9 Bob Kruse 1988
 12-6 Andy Neighbors 1990
 12-0 Danny Coleman 2007
 12-0 Carl Aylesworth 2005&06
 12-0 Travis Bain 2006
 12-0 John Bargreen 1974
 12-0 Jeff Heath 1971

SHOT PUT (47-0)

62-1 Mike Williams 1967
 59-11 ½ Clint Osborn 2005
 55- ½ Mike Johnson 2002
 54-10 ½ Randy Shipley 1968
 53-10 Ryan Thomason 2000
 53-10 Kep Peterson 1984
 52-10 ½ Ben Elder 2006
 52-10 Chris LaPlante 2001
 52-4 ½ Chris Pratt 1997
 51-9 ½ Kelly Kurisu 2007
 50-11 John Begg 1980
 50-8 Dale Menzies 1969
 50-4 ½ Dave Jackson 1995
 50-3 Erik Humble 1987
 50-1 Steve Neys 1971
 49-9 Troy Akerlund 2000
 49-6 Mark Wilson 1990
 49-3 Shawn Osborne 1989
 49-3 Dan Morris 1982
 49-1 Logan Harding 2005
 48-3 Tim Putnam 1993
 48-1 ½ Andy Kelly 2003
 47-9 John Stewart 1994
 47-4 Mike Darby 1989

DISCUS (135-0)

169-2 Chris LaPlante 2001
 167-7 Mike Williams 1967
 161-10 Ben Elder 2005
 160-1 Logan Harding 2005
 158-0 Clint Osborn 2005
 155-6 Mike Johnson 2002
 150-0 Matt Leonard 2004
 148-10 Erik Humble 1986
 148-10 Shane Posey 1993
 147-8 Dave Jackson 1995
 147-2 Tim Putnam 1993
 146-10 Joel Sexton 1982
 144-10 John Begg 1980
 142-11 Terry Weigelt 1997
 141-10 Randy Shipley 1968
 141-6 Ted Werner 1961
 141-0 Dale Menzies 1969
 140-6 Seth Shuler 2006
 139-5 Josh Kerwin 1997
 139-1 Kep Peterson 1984
 138-11 Doug Palmer 1991
 138-6 Mike Darby 1989
 138-5 Jordan Bates 1995
 136-11 Dave Edelman 1985

JAVELIN (160-0)

209-8 Erik Humble 1986
 190-11 Terry Weigelt 1997
 189-6 Bruce Clark 1973
 184-1 Kerry Mauer 1980
 181-9 Larry Dressel 1986
 181-0 Steve Neys 1971
 180-9 Roy Slater 1962
 178-1* Logan Harding 2006
 177-6* Scott Wilson 2004
 177-5 Glen Peterson 1972
 176-8 Bob Snow 1967
 174-9 Brad Baughman 2001
 174-4 Tom Wolff 1989
 170-6 Kelly Kurisu 2007
 169-9 Courtney Mortenson 2000
 169-8 Joe Mathias 1998
 165-9 Greg Williams 1968
 164-6 Jason Russell 2000
 163-7 Sean Driscoll 2007
 162-0 Caleb Masse 2007
 160-10 Chris Pratt 1997

