

NWAC TRACK & FIELD RECORDS

MEN'S CONFERENCE MEET RECORD

100M	Dusty Lane, CCS '99	:10.36
200M	Dusty Lane, CCS '99	:20.96
400M	Melvin Jenkins, HCC '04	:46.31
800M	Roba Sultessa, CICC '16	1:50.71
1500M	Ray Prentice, HCC '79	3:48.76
5000M	Jerry Maris, BCC '81	14:41.04
10000M	Orly Waller, BCC '81	30:30.91
3000MSTP	Bret Goller, HCC '88	9:05.11
110M HUR	Josh Turner, MHCC '16	:14.00
400M HUR	Dusty Lane, CCS '97	:51.92
LONG JUMP	Terry Metcalf, EvCC '71	25'10"
TRIPLE JUMP	Alvin Harris, CCS '82	50'7 1/2"
HIGH JUMP	Dakarai Hightower, Lane '16	7' 5"
DISCUS	Jason Dixon, CCS '03	173'4"
SHOT PUT	Spike Walker, SFCC '71	61'3 1/4"
JAVELIN (pre '85)	Gary Schaefer, CCS '76	252'0"
JAVELIN (post '85)	Cyrus Hostetler, Lane '08	241'7"
POLE VAULT	Bill Jones, CICC '97	17' 1/4"
HAMMER	Paul Etter, CICC '03	199'0"
400MRLY	Spokane '80	:41.04
1600MRLY	Lane '86	3:11.49
DECATHLON	David Lemen, CICC '00	7532

WOMEN'S CONFERENCE MEET RECORD

100M	Margaret Paul, MHCC '15	:11.96
200M	Morgan Cribbs, CCS '08	:24.61
	& Margaret Paul, MHCC '15	
400M	Rhonda Bell, BCC '81	:53.69
800M	Michelle Finnvik, GRCC '85	2:10.13
1500M	Joanne Lahti, CCS '80	4:34.77
3000M	Bridget Devens, BCC '83	9:53.25
5000M	Joanne Lahti, CCS '79	17:31.30
10000M	Janae Larson, Clark '08	36:35.42
3000MSTP	Mikel Elliott CCS '12	11:13.10
100M HUR	Kay Garnett, BCC '82	:13.89
400M HUR	Anita Sartin, BCC '85	1:00.22
LONG JUMP	Janet Buntin, CCS '81	19'8 3/4"
TRIPLE JUMP	Nicole Stancato, BCC '86	39'4"
HIGH JUMP	Kelly Keist, Clark '92	5'8"
	& Dawn Putnam, Clark '94	
DISCUS	Cora Aguilar, CCS '84	158'2"
SHOT PUT	Jenny Lempke, WVC '81	48'4 1/4"
JAVELIN	Trina Rogers, CICC '99	169'5"
POLE VAULT	Becky Holiday, CICC '01	14'4"
HAMMER	Kate Burton, Clark '05	179'6"
400MRLY	Bellevue '83	:46.78
1600MRLY	Bellevue '83	3:48.25
HEPTATHLON	Katie Miller, Clark '04	4988

2016 MEN'S SEASON LEADERS

Rashad Swank-Jones, Lane	:10.59
Rashad Swank-Jones, Lane	:21.12
Ben Kelly, Lane	:48.74
Roba Sultessa, Clackamas	1:50.92
Roba Sultessa, Clackamas	3:57.24
Judd Lewis, Spokane	15:17.95
Matt Hommel, Spokane	32:40.47
Corbin Carlton, Spokane	9:18.91
Joshua Turner, Mt. Hood	:14.34
Andrew Stich, Spokane	:52.76
Brandon Stribling, Clark	23' 10.75"
Joshua Turner, Mt. Hood	47' 1.75"
Dakarai Hightower, Lane	7' 3"
Sam Nichols, Lane	150' 3"
Brian Salgado, Mt. Hood	47' 1"
Lexington Reese, Mt. Hood	204' 2"
Kavic Belcastro, Lane	16' 8.75"
Matthew Lloyd, Clackamas	173' 3"
Lane	40.95
Lane	3:16.70
Grant Shurtliff, Lane	6772

2016 WOMEN'S SEASON LEADERS

Dannelle Woodcock, Mt. Hood	:12.00
Emily Mills, Olympic	:25.50
Emily Mills, Olympic	:56.04
Danielle Girard, Lane	2:16.57
Danielle Girard, Lane	4:46.11
Gracie Ledwith, Spokane	18:09.69
Taylor Cearley	41:06.76
Madison Schell, Lane	11:59.29
Katie Collins, Spokane	:15.51
Alysha Overland, Spokane	1:03.89
Dannelle Woodcock, Mt. Hood	19' 1.25"
Brittany Coleman, Clackamas	37' 7.75"
Rashae Spencer, Spokane	5' 4.25"
Elisha Allred, Spokane	137' 1"
Toa Levi, Spokane	41' 7.75"
Elizabeth Zosel, Green River	133' 6"
Stephanie Wright, Spokane	12' 1.5"
Elisha Allred, Spokane	162' 7"
Lane	:48.65
Lane	3:56.21
Kylee O'Connor, Lane	4276

PAST TRACK & FIELD CHAMPIONS

MEN'S WSJAC TRACK & FIELD CHAMPIONS

YEAR	CHAMPION	COACH	RUNNER-UP
1947	Everett	Bill McLaughlin	Centralia
1948	Everett	Bill Madden	Olympic
1949	Everett	Bill McLaughlin	Clark
1950	Olympic	Roland Rethke	Everett
1951	Olympic	Roland Rethke	Grays Harbor
1952	Olympic	Roland Rethke	Grays Harbor
1953	Yakima Valley	Dick Renfro	Olympic
1954	Everett	Chace Anderson	Clark
1955	Clark	Bob Stair	Skagit Valley
1956	Clark	Bob Stair	Olympic
1957	Everett	Walt Price	Olympic
1958	Olympic	Tom Matsumoto	Everett
1959	Everett	Ed Puck	Olympic
1960	Clark	George Fullerton	Everett
1961	Clark	George Fullerton	Yakima Valley
1962	Clark	George Fullerton	Columbia Basin
1963	Yakima Valley	Arnold Pelluer	Clark

