

WOMEN'S TOP TEN RECORDS

100 METERS

		# = FAT		
1	Annmarie Kesling	12.44	1989	Hudson's Bay H.S. – Vancouver, WA
	Dana Parr	12.44	1995	Fort Vancouver 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	Anisa Holt	12.63#	2008	Heritage H.S. – Vancouver, WA
7	Tricia Staggs	12.64	1993	R.A. Long H.S. – Longview, WA
8	Emily George	12.70#	1999	Mountain View H.S. – Vancouver, WA
9	Brenna Buck	12.74	1989	La Conner H.S. – La Conner, WA
10	Janeline Hayes	12.76	1998	Kentwood H.S. – Kent, WA

200 METERS

1	Annmarie Kesling	25.44	1989	Hudson's Bay H.S. – Vancouver, WA
	Keyanna Jenkins	25.44#	2003	Mountain View 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	Jamie Wongwai	26.00#	2008	Camas H.S. – Camas, WA
7	Tina Brockway	26.04	1992	Battle Ground H.S. – Battle Ground, WA
8	Janeline Hayes	26.14#	1998	Kentwood H.S. – Kent, WA
9	Veronica Calkins	26.24	1993	Castle Rock H.S. – Castle Rock, WA
10	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	Jamie Wongwai	58.04	2008	Camas H.S. – Camas, WA
3	Jennifer Berglund	58.25#	1997	Evergreen H.S. – Vancouver, WA
4	Brittney Anderson	58.43#	2003	Ridgefield H.S. – Ridgefield, WA
5	Lindsay Roberson	58.62#	1999	Castle Rock H.S. – Castle Rock, WA
6	Janeline Hayes	59.38	1998	Kentwood H.S. – Kent, WA
7	Dana Parr	59.74	1996	Fort Vancouver H.S. – Vancouver, WA
8	Lauri Anderson	1:00.03#	1981	Cathlamet H.S. – Cathlamet, WA
9	Ashley Rambo	1:00.15#	2003	Kelso H.S. – Kelso, WA
10	Mary Archer	1:00.24	1989	Hudson's Bay H.S. – Vancouver, WA

800 METERS

		# = FAT		
1	Crystal Glenn	2:13.18#	2000	Battleground H.S. – Battle Ground, WA
	Brittney Henderson	2:13.30	2010	
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	Hudson's Bay H.S. – Vancouver, WA
5	Jamie Wongwai	2:18.60#	2008	Camas H.S. – Camas, WA
6	Heather Meler	2:19.20#	2003	Columbia River H.S. – Vancouver, WA
7	Janeline Hayes	2:20.34#	1998	Kentwood H.S. – Kent, WA
8	Theresa Lane	2:20.97#	1999	Mountain View H.S. – Vancouver, WA
9	Janae Larson	2:21.09#	2008	Bethel H.S. – Spanaway, WA
10	Cari George	2:21.64#	1996	Evergreen H.S. – Vancouver, WA

1500 METERS

		# = FAT		
1	Crystal Glenn	4:36.63#	2000	Battleground H.S. – Battle Ground, WA
	Brittany Henderson	4:44.12	2010	
2	Janae Larson	4:44.43#	2008	Bethel H.S. – Spanaway, WA
3	Heather Meler	4:47.44#	2003	Columbia River H.S. – Vancouver, WA
4	Emily VandenEkart	4:49.90#	2003	Arlington H.S. – Arlington, WA
5	Trisha Nelson	4:49.91#	1994	Hoquiam H.S. – Hoquiam, WA
6	Marti Foster	4:50.2	1989	Stevenson H.S. – Stevenson, WA
7	Karey Brown	4:50.99#	1994	Columbia River H.S. – Vancouver, WA
8	Maria Bribiesca	4:53.09#	2005	Brush Prairie H.S. – Brush Prairie, WA
9	Dawnita LiaBraaten	4:53.59#	1999	Kelso H.S. – Kelso, WA
10	Molly Phimister	4:53.41#	2003	Hudson's Bay H.S. – Vancouver, WA

3000 METERS

1	Janae Larson	10:15.69#	2008	Bethel H.S. – Spanaway, WA
2	Crystal Glenn	10:23.61#	2000	Battleground H.S. – Battle Ground, WA
3	Yesewzer Kebede	10:29.4	2003	Camas H.S. – Camas, WA
4	Molly Phimister	10:33.45#	2003	Hudson's Bay H.S. – Vancouver, WA
5	Trisha Nelson	10:36.3	1994	Hoquiam H.S. – Hoquiam, WA
6	Sheila Perletti	10:37.9	2002	Strath Scova H.S. – Alberta, CAN
7	Emily VandenEkart	10:38.72#	2002	Arlington H.S. – Arlington, WA
8	Angela Pearson	10:39.34#	1996	Trout Lake H.S. – Trout Lake, WA
9	Crystal Dennis	10:45.2	2002	Parkrose H.S. – Portland, OR
10	Lindsey McElroy	10:48.48#	1998	Lakeside H.S. – Spokane, WA