GIRLS

100 METERS (13.3)	200 METERS (27.5)	400 METERS (64.0)
12.07 Tanya Pater 2001	24.88 Tanya Pater 2001	56.9 Lola Johnston 1982
11.9 Paula James 1978*	25.1 Paula James 1978*	60.41 Tanya Pater 2000
12.21 Lori Anderson 2002	25.33 Jessica Hinton 2004	60.52 Monica Beard 2004
12.49 Jessica Hinton 2004	25.40 Lori Anderson 2002	60.82 Malea Russum 2002
12.3 Jodi Hovde 1984	26.2 Alli Sanders 1994	61.36 Katie Mylott 2004
12.4 Sarah Duncan 1997	26.39 Andrea Patterson 2004	61.5 Lindsey Barnes 2002
12.6 Dawnell Franklin 2006	26.3 Shelley Johnson 1993	61.6 Vickie Fortin 1994
12.6 Ayonna White 2006	26.56 Dawnell Franklin 2006	61.7 Lacey Leavitt 1997
12.6 Alli Sanders 1994	26.4 Jodi Hovde 1984	62.24 Taryn Wright 2007
12.6 Shelley Johnson 1993	26.76 Katie Mylott 2004	62.24 Stephanie Benfield 1995
12.7 Vicki Fortin 1995	26.6 Vicki Fortin 1994	62.3 Laurie Bickham 1992
12.7 Kim Miller 1982	26.6 Lola Johnston 1982	62.50 Kristina Schumacher 2005
12.98 Alyssa Isaman 2005	26.7 Kim Miller 1982	62.5 Jeanne Kaapuwai 1987
13.05 Katie Mylott 2004, 2005	26.7 Shannon Hulbert 1999	62.6 Liz Javier-Funk 1994
12.9 Shannon Hulbert 1999	26.8 Kalee Craig 1997 & 99	62.6 Karen Maurer 1978*
13.0 Laurie Bickham 1993	26.9 Sarah Duncan 1996	62.7 Sarah Kruse 1998
13.33 Kinslee Isaman 2007	26.9 Karen Maurer 1978*	62.8 Amy Kruckeberg 1999
13.1 Kalee Craig 1998	27.20 Alyssa Isaman 2004	62.8 Saucy Keys 1996
13.1 Molly Bloss 1992	27.0 Laurie Bickham 1993	62.9 Kati Biester 1992
13.1 Jeanne Kaapuwai 1988	27.2 Jeanne Kaapuwai 1988	62.9 Kathi Thompson 1985
13.1 Stacy Slater 1986	27.2 Sherry Ankiel 1985	63.1 Dani Rogers 1996
13.2 Lucy Wyles 2006	27.52 Kinslee Isaman 2007	63.9 Stefani Hendry 2002
13.2 Judine Fisher 1983	27.3 Nan Fifield 1979*	63.9 Marlis Whitman 2000
13.3 Monica Thompson 1996	27.5 Judine Fisher 1983	63.9 Allison Selway 1999
13.3 Kellie Thomas 1983		63.9 Jenny Martin 1993
13.3 Teresa Pegrum 1979*	*1600 METERS (5:45)	
		*3200 METERS (13:00)
800 METERS (2:30)	5:06.91 Amber Nickelson 2002	11:14.16 Amber Nickelson 2004
2:14.94 Lindsey Barnes 2002	5:12.6 Sarah Miller 1997	11:19.1 Sarah Miller 1998
2:19.6 Gina Olsen 1985	5:12.8 Sam Minor 2007	11:30.64 Bailey Granstrom 2006
2:20.04 Elise Page 2004	5:20.46 Bailey Granstrom 2005	11:32.4 Sam Minor 2007
2:20.3 Nicole Robinson 1999	5:22.0 Lisa Lielke 1984	11:50.0 Lisa Lielke 1984
2:20.3 April Sell 1982	5:24.8 April Sell 1979*	12:14.59 Angie Adkins 1988
2:21.89 Amber Nickelson 2004	5:29.9 Lindsey Barnes 2002	12:21.9 April Sell 1979*
2:22.68 Stephanie Benfield 1994	5:30.72 Anna Kruse 2005	12:24.0 Linda Marquardt 1985
2:23.19 Emily Kuhlman 2002	5:31.0 Angie Adkins 1985	12:24.8 Kelly Cronin 1997
2:24.2 Cheryl Kessler 1982	5:31.27 Lisa Zanas 1987	12:25.6 Sarah Kruse 1999
2:24.65 Stefani Hendry 2003	5:34.7 Jamie Ebner 2005	12:31.3 Lindsey Barnes 2002
2:25.39 Becky Lewis 1986	5:35.0 Sarah Kruse 1999	12:31.46 Ashley Hahn 2004
2:25.6 Briana Montanaro 1992	5:35.2 Emily Kuhlman 2003	12:34.2 Lisa Zanas 1987
2:26.1 Jessie Dierck 1993	5:36.0 Cheryl Kessler 1982	12:36.07 Angelique Goldor 2007
2:27.0 Sarah Miller 1996	5:36.4 Gina Olsen 1985	12:38.0 Erin Fraser 2002
2:27.19 Sam Minor 2007	5:39.0 Kelly Cronin 1997	12:42.1 Carla Rogers 1990
2:28.4 Lisa Lielke 1983	5:39.5 Kendra Hedges 2007	12:46.0 Julie Pearson 1993
2:28.72 Anna Kruse 2005	5:40.0 Faye Hoffman 1996	12:50.3 Jennifer Ames 1982
2:29.44 Kendra Miller 2006	5:40.55 Erin Fraser 2003	12:55.2 Donna Anderson 1982
2:29.4 Kate Alexander 1991	5:42.7 Stefani Hendry 2005	
2:29.5 Ann Gasca 1983	5:43.2 Nicole Robinson 1998	