MEN'S WAAC TRACK & FIELD CHAMPIONS

1964	Yakima Valley	Arnold Pelluer	Everett
1965	Yakima Valley	Arnold Pelluer	Everett
1966	Shoreline	Henry Thomson	Highline
1967	Shoreline	Henry Thomson	Highline
1968	Shoreline	Jim Lambright	Yakima Valley
1969	Highline	Don McConaughy	Spokane
1970	Spokane	Mike Keller	Everett
1971	Spokane Falls	Mike Keller	Everett

MEN'S NWAC TRACK & FIELD CHAMPIONS

1972	Bellevue	Bud Calbreath	Spokane
1973	Spokane	John Buck	Spokane Falls
1974	Spokane	John Buck	Spokane Falls
1975	Spokane	John Buck	Highline
1976	Spokane	John Buck	Highline
1977	Spokane	John Buck	Highline
1978	Spokane	John Buck	Spokane Falls
1979	Spokane	John Buck	Mount Hood
1980	Spokane	John Buck	Bellevue
1981	Spokane	John Buck	Bellevue
1982	Spokane	John Buck	Bellevue
1983	Spokane	Duane Hartman	Bellevue
1984	Spokane	Duane Hartman	Bellevue
1985	Spokane	Duane Hartman	Lane
1986	Spokane	Duane Hartman	Lane
1987	Spokane	Duane Hartman	Highline
1988	Spokane	Duane Hartman	Highline
1989	Highline	Don McConaughy	Spokane
1990	Clackamas	Mike Hodges	Spokane
1991	Clackamas	Mike Hodges	Mount Hood
1992	Clackamas	Mike Hodges	Spokane
1993	Clackamas	Mike Hodges	Spokane
1994	Clark	Larry Beatty	Clackamas
1995	Clark	Larry Beatty	Lane
1996	Lane	Brad Joens	Clark
1997	Spokane	Larry Beatty	Lane
1998	Spokane	Larry Beatty	Clackamas
1999	Spokane	Larry Beatty	Lane
2000	Mt. Hood	Keith Maneval	Spokane
2001	Spokane	Larry Beatty	Clark
2002	Spokane	Larry Beatty	Mt. Hood
2003	Spokane	Larry Beatty	Lane
2004	Highline	Robert Yates	Spokane
2005	Spokane	Larry Beatty	Highline & Lane
2006	Spokane	Larry Beatty	Lane
2007	Spokane	Larry Beatty	Lane
2008	Spokane	Larry Beatty	Lane
2009	Spokane	Larry Beatty	Lane
2010	Spokane	Larry Beatty	Clackamas
2011	Spokane	Larry Beatty	Clackamas
2012	Spokane	Jason Cash	Lane
2013	Lane	Grady O'Connor	Spokane
2014	Lane	Grady O'Connor	Spokane
2015	Lane	Grady O'Connor	Spokane
2016	Lane	Grady O'Connor	Spokane

WOMEN'S NWAC TRACK & FIELD CHAMPIONS

YEAR	CHAMPION	COACH	RUNNER-UP
1979	Spokane	Dale Kennedy	Wenatchee Valley
1980	Spokane	Dale Kennedy	Bellevue
1981	Bellevue	Scott Knoblich	Spokane
1982	Bellevue	Scott Knoblich	Spokane
1983	Bellevue	Scott Knoblich	Spokane
1984	Bellevue	Scott Knoblich	Spokane
1985	Spokane	Bud Calbreath	Bellevue
1986	Spokane	Curt Ransford	Mount Hood
1987	Lane	Lyndell Wilken	Mount Hood
1988	Mount Hood	Diane Peterson	Spokane
1989	Bellevue	Mike Behrbaum	Spokane
1990	Bellevue	Mike Behrbaum	Spokane
1991	Spokane	Curt Ransford	Bellevue
1992	Clackamas	Mike Hodges	Bellevue
1993	Bellevue	Mike Behrbaum	Mount Hood
1994	Lane	Brad Joens	Clackamas
1995	Lane	Brad Joens	Mount Hood
1996	Lane	Brad Joens	Mount Hood
1997	Lane	Brad Joens	Spokane
1998	Spokane	Larry Beatty	Lane
1999	Spokane	Larry Beatty	Clark
2000	Clackamas	Jack Kegg	Lane
2001	Spokane	Larry Beatty	Clackamas
2002	Spokane	Larry Beatty	Mt. Hood
2003	Clark	Erik Anderson	Spokane
2004	Spokane	Larry Beatty	Lane
2005	Spokane	Larry Beatty	Lane
2006	Spokane	Larry Beatty	Lane
2007	Spokane	Larry Beatty	Mt Hood
2008	Spokane	Larry Beatty	Mt Hood
2009	Spokane	Larry Beatty	Lane
2010	Spokane	Larry Beatty	Lane
2011	Spokane	Larry Beatty	Clackamas
2012	Spokane	Jason Cash	Lane
2013	Lane	Grady O'Connor	Clackamas
2014	Lane	Grady O'Connor	Spokane
2015	Spokane	Jason Cash	Lane
2016	Spokane	Jason Cash	Lane

OCCAA MEN'S TRACK CHAMPIONS

YEAR	CHAMPION	RUNNER-UP
1964	SW Oregon	Treasure Valley
1965	Clatsop	Treasure Valley
1966	Treasure Valley	SW Oregon
1967	Treasure Valley	Central Oregon
1968	Treasure Valley	SW Oregon
1969	Mount Hood	Lane
1970	Mount Hood	Lane
1971	Mount Hood	Lane
1972	Lane	SW Oregon
1973	Lane	SW Oregon
1974	Lane	SW Oregon
1975	Lane	Clackamas
1976	Lane	Clackamas
1977	Lane	Clackamas
1978	Lane	Clackamas
1979	Lane	Clackamas
1980	Lane	Mount Hood
1981	Lane	Clackamas
1982	Clackamas	Mount Hood
1983	Lane	Linn-Benton

