

Top 20 Records

100 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Chris Braithwaite	10.34c	1974	Trinidad
2	Dusty Lane	10.36#	1999	Cashmere, WA-Cashmere HS
3	Adama Fall	10.38#	1975	Senegal
4	Vic Wallace	10.43#	1981	Spokane, WA-North Central HS
5	Dan O'Brien	10.51#	1988	Klamath Falls, OR-Henley HS
6	Charles Webster	10.54	1974	Trinidad
7	Deji Adebayo	10.55#	2007	Spokane, WA-Rogers HS
8	Gary Carew	10.58#	1974	Trinidad
9	Marlon Barrow	10.60#	1982	Seattle, WA-Rainier Beach HS
10	Randy Townsend	10.61#	1995	Tacoma, WA-Foss HS
11	Dennis Livingston	10.64	1983	Seattle, WA-Ingraham HS
11	Leroy Jordan	10.64	1977	Pasco, WA-Pasco HS
13	Joe Johnson	10.68#	1988	Ephrata, WA-Ephrata HS
13	Tim Sullivan	10.68#	1987	Pasco, WA-Pasco HS
15	Michael Vetter	10.69#	2009	Yakima, WA-LaSalle HS
16	Aston Matthews	10.72#	1973	Jamaica
17	Everette White	10.74#	2003	Medical Lake, WA-Medical Lake HS
17	Pat Ray	10.74#	2001	Mead, WA-Mt. Spokane HS
17	Ivan Corley	10.74	1988	Tacoma, WA-Stadium HS
17	Zvonko Stankovic	10.74	1978	Vancouver B.C.-Canada
17	Paul Brown	10.74c	1974	Salem, NJ-Salem HS
17	Eric Dahl	10.74c	1969	Redwood City, CA
# = Electronic timing		c = converted yards to meters		

200 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Dusty Lane	20.96#	1999	Cashmere, WA-Cashmere HS
2	Zvonko Stankovic	21.13#	1978	Vancouver B.C.-Canada
3	Tim Sullivan	21.21#	1986	Pasco, WA-Pasco HS
4	Vic Wallace	21.24#	1981	Spokane, WA-North Central HS
5	Mark Robinson	21.42#	1977	
6	Pete Lopez	21.43#	1999	Tonasket, WA-Tonasket HS
6	Randy Townsend	21.43#	1994	Tacoma, WA-Foss HS
8	Leroy Jordan	21.44	1977	Pasco, WA-Pasco HS
8	Chris Braithwaite	21.44c	1974	Trinidad
10	Chris Keane	21.45#	1992	Burlington, WA-Burlington HS
11	Dennis Livingston	21.47#	1983	Seattle, WA-Ingraham HS
11	Dave Sullivan	21.47#	1976	
11	Dennis Sullivan	21.47#	1976	
11	Adama Fall	21.47#	1975	Senegal
15	Deji Adebayo	21.48#	2007	Spokane, WA-Rogers HS
16	Ryan Karrer	21.50#	1996	Spokane, WA-Lewis & Clark HS
17	Dan Shannon	21.52#	1983	Enumclaw, WA-Enumclaw HS
18	Hogan Wrixon	21.53#	1985	Spokane, WA-Central Valley HS
19	Paul Brown	21.54c	1974	Salem, NJ-Salem HS
19	Rod Pearsall	21.54	1975	
# = Electronic timing		c = converted yards to meters		

400 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Zvonko Stankovic	46.67#	1978	Vancouver, B.C. Canada
2	Dave Sullivan	46.88#	1976	
3	Tim Sullivan	47.21#	1987	Pasco, WA-Pasco HS
4	Ryan Karrer	47.35#	1996	Spokane, WA-Lewis & Clark HS
5	Bill Hicks	47.44c	1972	Inglewood, CA
6	Mark Robinson	47.50#	1977	
7	George Rogers	47.54	1980	Tacoma, WA-Lincoln HS
8	Dave McDuffie	47.55#	1976	Tacoma, WA-Franklin Pierce HS
9	Dan Shannon	47.64	1983	Enumclaw, WA-Enumclaw HS
10	Dusty Lane	47.80#	1999	Cashmere, WA-Cashmere HS
10	Vernon Mickens	47.80#	1984	Richland, WA-Richland HS
12	Ron Fabian	47.82#	1986	Spokane, WA- Shadle Park HS
13	Hogan Wrixon	47.91#	1985	Spokane, WA- Central Valley HS
13	Mike Andrews	47.91#	1976	
15	James Swanson	47.93#	1993	Moses Lake, WA-Moses Lake HS
16	Doug McKenzie	48.02#c	1973	Medford, OR-Medford HS
17	Pat Ray	48.06#	2002	Mead, WA-Mt. Spokane HS
17	Gary Little	48.06#	1978	
19	Calvin Harris	48.10#	1982	Tacoma, WA-Lakes HS
20	Marzell Jenkins	48.22#	2009	Everett, WA-Mariner HS
# = Electronic timing		c = converted yards to meters		

