

WOMEN'S TOP TEN RECORDS

100 METERS

		# = FAT		
1	Dana Parr	12.44	1995	Fort Vancouver H.S. – Vancouver, WA
	Annmari Kesling	12.44	1989	Hudson's Bay H.S. – Vancouver, WA
3	Katie Miller	12.45#	2004	Columbia River H.S. – Vancouver, WA
4	Keyanna Jenkins	12.46#	2003	Mountain View H.S. – Vancouver, WA
5	Anne-Elissa Reynolds	12.52#	1998	Evergreen H.S. – Vancouver, WA
6	Tricia Staggs	12.64	1993	R.A. Long H.S. – Longview, WA
7	Emily George	12.70#	1999	Mountain View H.S. – Vancouver, WA
8	Brenna Buck	12.74	1989	La Conner H.S. – La Conner, WA
9	Janeline Hayes	12.76	1998	Kentwood H.S. – Kent, WA
10	Maria Lance	12.84	1996	Mountain View H.S. – Vancouver, WA
	Rachel Biller	12.84	1996	Woodland H.S. – Woodland, WA
	Mary Archer	12.84	1989	Hudson's Bay H.S. – Vancouver, WA
	Ashley Rambo	12.84#	2003	Kelso H.S. – Kelso, WA

200 METERS

1	Keyanna Jenkins	25.44#	2003	Mountain View H.S. – Vancouver, WA
	Annmari Kesling	25.44	1989	Hudson's Bay H.S. – Vancouver, WA
3	Anne-Elissa Reynolds	25.76#	1998	Evergreen H.S. – Vancouver, WA
4	Katie Miller	25.94#	2004	Columbia River H.S. – Vancouver, WA
5	Brooke Wilson	25.96#	1997	Columbia River H.S. – Vancouver, WA
6	Tina Brockway	26.04	1992	Battle Ground H.S. – Battle Ground, WA
7	Janeline Hayes	26.14#	1998	Kentwood H.S. – Kent, WA
8	Veronica Calkins	26.24	1993	Castle Rock H.S. – Castle Rock, WA
9	Brenna Buck	26.34	1989	La Conner H.S. – La Conner, WA
	Dana Parr	26.34	1995	Fort Vancouver H.S. – Vancouver, WA
	Ashley Rambo	26.34	2003	Kelso H.S. – Kelso, WA

400 METERS

1	Kristi Lund	57.36#	2000	Ridgefield H.S. – Ridgefield, WA
2	Jennifer Berglund	58.25#	1997	Evergreen H.S. – Vancouver, WA
3	Brittney Anderson	58.43#	2003	Ridgefield H.S. – Ridgefield, WA
4	Lindsay Roberson	58.62#	1999	Castle Rock H.S. – Castle Rock, WA
5	Janeline Hayes	59.38	1998	Kentwood H.S. – Kent, WA
6	Dana Parr	59.74	1996	Fort Vancouver H.S. – Vancouver, WA
7	Lauri Anderson	1:00.03#	1981	Cathlamet H.S. – Cathlamet, WA
8	Ashley Rambo	1:00.15#	2003	Kelso H.S. – Kelso, WA
9	Mary Archer	1:00.24	1989	Hudson's Bay H.S. – Vancouver, WA
10	Theresa Lane	1:00.30#	1999	Mountain View H.S. – Vancouver, WA

800 METERS

		# = FAT		
1	Crystal Glenn	2:13.18#	2000	Battleground H.S. – Battle Ground, WA
2	Maria Bribiesca	2:14.20#	2005	Brush Prairie H.S. – Brush Prairie, WA
3	Lindsay Roberson	2:14.29#	2000	Castle Rock H.S. – Castle Rock, WA
4	Molly Phimister	2:17.54#	2003	Hudsons Bay H.S. – Vancouver, WA
5	Heather Meler	2:19.20#	2003	Columbia River H.S. – Vancouver, WA
6	Janeline Hayes	2:20.34#	1998	Kentwood H.S. – Kent, WA
7	Theresa Lane	2:20.97#	1999	Mountain View H.S. – Vancouver, WA
8	Cari George	2:21.64#	1996	Evergreen H.S. – Vancouver, WA
9	Karey Brown	2:21.67#	1994	Columbia River H.S. – Vancouver, WA
10	Melissa Pickett	2:22.06#	1995	Fort Vancouver H.S. – Vancouver, WA