OCCAA WOMEN'S TRACK CHAMPIONS

YEAR	CHAMPION	RUNNER-UP
1977	Central Oregon	Blue Mountain
1978	Clackamas	Central Oregon
1979	Clackamas	Central Oregon
1980	Mount Hood	Lane
1981	Mount Hood	Lane
1982	Lane	Mount Hood
1983	Lane	Mount Hood

MEN'S TRACK & FIELD HISTORY

MEN

1947 Noble Field

Centralia, WA – May 3

EVERETT	43
CENTRALIA	29 7/10
YAKIMA VALLEY	28 1/10
OLYMPIC	14
LOWER COLUMBIA	13
MOUNT VERNON	9 3/5
CLARK	9
GRAYS HARBOR	7 3/5
100-Bob Bridges (LC)	:10.3
220-Bob Bridges (LC)	:23.2
440-Stephen Fitzsimonds (YV)	:52.2
880-Gene Teel (O)	2:04.2
MI-Tom Hoskin (O)	4:51.1
120HH-Jim Edwards (CI)	16.1
220LH-Dick Skinner (E)	:24.6
BJ-John Higgins (MV)	21'11 1/2"
HJ-Clarence Teissen (E)	6'0"
DIS-Andy Martinis (E)	122'6"
SP-Glen Detton (Ce)	43'0"
JAV-Harold Ramaley (E)	158'10"
PV-Dick Skinner (E)	11'6"
880RLY-Yakima Valley	(Eric Beardsley, Jay Swolford, Earl Pratt, Stephen Fitzsimonds) 1:37.2

1948 Northend Field

Everett, WA – May 22

EVERETT	56
OLYMPIC	29 3/4
YAKIMA VALLEY	27
CLARK	19
GRAYS HARBOR	17 1/4
LOWER COLUMBIA	11 1/4
CENTRALIA	4 3/4
100-Bob Bridges (LC)	:10.4
220-Bob Bridges (LC)	:23.4
440-Dave Wilson (E)	:53.2
880-Bob Bruce (E)	2:03.5
MI-Bob Bruce (E)	4:35.5
2MI-Merle Pierce (O)	10:52.5
120HHUR-Bill Johnston (GH)	:16.5
220LHUR-Ronnie McRae (E)	:26.5
BJ-Sid Ryen (O)	20'4"
HJ-Gene Forslund (E)	5'9"
DIS-Vince Martinis (E)	126'7"
SP-Eric Beardsley (YV)	41'3"
JAV-Eric Beardsley (YV)	172'5 1/4"
PV-Eric Beardsley (YV)	11'6"
MIRLY-Everett (Dave Wilson, Bob Bruce, Ronnie McRae, Jim Johnson)	3:36.5

1949 McLoughlin Hgts.

Vancouver, WA – May 14

EVERETT	48 1/4
CLARK	28
OLYMPIC	23
GRAYS HARBOR	20 1/2
SKAGIT VALLEY	15 1/2
LOWER COLUMBIA	13
CENTRALIA	7 3/4
YAKIMA VALLEY	6
WENATCHEE VLY.	3
100-Bob Jordan (LC)	:10.4
220-Pete Defour (O)	:22.6
440-Pete Defour (O)	:50.8
880-Bob Bruce (E)	2:04.4
MI-Bob Bruce (E)	4:32.9
2MI-Merle Pierce (O)	10:31.4
120HH-Bob Fitzpatrick (GH)	:16.3
220LH-John Ringen (E)	:25.0
BJ-Ben Padrick (Ce)	20'7 1/4"
HJ-John Ringen (E), George Nelson (SV), Kenny Menz (E) & Ben Padrick (Ce)	5'7 1/2"
DIS-Hank Habegger (CI)	127'1/2"

SP-Hank Habegger (CI)

43'10 1/2"

JAV-Dick Nelson (E) 187'6"

PV-Don Edwards (CI)

12'3 1/4"

MIRLY-Everett (Bob Bruce, Jim Johnson, John Ringen, Olav Smistad) 3:31.6

1950 Univ. of Washington

Seattle, WA – May 19

OLYMPIC	31
EVERETT	24
SKAGIT VALLEY	24
LOWER COLUMBIA	20
CLARK	19
GRAYS HARBOR	16 1/2
YAKIMA VALLEY	15
CENTRALIA	14
WENATCHEE VLY.	1 1/2
100-Bob Jordan (LC)	:09.9
220-Pete Defour (O)	:22.4
440-Pete Defour (O)	:49.8
880-Les Watson (CI)	2:00.1
MI-Jack Thorsen (SV)	4:44.4
2MI-Sid Neble (SV)	10:25
120HH-Jack Parthenay (CI)	:15.9
220LH-Jack Parthenay (CI)	:25.0
BJ-Kenny Menz (E)	21'3"
HJ-Dick Garborg (SV)	& Hugh Saylor (LC) 5'9 3/4"
DIS-Roy Switzer (Ce)	121'7"
SP-Roy Switzer (Ce)	41'9 1/2"
JAV-Tom Rubatino (E)	191'8"
PV-Dave Englund (SV)	11'3"
MIRLY-Olympic (Pete Shepherd, Don Wilson, Ralph Culver, Pete Defour)	3:31.6

