

Top 20 Records

100 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Chanel James	11.82#	2008	Tacoma, WA-Wilson HS
2	Reatha Garnett	12.03#	1985	Tacoma, WA-Clover Park HS
3	Toni Williams	12.04#	1985	
4	Lateashea Currie	12.11#	2009	Vancouver, WA-Heritage HS
4	Karen Miller	12.11#	1978	Medical Lake, WA-Medical Lake HS
6	Jennifer Kennedy	12.14#	2002	Spokane, WA-North Central HS
6	Loriann Hoyt	12.14	1983	Spokane, WA-University HS
6	Mechelle McClain	12.14	1985	Spokane, WA-Lewis & Clark HS
9	Whitney Schmaljohn	12.19#	1998	Spokane, WA-Central Valley HS
10	Stephanie Hill	12.30#	2008	Wenatchee, WA-Wenatchee HS
11	Lynn Ingram	12.32	1980	Pullman, WA-Pullman HS
12	Jeanna Donner	12.34	1988	Spokane, WA-West Valley HS
13	Celeste Stutheit	12.35#	1997	Richland, WA-Richland HS
14	Jeanne Sanders	12.38#	1986	Spokane, WA-University HS
15	Vanessa Harris	12.40#	2009	Tacoma, WA-Curtis HS
16	Shannon Long	12.43#	2006	Richland, WA-Richland HS
17	Meagan Bennett	12.45#	2003	Ronan, MT-Ronan HS
18	Taylor Cook	12.48#	2008	Spokane, WA-Mead HS
18	Cindy Simpson	12.48#	1999	Spokane, WA-West Valley HS
20	Nicole Nida	12.50#	2010	Cottonwood, ID-Prairie HS
# = Electronic timing		c = converted yards to meters		

200 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Mechelle McClain	24.47#	1986	Spokane, WA-Lewis & Clark HS
2	Chanel James	24.63#	2008	Tacoma, WA-Wilson HS
3	Whitney Schmaljohn	24.74#	1998	Spokane, WA-Central Valley HS
4	Toni Williams	24.87#	1985	
5	Reatha Garnett	24.91#	1985	Tacoma, WA-Clover Park HS
6	Lois Jensen	25.09#	1979	Sammamish, WA-Sammamish HS
7	Emily Alspough	25.13#	2001	Missoula, MT-Hellgate HS
8	Lateashea Currie	25.18#	2009	Vancouver, WA-Heritage HS
9	Stephanie Hill	25.19#	2008	Wenatchee, WA-Wenatchee HS
10	Jennifer Kennedy	25.21#	2002	Spokane, WA-North Central HS
11	Lynn Ingram	25.22#	1981	Pullman, WA-Pullman HS
11	Nicole Nida	25.22#	2010	Cottonwood, ID-Prairie HS
13	Shannon Long	25.38#	2006	Richland, WA-Richland HS
14	Taylor Cook	25.39#	2008	Spokane, WA-Mead HS
15	Loriann Hoyt	25.42#	1983	Spokane, WA-University HS
16	Karla Zyph	25.44	1983	
17	Vanessa Harris	25.45#	2009	Tacoma, WA-Curtis HS
18	Meagan Bennett	25.50#	2003	Ronan, MT-Ronan HS
19	Jeanne Sanders	25.54	1985	Spokane, WA-University HS
19	Pam Thompson	25.54	1978	Spokane, WA-Central Valley HS
19	Myisha Valentine	25.54#	2010	Seattle, WA-North Sound Christian HS
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400 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Emily Alspaugh	55.61#	2001	Missoula, MT-Hellgate HS
2	Mechelle McClain	55.84#	1986	Spokane, WA-Lewis & Clark HS
3	Lois Jensen	55.92#	1979	Sammamish, WA-Sammamish HS
4	Toni Williams	56.19#	1985	
5	Pam Schreiber	56.35#	1980	Trail, BC-Trail HS
6	Whitney Schmaljohn	56.98#	1999	Spokane, WA-Central Valley HS
7	Lisa Tyler	57.01#	1983	
8	Denise Clare	57.21#	1980	Spokane, WA-Rogers HS
9	Nicole Nida	57.25#	2010	Cottonwood, ID-Prairie HS
10	Jeanne Sanders	57.27#	1985	Spokane, WA-University HS
11	Lasina Smith	57.41#	1997	Seattle, WA-Nathan Hale HS
12	Julie Weigelt	57.64	1978	Woodinville, WA-Woodinville HS
13	Myisha Valentine	57.66#	2010	Seattle, WA-North Sound Christian HS
14	Chelsea Lawhead	57.88#	2010	Coeur d' Alene, ID-Coeur d'Alene HS
15	Miguette Gilson	58.24#	1988	Boise, ID
16	Crystal Gubler	58.41#	2005	Republic, WA-Republic HS
17	Lateashea Currie	58.62#	2009	Vancouver, WA-Heritage HS
18	Renee Chamberlain	58.70#	1989	
19	Barb Harris	58.80#	1978	
20	Sue Holstein	59.00#	1978	
20	Gayle Falconer	59.00#	1979	
# = Electronic timing		c = converted yards to meters		