1500 METERS

		# = FAT		
1	Crystal Glenn	4:36.63#	2000	Battleground H.S. – Battle Ground, WA
2	Heather Meler	4:47.44#	2003	Columbia River H.S. – Vancouver, WA
3	Emily VandenEkat	4:49.90#	2003	Arlington H.S. – Arlington, WA
4	Trisha Nelson	4:49.91#	1994	Hoquiam H.S. – Hoquiam, WA
5	Marti Foster	4:50.2	1989	Stevenson H.S. – Stevenson, WA
6	Karey Brown	4:50.99#	1994	Columbia River H.S. – Vancouver, WA
7	Maria Bribiesca	4:53.09#	2005	Brush Prairie H.S. – Brush Prairie, WA
8	Dawnita LiaBraaten	4:53.59#	1999	Kelso H.S. – Kelso, WA
9	Molly Phimister	4:53.41#	2003	Hudsons Bay H.S. – Vancouver, WA
10	Angela Pearson	4:54.34#	1996	Trout Lake H.S. – Trout Lake, WA

3000 METERS

1	Crystal Glenn	10:23.61#	2000	Battleground H.S. – Battle Ground, WA
2	Yesewzer Kebede	10:29.4	2003	Camas H.S. – Camas, WA
3	Molly Phimister	10:33.45#	2003	Hudsons Bay H.S. – Vancouver, WA
4	Trisha Nelson	10:36.3	1994	Hoquiam H.S. – Hoquiam, WA
5	Sheila Perletti	10:37.9	2002	Strath Scova H.S. – Alberta, CAN
6	Emily VandenEkat	10:38.72#	2002	Arlington H.S. – Arlington, WA
7	Angela Pearson	10:39.34#	1996	Trout Lake H.S. – Trout Lake, WA
8	Crystal Dennis	10:45.2	2002	Parkrose H.S. – Portland, OR
9	Lindsey McElroy	10:48.48#	1998	Lakeside H.S. – Spokane, WA
10	Dracy Church	10:48.54#	1993	Onalaska H.S. – Onalaska, WA

3000 METER STEEPLECHASE

1	Crystal Glenn	12:19.24	2000	Battleground H.S. – Battle Ground, WA
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5000 METERS

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1	Crystal Glenn	18:07.39#	2000	Battleground H.S. – Battle Ground, WA
2	Sheila Perletti	18:15.49#	2002	Strath Scova H.S. – Alberta, CAN
3	Katie Dye	18:19.09#	2005	Wilsonville H.S. – Wilsonville, WA
4	Molly Phimister	18:19.90#	2003	Hudsons Bay H.S. – Vancouver, WA
5	Crystal Dennis	18:29.63#	2001	Parkrose H.S. – Portland, OR
6	Emily VandenEkart	18:46.34#	2003	Arlington H.S. – Arlington, WA
	Yesewzer Kebede	18:46.34#	2003	Camas H.S. – Camas, WA
8	Lindsey McElroy	18:56.10#	1998	Lakeside H.S. – Spokane, WA
9	Dracy Church	18:58.04#	1993	Onalaska H.S. – Onalaska, WA
10	Jessica Oldis	19:16.35#	1994	Kelso H.S. – Kelso, WA

10,000 METERS

1	Yesewzer Kebede	37:58.51#	2003	Camas H.S. – Camas, WA
2	Sheila Perletti	38:28.11#	2002	Strath Scova H.S. – Alberta, CAN
3	Molly Phimister	38:59.0	2003	Hudsons Bay H.S. – Vancouver, WA
4	Lindsey McElroy	39:25.74#	1998	Lakeside H.S. – Spokane, WA
5	Crystal Dennis	39:31.21#	2002	Parkrose H.S. – Portland, OR
6	Pam Jensen	40:06.0	1997	Burnsville H.S. - Burnsville, MN
7	Mary Beth New	40:06.19#	2001	Columbia River H.S. – Vancouver, WA
8	Jenny Nelson	41:00.5	1991	Scappoose H.S. – Scappoose, OR
9	Jessica Oldis	41:01.48#	1994	Kelso H.S. – Kelso, WA
10	Angie Ashmore	41:07.7	1996	W. F. West H.S. – Chehalis, WA