1951 Univ. of Washington

Seattle, WA – May 17

OLYMPIC	43
GRAYS HARBOR	38
YAKIMA VALLEY	31
EVERETT	29
LOWER COLUMBIA	16
CLARK	8
100-Morris Robinette (YV)	:10.1
220-Dale Thomburgh (O)	:22.8
440-Kenny Trautman (GH)	:52.0
880-Dick McKimson (O)	2:00.5
MI-Vern Robinson (O)	4:40.4
2MI-Vern Robinson (O)	10:41
120HH-Deene Almvig (E)	:15.8
220LH-Dale Thomburgh (O)	:25.5
BJ-Morris Robinette (YV)	22'4 1/2"
HJ-Darrell Skardvedt (YV)	6'5/8"
DIS-Dave Lundren (GH)	123'4"
SP-Marlen Peterson (LC)	40'8 3/4"
JAV-Gary Spohn (YV)	179'8 1/2"
PV-Bob Herb (CI)	11'9"
MIRLY-Olympic (Dick McKimson, Hank Pomerenk, Vern Robinson, Dale Thomburgh)	3:34.0

1952 Univ. of Washington

Seattle, WA – May 22

OLYMPIC	77
GRAYS HARBOR	49 1/2
EVERETT	27 1/2
LOWER COLUMBIA	7
CLARK	3
100-Dick McKimson (O)	:10.6
220-Kenny Way (O)	:23.2
440-Kenny Trautman (GH)	:52.3
880-Dick McKimson (O)	2:05.8
MI-Richard Pargeter (O)	4:57.6
2MI-Vern Robinson (O)	10:15.0

120HH-Fred Nissell (GH) :16.2

220LH-Kenny Way (O) :26.5

BJ-Kenny Way (O) 20'10 3/8"

HJ-Don Granberg (E) 5'10"

DIS-Dave Lundgren (GH) 123'3 1/2"

SP-Fred Nissell (GH) 45'5"

JAV-Dick McKimson (O) 172'3 1/4"

PV-Fred Nissell (GH) & Paul Port (O) 11'6"

MIRLY-Olympic (Don McCandless, Dave

Moose, Vern Robinson, Dick McKimson)

3:35.5

1953 Memorial Stadium

Everett, WA – May 23

YAKIMA VALLEY	43 1/2
OLYMPIC	34 1/2
EVERETT	28 1/2
CLARK	20 1/2
LOWER COLUMBIA	13
CENTRALIA	10
GRAYS HARBOR	8
WENATCHEE VLY.	7
100-Wes Nelson (E)	:10.4
220-Mel Kobel (O)	:22.6
440-Larry Amos (YV)	:52.6
880-Darrell Syferd (YV)	2:10.9
MI-John Creelman (GH)	4:50.4
2MI-Jim Coke (YV)	11:05.2
120HH-Ellwood Brown (YV)	:16.4
220LH-Mickey McLean (LC)	:26.8
BJ-Ellwood Brown (YV)	20'8 1/2"
HJ-Ed Larson (E)	& Dick Thomas (YV) 5'10"
DIS-Ron Breckle (Ce)	124'8"
SP-Ron Breckle (Ce)	40'3 3/4"
JAV-Bob Hurworth (O)	174'3"
PV-Narvin Snyder (CI)	12'9 3/4"
MIRLY-Clark (John Eagle, Leland Morrow, Leon Stevens, Narvin Snyder)	3:39.7

1954 Memorial Stadium

Everett, WA – May 22

EVERETT	49 3/4
CLARK	43 3/4
OLYMPIC	30 1/2
YAKIMA VALLEY	17 1/2
SKAGIT VALLEY	10 1/2
GRAYS HARBOR	4 1/2
LOWER COLUMBIA	3 1/2
CENTRALIA	3
WENATCHEE VLY.	2
100-Mel Kobel (O)	:10.2
220-Mel Kobel (O)	:26.1
440-Ken Boydston (CI)	:55.1
880-Leon Stevens (CI)	2:06.5
MI-Jerry Larson (CI)	4:49.0
2MI-Jerry Larson (CI)	10:23.2
120HH-Chris Sievers (E)	:16.1
220LH-Chris Sievers (E)	:24.7
BJ-Chris Sievers (E)	21'6 1/4"
HJ-Ben Snowden (SV), Frank Glenn (CI), Duane Gorborg (SV) & Jake Bergslien (E)	5'10"
DIS-Ron Cooley (E)	130'1/2"
SP-Dean Henry (SV)	44'1"
JAV-Bob Hurworth (O)	190'3/4"
PV-Harry Harris (YV)	12'11 3/4"
MIRLY-Olympic (Dick Mitchell, Joe Topel, Mel Kobel, Ron Vehrs)	3:34.7

1955 Mount Vernon HS

Mount Vernon, WA – May 21

CLARK	68
SKAGIT VALLEY	37 1/2
OLYMPIC	16 1/6
YAKIMA VALLEY	13
EVERETT	10
CENTRALIA	7
LOWER COLUMBIA	7
GRAYS HARBOR	6 1/3
100-Jack Hoage (CI)	:10.3
220-Jack Hoage (CI)	:22.6
440-Jack O'Donnell (CI)	:52.9
880-Marion Garland (O)	2:05.9
MI-Cece Miller (CI)	4:58.7
2MI-Cece Miller (CI)	11:10.2
120HH-Frank Glenn (CI)	:16.0
220LH-Frank Glenn (CI)	:25.2
BJ-Darrow Nelson (CI)	& Howard Glenn (CI) 20'0"
HJ-Howard Glenn (CI)	6'0"
DIS-Bob Ellis (SV)	131'7"
SP-John Wilfong (E)	45'10 1/4"
JAV-Don Snipes (YV)	182'6"
PV-Louie Mace (LC)	& Jerry Mobley (GH) 11'9 1/2"
MIRLY-Clark (Fred Lane, Al Martin, Dale Peterson, Jack O'Donnell)	3:39.8