800 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Gayle Falconer	2:10.33#	1979	Tacoma, WA-Stadium HS
2	Teona Perkins	2:12.62#	2005	Kennewick, WA-Kennewick HS
3	Christina Werther	2:13.49#	1998	Vancouver, WA-Mountain View HS
4	Jenni Saling	2:13.84#	2000	Spokane, WA-Central Valley HS
5	Tracy Binsfield	02:14.6	1979	Spokane, WA-Mead HS
6	Terri Bennett	2:15.13#	1985	Spokane, WA- East Valley HS
7	Rachel McDaniel	2:15.46#	2010	Battle Ground, WA-Battle Ground HS
8	Lisa Tyler	02:15.5	1983	
9	Eva Nicacio	02:15.6	1980	Richland, WA-Richland HS
10	Joan Corbin	2:15.91#	1978	Yakima, WA-Carroll HS
11	Celina Ingalls	2:16.84#	2000	Kirkland, WA-Juanita HS
12	Anne Phillips	2:17.86#	1978	Spokane, WA-Lewis and Clark HS
13	Doris Lahti	2:18.29#	1978	Battle Ground, WA-Battleground HS
14	Pam Schreiber	02:18.3	1980	Trail B.C.-Trail HS
15	Christine Eckstein	2:18.29#	2008	Bend, OR-Mountain View HS
16	Shaney Coe	2:18.42#	1983	Spokane, WA-North Central HS
17	Jeanetta Charity	02:18.6	1991	Tacoma, WA-Stadium HS
18	Brittnee Sanchez	2:19.26#	2009	Grandview, WA-Grandview HS
19	Amber Miller	2:19.37#	2001	Richland, WA-Richland HS
20	Kathy Kinniburgh	02:19.5	1979	Deming, WA-Mt. Baker HS
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1500 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Joanne Lahti	4:34.77#	1980	Battle Ground, WA-Battle Ground HS
2	Jenni Saling	4:37.02#	2000	Spokane, WA-Central Valley HS
3	Christine Eckstein	4:37.50#	2008	Bend, OR-Mountain View HS
4	Kari McKay	04:39.0	1989	Almira, WA-Almira HS
5	Kathy Kinniburgh	04:39.4	1979	Deming, WA-Mount Baker HS
6	Joan Corbin	4:39.75#	1978	Yakima, WA-Carroll HS
7	Eva Nicacio	4:41.19#	1979	Richland, WA-Richland HS
8	Brittnee Sanchez	4:42.35#	2009	Grandview, WA-Grandview HS
9	Julie Robbins	04:43.0	1982	
10	Erika Colin	04:43.5	1998	Tieton, WA-Highland HS
11	Ashley Hadway	4:43.61#	2004	Spokane, WA-NW Christian HS
12	Michelle Ballentine	04:45.3	1982	Federal Way, WA-Federal Way HS
13	Christina Werther	4:45.86#	1998	Vancouver, WA-Mountain View HS
14	Doris Lahti	04:46.1	1979	Battle Ground, WA-Battle Ground HS
15	Missy Madsen	4:46.44#	1984	Spokane, WA-Central Valley HS
16	Alison Smith	04:49.1	1979	
17	Kim Seelye	4:50.64#	1978	Port Townsend, WA-Port Townsend HS
18	Rachel McDaniel	4:51.41#	2010	Battle Ground, WA-Battle Ground HS
19	Colleen Spadoni	04:51.7	1979	
20	Tracy Binsfield	04:52.7	1978	
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3000 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Joanne Lahti	09:49.9	1980	Battle Ground, WA-Battle Ground HS
2	Erika Colin	9:58.19#	1998	Tieton, WA-Highland HS
3	Trish Henderson	10:05.31#	1983	
4	Kari McKay	10:06.0	1989	Almira, WA-Almira HS
5	Jenni Saling	10:14.0	1999	Spokane, WA-Central Valley HS
6	Missy Madsen	10:15.4	1984	Spokane, WA-Central Valley HS
7	Christine Oeser	10:16.98#	1983	Spokane, WA-University HS
8	Kelly Warren	10:19.95#	1979	Everett, WA-Cascade HS
9	Colleen Huck	10:26.24#	1999	Chelan, WA-Chelan HS
10	Jenny Rodgers	10:27.80#	2000	Valdez, AK-Valdez HS
11	Tracy Binsfield	10:31.9	1979	Spokane, WA-Mead HS
12	Michelle Ballentine	10:32.7	1981	Federal Way, WA-Federal Way HS
13	Devin Huck	10:33.41#	1999	Chelan, WA-Chelan HS
14	Heather Maple	10:34.3	1987	Tonasket, WA-Tonasket HS
15	Christina Werther	10:35.04#	1997	Vancouver, WA-Mountain View HS
16	Ashley Hadway	10:40.03#	2003	Spokane, WA-NW Christian HS
17	Kathy Kinniburgh	10:40.81#	1979	Deming, WA-Mount Baker HS
18	Mayra Morgado	10:42.71#	2002	Wenatchee, WA-Wenatchee HS
19	Kendra Colyar	10:42.94#	2002	Nine Mile Falls, WA-Lakeside HS
20	Angie Simmers	10:43.35#	1999	Spokane, WA-East Valley HS
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3000 METER STEEPLECHASE:

Rank	Athlete	Mark / Time	Year	City - High School
1	Larsen Agee	11:22.83#	2007	Spokane, WA-West Valley HS
2	Karen Owens	11:41.22#	2008	Spokane, WA-University HS
3	Chelsea Rutter	11:50.74#	2007	Chelan, WA-Chelan HS
4	Christine Eckstein	12:10.62#	2008	Bend, OR-Mountain View HS
5	Taebrooke Rutter	12:18.4	2006	Chelan, WA-Chelan HS
6	Megan Dart	12:33.59#	2010	Richland, WA-Hanford HS
7	Emily Frazier	12:34.93#	2007	Ephrata, WA-Ephrata HS
8	Caroline Signer	12:41.23#	2007	Spokane, WA-East Valley HS
# = Electronic timing		c = converted yards to meters		

5000 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Joanne Lahti	16:57.6	1980	Battle Ground, WA-Battle Ground HS
2	Erika Colin	17:12.42#	1998	Tieton, WA-Highland HS
3	Ashley Hadway	17:38.71#	2004	Spokane, WA-NW Christian HS
4	Kelly Warren	17:48.65#	1979	Everett, WA-Cascade HS
5	Kari McKay	17:52.5	1989	Almira, WA-Almira HS
6	Trish Henderson	17:52.8	1983	
7	Christine Oeser	17:58.83#	1982	Spokane, WA-University HS
8	Missy Madsen	18:00.09#	1985	Spokane, WA-Central Valley HS
9	Mary Gullickson	18:01.2	1981	Spokane, WA-Lewis & Clark HS
10	Michelle Ballentine	18:04.0	1981	Federal Way, WA-Federal Way HS
11	Colleen Huck	18:05.85#	1999	Chelan, WA-Chelan HS
12	Nichole Edwards	18:09.37#	1999	Wenatchee, WA-Eastmont HS
13	Devin Huck	18:21.72#	1999	Chelan, WA-Chelan HS
14	Heather Maple	18:28.53#	1984	Tonasket, WA-Tonasket HS
15	Kendra Colyar	18:28.78#	2002	Nine Mile Falls, WA-Lakeside HS
16	Mayra Morgado	18:33.78#	2002	Wenatchee, WA-Wenatchee HS
17	Angie Simmers	18:37.11#	1999	Spokane, WA-East Valley HS
18	Christine Eckstein	18:38.94#	2008	Bend, OR-Mountain View HS
19	Amy Durrance	18:42.25#	2008	Nine Mile Falls, WA-Lakeside HS
20	Larsen Agee	18:43.24#	2007	Spokane, WA-West Valley HS
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10,000 METERS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Erika Colin	35:20.88#	1998	Tieton, WA-Highland HS (National Record)
2	Ashley Hadway	37:24.16#	2004	Spokane, WA-NW Christian HS
3	Kendra Colyar	37:33.43#	2002	Nine Mile Falls, WA-Lakeside HS
4	Kelly Warren	38:02.36#	1980	Everett, WA-Cascade HS
5	Angie Simmers	38:53.65#	1999	Spokane, WA-East Valley HS
6	Mary Gullickson	39:19.5	1981	Spokane, WA-Lewis & Clark HS
7	Chelliey Corder	39:41.82##	2005	Billings, MT-Billings HS
8	Melissa Sweeney	39:43.70#	2010	Chattaroy, WA-Riverside, WA
9	Katie Owens	39:44.84##	2010	Spokane, WA-University, WA
10	Susan Volke	39:53.96#	1987	
11	Armarose Bailey	40:03.64#	2010	Spokane, WA-Mead HS
12	Para Draine	40:14.84#	1992	Spokane, WA-Rogers HS
13	Jessika Sill	40:25.87#	2001	Chelan, WA-Chelan HS
14	Alice Loeb sack	40:31.90#	2002	East Wenatchee, WA-Eastmont HS
15	Jan Aubrey	40:35.2	1986	
16	Taebrooke Rutter	40:41.43##	2007	Chelan, WA-Chelan HS
17	Holly Weiler	40:43.70#	1999	Spokane, WA-East Valley HS
18	Katie Compogno	40:51.04#	2007	Spokane, WA-Mead HS
19	Cathy Carpenter	40:54.21#	1984	Moses Lake, WA-Moses Lake HS
20	Mary Stocker	41:08.36#	1979	Oak Harbor, WA-Oak Harbor HS
# = Electronic timing		c = converted yards to meters		