100 HIGH HURDLES

1	Tina Brockway	14.62#	1991	Battle Ground H.S. – Battle Ground, WA
2	Brooke Wilson	14.64	1998	Columbia River H.S. – Vancouver, WA
3	Katie Miller	14.77#	2004	Columbia River H.S. – Vancouver, WA
4	Anitra Patton	14.90#	1995	Grandview H.S. –
5	Leesa Morehead	14.98#	2004	Proctor Hug H.S. – Reno, NV
6	Tracy Elliott	15.15#	1994	Naselle H.S. – Naselle, WA
7	Emily George	15.70#	1999	Mountain View H.S. – Vancouver, WA
8	Lindsey Buttrey	15.78#	2006	W.F. West – Chehalis, WA
9	Shanna Gallagher	15.92#	1991	Mountain View H.S. – Vancouver, WA
10	Katie Miller	15.96#	2004	Columbia River H.S. – Vancouver, WA

400 HURDLES

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1	Brooke Wilson	1:00.85#	1997	Columbia River H.S. – Vancouver, WA
2	Emily George	1:01.06#	1999	Mountain View H.S. – Vancouver, WA
3	Tina Brockway	1:03.85#	1992	Battle Ground H.S. – Battle Ground, WA
4	Tracy Elliott	1:04.04#	1994	Naselle H.S. – Naselle, WA
5	Lisa Walker	1:05.32#	1997	Fort Vancouver H.S. – Vancouver, WA
6	Anna Kalat	1:05.89#	1998	Capital H.S. – Olympia, WA
7	Liz Jacobsen	1:06.78#	2003	Barlow H.S. – Gresham, OR
8	Linda Noonan	1:07.44	1981	Evergreen H.S. – Vancouver, WA
9	Heather VanValkenburg	1:07.66#	1994	Wilson H.S. – Portland, OR
10	Shanna Gallagher	1:07.96#	1991	Mountain View H.S. – Vancouver, WA

LONG JUMP

1	Brooke Wilson	18-11.5	1998	Columbia River H.S. – Vancouver, WA
2	Katie Miller	18-09.75	2004	Columbia River H.S. – Vancouver, WA
3	Ann Marie Kesling	18-09.5	1989	Hudson's Bay H.S. – Vancouver, WA
4	Lakesha Cadogan	18-04.50	2006	Curtis H.S. – Tacoma, WA
5	Lakeshia Cockrell	18-04.25	2004	River Ridge H.S. – Tacoma, WA
6	Emily George	17-07.75	1999	Mountain View H.S. – Vancouver, WA
7	Janeline Hayes	17-07.25	1998	Kentwood H.S. – Kent, WA
8	Kristi Skreen	17-06.50	2005	Kelso H.S. – Kelso, WA
9	Alison Sheaffer	17-06	1999	Washougal H.S. – Washougal, WA
10	Brittney Driver	17-04.25	2004	Woodland H.S. – Woodland, WA

TRIPLE JUMP

1	Alison Sheaffer	38-06.25	1999	Washougal H.S. – Washougal, WA
2	Janeline Hayes	37-10	1998	Kentwood H.S. – Kent, WA
3	Lakesha Cadogan	37-5.75	2005	Cutris H.S. – Tacoma, WA
4	Brooke Wilson	37-04	1998	Columbia River H.S. – Vancouver, WA
5	Natasha Iwanick	36-10.5	2003	Shasta H.S. – Redding, CA
6	Katie Miller	36-05.5	2004	Columbia River H.S. – Vancouver, WA
7	Kimberly Pence	35-07.25	2006	Stanwood H.S. – Stanwood, WA
8	Brittany Driver	35-03	2004	Woodland H.S. – Woodland, WA
9	Precious Lapuz	35-02	2004	Proctor Hug H.S. – Reno, NV
10	Tara Lewis	35-01.25	1998	South Bend H.S. – Bend, OR

HIGH JUMP

1	Dawn Putnam	5-10	1994	Fort Vancouver H.S. – Vancouver, WA
2	Johanna Lawson	5-09.25	1996	Battle Ground H.S. – Battle Ground, WA
3	Kelly Keist	5-08	1992	Mountain View H.S. – Vancouver, WA
4	Angela Borchardt	5-06	1992	Onalaska H.S. – Onalaska, WA
	Katie Miller	5-06	2004	Columbia River H.S. – Vancouver, WA
6	Sheryl Gold	5-05	1982	Columbia River H.S. – Vancouver, WA
7	Debbie Hollingsworth	5-04	1977	Oregon
	D'Ann Hawke	5-04	1981	Molalla H.S. – Molalla, OR
	Judy Frandsen	5-04	1981	Toutle Lake H.S. – Toutle, WA
	Alison Sheaffer	5-04	1999	Washougal H.S. – Washougal, WA

