

Conference Records

CONFERENCE RECORDS:

Event	Mark /	Athlete (City)	Year
100M	12	Jackie Hunter, Lane, Taryn Tarver, Lane	1995, 1995
200M	24.39	Rhonda Bell, Bellevue	1981
400M	53.69	Rhonda Bell, Bellevue	1981
800M	02:10.1	Michelle Finnvik, Green River	1985
1500M	04:34.8	Joanne Lahti, Spokane	1980
3000M	09:53.2	Bridgette Devens, Bellevue	1983
Steeplechase	11:22.83#	Larsen Agee, Spokane	2007
5000M	17:31.3	Joanne Lahti, Spokane	1979
10000M	36:40.1	Erika Colin, Spokane	1998
100M HH	13.89	Kay Garnett, Bellevue	1982
400M IH	01:00.2	Anita Sartin, Bellevue	1985
LJ	19-8.75	Janet Buntin, Spokane	1981
TJ	39-4	Nicole Stancato, Bellevue	1986
HJ	8-May	Dawn Putnam, Clark, Kelly Keist, Clark	1994, 1992
Discus	158-2	Cora Aguilar, Spokane	1984
Shot Put	48-4	Jenny Lempke Wenatchee Valley	1981
Hammer	179-06	Kate Burton, Clark	2005
Pole Vault	14-04	Becky Holiday, Clackamas	2001
Javelin	169-05	Trina Rogers, Clackamas	1999
400M Relay	46.78	Bellevue	1983
1600M Relay	03:48.2	Bellevue	1983
Heptathlon	4988	Katie Miller, Clark	2004
# Electronic Timing			