800 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Jesse Jorgensen	01:49.8	2011	Puyallup, WA-Puyallup HS
2	Glen Kern	1:50.2c	1973	Toppenish, WA-Toppenish HS
3	Don Rouse	1:50.78#	1977	Battle Ground, WA-Battle Ground HS
4	Chris Violette	1:50.85#	1982	Rainier, WA-Rainier HS
5	Calvin Harris	01:50.9	1982	Tacoma, WA-Lakes HS
6	Lucus Oloo	01:51.0	1973	Kampala, Uganda-Kololo HS
7	Wayne Dionne	1:51.28#	1981	Spokane, WA-West Valley HS
8	Jasen Brown	1:51.35#	2011	Brewster, WA-Brewster HS
8	Larry Weber	1:51.35#	1977	Lacey, WA-North Thurston HS
10	Ron Overbeck	01:51.4	1978	
11	Cliff Otos	01:51.6	1980	Battle Ground, WA-Battle Ground HS
11	Bob Bundy	01:51.6	1979	Spokane, WA- Mead HS
13	Steve Kiesel	1:51.95#	1976	Tacoma, WA-Lincoln HS
14	Vince Collins	1:52.04#	1987	Spokane, WA- West Valley HS
15	James Miller	1:52.12#	1987	Tacoma, WA-Foss HS
16	Dave Carroll	1:52.15#	1987	Sequim, WA-Sequim HS
17	Peter Baulls	1:52.3c	1973	Jamaica
18	Nate Boyer	1:52.37#	2004	Spokane, WA-Mead HS
19	Chris McBride	1:52.40#	1989	Benton City-Kiona Benton HS
20	M. Reed	01:52.4	1971	Burnaby, B.C.-Canada
# = Electronic timing		c = converted yards to meters		

1500 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Lucus Oloo	3:45.3c	1973	Kampala, Uganda-Kololo HS
2	Howard Conley	3:49.59#	1979	Kennewick, WA-Kamiakin HS
3	Jim Reed	3:50.01#	1999	Ridgefield, WA-Ridgefield HS
4	Phil Burkwist	3:50.3c	1970	Spokane, WA-Lewis & Clark HS
5	Randy Rolph	3:51.0c	1973	Richland, WA-Richland HS
6	Russ Smith	03:51.1	1978	Tacoma, WA-Stadium HS
7	Tom Larsen	03:51.6	1976	Portland, OR
8	Tom Burkwist	3:51.9c	1968	Spokane, WA-Lewis & Clark HS
9	Chris Katon	03:52.4	1992	Walla Walla, WA-Walla Walla HS
10	Jim Hennessy	3:52.5c	1975	Yakima, WA-Davis HS
11	Dave McCarty	3:52.7c	1972	Spokane, WA-East Valley HS
12	Greg Gustafson	3:53.0c	1974	Portland, OR-David Douglas HS
13	Mike Brady	3:53.13#	1979	Spokane, WA- North Central HS
13	Peter Anthony	3:53.13#	1982	Connecticut
15	Brad Lewis	3:53.85#	2002	Spokane, WA-Ferris HS
16	Steve Wilson	3:54.3c	1974	
17	Tim Riley	03:54.4	1976	Spokane, WA-Ferris HS
18	Sean Coyle	3:54.52#	2009	Spokane, WA-Central Valley HS
19	Larry Weber	3:55.08#	1977	Lacey, WA-North Thurston HS
20	Ryan Lancaster	3:55.71#	2003	Spokane, WA-University HS
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STEEPLE CHASE:

Rank	Athlete	Mark / Time	Year	City - High School
1	Sean Coyle	9:09.15#	2009	Spokane, WA-Central Valley HS
2	Jim Reed	9:10.54#	1999	Ridgefield, WA-Ridgefield HS
3	Stan Holman	9:16.42#	1985	Spokane, WA-Shadle Park HS
4	Kyle Anderson	9:17.0#	2006	Federal Way, WA-Thomas Jefferson HS
5	Buck Stewart	9:22.50#	1990	Yelm, WA-Yelm HS
6	Greg Kuntz	9:22.57#	1992	Spokane, WA-Mead HS
7	Andrew Fuller	9:22.7#	2006	Tacoma, WA-Lincoln HS
8	Bill Rodgers	09:23.0	1982	Colfax, WA-Colfax HS
9	Jim Hennessy	9:23.59#	1975	
10	Josh Muxsen	9:24.63#	1996	Benton City, WA-Kiona-Benton HS
11	Chris Morton	09:25.5	1986	East Wenatchee, WA-Eastmont HS
12	Craig Olinger	9:27.62#	1978	Spokane, WA-North Central HS
13	Mike Anderson	9:29.53#	1998	Ilwaco, WA-Ilwaco HS
14	Ty Axtman	9:29.69#	2004	Elma, WA-Elma HS
15	Sean McLachlan	09:29.9	2001	Spokane, WA-West Valley HS
16	Monty Wright	9:30.73#	1981	Snohomish, WA-Snohomish HS
17	Herschel Sanchey	9:31.45#	2009	Klickitat, WA-Klickitat HS
18	Shawn Beitelspacher	9:32.76#	1997	Vancouver, WA-Hudson's Bay HS
19	Brandon Hauver	9:34.03#	1998	Yakima, WA-East Valley HS
20	Greg Cummins	9:35.00#	1989	
# = Electronic timing		c = converted yards to meters		