400 METER RELAY (51.8)

49.32 Lori Anderson, Kelly Bay,
Lindsey Barnes, Tanya Pater 2001
49.62 Alyssa Isaman, Andrea Patterson,
Brandie Edwards Jessica Hinton '04
49.63 Kalee Craig, Monica Thompson,
Alli Sanders, Sarah Duncan 1997
49.71 Brandie Edwards, Lucy Wyles 2006
Ayonna White, Dawnell Franklin
49.71 Malea Russum, Jessica Hinton
Lindsey Barnes, Lori Anderson 2002
49.77 Brandie Edwards, Jessica Hinton,
Katie Mylott, Andrea Patterson 2005
49.7 Allison Selway, Lori Anderson
Lindsey Barnes, Tanya Pater 2000
49.87 Allison Selway, Kelly Bay, 1999
Kalee Craig, Tanya Pater
50.02 Stacy Slater, Gina Olsen, 1986
Sherry Ankiel, Jodi Hovde
50.44 Brandie Edwards, Jessica Hinton,
Katie Mylott, Kelsi Kippola 2005
50.3 Sarah Harris, Vicki Fortin, 1992
Shelley Johnson, Molly Bloss
50.3 Tammy Olsen, Tauna McLaury
Lola Johnston, Kim Miller 1982
50.4 Allison Selway, Brandie Bajema,
Kalee Craig, Tanya Pater 1998
50.4 Saucy Keys, Monica Thompson,
Sarah Duncan, Alli Sanders 1996
50.6 Heidi Pound, Teresa Pegrum,
Shelly Emerson, Paula James 1979*
50.81 Alyssa Isaman, Brandie Edwards,
Jessica Hinton, Malea Russum 2003
50.84 Brandie Edwards, Alyssa Isaman,
Katie Mylott, Andrea Patterson 2005
50.7 Malea Russum, Jessica Hinton, 2003
Brandie Edwards, Lori Anderson
50.7 Shanna Boyland, Vicki Fortin,
Saucy Keys, Alli Sanders 1995
50.7 Tammy Olsen, Kim Volkmann,
Stacy Slater, Jodi Hovde 1985
50.7 Tammy Olsen, Kim Volkmann,
Kim Thomas, Jodi Hovde 1984
50.8 Alisun Knowles, Vicki Fortin, 1993
Laurie Bickham, Kera Chambers
51.33 Emily Andersen, Lucy Wyles, 2007
Kinslee Isaman, Dawnell Franklin
51.41 Jennifer Bercot, Stacy Slater,
Gina Olsen, Jodi Hovde 1987
51.52 Stacy Slater, Jennifer Bercot 1988
Sherry Ankiel, Jeanne Kaapuwai
51.59 Alisun Knowles, Vicki Fortin,
Laurie Bickham, Alli Sanders 1994
51.5 Danica Wahlberg, Traci Nessen,
Shelley Johnson, Molly Bloss 1990
51.5 Stacy Slater, Jennifer Bercot,
Sherry Ankiel, Jodi Hovde 1986
51.7 Danica Wahlberg, Sarah Harris,
Shelley Johnson, Molly Bloss 1991
51.80 Kalee Craig, Brandie Bajema, 1997
Alli Sanders, Sarah Duncan