1956 Memorial Stadium

Everett, WA – May 18

CLARK	56
OLYMPIC	35
LOWER COLUMBIA	21
EVERETT	17
SKAGIT VALLEY	16
CENTRALIA	10
GRAYS HARBOR	5 1/2
YAKIMA VALLEY	4 1/2
100-Jack Hoage (CI)	:10.1
220-Jack Hoage (CI)	:22.0
440-Bernie Finlay (O)	:53.0
880-Pat Neble (SV)	2:04.5
MI-Don Jones (LC)	4:42.4
2MI-Don Jones (LC)	10:29.0
120HH-Ralph Lillie (CI)	:16.1
220LH-Jack Hoage (CI)	:24.2
BJ-Tony Softli (E)	22'8"
HJ-Dick Dynes (CI)	6'1 3/4"
DIS-Gary Lee (Ce)	124'10"
SP-Gary Lee (Ce)	43'9 1/2"
JAV-Bud Crane (SV)	184'10"
PV-Dick Dynes (CI)	12'3"
MIRLY-Olympic (A.D. Hill, Dwight Curry, Dave Burkhardt, Bernie Finlay)	3:36.6

1957 Memorial Stadium

Everett, WA – May 17

EVERETT	37 1/4
OLYMPIC	35
CLARK	29
CENTRALIA	17
SKAGIT VALLEY	17
YAKIMA VALLEY	16
GRAYS HARBOR	11 3/4
LOWER COLUMBIA	2
100-Rosie Rosenkranz (YV)	:10.0
220-Paul Aleinkoff (E)	:22.2
440-Bernie Finlay (O)	:53.1
880-Pat Neble (SV)	2:04.2
MI-Bill Ashby (O)	4:42
2MI-Bill Ashby (O)	10:38.0
120HH-Ralph Lillie (CI)	:16.1
220LH-Tony Softli (E)	:24.5
BJ-Tony Softli (E)	21'3"
HJ-Tom Gilcrest (O)	6'0"
DIS-Gene Fry (Ce)	136'4"
SP-Gene Fry (Ce)	46'3/4"

MEN'S TRACK & FIELD HISTORY

JAV-Bill Buchanan (YV) 166'2"
MiRLY-Olympic (Fritz Gordon, Dave Burkhardt, Dwight Curry, Bernie Finlay) 3:35.7

1958 Mount Vernon HS

Mount Vernon, WA – May 24

OLYMPIC 52
 EVERETT 30
 CLARK 19 1/2
 YAKIMA VALLEY 14 2/3
 COLUMBIA BASIN 10 1/2
 LOWER COLUMBIA 10 1/2
 GRAYS HARBOR 10
 WENATCHEE VLY. 9
 SKAGIT VALLEY 7 5/6
 CENTRALIA 1
100-James Hampton (Cl) :10.0
220-Perry Harper (O) :21.8
440-Perry Harper (O) :49.8
880-Lenney Andreason (E) 2:01.4
MI-Aaron Pascal (E) 4:40.6
2MI-Jim Temples (E) 10:43.4
120HH-Andy Parkerson (O) :15.3
220LH-Perry Herren (GH) :24.9
BJ-Curt Bagby (O) 20'11"
HJ-Andy Parkerson (O) 5'11 3/4"
DIS-John Robinson (E) 130'1"
SP-Fred Ekholm (WV) 45'3"
JAV-Ernie Adams (O) 203'4"
PV-Duane Gregg (LC) & Marvin Thomas (SV) 12'0"
MiRLY-Olympic (Al James, Rod Jarvis, Joe Taylor, Perry Harper) 3:32

1959 Mount Vernon HS

Mount Vernon, WA – May 23

EVERETT 39
 OLYMPIC 30
 CENTRALIA 20
 COLUMBIA BASIN 17
 CLARK 13 1/2
 GRAYS HARBOR 13 1/2
 YAKIMA VALLEY 11
 WENATCHEE VLY. 10 1/2
 LOWER COLUMBIA 7
 SKAGIT VALLEY 3 1/2
100-Dick Whitmore (CB) :10.0
220-Gordon Thorlackson (Ce) :21.7
440-George Bean (E) :51.3
880-Mervin Brown (LC) 2:02.0
MI-Don Jenkins (O) 4:30.2
2MI-Don Jenkins (O) 10:12.7
120HH-Stan Stafford (Ce) :25.4
220-LH-Stan Stafford (Ce) :25.0
BJ-Bud Goins (O) 22'4 1/2"
HJ-Fred Beckwith (E) 6'1"
DIS-Fred Shaffer (CB) 156' 1/2"
SP-Bill Buchanan (YV) 53'2"
JAV-Hardy Spurgeon (GH) 207' 1/2"
MiRLY-Olympic (Al James, Gary Ferguson, Bud Goins, Ron Vehrs) 3:31.2

1960 Hudson's Bay HS

Vancouver, WA – May 21

CLARK 68
 EVERETT 36
 COLUMBIA BASIN 21 1/3
 YAKIMA VALLEY 20
 SKAGIT VALLEY 8
 LOWER COLUMBIA 5 1/3
 WENATCHEE VLY. 4 1/3
 CENTRALIA 2
100-Mike Gaechter (Cl) :09.7
220-Warren Sherlock (CB) :21.8
440-George Bean (E) :50.9
880-Dick Winter (Cl) 2:01.0
MI-Phil Pugh (E) 4:34.0
2MI-Phil Pugh (E) 10:03.9
120HH-Mike Gaechter (Cl) :15.2
220LH-Cliff Williams (E) :25.2
BJ-Mike Gaechter (Cl) 23'5/8"

HJ-Herm Washington (SV) 6'4"

DIS-Wayne Ficken (Cl) 151'0"

SP-Bill Buchanan (YV)

58'8 1/2"

JAV-Dale Rohrbaugh (Cl) 173'1"

PV-Dick Snyder (Cl) 12'9 1/4"

MiRLY-Columbia Basin (Larry Watson, Jerry Richardson, Skeet Correa, Warren Sherlock) 3:31.3