5000 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Shawn Beitelspacher	14:03.03#	1998	Vancouver, WA-Hudson's Bay HS
2	Kurt Beckman	14:15.1	1974	Richland, WA-Richland HS
3	Chris Katon	14:24.27#	1992	Walla Walla, WA-Walla Walla HS
4	Dave McCarty	14:24.5c	1972	Spokane, WA-East Valley HS
5	Phil Burkwist	14:26.3c	1970	Spokane, WA-Lewis & Clark HS
6	Rick Whitaker	14:28.0c	1974	Spokane, WA-Mead HS
7	Lucus Oloo	14:30.1c	1973	Kampala, Uganda-Kololo HS
8	Patrick Chessar	14:30.63#	2003	Spokane, WA-Mead HS
9	Ben Welch	14:35.64#	1983	Wasilla, AK-Wasilla HS
10	Greg Gustafson	14:39.1c	1975	Portland, OR-David Douglas HS
11	Jim Hennessy	14:40.7c	1974	Yakima, WA-Davis HS
12	Bryan Geissler	14:41.2c	1974	
13	Bill Rodgers	14:41.6	1982	Colfax, WA-Colfax HS
14	Seth Brown	14:42.0c	1977	
15	Stan Holman	14:43.8	1985	Spokane, WA-Shadle Park HS
16	Kevin McCarthy	14:45.0c	1973	Hawthorne, CA-Hawthorne HS
17	Ty Axtman	14:45.09#	2004	Elma, WA-Elma HS
18	Anthony Brown	14:46.47#	2010	Spokane, WA-University HS
19	Russ Smith	14:48.3	1978	
20	Mark Currell	14:49.55#	2006	Selah, WA-Selah HS
# = Electronic timing		c = converted yards to meters		

10,000 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Shawn Beitelspacher	30:00.01#	1998	Vancouver, WA-Hudson's Bay HS
2	Kurt Beckman	30:03.6c	1974	Richland, WA-Richland HS
3	Patrick Chessar	30:10.06#	2003	Spokane, WA-Mead HS
4	Mark Currell	30:26.46#	2004	Selah, WA-Selah HS
5	Mark Moeller	30:28.14#	2008	Spokane, WA-Shadle Park HS
6	Ben Welch	30:37.14#	1982	Wasilla, AK-Wasilla HS
7	Craig Olinger	30:39.4	1978	Spokane, WA-North Central HS
8	Brandon Hauver	30:49.05#	1999	Yakima, WA-East Valley HS
9	Brandon Stum	31:15.37#	2003	Spokane, WA-University HS
10	Chris Katon	31:16.30#	1992	Walla Walla, WA-Walla Walla HS
11	Dennis Armstrong	31:18.22#	1976	Puyallup, WA-Rogers HS
12	Tim Moran	31:19.43#	1979	Spokane, WA-North Central HS
13	Steve Taylor	31:28.17#	1977	Portland, OR
14	Brandon Larson	31:37.40#	1998	Spokane, WA-Central Valley HS
15	Phil Burkwist	31:38.0	1970	Spokane, WA-Lewis & Clark HS
16	Rich Tyrie	31:45.1#	1986	Spokane, WA-Ferris HS
17	Stan Holman	31:47.54#	1985	Spokane, WA-Shadle Park HS
18	Keith Cronrath	31:47.94#	1979	Odessa, WA-Odessa HS
19	Rigoberto Jimenez	31:50.46#	2009	Royal City, WA-Royal City HS
20	Jay Martin	31:50.53#	1980	
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110 HURDLES:

Rank	Athlete	Mark / Time	Year	City - High School
1	Roy Givens	14.23#	1980	Spokane, WA-Lewis & Clark HS
2	Dan O'Brien	14.25#	1988	Klamath Falls, OR-Henley HS
3	Dusty Lane	14.26#	1999	Cashmere, WA-Cashmere HS
4	Mike Kinney	14.34	1982	Spokane, WA-Ferris HS
4	Greg Rooney	14.34	1977	Tacoma, WA-Franklin Pierce HS
6	Kevin Frandsen	14.54	1980	Spokane, WA-University HS
7	Syd Lofton	14.54c	1973	Spokane, WA-Ferris HS
8	Brady Wright	14.56#	1983	Puyallup, WA-Puyallup HS
9	Ryan McKinney	14.58#	2003	Lake Stevens, WA-Lake Stevens HS
10	Austin Victor	14.64#	2010	Seattle, WA-Inglemoor HS
10	Jovan Harris	14.64#	1999	Tacoma, WA-Washington HS
12	Jeff Bruce	14.60#	1977	Tacoma, WA-Foss HS
13	Keith Gill	14.66#	2000	Lacey, WA-River Ridge HS
14	Darryl Knutson	14.74	1982	Stanwood, WA-Stanwood HS
14	Gary Milton	14.74	1979	Tacoma, WA-Lincoln HS
16	Adam Walden	14.81#	2008	Newport, WA-Newport HS
17	Gary Little	14.83#	1977	
18	Kerry Washington	14.84	1974	Omaha, NB
19	Jeff Bachmeier	14.90#	1978	Tacoma, WA-Franklin Pierce HS
20	E.C. Larkin	14.94#c	1973	Lacrosse, WA-Lacrosse HS
# = Electronic timing		c = converted yards to meters		