800 METER RELAY (1:50.0)

1:43.17 Kelly Bay, Lori Anderson, 2001
Shannon Hulbert, Tanya Pater
1:43.57 Kelly Bay, Lori Anderson,
Malea Russum, Tanya Pater 2001
1:44.28 Kalee Craig, Alli Sanders, 1997
Brandie Bajema, Sarah Duncan
1:44.82 Brandie Bajema, Shaina Rogers
Alli Sanders, Sarah Duncan 1996
1:44.8 Allison Selway, Shannon Hulbert,
Kalee Craig, Tanya Pater 1999
1:45.20 Andrea Patterson, Alyssa Isaman,
Brandie Edwards Jessica Hinton 2004
1:45.88 Malea Russum, Brandie Edwards,
Addie Toll, Jessica Hinton 2003
1:45.92 Allison Selway, Brandie Bajema,
Kalee Craig, Tanya Pater 1998
1:46.10 Malea Russum, Kristen Cornish,
Jessica Hinton, Lori Anderson 2002
1:46.29 Ayonna White, Brandie Edwards,
Lucy Wyles, Dawnell Franklin 2006
1:46.40 Allison Selway, Marlis Whitman,
Lori Anderson, Tanya Pater 2000
1:46.49 Malea Russum, Jessica Hinton,
Lindsey Barnes, Lori Anderson 2002
1:46.60 Alisun Knowles, Laurie Bickham 1993
Shelley Johnson, Kera Chambers
1:46.80 Brandie Edwards, Dawnell Franklin
Jessica Hinton, Andrea Patterson 2005
1:47.38 Katie Mylott, Dawnell Franklin, 2005
Jessica Hinton, Andrea Patterson
1:47.65 Stacy Slater, Kathi Thompson
Sherry Ankiel, Jodi Hovde 1986
1:47.69 Allison Selway, Kelly Bay
Kalee Craig, Tanya Pater 1999
1:47.80 Shanna Boyland, Shaina Rogers
Alli Sanders, Vicki Fortin 1995
1:47.7 Teresa Pegrum, Heidi Pound,
Kim Miller, Paula James 1979*
1:48.3 Jeanne Kaapuwai, Stacy Slater,
Kathi Thompson, Jodi Hovde 1987
1:48.46 Emily Andersen, Dawnell Franklin,
Kinslee Isaman, Lucy Wyles 2007
1:48.59 Marlis Whitman, Lindsey Barnes
Lori Anderson, Allison Selway 00
1:48.62 Monica Thompson, Kalee Craig
Brandie Bajema, Sarah Duncan 97
1:48.8 Tammy Olsen, Kim Volkmann,
Sherry Ankiel, Jodi Hovde 1985
1:48.9 Kalee Craig, Monica Thompson,
Brandie Bajema, Alli Sanders '97
1:49.19 Emily Andersen, Dawnell Franklin,
Whitney Whitsell, Lucy Wyles 2007
1:49.2 Danica Wahlberg, Molly Bloss,
Vicki Fortin, Shelley Johnson '92
1:49.5 Tammy Olsen, Kim Volkmann,
Kim Thomas, Judine Fisher 1983
1:49.9 Danica Wahlberg, Shelly Johnson
Traci Nessen, Molly Bloss 1990
1:49.9 Tammy Olsen, Kim Volkmann
Kim Thomas, Bonnie Hobson '84