POLE VAULT

1	Amanda Wager	9-06	2000	Hudson's Bay H.S. – Vancouver, WA
2	Melinda Olsen	9-00.25	1996	Franklin H.S. – Portland, OR
3	Nicole Roberts	8-00	2003	North Valley H.S. – Grants Pass, OR
4	Karisa Makaiwi	7-06	1999	Raymond H.S. – Raymond, WA
	Heidi Smell	7-06	2002	WF West H.S. – Chehalis, WA
6	Shannon Ponciano	6-08	1999	Columbia River H.S. – Vancouver, WA

JAVELIN

1	Karisa Makiawi	143-10	1999	Raymond H.S. – Raymond, WA
2	Liz Jacobsen	142-10	2003	Barlow H.S. – Gresham, OR
3	Tia Parsons	140-08	2003	Marshfield H.S. – Coos Bay, OR
4	Brittany Driver	134-03	2004	Woodland H.S. – Woodland, WA
5	Chelsea Glavin	131-08	2005	Heritage H.S. – Vancouver, WA
6	Katie Miller	130-07	2004	Columbia River H.S. – Vancouver, WA
7	Erin Bell	128-03	2003	Stevenson H.S. – Stevenson, WA
8	Michelle Wright	126-05	2002	Prairie H.S. – Brush Prairie, WA
9	Jill Blake	115-08	2006	Tumwater H.S. – Tumwater, WA
10	Erin Richardson	114-09	2001	Ridgefield H.S. – Ridgefield, WA

JAVELIN, PRE 1999

1	Brenda Bessner	178-00	1989	School for the Deaf – Vancouver, WA
2	Judy Frandsen	149-10.5	1981	Toutle Lake H.S. – Toutle, WA
3	Pam Lorensen	148-07	1981	Fort Vancouver H.S. – Vancouver, WA
4	Desere Healy	134-03.5	1996	Kelso H.S. – Kelso, WA
5	Jennifer Ferres	133-07	1992	Roosevelt H.S. – Portland, OR
6	Karin Davis	131-02	1993	White Pass H.S. – Randall, WA
7	Erin Anderson	128-06	1994	Ridgefield H.S. – Ridgefield, WA
8	Amy Dinnel	128-04	1995	Washougal H.S. – Washougal, WA

HAMMER

1	Kate Burton	197-10	2005	Evergreen H.S. – Vancouver, WA
2	Danielle Better	144-08	2000	Goldendale H.S. – Goldendale, WA
3	Christina Hebert	138-10	2004	Port Angeles H.S. – Port Angeles, WA
4	Susan Hanson	132-01	1998	Bellingham H.S. – Bellingham, WA
5	Chandra Chase	129-07	2002	Hudsons Bay H.S. – Vancouver, WA
6	Dawn Lauzon	129-06	2000	Walla Walla H.S. – Walla Walla, WA
7	K'pree Ford-Harris	121-08.5	2003	North Valley H.S. – Grants Pass, OR
8	Heather Rautenberg	116-03	2002	Gladstone H.S. – Gladstone, OR
9	Jill Blake	110-08	2006	Tumwater H.S. – Tumwater, WA
10	Beth Frink	109-01	2004	Wahkiakum H.S. – Cathlamet, WA

SHOT PUT

1	Brenda Bessner	45-05	1989	School for the Deaf, Vancouver, WA
2	Heather Gambill	44-03	1996	Battle Ground H.S. – Battle Ground, WA
3	Pam Lorensen	44-02.5	1989	Fort Vancouver H.S. – Vancouver, WA
4	Amber Kuter	43-11.5	1999	Hudson's Bay H.S. – Vancouver, WA
5	Beth Frink	41-10.75	2004	Wahkiakum H.S. – Cathlamet, WA
6	Amy Knowles	39-10	1989	Cathlamet H.S. – Cathlamet, WA
7	Johanna Lawson	39-05.25	1996	Battle Ground H.S. – Battle Ground, WA
8	Christina Hebert	38-08.5	2004	Port Angeles H.S. – Port Angeles, WA
9	K'pree Ford-Harris	37-08	2003	North Valley H.S. – Grants Pass, OR
10	Susan Hanson	37-07.75	1998	Bellingham H.S. – Bellingham, WA