400 HURDLES:

Rank	Athlete	Mark / Time	Year	City - High School
1	Dave McDuffie	51.04c	1975	Tacoma, WA-Franklin Pierce HS
2	Mike Kinney	51.12#	1982	Spokane, WA-Ferris HS
3	Gary Little	51.56#	1977	
4	Dusty Lane	51.83#	1999	Cashmere, WA-Cashmere HS
5	James Swanson	52.06#	1993	Moses Lake, WA-Moses Lake HS
6	Kevin Frandsen	52.16#	1980	Spokane, WA-University HS
7	Roy Givens	52.64#	1980	Spokane, WA-Lewis & Clark HS
8	Willie Stewart	52.70#	1982	Tacoma, WA-Foss HS
9	Spencer Wordell	52.99#	2010	Spokane, WA-North Central HS
10	Jim Qualheim	53.24c	1972	Richland, WA-Richland HS
11	Brady Wright	53.42#	1983	Puyallup, WA-Puyallup HS
12	Curtis Parrish	53.45#	2000	Toppenish, WA-Toppenish HS
13	Tanner Shalk	53.52#	2010	Coeur d'Alene, ID-Lake City HS
14	Eric Loomis	53.69#	1992	Quincy, WA-Quincy HS
15	Jon Maple	53.70#	1989	Tonasket, WA-Tonasket HS
16	Greg Rooney	53.87#	1977	Tacoma, WA-Franklin Pierce HS
17	Greg Hall	54.05#	1980	
18	Tasheen Garry	54.07#	2005	Veradale, WA-Central Valley HS
19	Jeremy Johnson	54.14#	1997	Coeur d'Alene, ID-Coeur d'Alene HS
20	Ed Swartz	54.52#	2000	Cody, Wyoming-Cody HS
# = Electronic timing		c = converted yards to meters		

SHOT PUT:

Rank	Athlete	Mark / Time	Year	City - High School
1	Spike Walker	62-01	1971	Battle Ground, WA-Battle Ground HS
2	Roy Martin	60-02.5	1977	Tacoma, WA-Franklin Pierce HS
3	Dave Howard	55-08.50	2008	Spokane, WA-East Valley HS
4	Charles Cacek	54-08.25	1977	Tacoma, WA-Mt. Tahoma HS
5	Troy Tarbert	54-03.5	1983	Davenport, WA-Davenport HS
6	Scott Crawford	53-07	1973	Gresham, OR-Centennial HS
7	Steve Bizak	53-06	1981	Tacoma, WA-Franklin Pierce HS
8	Mark Crull	53-05	1972	Spokane, WA-North Central HS
9	Dan Allemeersch	53-03.5	1976	Hope, B.C.-Canada
10	Brian Slater	53-01	1977	Tacoma, WA-Washington HS
11	Richard Merrill	53-00.75	1986	Pullman, WA-Pullman HS
12	Jason Dixon	52-03	2003	Spokane, WA-Lewis & Clark HS
12	Bill Hodgson	52-03	1971	Richland, WA-Richland HS
14	Miles Hartill	52-01	1978	
15	Mike Shill	51-11.5	1983	Spokane, WA-East Valley HS
16	Pat Kostecka	51-10	1983	Spokane, WA-Mead HS
17	Howard Banks	51-09.5	1974	Newport, WA-Newport HS
18	Scott Bickar	50-10	1987	
19	Tim Scoles	50-05.5	1984	
20	Tanner Haynes	50-05	1990	Spokane, WA-Lewis & Clark HS
# = Electronic timing		c = converted yards to meters		