1961 Eisenhower HS

Yakima, WA – May 20

CLARK 92
 YAKIMA VALLEY 90
 COLUMBIA BASIN 81
 EVERETT 49
 OLYMPIC 18
 CENTRALIA 7
 GRAYS HARBOR 4
 SKAGIT VALLEY 2
 WENATCHEE VLY. 2
100-Bob Bender (CB) :10.0
220-Bob Jones (YV) :22.5
440-Sam Minnix (YV) :50.0
880-Tom Kelley (YV) 1:58.3
MI-Terry Ramberg (Cl) 4:28.5
2MI-Terry Ramberg (Cl) 10:08.6
120HH-Jim McAbee (Cl) :15.2
220LH-Jim McAbee (Cl) :25.3
BJ-Nelson Shinnick (CB) 22'10 1/4"
HJ-Dave Green (CB) 6'1"
DIS-Bob Williams (CB) 144'5 1/2"
SP-Bill Swain (Cl) 51'4 1/2"
JAV-Ralph Sager (E) 210'9 1/2"
PV-Dick Snyder (Cl) 13'1 1/2"
MiRLY-Yakima Valley (Bob Jones, Jack Marquette, Dave Reynolds, Sam Minnix) 3:24.5

1962 Fort Lewis

Fort Lewis, WA – May 26

CLARK 139
 COLUMBIA BASIN 65 11/21
 OLYMPIC 63
 YAKIMA VALLEY 51 16/21
 EVERETT 12 3/7
 WENATCHEE VLY. 12 3/7
 SKAGIT VALLEY 6 3/7
 CENTRALIA 6
 LOWER COLUMBIA 5 3/7
 GRAYS HARBOR 4
 HIGHLINE 2
100-Warren Sherlock (CB) :09.9
220-Warren Sherlock (CB) :21.0
440-Larry Otos (Cl) :49.4
880-Chuck Wells (Cl) 1:59.5
MI-Morgan Groth (Cl) 4:22.1
2MI-Frank Knott (CB) 9:49.4
120HH-Harley Bird (O) :14.9
220LH-John Weatherford (E) :23.9
BJ-George Webb (CB) 21'2"
HJ-Ted Monson (O) 6'3"
DIS-Dave Collier (YV) 138'4 1/8"
SP-Gary Baskett (WV) 48'6"
JAV-Wayne Martin (Cl) 188'1"
PV-Keith Hopkins (Cl), LeRoy Boyer (Cl) & Willie Nettles (Cl) 13'5 1/2"
440RLY-Clark (Larry Otos, Wayne Martin, Jim McAbee, Dennis Moore) :43.7
MiRLY-Clark (Dennis Hughes, Chuck Wells, Larry Otos, Jim McAbee) 3:26.6

1963 Highline HS

Seattle, WA – May 25

YAKIMA VALLEY 67
 CLARK 63
 EVERETT 32
 OLYMPIC 24
 COLUMBIA BASIN 18
 WENATCHEE VLY. 16
 GRAYS HARBOR 14

LOWER COLUMBIA 10

HIGHLINE 5

CENTRALIA 3

PENINSULA 3

100-Jim Kjolso (YV) :09.6

220-Ron Huff (CB) :21.4

440-Rick Van Zandt (GH) :49.3

880-Gene Cummings (E) 1:55.2

MI-Gene Cummings (E) 4:19.6

2MI-Don Zahonis (Cl) 9:49.1

120HH-Harley Bird (O) :15.1

330IH-Gary Allison (Cl) :39.5

BJ-Willie Nettles (Cl) 22'7 3/4"

TJ-Willie Nettles (Cl) 43'2 3/4"

HJ-Ben Drinkwater (YV), Ed Jacobs (LC), John Sisson (YV) & Larry Tornow (Ce)

6'1 1/2"

DIS-Dave Collier (YV) 143'4"

SP-Dick Layzell (H) 49'8"

JAV-Vince Lorrain (WV) 196'10 3/4"

PV-Eldon Eagle (YV)

13'6 1/2"

440RLY-Yakima Valley (Ron George, Les Rucker, Roger Muter, Jim Kjolso) :42.9

MiRLY-Yakima Valley (Jim Reid, George O'Connell, Lynn Crawford, Garth McDonald) 3:23.1

1964 Mount Vernon HS

Mount Vernon, WA – May 23

YAKIMA VALLEY 81
 EVERETT 44
 WENATCHEE VLY. 43
 COLUMBIA BASIN 17
 CLARK 16
 OLYMPIC 16
 HIGHLINE 14
 LOWER COLUMBIA 10
 GRAYS HARBOR 8
 CENTRALIA 4
 SKAGIT VALLEY 2
100-Jim Kjolso (YV) :09.8
220-Jim Kjolso (YV) :21.2
440-Rick Van Zandt (GH) :48.7
880-Gene Cummings (E) 1:55.2
MI-Gene Cummings (E) 4:16.2
2MI-Wayne Badgley (YV) 9:25.5
120HH-Roger Meuter (YV) :15.0
330IH-Roger Meuter (YV) :38.0
BJ-Dean Adams (WV) 21'4 1/2"
TJ-Dean Adams (WV) 44'6 1/4"
HJ-Jerry Pickering (E) 6'4"
DIS-Bob Ritchwood (WV) 156'7 1/2"
SP-Bob Ritchwood (WV) 48'4 1/2"
JAV-Stan Emerick (YV) 216'6"
PV-Danny Stempel (CB) 14'4"
440RLY-Yakima Valley (Roger Meuter, Bob Smith, Sam Beesley, Mark Perry) :42.7
MiRLY-Everett (Jim Morgan, Larry Starr, Bill Griffin, Gene Cummings) 3:18.7

1965 Highline HS

Seattle, WA – May 28-29

YAKIMA VALLEY 52 1/2
 EVERETT 32
 SHORELINE 28
 CENTRALIA 24
 CLARK 20
 HIGHLINE 19
 OLYMPIC 19
 COLUMBIA BASIN 12
 WENATCHEE VLY. 12
 LOWER COLUMBIA 11
 GRAYS HARBOR 10
 SKAGIT VALLEY 8
 SPOKANE 6 1/2
100-Jim Ainslie (Sh) :09.95
220-Gary Walter (Sh) :22.35
440-Phil Walsh (YV) :49.05
880-Larry Prout (H) 1:53.2