1600 METER RELAY (4:14.0)

4:02 April Sell, Marci Grow, 1980
Cheryl Kessler, Lola Johnston
4:03.27 Vickie Fortin, Liz Javier-Funk,
Alli Sanders, Steph Benfield 1994
4:04.7 Sarah Kruse, Sarah Miller,
Kelly Bay, Nicole Robinson 1998
4:05.86 Kristina Schumacher, Katie Mylott,
Elise Page, Monica Beard 2005
4:07.23 Taryn Adams, Kristen Cornish,
Katie Mylott, Monica Beard 2004
4:07.8 Megan Romo, Nicole Robinson,
Sarah Miller, Steph Benfield 1997
4:07.9 April Sell, Cheryl Kessler, 1981
Lisa Lielke, Lola Johnston
4:08.8 Nicole Robinson, Lacey Leavitt,
Megan Romo, Sarah Miller 1997
4:09.0 Saucy Keys, Sarah Miller, 1995
Liz Javier-Funk, Stephanie Benfield
4:09.22 Kristen Cornish, Lindsey Barnes, '02
Emily Kuhlman, Amber Nickelson
4:09.2 Lacey Leavitt, Nicole Robinson,
Megan Romo, Steph Benfield 1997
4:09.54 Kristen Cornish, Amber Nickelson
Elise Page, Monica Beard 2004
4:09.4 Kati Biester, Jessi Dierck, 1992
Briana Montanaro, Laurie Bickham
4:09.99 Saucy Keys, Nicole Robinson, 1996
Megan Romo, Stephanie Benfield
4:10.28 Kelly Bay, Sarah Kruse, 1999
Amy Kruckeberg, Nicole Robinson
4:10.3 Saucy Keys, Liz Javier-Funk, 1995
Vicki Fortin, Stephanie Benfield
4:11.12 Monica Beard, Malea Russum 2003
Kristen Cornish, Emily Kuhlman
4:11.0 Kellie Thomas, Keri Olson, 1984
Gina Olsen, Lisa Lielke
4:11.24 Stefani Hendry, Amber Nickelson,
Emily Kuhlman, Malea Russum '02
4:11.3 Amy Kruckeberg, Emily Kuhlman,
Lindsey Barnes, Malea Russum 2000
4:11.7 Charlene Fosse, Cheryl Kessler,
Lola Johnston, April Sell 1979*
4:11.8 Angie Adkins, Linda Marquardt
Kathi Thompson, Gina Olsen 1985
4:12.3 Dani Rogers, Nicole Robinson,
Megan Romo, Steph Benfield 1996
4:12.4 Saucy Keys, Vicki Fortin, 1993
Jessi Dierck, Jenny Martin
4:13.3 Jenny Martin, Dani Rogers, 1994
Liz Javier-Funk, Stephanie Benfield
4:13.61 Kristen Cornish, Lindsey Barnes,
Emily Kuhlman, Malea Russum '02

100 METER HURDLES (17.5)

14.74 Brandie Edwards 2006
 14.95 Ayonna White 2006
 15.6 Monica Thompson 1997
 15.86 Whitney Whitsell 2007
 16.16 Taryn Adams 2003
 16.32 Kyla Cooper 2007
 16.1 Danica Wahlberg 1991
 16.36 Dawn Huff 1988
 16.45 Emily Obermeyer 1999
 16.45 Tracy Stover 1989
 16.5 Emily Andersen 2007
 16.5 Alicia Steinruck 2001
 16.5 Alisun Knowles 1993
 16.81 Kristen Cornish 2002
 16.91 Danielle Lander 2005
 16.8 Karen Rogers 1996
 16.9 Molly Bloss 1992
 17.1 Shanna Boyland 1993
 17.2 Megan Romo 1996
 17.2 Jennifer Bercot 1987
 17.2 Gina Olsen 1987
 17.3 Kate Job 2006
 17.3 Alli Sanders 1997
 17.4 Hope Markham 1991
 17.4 Laura Kruse 1990
 17.62 Hali Kippola 2004
 17.5 Diane McCauley 1986

LONG JUMP (15-5)