DISCUS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Jason Dixon	177-10	2005	Spokane, WA-Lewis & Clark HS
2	Roy Martin	175-02	1977	Tacoma, WA-Franklin Pierce HS
3	Brad Nave	166-10	1970	Spokane, WA-East Valley HS
4	Dave Howard	164-09	2008	Spokane, WA-East Valley HS
4	Chris Martell	164-09	2003	Washougal, WA-Washougal HS
6	Pat Kostecka	164-01.5	1983	Spokane, WA-Mead HS
7	Tim Jacobsen	162-08	1986	Richland, WA-Richland HS
8	Steve Bizak	162-00	1981	Tacoma, WA-Franklin Pierce HS
9	Dan Allemeersch	161-08	1976	Hope, B.C.-Canada
10	Brian Slater	161-00	1977	Tacoma, WA-Washington HS
11	Ray Hansen	159-11	1974	
12	Miles Hartill	159-08	1978	
13	Griffon Jones	158-05	2010	Cheney, WA-Cheney HS
14	Mark Crull	158-03	1973	Spokane, WA-North Central HS
15	Paul Barrett	157-11	1986	Okanogan, WA-Okanogan HS
15	Chuck Cacek	157-11	1977	Tacoma, WA-Mt. Tahoma HS
15	Scott Crawford	157-11	1973	Gresham, OR-Centennial HS
18	Bill Hodgson	157-08	1970	Richland, WA-Richland HS
19	James Lehr	156-05	2011	Waitsburg, WA-Waitsburg HS
20	Mike Flynn	155-09	1984	Spokane, WA-East Valley HS
# = Electronic timing		c = converted yards to meters		

HAMMER:

Rank	Athlete	Mark / Time	Year	City - High School
1	Jake Shanklin	194-10	2006	Ellensburg, WA-Ellensburg HS
2	Zach Schaefer	194-03	2002	Battle Ground, WA-Battle Ground HS
3	Jonathan Smith	178-10	2008	Connell, WA-Connell HS
4	Kahel Smith	178-06	2009	Nine Mile Falls, WA-Lakeside HS
5	Tyree Clowe	175-09	2010	Spokane, WA-Central Valley HS
6	Nate Lawton	175-05	2007	Cheney, WA-Cheney HS
7	John Billingsley	172-05	1985	Edmonds, WA-Woodway HS
8	Sean Shull	171-10	2000	East Wenatchee, WA-Eastmont HS
9	Jessie Gooding	171-00	1997	Richland, WA-Richland HS
10	Ron Whitley	170-09	2008	Arlington, WA-Lakewood HS
11	Kyle Unland	169-10	1986	Pasco, WA-Burbank HS
12	Jon Smith	168-09	2006	Connell, WA-Connell HS
13	Paul Barrett	168-04	1987	Okanogan, WA-Okanogan HS
14	Jamie Alnassim	167-07	2011	Spokane, WA-Ferris HS
15	Derrick DeWindt	165-05	2003	Anchorage, AK-Bartlett HS
16	Seth Dawson	165-04	2006	Auburn, WA-Auburn HS
17	Jason Dixon	164-03	2005	Spokane, WA-Lewis & Clark HS
18	John Nave	164-01	2006	Riverside, WA-Riverside HS
19	Jesse Stoner	162-07	2007	Chattaroy, WA-Riverside HS
19	Scott Bickar	162-07	1987	
# = Electronic timing		c = converted yards to meters		

JAVELIN (NEW-1986):

Rank	Athlete	Mark / Time	Year	City - High School
1	Pat McCormick	234-07	2007	Olympia, WA-Olympia HS
2	Shae Murray	225-05	2004	Spokane, WA-NW Christian HS
3	Rob Raymond	223-09	1987	Moses Lake, WA-Moses Lake HS
4	Wes Nolen	220-10	2011	Spokane, WA-University HS
5	Kris Jellesed	213-04	2001	Elma, WA-Elma HS
6	Peter Voorhees	209-01	2006	Burlington, WA-Burlington-Edison HS
7	Brandon Folk	207-11	2003	Spokane, WA-Central Valley HS
8	Ryan Gill	207-06	1999	East Wenatchee, WA-Eastmont HS
9	Lukas Scherer	204-11	2010	Concrete, WA-Concrete HS
10	Jason Flemmer	204-03	2009	Stanfield, OR-Stanfield HS
11	Adam Togstad	203-11	2008	Arlington, WA-Lakewood HS
12	Beau Chandler	203-03	1997	Spokane, WA-Mead HS
13	Joseph Taylor	201-08	2011	Grandview, WA-Grandview HS
14	Ryan Weidman	200-08	1998	Spokane, WA-Central Valley HS
15	Ryan McKinney	198-02	2003	Lake Stevens, WA-Lake Stevens HS
16	Gabe Rodriguez	198-00	2008	Vancouver, WA-Skyview HS
17	Cody Hutchinson	197-11	2010	Winthrop, WA-Liberty Bell HS
18	Rick Raymond	197-08	1987	Moses Lake, WA-Moses Lake HS
19	Keith Carpenter	196-05	1999	Spokane, WA-Central Valley HS
20	Matt Novitske	196-01	1997	Nine Mile Falls, WA-Lakeside HS
# = Electronic timing		c = converted yards to meters		

JAVELIN (OLD-TOP 15):