100 HURDLES:

Rank	Athlete	Mark / Time	Year	City - High School
1	Shelli McMurray	14.44	1985	Clarkston, WA-Clarkston HS
2	Molly Burt	14.55#	2005	Kalispell, MT-Kalispell HS
3	Dana Puterburgh	14.74	1982	
4	Alissa Miller	14.82#	2003	Richland, WA-Richland HS
5	Kari Hawes	14.87#	1987	Pasco, WA-Pasco HS
6	Lynn Kinney	14.89#	1978	Spokane, WA-Ferris HS
6	Deborah Clark	14.89#	1979	Spokane, WA-Mead HS
8	Janet Otto	14.90#	1986	Vancouver, WA-Mountain View HS
9	Brandie Edwards	15:01#	2007	Lake Stevens, WA-Lake Stevens HS
10	Amber Nash	15.03#	2005	Arlington, WA-Lakewood HS
11	Theresa Watson	15.04	1985	Priest River, ID-Priest River HS
11	Kari Near	15.04	1986	Poulsbo, WA-North Kitsap HS
13	Amber Miller	15.07#	2001	Richland, WA-Richland HS
14	Katey Moat	15.14#	2003	Clarkston, WA-Clarkston HS
15	Sara Wiersma	15.18#	1994	Ephrata, WA-Ephrata HS
16	Cydney Edmunds	15.20#	1999	East Wenatchee, WA-Eastmont HS
17	Cheryl St. John	15.24	1985	Cheney, WA-Cheney HS
18	Jenny Hansberry	15.29#	2002	Kittitas, WA-Kittitas HS
19	Angela Stubblefield	15.43#	1978	
20	Mandy Kister	15.69#	1977	
# = Electronic timing		c = converted yards to meters		

400 HURDLES:

Rank	Athlete	Mark / Time	Year	City - High School
1	Shelli McMurray	01:01.6	1984	Clarkston, WA-Clarkston HS
2	Jody Myers	1:01.87#	1978	Goldendale, WA-Goldendale HS
3	Deborah Clark	01:03.6	1979	Spokane, WA-Mead HS
4	Molly Burt	1:03.65#	2004	Kalispell, MT-Kalispell HS
5	Kari Near	1:03.77#	1986	Poulsbo, WA-North Kitsap HS
6	Dana Puterbaugh	1:03.97#	1982	
7	Jenny Hansberry	1:04.03#	2002	Kittitas, WA-Kittitas HS
8	Theresa Watson	1:04.19#	1986	
9	Janet Otto	01:04.8	1986	Vancouver, WA-Mountain View HS
10	Amber Nash	1:04.99#	2006	Arlington, WA-Lakewood HS
11	Vicki Panco	1:05.26#	1983	
12	Karol Hood	1:05.53#	1981	Pullman, WA-Pullman HS
13	Amber Miller	1:05.74#	2001	Richland, WA-Richland HS
14	Amy Keppler	1:05.79#	2004	Spokane, WA-Mt. Spokane HS
15	Mellisa Shaw	1:06.15#	1999	Selah, WA-Selah HS
15	Cheryl St. John	1:06.15#	1985	Cheney, WA-Cheney HS
17	Halee Haptonstall	1:06.44#	2000	Newport, WA-Newport HS
18	Brittany Wonsick	1:06.50#	2004	Great Falls, MT-Great Falls HS
19	Jeanna Setera	01:06.5	1982	
20	Karrie Caudle	1:06.66#	1978	
# = Electronic timing		c = converted yards to meters		

SHOT PUT:

Rank	Athlete	Mark / Time	Year	City - High School
1	Cora Aguilar	47-03	1984	Spokane, WA-East Valley HS
2	Julie Chevillet	45-08	1990	Spokane, WA-Mead HS
3	Corissa Hutchinson	45-03	2008	Spokane, WA-Mead HS
4	Jeanne Kinney	45-02.5	1979	Spokane, WA-Ferris HS
5	Paula Nickerson	45-01.75	1978	Spokane, WA-Rogers HS
6	Ashley Hutchinson	44-10.75	2009	Spokane, WA-Mead HS
7	Sarah Brown	44-00.5	2008	Rosalia, WA-Rosalia HS
7	Anna George	44-00.5	2010	Grandview, WA-Grandview HS
9	Lisa Smith	44-00	1978	
10	Dawn Phillips	43-11.25	1991	Kennewick, WA-Kamiakin HS
11	Marji Bovey	43-10.75	2004	Everett, WA-Cascade HS
12	Cortney Zappe	43-10.50	2007	Billings, MT-Billings HS
13	Lisa Hoffman	43-06	1982	Winlock, WA-Winlock HS
14	Karen Crull	43-03.75	1980	Spokane, WA-North Central HS
15	Patti Peterson	43-02.5	1986	Spokane, WA-East Valley HS
16	Joi Tipton	43-01	1987	
17	Rachel Garcia	42-08.75	2008	Mission, TX-Veteran Memorial HS
17	Teresa Tyler	42-08.75	1990	Spokane, WA-Mead HS
19	Brandee Byrum	42-07	1993	Deming, WA-Mt. Baker HS
20	Angela Stubblefield	42-06.5	1979	
# = Electronic timing		c = converted yards to meters		