DISCUS

1	Heather Gambill	154-06	1996	Battle Ground H.S. – Battle Ground, WA
2	Kate Burton	146-11.50	2005	Evergreen H.S. – Vancouver, WA
3	Amber Kuter	141-11	1999	Hudson's Bay H.S. – Vancouver, WA
4	Erica Cass	137-04	1991	Washougal H.S. – Washougal, WA
5	Judy Frandsen	136-11	1981	Toutle Lake H.S. – Toutle Lake, WA
6	Danielle Better	135-08	2000	Goldendale H.S. – Goldendale, WA
7	K'pree Ford-Harris	134-04	2003	North Valley H.S. – Grants Pass, OR
8	Kristi Lund	133-06	1999	Ridgefield H.S. – Ridgefield, WA
9	Crystal Morfin	130-03	2002	Walla Walla H.S. – Walla Walla, WA
10	Sue Arehart	128-03	1981	Fort Vancouver H.S. – Vancouver, WA

HEPTATHLON

1	Katie Miller	4988	2004	Columbia River H.S. – Vancouver, WA
2	Brooke Wilson	4668	1998	Columbia River H.S. – Vancouver, WA
3	Liz Jacobsen	4238	2003	Barlow H.S. – Gresham, OR
4	Brittany Driver	4070	2004	Woodland H.S. – Woodland, WA
5	Alison Sheaffer	4028	1999	Washougal H.S. – Washougal, WA
6	Janeline Hayes	3975	1998	Kentwood H.S. – Kent, WA
7	Johanna Lawson	3953	1996	Battle Ground H.S. – Battle Ground, WA
8	Dawn Putnam	3936	1994	Fort Vancouver H.S. – Vancouver, WA
9	Veronica Calkins	3878	1994	Castle Rock H.S. – Castle Rock, WA
10	Emily George	3839	1999	Mountain View H.S. – Vancouver, WA

400 RELAY

				# = FAT	
1	Keyanna Jenkins, Brittney Anderson, Ashley Rambo, Katie Miller	48.47#	2003		
2	Anne-Elissa Reynolds, Theresa Lane, Brooke Wilson, Janeline Hayes	49.15#	1998		
3	Brenna Buck, Ann Marie Kesling, Mary Archer, Michelle Murchie	49.44	1989		
4	Lindsey Buttrey, Kristi Skreen, Lakeesha Cadogan, Cece Nixon	49.75#	2006		
4	Amy Rushforth, Anitra Patton, Tracy Elliott, Tricia Staggs	49.77#	1994		
5	Anitra Patton, Maria Lance, Tracy Elliott, Dana Parr	49.83#	1995		
6	Lindsey Buttrey, Kristi Skreen, Brittany Driver, Lakeesha Cadogan	49.84	2005		
7	Angie Ocampo, Rochelle Diggins, Rachel Pitchlynn, Kristi Lund	49.96#	2000		
8	Anne-Elissa Reynolds, Jaymie Roberson, Lisa Walker, Brooke Wilson	49.99#	1997		
9	Leesa Morehead, Nicole D'Abreau, Bre Schlosser, Katie Miller	50.10#	2004		
10	Keyanna Jenkins, Brittney Anderson, Liz Jacobsen, Katie Miller	50.19#	2003		

1600 RELAY

				# = FAT	
1	Jennifer Berglund, Anne-Elissa Reynolds, Lisa Walker, Brooke Wilson	3:55.87	1997		
2	Ashley Rambo, Heather Meler, Liz Jacobsen, Brittney Anderson	3:56.72#	2003		
3	Theresa Lane, Anne-Elissa Reynolds, Janeline Hayes, Brooke Wilson	3:57.11	1998		
4	Lindsay Roberson, Crystal Glenn, Emily George, Theresa Lane	4:00.52#	1999		
5	Renee Bosch, Nicole Trombley, Brittney Anderson, Keyanna Jenkins	4:02.02#	2002		
6	Lindsay Roberson, Crystal Glenn, Dawnita LiaBraaten, Kristi Lund	4:02.52#	2000		
7	Keyanna Jenkins, Ashley Rambo, Liz Jacobsen, Brittney Anderson	4:02.64#	2003		
8	Lindsay Roberson, Rochelle Diggins, Dawnita LiaBraaten, Kristi Lund	4:03.22#	2000		
9	Keyanna Jenkins, Heather Meler, Liz Jacobsen, Brittney Anderson	4:04.26#	2003		
10	Brenna Buck, Ann Marie Kesling, Michelle Murchie, Mary Archer	4:05.24	1989		