Rank	Athlete	Mark / Time	Year	City - High School
1	Gary Schaefer	252-01.5	1976	Battle Ground, WA-Battle Ground HS
2	Frank Dejack	246-05.5	1976	Canada
3	Vaslav Cempirek	244-08	1971	Vancouver, B.C. Canada
4	Randy Mendenhall	243-08	1984	Ritzville, WA
5	Curt Ransford	241-02	1978	Moses Lake, WA-Moses Lake HS
6	Bill Hodgson	239-08	1971	Richland, WA-Richland HS
7	Mike Olma	238-01	1984	
8	Mark Hodgson	225-06.5	1979	
9	Doug Miller	224-06	1976	Spokane, WA-Gonzaga Prep HS
10	Scott Kleinschmidt	221-11	1983	
11	John Burrus	221-00	1981	
12	Gary Cook	220-01	1979	
13	Steve Tripp	217-02	1974	
14	Milt Edenshaw	212-05	1971	
15	Brian Hill	213-03	1984	Spokane, WA-Shadle Park HS
# = Electronic timing		c = converted yards to meters		

TRIPLE JUMP:

Rank	Athlete	Mark / Time	Year	City - High School
1	Rashad Toussaint	51-06.25	2006	Spokane, WA-West Valley HS
2	Alvin Harris	50-07.50	1982	Seattle, WA-Garfield HS
3	Mike Kinney	49-06.74	1982	Spokane, WA-Ferris HS
4	Howard Harrison	48-10	2003	Pasco, WA-Pasco HS
5	Marty Flanagan	48-09.50	1975	
5	Dave McDuffie	48-09.50	1975	Tacoma, WA-Franklin Pierce HS
7	Lloyd Brown	48-09	1976	Tacoma, WA-Lincoln HS
8	Devion Tensley	48-08.50	1999	Spokane, WA-West Valley HS
9	Wilbert Horsley	48-05	1980	Tacoma, WA-Lincoln HS
10	Brian Merlett	48-02.50	1998	Spanaway, WA-Spanaway HS
10	Jeff Bachmeier	48-02.50	1977	Tacoma, WA-Franklin Pierce HS
10	Rayford Guice	48-02.50	1974	Pasco, WA-Pasco HS
13	Willey Schimmels	48-02.25	1987	Yakima, WA-Eisenhower HS
14	Orlando Clay	47-11.75	2001	Moses Lake, WA-Moses Lake HS
15	Lloyd Scott	47-11.50	1973	Jamaica
16	Gary Milton	47-11.25	1979	Tacoma, WA-Lincoln HS
17	Chuck Ballou	47-09	1986	Renton, WA-Hazen HS
18	Greg Arlt	47-05.25	1977	Ritzville, WA-Ritzville HS
19	Kyle Curtice	47-04.25	2011	Kendrick, ID-Kendrick HS
20	Elvie Williams	47-03.25	2005	Tacoma, WA-Spanaway Lake HS
# = Electronic timing		c = converted yards to meters		

LONG JUMP:

Rank	Athlete	Mark / Time	Year	City - High School
1	Dan O'Brien	24-06.25	1988	Klamath Falls, OR-Henley HS
2	Greg Turner	24-06	1989	Trail, B.C.-Canada
3	Devan Brown	24-04.50	1973	Olympia, WA-Olympia HS
4	Bill Ayers	24-04	1986	Longview, WA-Mark Morris HS
5	Devion Tensley	24-03.25	1999	Spokane, WA-West Valley HS
6	Deji Adebayo	24-02.25	2007	Spokane, WA-Rogers HS
6	Brian Merlett	24-02.25	1998	Spanaway,WA-Spanaway HS
8	Dennis Livingston	24-01.75	1983	Seattle, WA-Ingraham HS
9	Phil Jesse	23-11.75	1986	Tonasket, WA-Tonasket HS
10	Neal MaComber	23-11.25	1988	Cheney, WA-Cheney HS
11	Dennis Sullivan	23-10.5	1980	Pasco, WA-Pasco HS
12	Elvie Williams	23-10	2006	Tacoma, WA-Spanaway Lake HS
13	Rashad Toussaint	23-09.50	2006	Spokane, WA-West Valley HS
14	Jason Rowe	23-08.25	1996	Lynwood, WA-Lynnwood HS
15	Gene Farris	23-07	1975	
16	Mike Kinney	23-06.75	1982	Spokane, WA-Ferris HS
17	Mason Cohen	23-06	2002	Puyallup, WA-Puyallup HS
17	Jeff Bachmeier	23-06	1978	Tacoma, WA-Franklin Pierce HS
19	George Reed	23-05.75	1970	Tacoma, WA-Lincoln HS
20	Keith Elliott	23-04.75	1978	Walla Walla, WA-Walla Walla HS
# = Electronic timing		c = converted yards to meters		

HIGH JUMP:

Rank	Athlete	Mark / Time	Year	City - High School
1	Wilbert Horsley	7-00.5	1980	Tacoma, WA-Lincoln HS
2	Tim Marks	11-Jun	1999	Granite Falls, WA-Granite Falls HS
3	Deonta Edwards	6-10.75	2009	Castle Rock, CO-Douglas County HS
4	Todd McAllister	6-10.5	1986	Spokane, WA-Lewis & Clark HS
5	Jarrod Leckie	6-10.25	1998	Waynesville, MO-Waynesville HS
5	Charlie Jenkins	6-10.25	1992	Bridgeport, WA-Bridgeport HS
5	Cris Smith	6-10.25	1978	
5	Ed Mann	6-10.25	1978	Spokane, WA-West Valley HS
9	James Cunningham	10-Jun	1981	Tacoma, WA-Lakes HS
9	Greg Huddleston	10-Jun	1981	Olympia, WA-Olympia HS
9	Dan Korte	10-Jun	1978	
12	Howard Harrison	6-09.75	2001	Pasco, WA-Pasco HS
13	Scott Marshall	6-09.5	1976	
14	Ken Korns	9-Jun	1984	Olympia, WA-Olympia HS
14	Greg Mitchell	9-Jun	1973	
16	Joel Gordon	6-08.75	2000	Spokane, WA-Central Valley HS
17	Dan O'Brien	6-08.5	1988	Klamath Falls, OR-Henley HS
17	Darryl Chapple	6-08.5	1977	Spokane, WA-Lewis & Clark HS
19	Jerry Pope	8-Jun	1985	
19	Dave Timmerman	8-Jun	1980	
19	Bob Stone	8-Jun	1978	Spokane, WA-Joel E. Ferris HS
19	Greg Arlt	8-Jun	1976	Ritzville, WA-Ritzville HS
19	Ervin Brown	8-Jun	1974	
# = Electronic timing		c = converted yards to meters		

POLE VAULT:

Rank	Athlete	Mark / Time	Year	City - High School
1	Jaymes Powell	16-02	2004	Spokane, WA-Mead HS
2	Vance Taylor	16-1.75	2006	Everett, WA-Everett HS
3	Ron Soliday	15-11	1973	Rearadan, WA-Rearadon HS
4	Beau Carrillo	15-09	2007	Spokane, WA-Mead HS
4	Ken Wenman	15-09	1974	Canada
6	Chibrron Tomeo	15-07	2010	Spokane, WA-Mead HS
6	Matt Colyar	15-07	2000	Nine Mile Falls, WA-Lakeside HS
8	Keith Nelson	15-04	1983	St. John, WA-St. John HS
9	Glenn Heinzman	15-03	1979	
9	Bob Thayer	15-03	1976	
9	Jerry Mathews	15-03	1974	Lafayette, IN
12	Kraig Grant	15-01	2008	Moses Lake, WA-Moses Lake HS
13	Bryan Preuss	15-01	1998	Spokane, WA-Mead HS
13	Randy Heidenreich	15-01	1977	Lacrosse, WA-Lacrosse HS
15	Adam Neace	15-00	2008	Walla Walla, WA-Walla Walla HS
15	Eric Fleming	15-00	1990	Spokane, WA-Mead HS
15	Ken Korns	15-00	1984	Olympia, WA-Olympia HS
15	Eric Van Zathen	15-00	1982	Longview, WA-Mark Morris HS
15	Larry Lee	15-00	1980	Walla Walla, WA-Walla Walla HS
15	Jeff Wilson	15-00	1976	Pasco, WA-Pasco HS
# = Electronic timing		c = converted yards to meters		

DECATHLON:

Rank	Athlete	Mark / Time	Year	City - High School
1	Dusty Lane	7370	1999	Cashmere, WA-Cashmere HS
2	Dan O'Brien	7275	1988	Klamath Falls, OR-Henley HS
3	Greg Turner	6948	1989	Canada
4	Ryan Lang	6541	2003	Kennewick, WA-Kennewick HS
5	Jason Puente	6514	1993	Quincy, WA-Quincy HS
6	Ryan McKinney	6487	2002	Lake Stevens, WA-Lake Stevens HS
7	Spencer Wordell	6403	2011	Spokane, WA-North Central HS
8	Brady Wright	6398	1984	Puyallup, WA-Puyallup HS
9	Tim Armstrong	6318	2009	Spokane, WA-East Valley HS
10	John Spatz	6297	1983	Spokane, WA-University HS
11	Carter Nell	6175	2010	East Wenatchee, WA-Eastmont HS
12	Tim Marks	6072	1999	Granite Falls, WA-Granite Falls HS
13	Kevin Wright	6014	1993	Spokane, WA-Lewis & Clark HS
14	Phil Jesse	6012	1985	Tonasket, WA-Tonasket HS
15	Clay MaComber	5997	1992	Cheney, WA-Cheney HS
16	Charlie Jenkins	5967	1992	Bridgeport, WA-Bridgeport HS
17	John Kragt	5927	2005	Ritzville, WA-Ritzville HS
18	Steve Roche	5836	1998	Leavenworth, WA-Cascade HS
19	Brad Thompson	5800	1980	
20	Mike Richardson	5790	1993	
# = Electronic timing		c = converted yards to meters		