18-2 Shaina Rogers 1996
 18-1 Shelley Johnson 1992
 17-11 $\frac{3}{4}$ Sarah Duncan 1996
 17-9 Brittany Aanstad 2007
 17-2 Brandie Bajema 1997
 16-11 Andrea Patterson 2005
 16-10 Ashley Jordan 2006
 16-7 $\frac{1}{2}$ Keli Lake 1989
 16-7 $\frac{1}{4}$ Tanya Pater 1998
 16-6 Paula James 1979
 16-5 Allison Selway 2000
 16-4 $\frac{1}{2}$ Traci Nessen 1990
 16-4 $\frac{1}{2}$ Diane McCauley 1985
 16-4 Kelsi Kippola 2005
 16-3 $\frac{1}{2}$ Emily Obermeyer 1999
 16-3 Heidi Pound 1979
 16-1 Laura Berg 1975
 15-11 Lori Anderson 2001
 15-9 Hillary Mace 2003
 15-8 $\frac{3}{4}$ Kristina Schumacher '05
 15-6 $\frac{1}{2}$ Sarah Harris 1992
 15-6 Marlis Whitman 2000
 15-6 Sherry Ankiel 1985
 15-5 $\frac{3}{4}$ Christine Graham 1995
 15-5 Jeanne Kaapuwai 1989
 15-5 Dana Spitzer 1988
 15-5 Jennifer Bernethy 1985

TRIPLE JUMP (31-0)

37-3 $\frac{1}{2}$ Andrea Patterson 2004
 37-1 $\frac{3}{4}$ Shaina Rogers 1995
 36-4 $\frac{1}{4}$ Kelsi Kippola 2005
 36-4 $\frac{1}{4}$ Christine Graham 1997
 35-10 $\frac{1}{2}$ Kelly Bay 2001
 35-9 $\frac{1}{2}$ Allison Selway 2000
 35-8 $\frac{1}{2}$ Traci Nessen 1989
 35-7 $\frac{1}{2}$ Brittany Aanstad 2007
 35-6 Dani Rogers 1996
 34-3 Shelley Johnson 1993
 34-2 Caitlin Hurt 2005
 33-11 Keli Lake 1989
 33-7 $\frac{3}{4}$ Alicia Steinruck 2001
 33-7 $\frac{3}{4}$ Charity Hanson 1993
 33-7 Jenny Markham 1991
 33-6 $\frac{1}{2}$ Emily Obermeyer 1999
 33-6 Lori Anderson 2002
 33-3 Andrea Kreft 2002
 33-2 $\frac{1}{2}$ Marlis Whitman 2000
 32-10 Brittany Tri 2007
 32-8 Brandie Edwards 2003
 32-6 Amanda Eggers 2005
 32-2 Sarah Kruse 1998
 32-2 Rene' Bauman 1989
 31-8 $\frac{1}{4}$ Jamie McBride 1993

300 METER HURDLES (50.0)

45.55 Brandie Edwards 2006
 46.0 Alli Sanders 1997
 46.26 Taryn Adams 2003
 46.5 Kelly Bay 1998
 47.3 Megan Romo 1997
 47.3 Lisa Lielke 1984
 47.85 Kristen Cornish 2004
 48.12 Dawn Huff 1988
 48.0 Monica Thompson 1996
 48.2 Danica Wahlberg 1991
 48.46 Lindsey Barnes 2001
 48.5 Gina Olsen 1986
 49.0 Emily Andersen 2007
 49.0 Tracy Stover 1991
 49.27 Whitney Whitsell 2007
 49.2 Danielle Lander 2006
 49.5 Shanna Boyland 1995
 49.6 Vanessa Harris 1992
 49.7 Alisun Knowles 1994
 49.7 Tammy Olsen 1984

POLE VAULT (8-0)

10-6 Brittany Aanstad 2006
 10-3 Malea Russum 2001
 9-3 Andrea Kreft 2002
 9-0 Samantha Force 2006
 8-9 Kristen West 2007
 8-6 Lexee Bogdanoff 2003
 8-0 Megan Groff 2007
 8-0 Kendra Timm 2005
 8-0 Stephanie Puzey 2005,2006
 8-0 Bethany Chapman 2005
 8-0 Kelsey Fix 2005 & 2007
 8-0 Nina Fujioka 2003,2004

HIGH JUMP (4-9)