DISCUS:

Rank	Athlete	Mark / Time	Year	City - High School
1	Cora Aguilar	162-00	1984	Spokane, WA-East Valley HS
2	Corissa Hutchinson	159-10	2008	Spokane, WA-Mead HS
3	Teresa Tyler	153-09	1991	Spokane, WA-Mead HS
4	Carol Unger	151-05.5	1983	Spokane, WA-Rogers HS
5	Lisa Hoffman	148-10	1982	Winlock, WA-Winlock HS
6	Terri Georgeson	148-00	1978	
7	Darlene McClure	142-00	1988	Odessa, WA-Odessa HS
8	Julie Chevillet	141-09	1991	Spokane, WA-Mead HS
9	Amber Reardon	139-10	1999	Nine Mile Falls, WA-Lakeside HS
10	LaDonna Jarret	138-01	1981	Deer Park, WA-Deer Park HS
11	Kristina Jones	136-00	2004	Chattaroy, WA-Riverside HS
12	Paula Nickerson	135-05	1979	Spokane, WA-Rogers HS
13	Ashley Hutchinson	134-09	2008	Spokane, WA-Mead HS
13	Rachelle Malmgren	134-09	1991	Prosser, WA-Prosser HS
15	Katie Speedy	134-07	1982	
16	Rachel Garcia	132-11	2008	Mission, TX-Veteran Memorial HS
16	Dacia Murillo	132-11	2003	Yakima, WA-West Valley HS
18	Sue Barton	130-07	1982	
19	Karen Crull	130-03	1980	
19	Jessica Sosnowski	130-03	2008	Boise, ID-Centennial HS
# = Electronic timing		c = converted yards to meters		

HAMMER:

Rank	Athlete	Mark / Time	Year	City - High School
1	Ashley Hutchinson	169-08	2009	Spokane, WA-Mead HS
2	Cassie Rosette	162-02	2002	Spokane, WA-Mead HS
3	Windi Selle	161-00	1999	Bridgeport, WA-Bridgeport HS
4	Rachel Garcia	160-07	2008	Mission, TX-Veterans Memorial HS
5	Chelsea Wordell	156-10	2009	Spokane, WA-North Central HS
6	Marji Bovey	156-01	2004	Everett, WA-Cascade HS
7	Andrea Edwards	154-11	2010	Almira, WA-ACH HS
8	Anna George	131-07	2010	Grandview, WA-Grandview HS
9	Ronni Coleman	148-08	2006	Odessa, WA-Odessa HS
10	Amy Danielson	146-02	2006	Kennewick, WA-Kennewick HS
11	Kristina Jones	139-11	2004	Chattaroy, WA-Riverside HS
12	McKenzie Carter	139-10	2008	Spokane, WA-East Valley HS
13	Ardele Irving	139-06	1997	Moses Lake, WA-Moses Lake HS
14	Amber Reardon	136-11	1999	Nine Mile Falls, WA-Lakeside HS
15	Dacia Murillo	133-10	2003	Yakima, WA-West Valley HS
16	Missy Neuman	133-09	2007	Spokane, WA-West Valley HS
16	Amber Pantages	133-09	2001	Goldendale, WA-Goldendale HS
18	Brook Randall	133-06	2010	East Wenatchee, WA-Eastmont HS
19	Abby Monta	130-04	2000	Olympia, WA-Olympia HS
20	Corissa Hutchinson	130-01	2008	Spokane, WA-Mead HS
# = Electronic timing		c = converted yards to meters		

JAVELIN (POST 99):

Rank	Athelte	Mark / Time	Year	City - High School
1	Lynnea Braun	164-11	2008	Yakima, WA-West Valley HS
2	Amber Miller	146-05	2001	Richland, WA-Richland HS
3	Sara Johnson	145-09	2003	Kennewick, WA-Kennewick HS
4	Karie Pruett	143-08	2000	Spokane, WA-Ferris HS
5	Anna Brooks	141-08	2010	Helena, MT-Helena HS
6	Korissa Clevish	141-00	2006	Marysville, WA-Marysville-Pilchuck HS
7	Orejeona LaFever	140-05	2004	Grandview, WA-Grandview HS
8	Brook Randall	138-00	2010	East Wenatchee, WA-Eastmont HS
9	Andrea Edwards	137-07	2010	Almira, WA-ACH HS
10	Anna George	136-01	2010	Grandview, WA-Grandview HS
11	Cassie Dryden	135-01	2005	Spokane, WA-East Valley HS
12	Alissa Miller	131-04	2003	Richland, WA-Richland HS
13	Chris Shively	131-00	2001	Yelm, WA-Yelm HS
14	Leslie Baker	130-11	2007	Olympia, WA-Tumwater HS
15	Jennifer Bolton	130-08	2007	Newport, OR-Newport HS
16	Missy Neuman	130-06	2005	Spokane, WA-West Valley HS
17	Ashley Williamson	127-09	2005	Spokane, WA-Mt. Spokane HS
18	Kaylee Hartshorn	127-00	2010	Spokane, WA-East Valley HS
19	Cydney Edmunds	121-07	1999	East Wenatchee, WA-Eastmont HS
20	Mahki Voise	119-04	2005	Odessa, WA-Odessa HS
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JAVELIN (PRE 99):