MI-Wayne Badgley (YV) 4:14.1

2MI-Wayne Badgley (YV) 9:15.8

120HH-Ken Frank (Cl) :15.1

330IH-Dale Sunitich (WV) :38.35

BJ-George Strauss (E)

21'8 1/2"

TJ-Rick Conroy (Ce) 44'0"

HJ-Rick Conroy (Ce) 6'1 1/4"

DIS-Brian Middles (Ce)

149'7 1/4"

SP-Ron Coleman (H) 49'1"

JAV-Fred Andrew (E)

203'2 1/2"

PV-James Norris (YV) 13'6"

440RLY-Shoreline (Jim Ainslie, Dick Allen, Gary Walter, Bob Sheedy) :42.5

MiRLY-Yakima Valley (Wes Acrey, Dave Softli, Phil Walsh, Don O'Dell) 3:20.9

1966 Memorial Stadium

Everett, WA – May 27

SHORELINE 62
 HIGHLINE 59
 COLUMBIA BASIN 36
 EVERETT 27
 YAKIMA VALLEY 15
 OLYMPIC 14
 SPOKANE 12
 GRAYS HARBOR 11
 CENTRALIA 7
 LOWER COLUMBIA 6
 WENATCHEE VLY. 3
 CLARK 2
 SKAGIT VALLEY 1
100-Dennis Bilow (E) :10.1
220-Dan Cones (Sh) :21.7
440-Mike Reese (H) :49.0
880-Evan Shull (Sh) 1:55.3
MI-Virgle Ayers (H) 4:14.1
2MI-Virgle Ayers (H) 9:26.9
120HH-Boyd Gittins (Sh) :15.0
330IH-Boyd Gittins (Sh) :38.8
LJ-Dean Nordstrom (Sh) 23'2 1/4"
TJ-Dennis Smith (E) 45'3"
HJ-Jerry Westlund (YV) 6'2"
DIS-Carl Eiland (H) 154'3"
SP-Howard Roth (CB) 50'9"
JAV-Gene Lilliquist (E) 205'1"
PV-Dennis Cavin (CB) 14'11"
440RLY-Spokane (Smokey Chubb, Lee Goudy, Bill Van Rossen, Dan McMakin) :42.9
MiRLY-Highline (Mike Stovall, Bart Barto, Rick Stafford, Mike Reese) 3:20.5

1967 Eisenhower HS

Yakima, WA – May 26-27

SHORELINE 124
 HIGHLINE 102
 EVERETT 70
 CLARK 57
 COLUMBIA BASIN 35
 TACOMA 27
 SPOKANE 26
 YAKIMA VALLEY 26
 GRAYS HARBOR 22
 OLYMPIC 19
 CENTRALIA 10
 LOWER COLUMBIA 6
 GREEN RIVER 1
 SKAGIT VALLEY 1
 WENATCHEE VLY. 1
100-Randy Montgomery (E) :09.7
220-Larry Scheurer (Cl) :21.6
440-Gary Barkes (YV) :48.9
880-Warren Pope (Ce) 1:54.4
MI-Virgle Ayers (H) 4:15.0
2MI-Doug Gordon (CB) 9:31.4
120HH-Boyd Gittins (Sh) :14.7
330IH-Boyd Gittins (Sh) :37.9
LJ-Harv Blanks (Sh) 22'9 1/4"
TJ-Phil Kastens (H) 45'10 3/4"

MEN'S TRACK & FIELD HISTORY

HJ-Phil Kastens (H) 6'8 3/4"
 DIS-Carl Erland (H) 164'9"
 SP-Carl Peterson (T) 48'11"
 JAV-Gene Lilliquist (E) 211'4"
 PV-Stu Jones (Sh) 15'0"
440RLY-Clark (Mike Lawrence, Larry Gillespie, Marv Pope, Larry Scheurer) :42.5
MiRLY-Shoreline (John Kirry, Dave Mailer, Loren McKim, Mal McDonald) 3:18.8

1968 Univ. of Washington Seattle, WA – May 24-25

SHORELINE 125
 YAKIMA VALLEY 56
 HIGHLINE 54
 EVERETT 52
 TACOMA 49
 WENATCHEE VLY. 44
 OLYMPIC 30
 SPOKANE 25
 CLARK 24
 GREEN RIVER 17
 LOWER COLUMBIA 16
 COLUMBIA BASIN 13
 GRAYS HARBOR 10
 SKAGIT VALLEY 5
 BELLEVUE 3
 CENTRALIA 3
100-Lionel Thomas (WV) :09.8
220-Bill Overy (YV) :21.9
440-Gary Maiers (O) :48.9
880-Vern Taylor (Sh) 1:55.3
MI-Tom Burkewist (Sp) 4:10.5
2MI-Joe Baisch (H) 9:15.1
120HH-Tommy Lee Perry (E) :14.7
330IH-Pat Deneen (Sh) :38.4
LJ-Tommy Lee Perry (E) 22'6"
TJ-Doug Meyers (Sp) 46'6 1/4"
HJ-Kim Rogers (YV) 6'4"
DIS-Pat Green (Sh) 149'10 1/2"
SP-Roy Easton (Sh) 53'5 1/2"
JAV-Greg Brovold (GR) 204'4"
PV-Dan Bouc (LC) 13'4"
440RLY-Shoreline (Rich Braxton, Jerry Kurfurst, Skip Manning, Mal McDonald) :42.7
MiRLY-Shoreline (Jerry Kurfurst, Ted Thygeson, Vern Taylor, Mal McDonald) 3:24.5