400 RELAY:

Rank	Athletes	Mark / Time	Year	City - High School
1	Dennis Sullivan, Kevin Frandsen, Vic Wallace, George Rodgers	41.08#	1980	Cashmere, WA-Cashmere HS
2	Jeff Bachmeier, Robinson, Leon Pullum, Pearsall	41.32#	1977	Klamath Falls, OR-Henley HS
3	Dennis Livingston, Brian Kennedy, Dan Shannon, Marlon Barrow	41.20#	1983	Canada
4	Ron Fabian, Chuck Ballou, Bill Ayears, Tim Sullivan	41.35#	1986	Kennewick, WA-Kennewick HS
5	Ivan Corley, Neal MaComber, Joe Johnson, Tim Sullivan	41.39#	1987	Quincy, WA-Quincy HS
6	Cody Peterson, Austin Victor, Spencer Wordell, Michael Vetter	41.40#	2010	Lake Stevens, WA-Lake Stevens HS
7	Morgan, Viebreek, Matthews, Hall	41.46#	1973	Spokane, WA-North Central HS
8	Tony Yeaw, Deji Adebayo, Dwayne Brewster, Elvie Williams	41.47#	2006	Puyallup, WA-Puyallup HS
8	Earl Lee, Dusty Lane, Seth Morris, Pete Lopez	41.47#	1999	Spokane, WA-East Valley HS
10	Braithwaite, Wenman, Carew, Morgan	41.54	1974	Spokane, WA-University HS
10	Sullivan, Rogers, Frandsen, Smith	41.54	1979	East Wenatchee, WA-Eastmont HS
12	Kenny Keyes, Deji Adebayo, Dwayne Brewster, Elvie Williams	41.58#	2006	Granite Falls, WA-Granite Falls HS
12	Brian Kennedy, Vernon Mickens, James Poole, Dennis Livingston	41.58#	1984	Spokane, WA-Lewis & Clark HS
14	Earl Lee, Dusty Lane, Seth Morris, Nick Mangini	41.62#	1999	Tonasket, WA-Tonasket HS
15	Jim House, Charles Webster, Keith Elliott, Zvonko Stankovic	41.64	1978	Cheney, WA-Cheney HS
16	James Childs, Dusty Lane, Jon Bell, Matt Sturm	41.70#	1997	Bridgeport, WA-Bridgeport HS
17	Elias Medrano, Cody Peterson, Jason Nokes, Spencer Wordell	41.75#	2011	Ritzville, WA-Ritzville HS
17	Andrews, Robinson, Farris, McDuffie	41.75#	1976	Leavenworth, WA-Cascade HS
19	Dave Davis, Willie Stewart, Marlon Barrow, Dan Shannon	41.83#	1982	
20	Stewart, Kinney, Barrow, Harris	41.84	1982	
20	Clifton, Pearsall, Reynar, Fall	41.84	1975	
# = Electronic timing		c = converted yards to meters		

1600 RELAY:

Rank	Athletes	Mark / Time	Year
1	Michael Andrews, Stan Kerr, Steve Kiesel, Dave McDuffie	3:10.5c	1976
2	Dennis Livingston, Brian Kennedy, Dan Shannon, Vernon Mickens	3:12.79#	1983
3	Dave Sullivan, Dave McDuffie, Steve Kiesel, Stan Kerr	3:13.2c	1976
4	Marlon Barrows, Dave Davis, Calvin Harris, Rick Harris	3:13.50#	1982
5	Brown, Davis, R. Harris, C. Harris	3:13.7c	1974
6	Unknown	3:13.8	1977
7	Dave Davis, Mike Kinney, Vance Robinson, Vic Wallace	3:14.20#	1981
7	Tony Apilado, Brian Kennedy, Dennis Livingston, Vernon Mickens	3:14.20#	1984
9	Dave Carroll, Vince Collins, Todd McAllister, Tim Sullivan	03:14.4	1987
10	Morgan, Williamson, Davis, McKenzie	3:14.8c	1972
10	Kerr, Guy, Sullivan, Andrews	3:14.8c	1976
12	Steve Kiesel, Dave McDuffie, Bender, Dave Sullivan	3:149c	1975
13	Jasen Brown, Devin St. Clair, Elias Medrano, Jesse Jorgensen	3:15.08#	2011
14	Chris McBride, Jon Maple, Vince Collins, Dan O'Brien	03:15.6	1989
15	Jason Nokes, Spencer Wordell, Jasen Brown, Jesse Jorgensen	3:16.67#	2011
16	Hogan Wrixon, Ron Fabien, Chad Dezellin, Tim Sullivan	3:15.87#	1986
17	Dennis Sullivan, Wayne Dionne, Cliff Otos, Kevin Frandsen	3:15.9	1980
18	Seth Morris, Pete Lopez, Tim Marks, Dusty Lane	3:15.96#	1999
19	Dave Carroll, Vince Collins, Eric Lampkin, Todd McAllister	3:16.05#	1987
20	Don Mellgren, John Fielder, Tim McDaniel, Zvonko Stankovic	03:16.1	1978
20	Clifton, Pearsall, Reynar, Fall	41.84	1975
# = Electronic timing c = converted yards to meters			