Rank	Athelte	Mark / Time	Year	City - High School
1	Darlene McClure	158-09	1988	Odessa, WA-Odessa HS
2	Shaney Coe	155-02	1983	Spokane, WA-North Central HS
3	Pam Thompson	153-05	1978	Spokane, WA-Central Valley HS
4	Jennifer Chapman	151-08	1980	Port Townsend, WA-Port Townsend HS
5	Dawn Stedham	150-06	1986	Rochester, WA-Rochester HS
6	Jennifer Vangemert	135-05.5	1995	Valley, WA-Mary Walker HS
7	Angela Stubblefield	133-01	1979	Snohomish, WA-Snohomish HS
8	Cathy VanKuren	132-06	1988	Cheney, WA-Cheney HS
9	Joy Stock	131-10	1989	Kennewick, WA-Kennewick HS
10	Carol Unger	131-00	1983	Spokane, WA-Rogers HS
# = Electronic timing		c = converted yards to meters		

TRIPLE JUMP:

Rank	Athlete	Mark / Time	Year	City - High School
1	Chanel James	39-07.75	2010	Tacoma, WA-Wilson HS
2	Jennifer Kennedy	38-07	2002	Spokane, WA-North Central HS
3	Alissa Miller	38-04	2003	Richland, WA-Richland HS
4	Lasina Smith	38-02.75	1998	Seattle, WA-Nathan Hale HS
5	Vanessa Harris	37-09	2010	Tacoma, WA-Curtis HS
6	Natalie Abersfeller	37-05.75	2007	Kennewick, WA-Kennewick HS
7	Rachel Johnson	37-03.75	2001	Walla Walla, WA-Walla Walla HS
8	Amber Miller	36-09	2001	Richland, WA-Richland HS
9	Renee Svensrud	36-08	1989	Post Falls, ID-Post Falls HS
10	Rosalie Pope	36-04.75	1999	Snohomish, WA-Snohomish HS
11	Kim Reid	36-04	1989	Dayton, WA-Dayton HS
12	Mechelle McClain	36-01.5	1986	Spokane, WA-Lewis & Clark HS
13	Julie LiaBraaten	35-11.25	1998	Castle Rock, WA-Kelso HS
14	Cassie Rohrbacher	35-10	2001	Emmett, ID-Emmett HS
15	Kealey Johnston	35-06	2009	Grandview, WA-Grandview HS
16	Cecilia Dalzell	35-03	1985	Spokane, WA-Rogers HS
17	Michelle Magnuson	34-11.50	2002	Randle, WA-White Pass HS
18	Stacey Brewer	34-09.75	1999	Klickitat, WA-Klickitat HS
19	Molly Burt	33-08.5	2004	Kalispell, MT-Kalispell HS
20	Shallyn Jackson	33-09	2010	Pasco, WA-Richland HS
# = Electronic timing		c = converted yards to meters		

LONG JUMP:

Rank	Athlete	Mark / Time	Year	City - High School
1	Janet Buntin	19-08.75	1981	Ferndale, WA-Ferndale HS
2	Lasina Smith	19-06	1998	Seattle, WA-Nathan Hale HS
3	Shellie McMurray	19-04.25	1985	Clarkston, WA-Clarkston HS
4	Chanel James	19-02.50	2010	Tacoma, WA-Wilson HS
5	Jennifer Kennedy	18-09.75	2001	Spokane, WA-North Central HS
6	Pauline Henry	18-09.25	1982	Spokane, WA-Gonzaga Prep HS
7	Cydny Edmunds	18-05.75	1999	East Wenatchee, WA-Eastmont HS
8	Amy Nickerson	18-05.5	2002	Spokane, WA-Central Valley HS
9	Celeste Stutheit	18-04.5	1997	Richland, WA-Richland HS
10	Dana Puterbaugh	18-03.75	1982	
11	Mary Lamb	18-02.5	1984	Omak, WA-Omak HS
11	Sara Wiersma	18-02.5	1994	Ephrata, WA-Ephrata HS
13	Julie Weigelt	18-02	1978	Woodinville, WA-Woodinville HS
14	Loriann Hoyt	18-01	1983	Spokane, WA-University HS
15	Natalie Abersfeller	18-00.5	2007	Kennewick, WA-Kennewick HS
15	Alissa Miller	18-00.5	2003	Richland, WA-Richland HS
15	Sheri Wolf	18-00.5	1985	Deer Park, WA-Deer Park HS
18	Amber Miller	17-11	2001	Richland, WA-Richland HS
19	Karen Crull	17-10.5	1980	
20	Jill Brattain	17-09.5	1984	
# = Electronic timing		c = converted yards to meters		