5-5 Brittany Aanstad 2007
 5-4 Amy Kruckeberg 2000
 5-4 Kelly Jones 1980
 5-2 Brittany Tri 2006 & 2007
 5-2 Mary Ochiltree 2005
 5-2 Andrea Patterson 2004
 5-2 Shaina Rogers 1995
 5-0 Julianne Hezlep 2006 & 2007
 5-0 Brenda Clark 1981
 4-11 Rene' Bauman 1989
 4-11 Pam Detrich 1980
 4-11 Marci Ladue 1992 & 93
 4-10 Brandie Edwards 2003
 4-10 Brianne Gessaman 98,99,2000
 4-10 Megan Romo 1996
 4-10 Angie McMullen 1993
 4-10 Traci Nessen 1989
 4-10 Kathi Thompson 1987
 4-10 Diane McCauley 1985
 4-9 Jodi Lewis 1979

JAVELIN (90-0)

146-1 Brittany Aanstad 2006
 145-11 Sarah Duncan 1997
 145-4 Laura Kruse 1993
 142-6 Kayla Russum 1998
 132-6 Juli Miller 1995
 125-2 Rachael Boehme 2006
 124-3 Alicia Steinruck 2002
 124-3 Vicki Holguin 1977
 118-4 Mallory LaPlante 2004
 117-1 Brenda Feaster 1995
 114-5 Rochelle Weigelt 1999
 113-0 Noelle Bosserman 2000
 109-6 Mary Ochiltree 2006
 109-1 Deanna Cooper 2001
 108-2 Jessica Molstre 2003
 107-10 Lila Hansen 1975
 107-3 Sarah Baylor 2004
 106-7 Beth Knowles 1994
 106-3 Kelsey Fix 2005
 101-4 Karissa Tri 2007
 100-6 Karen James 1979
 99-9 Maisie Todd 2000
 97-8 Liz Javier-Funk 1997
 95-6 Whitney Whitsell 2005
 95-2 Lori Withrow 1980
 92-9 Pam Dietrich 1980
 92-8 Kaitlin MacKenzie 2007
 91-9 Liana Rux 1984

DISCUS (95-0)

129-10 Mallory LaPlante 2004
 128-3 Teresa Otter 1987
 126-7 Cassy Osborn 2006
 126-6 Diane Gort 1983
 125-0 Kari Krag 1988
 124-1 Kathy Smiley 1988
 122-11 Laura Kruse 1993
 119-6 Jessica Molstre 2003
 117-1 Maisie Todd 2001
 116-7 Rachael Boehme 2005
 116-0 Tiffany Mauer 2000
 115-1 Rochelle Weigelt 1998
 111-5 Anna Hoffman 1981
 110-11 Kayla Russum 1998
 110-1 Leah Grassl 2007
 109-11 Debbie Austin 1985
 109-1 Kelly Tyack 2005
 107-10 Julie Minch 1993
 106-8 Kali Wilbourne 2003
 106-0 Tina Dutcher 1989
 104-6 Dawn Hendershot 1992
 103-6 Julie Miller 1995
 100-11 Tori Thompson 2002
 99-10 Kristin Johnson 1989
 99-5 Karissa Tri 2007
 98-6 Stacy McMullen 1994
 97-9 Beth Knowles 1994

SHOT PUT (34-0)

41-8 ¼ Teresa Otter 1987
 40-1 Jessica Molstre 2003
 40- ½ Beth Knowles 1995
 39-8 ½ Debbie Austin 1985
 39-7 ½ Cassy Osborn 2006
 38-3 Tina Dutcher 1989
 38-2 Vicki Holguin 1977
 38-1 Maisie Todd 2001
 37-9 ½ Mallory LaPlante 2004
 37-8 Kari Krag 1988
 37-6 ½ Leah Grassl 2007
 37-5 ½ Rochelle Weigelt 1998
 37-4 Stacy McMullen 1996
 36-7 ¼ Kera Chambers 1993
 36-6 Tiffany Mauer 1998
 35-8 Leah Grassl 2006
 35-5 ½ Dawn Hendershot 1992
 35-2 Kathy Smiley 1988
 35-0 Shelby Carlson 1996
 34-11 Darci Steele 1982
 34-9 Kiana Fisher 2004
 34-8 Julie Miller 1992
 34-6 Rachel Mountfield 1991
 34-5 Karen Maurer 1979
 34-1 ½ Jenna Uhlenkott 1993