3000 METER STEEPLECHASE

1.	Lindsey Kemp	12:08.68	2007	Heritage H.S. – Vancouver, WA
2.	Crystal Glenn	12:19.24#	2000	Battleground H.S. – Battle Ground, WA
3.	Tamara Kulla	12:35.7	2011	
4.	Laura Root	12:50.38	2007	
5.	Jodi Moss	12:50.62#	2008	Asotin H.S. – Asotin, WA
6.	Lindsey Kemp	13:10.41#	2007	Heritage H.S. – Vancouver, WA
7.	Charlonda Fielder	13:42.34#	2007	Taft H.S. – Oregon City, OR

5000 METERS

= FAT

1	Janae Larson	17:33.70#	2008	Bethel H.S. – Spanaway, WA
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	Hudson's 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	Danielle Hutchison	19:02.62#	2007	Evergreen H.S. – Vancouver, WA

10,000 METERS

1	Janae Larson	36:35.42#	2008	Bethel H.S. – Spanaway, WA
	Katarina Mueller	37:43.17	2012	Columbian River H.S.
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	Hudson's 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	Audra McNally	40:15.93#	2007	Franklin Pierce H.S. – Tacoma, WA
9	Jenny Nelson	41:00.5	1991	Scappoose H.S. – Scappoose, OR
10	Jessica Oldis	41:01.48#	1994	Kelso H.S. – Kelso, 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. – Grandview, WA
5	Leesa Morehead	14.98#	2004	Proctor Hug H.S. – Reno, NV
6	Tracy Elliott	15.15#	1994	Naselle H.S. – Naselle, WA
	Brooklyn Holton	15.49	2009	
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

= FAT

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
	Laniece Luster	1:06.39#	2011	
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

HAMMER

1.	Kate Burton	197-10	2005	Evergreen H.S. – Vancouver, WA
2.	Hailey Bryant	134-10	2010	
3.	Danielle Better	144-08	2000	Goldendale H.S. – Goldendale, WA
4.	Vanessa Uskoski	141-02	2008	Brush Prairie H.S. – Brush Prairie, WA
5.	Christina Hebert	138-10	2004	Port Angeles H.S. – Port Angeles, WA
6.	Breanna Wentz	132-7.73	2009	
7.	Susan Hanson	132-01	1998	Bellingham H.S. – Bellingham, WA
8.	Chandra Chase	129-07	2002	Hudson's Bay H.S. – Vancouver, WA
9.	Dawn Lauzon	129-06	2000	Walla Walla H.S. – Walla Walla, WA
10.	Christina Hebert	128-6.13	2004	
11.	Vanessa Uskoski	127-11.04	2008	

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 Lorenson	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.	Hailey Bryant	41-8.79	2009	
7.	Amy Knowles	39-10	1989	Cathlamet H.S. – Cathlamet, WA
8.	Johanna Lawson	39-05.25	1996	Battle Ground H.S. – Battle Ground, WA
9.	Christina Hebert	38-08.5	2004	Port Angeles H.S. – Port Angeles, WA
10.	Bethany Frink	38-1.87	2004	
11.	K'pree Ford-Harris	37-08	2003	North Valley H.S. – Grants Pass, OR
12.	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

JAVELIN 600g

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.	Kayla Smith	128-9.28	2010	
8.	Erin Bell	128-03	2003	Stevenson H.S. – Stevenson, WA
9.	Michelle Wright	126-05	2002	Prairie H.S. – Brush Prairie, WA
10.	Hailey Bryant	123-7.86	2009	
11.	Chelsea Glavin	121-7.84	2005	
12.	Jill Blake	118-02	2007	Tumwater H.S. – Tumwater, WA
13.	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

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	Lakeesha 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	Carolyn McDonald	17-04.25	2007	Wilson H.S. – Portland, OR
	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.	Chawncy McClenan	37-6.79	2010	
4.	Lakeesha Cadogan	37-5.75	2005	Curtis H.S. – Tacoma, WA
5.	Brooke Wilson	37-04	1998	Columbia River H.S. – Vancouver, WA
6.	Leanne Lamping	37-2.46	2010	
7.	Natasha Iwanick	36-10.5	2003	Shasta H.S. – Redding, CA
8.	Katie Miller	36-05.5	2004	Columbia River H.S. – Vancouver, WA
9.	Kimberly Pence	35-07.25	2006	Stanwood H.S. – Stanwood, WA
10.	Brittany Driver	35-03	2004	Woodland H.S. – Woodland, WA
11.	Precious Lapuz	35-02	2004	Proctor Hug H.S. – Reno, NV
12.	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	Cindy Glenn	10-00	2007	Battle Ground H.S. – Battle Ground, WA
2	Amanda Wager	9-06	2000	Hudson's Bay H.S. – Vancouver, WA
3	Danielle Kermode	9-00.25	2008	Black Hills H.S. – Olympia, WA
4	Catie Doucette	9-00.25	2007	Spring Creek H.S. – Spring Creek, NV
	Melinda Olsen	9-00.25	1996	Franklin H.S. – Portland, OR
5	Nicole Roberts	8-00	2003	North Valley H.S. – Grants Pass, OR
6	Karisa Makaiwi	7-06	1999	Raymond H.S. – Raymond, WA
	Heidi Smell	7-06	2002	WF West H.S. – Chehalis, WA
8	Shannon Ponciano	6-08	1999	Columbia River 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