HIGH JUMP:

Rank	Athlete	Mark / Time	Year	City - High School
1	Julie Darlington	8-May	1985	Pateros, WA-Pateros HS
2	Dawn Steiner	5-07	1991	Chattaroy, WA-Riverside HS
2	Gayle Huff	5-07	1982	Yakima, WA-West Valley HS
2	Lynn Kinney	5-07	1978	Spokane, WA-Ferris HS
5	Teona Perkins	5-06	2005	Kennewick, WA-Kennewick HS
5	Rachel Johnson	5-06	2001	Walla Walla, WA-Walla Walla HS
5	Julia Douthart	5-06	1987	Hanford, WA-Hanford HS
5	Toni Davidson	5-06	1979	Hamilton, MT-Hamilton HS
9	Carla Wilkerson	5-05.5	1983	Newport, WA-Newport HS
10	Jeri Wilkerson	5-05	1986	Newport, WA-Newport HS
11	Dari Wilson	5-04.25	1980	Richland, WA-Richland HS
11	Helen Murphy	5-04.25	2003	Tacoma, WA-Bellarmino HS
11	Kaylee Hartshorn	5-04.25	2010	Spokane, WA-East Valley HS
14	Renea Duffie	5-04	1987	Tacoma, WA
14	Lori Shagina	5-04	1981	Kennewick, WA-Kamiakin HS
14	Paula Nickerson	5-04	1978	Spokane, WA-Rogers HS
14	Rita Gardner	5-04	1978	
18	Kristle Moss	5-03.25	2008	Yakima, WA-Riverside Christian HS
19	Shawn Roberts	5-03	1979	
20	Sasha Reuben	5-02 .25	2009	Lapwai, ID-Lapwai HS
# = Electronic timing		c = converted yards to meters		

POLE VAULT:

Rank	Athlete	Mark / Time	Year	City - High School
1	Jennifer Bolton	11-11.75	2007	Newport, OR-Newport HS
2	Afton Reynolds	11-09.75	2006	Ephrata, WA-Ephrata HS
3	Jessica Fuller	11-06.25	2006	Kennewick, WA-Southridge HS
4	Melissa Harless	11-01.75	2008	Spokane, WA-Gonzaga Prep HS
5	Michayla Mueller	11-03.25	2010	Spokane, WA-Ferris HS
6	Amy Mortensen	Nov-00	2000	East Wenatchee, WA-Eastmont HS
7	April Axtell	10-05.50	2007	Kennewick, WA-Southridge HS
8	Kristen Peterson	6-Sep	1996	Bellingham, WA-Sehome HS
9	Meagan Stanley	9-04.25	2006	Newport, WA-Newport HS
10	Samantha Neal	9-00.25	2000	Gooding, ID-Gooding HS
11	Jaimi Lambert	Sep-00	2000	White Heath, IL-Monticello HS
12	Collette Kirby	8-06.25	2008	Post Falls, ID-Post Falls HS
13	Molly Burt	8-05.5	2004	Kalispell, MT-Kalispell HS
13	Amy Keppler	8-05.5	2004	Spokane, WA-Mt. Spokane HS
15	Jacquelyn Orchard	Aug-00	2005	Richland, WA-Hanford HS
16	Teona Perkins	7-06.6	2005	Kennewick, WA-Kennewick HS
17	Brittany Wonsick	5-Jul	2004	Great Falls, MT-Great Falls HS
18	Helen Murphy	6-Jun	2003	Tacoma, WA-Bellarmino HS
19	Cassie Dryden	6-00.75	2005	Spokane, WA-East Valley HS
# = Electronic timing		c = converted yards to meters		

HEPTATHLON:

Rank	Athlete	Mark / Time	Year	City - High School
1	Amber Miller	4889	2001	Richland, WA-Richland HS
2	Molly Burt	4799	2005	Kalispell, MT-Flathead HS
3	Cyndy Edmunds	4588	1999	East Wenatchee, WA-Eastmont HS
3	Teona Perkins	4588	2005	Kennewick, WA-Kennewick HS
5	Alissa Miller	4462	2003	Richland, WA-Richland HS
6	Kari Near	4301	1986	Poulsbo, WA-North Kitsap HS
7	Lori Freeman	4207	1987	Chattaroy, WA-Riverside HS
8	Dawn Steiner	4187	1991	Chattaroy, WA-Riverside HS
9	Angie Pleasant	4152	1988	Yakima, WA-Davis HS
10	Janet Otto	4125	1987	
11	Taylor Cook	4123	2009	Spokane, WA-Mead HS
12	Amber Nash	4081	2006	Arlington, WA-Lakewood HS
13	Carla Wilkerson	4062	1983	Newport, WA-Newport HS
14	Jenifer Bolton	4040	2007	Newport, OR-Newport HS
15	Taylor Cook	4031	2008	Spokane, WA-Mead HS
16	Kathy Federico	4006	1981	Richland, WA-Richland HS
17	Leslie Baker	3980	2007	Olympia, WA-Tumwater HS
18	Sara Wiersma	3952	1994	Ephrata, WA-Ephrata HS
19	Brittany Wonsick	3914	2005	Great Falls, MT-Great Falls HS
20	Jeri Wilkerson	3906	1985	Newport, WA-Newport HS
# = Electronic timing		c = converted yards to meters		

400 RELAY:

Rank	Athletes	Mark / Time	Year
1	Myisha Valentine, Nicole Nida, Chelsea Lawhead, Chanel James	47.18#	2010
2	Nicole Nida, Taylor Cook, Stephanie Hill, Chanel James	47.24#	2008
3	Myisha Valentine, Taylor Cook, Vanessa Harris, Lateashea Currie	47.25#	2009
4	Reatha Garnett, Shelli McMurray, Jeanne Sanders, Mechelle McClain	47.47#	1985
5	Janet Otto, Mechelle McClain, Jeri Wilkerson, Kari Near	47.49#	1986
6	Angela Shearer, Nicole Nida, Taylor Cook, Chanel James	47.58#	2008
7	Traci Richards, Jeanna Donner, Angie Pleasant, Toni Williams	47.59#	1985
8	Amy Nickerson, Rachel Johnson, Emily Alspaugh, Jennifer Kennedy	47.76#	2001
9	Nicole Nida, Myisha Valentine, Vanessa Harris, Chanel James	47.76#	2010
10	Gail Ostrander, Karla Zyph, Armstead, Loriann Hoyt	48.04	1983
11	Janet Otto, Mechelle McClain, Jeri Wilkerson, Jeanne Sanders	48.05#	1986
12	Cindy Simpson, Whitney Schmaljohn, Keri Nichols, Lasina Smith	48.13#	1998
13	Gail Ostrander, Brittain, Reatha Garnett, Shelli McMurray	48.15#	1984
14	Reatha Garnett, Shelli McMurray, Sherri Wolf, Mechelle McClain	48.24	1985
14	Dana Puterbaugh, Loriann Hoyt, Karla Zyph, Pauline Henry	48.24	1982
16	Horlacher, Julie Weigelt, Myers, Pam Thompson	48.39#	1978
17	Wilson, Pam Schreiber, Ferguson, Lynn Ingram	48.44	1980
18	Amber Nash, Akosua Fordjour, Crystal Gubler, Molly Burt	48.53#	2005
19	Maria Johnson, Shannon Long, Kim Bendio, Natalie Abersfeller	48.62#	2006
20	Jenny Hansberry, Amy Nickerson, Alissa Miller, Jennifer Kennedy	48.65#	2002
# = Electronic timing		c = converted yards to meters	

1600 RELAY:

Rank	Athletes	Mark / Time	Year
1	Jody Myers, Pam Thompson, Lynn Kinney, Julie Weigelt	3:49.43#	1978
2	Jody Myers, Julie Weigelt, Joanne Lahti, Pam Thompson	03:52.5	1978
3	Janet Otto, Mechelle McClain, Jeri Wilkerson, Kari Near	3:53.59#	1986
4	Terri Bennett, Reatha Garnett, Jeanne Sanders, Mechelle McClain	3:53.67#	1985
5	Janet Otto, Jeanne Sanders, Kari Near, Mechelle McClain	03:54.2	1986
6	Chelsea Lawhead, Rachel McDaniel, Myisha Valentine, Nicole Nida	3:55.03#	2010
7	Dawn James, Lynn Ingram, Pam Schreiber, Denise Clare	03:55.1	1980
8	Chelsea Lawhead, Rachel McDaniel, Chanel James, Nicole Nida	3:55.96#	2010
9	Toni Williams, Jeanna Donner, Richards, Martin	3:55.98#	1985
10	Carol Hood, Setera, Loriann Hoyt, Lisa Tyler	03:56.2	1982
11	Christina Werther, Whitney Schmaljohn, Keri Nichols, Lasina Smith	3:56.59#	1998
12	Gail Ostrander, Swoboda, Terri Bennett, Shelli McMurray	3:57.32#	1984
13	Binsfield, Clark, Gayle Falconer, Julie Weigelt	3:57.94#	1981
14	Myisha Valentine, Rachel McDaniel, Yesenia Ortiz, Nicole Nida	3:59.05#	2010
15	Angela Shearer, Stephanie Hill, Nicole Nida, Taylor Cook	4:00.60#	2008
16	Brittany Wonsick, Bethany Lentz, Amy Keppler, Molly Burt	4.00.76#	2004
17	Molly Burt, Brittany Wonsick, Amber Nash, Teona Perkins	04:01.1	2005
18	Celina Ingalls, Susie Rantz, Jenny Hansberry, Jennifer Kennedy	4:01.48#	2002
19	Chelsea Lawhead, Myisha Valentine, Vanessa Harris, Taylor Cook	04:02.0	2009
20	Maria Johnson, Shannon Long, Natalie Abersfeller, Amber Nash	4:01.99#	2006
# = Electronic timing c = converted yards to meters			