1969 Univ. of Washington Seattle, WA – May 23-24

HIGHLINE 108
 SPOKANE 99
 SHORELINE 77
 TACOMA 49
 CLARK 45
 SEATTLE CENTRAL 34
 YAKIMA VALLEY 34
 EVERETT 28
 BELLEVUE 18
 WALLA WALLA 14
 GRAYS HARBOR 9
 SKAGIT VALLEY 5
 OLYMPIC 4
 CENTRALIA 2
 LOWER COLUMBIA 1
100-Eric Dahl (Sp) :09.9
220-Eric Dahl (Sp) :22.1
440-Don Pedrick (B) :49.5
880-Don Willis (Sp) 1:57.3
MI-Jack Pyle (H) 4:16.4
2MI-Wayne Resteau (Sp) 9:34.5
120HH-Steve Wittier (H) :15.5
330IH-Steve Wittier (H) :39.4
LJ-Willie Venable (H) 23'4 1/2"
TJ-Perseal King (SC) 46'4"
HJ-Kim Rogers (YV) 6'7"
DIS-Gary Anaka (H)

150'4 1/2"
SP-Roy Easton (Sh) 52'2"
JAV-Mike Metz (WW) 214'6"
PV-Eldon Columbo (E) 14'2"
440RLY-Spokane (Jim Greene, Rob Peck, Larry Barton, Eric Dahl) :41.2
MiRLY-Spokane (Jim Greene, Don Willis, Darrel White, Larry Barton) 3:19.4

1970 Spokane Falls CC Spokane, WA – May 22-23

SPOKANE 133
 EVERETT 65
 GREEN RIVER 54
 CLARK 46
 HIGHLINE 44
 SEATTLE CENTRAL 44
 WALLA WALLA 28
 SHORELINE 23
 BELLEVUE 20
 SKAGIT VALLEY 19
 OLYMPIC 17
 TACOMA 11
 LOWER COLUMBIA 7
 WENATCHEE VLY. 6
 YAKIMA VALLEY 5
 COLUMBIA BASIN 3
 GRAYS HARBOR 2
100-Ray Fabien (WW) :09.8
220-Ray Fabien (WW) :21.7
440-Don Pedrick (B) :48.5
880-Al Oliver (B) 1:55.2
MI-Phil Burkewist (Sp) 4:08.7
2MI-Phil Burkewist (Sp) 9:24.5
120HH-Mike Pratt (Sh) :15.0
440IH-Marvin Horne (SC) :55.3
LJ-Terry Metcalf (E) 24'6"
TJ-Terry Metcalf (E) 48'11"
HJ-Phil Floyd (GR) 6'6 1/4"
DIS-Brad Nave (Sp) 160'7"
SP-Spike Walker (Sp) 57'3 1/4"
JAV-Bill Hodgson (Sp) 2119'4"
PV-Eldon Columbo (E) 15'3"
440RLY-Clark (Terry Woodards, Keith Kongsle, Jerry Riedler, Marc Hadenfeld) :41.3
MiRLY-Skagit Valley (Dan Constanti, Kevin Mullen, Bob Bullis, Dan Donovan) 3:21.2

1971 Spokane Falls CC Spokane, WA – May 21-22

SPOKANE FALLS 150
 EVERETT 56
 SEATTLE CENTRAL 45
 OLYMPIC 40
 COLUMBIA BASIN 38
 WALLA WALLA 38
 BELLEVUE 32
 HIGHLINE 27
 SHORELINE 25
 GREEN RIVER 23
 TACOMA 17
 CLARK 13
 SKAGIT VALLEY 10
 YAKIMA VALLEY 8
 WENATCHEE VLY. 5
100-Ray Fabien (WW) :09.7
220-Ray Fabien (WW) :21.5
440-Bob Knies (O) :48.5
880-Paul Osburn (Sh) 1:52.9
MI-Phil Burkewist (Sp) 4:11.3
2MI-Phil Burkewist (Sp) 9:10.2
120HH-George Newing (GR) :14.8
440IH-Marvin Horne (SC) :53.7
LJ-Terry Metcalf (E) 25'10"
TJ-Terry Metcalf (E) 49'5 1/2"
HJ-Darryl LaVerdure (SC) 6'6"
DIS-Brad Nave (SF) 164'0"
SP-Spike Walker (SF) 61'3 1/4"
JAV-Gary Quitsland (B) 235'1"
PV-Don Harris (Sh) 14'6"

440RLY-Columbia Basin (Elthelbert Peters, Larry Barnes, Tony Allmond, Walt Oldes) :41.53
MiRLY-Spokane Falls (Bernard Rember, Jeff Hunter, Mike Reed, Gary Ellibee) 3:13.8

1972 Spokane Falls CC Spokane, WA – May 19-20

BELLEVUE 89
 SPOKANE FALLS 83
 MOUNT HOOD 63
 COLUMBIA BASIN 60
 SPOKANE 40
 YAKIMA VALLEY 33
 CLARK 32
 HIGHLINE 32
 EVERETT 27
 WENATCHEE VLY. 16
 TACOMA 12
 SEATTLE CENTRAL 10
 SKAGIT VALLEY 9
 OLYMPIC 8
 GRAYS HARBOR 6
 GREEN RIVER 5
 SHORELINE 3
 WALLA WALLA 1
100-Tony Allmond (CB) :09.9
220-Tony Allmond (CB) :21.88
440-Doug McKenzie (Sp) :48.8
880-Jeff Richards (B) 1:54.3
MI-Dave McCarty (SF) 4:14.7
2MI-Dave McCarty (SF) 9:17.0
120HH-Nathan Tyler (YV) :14.8
440IH-Gary Shumski (CB) :52.6
LJ-Clint Saunders (SC) 23'6 1/2"
TJ-Al Davis (B) 46'5"
HJ-Al Davis (B) 6'9"
DIS-Scott Crawford (Sp) 157'1"
SP-Mark Crull (SF) 53'2 1/2"
JAV-Glenn Derwin (B) 222'6"
PV-Don Rinta (T) 15'5"
440RLY-Clark (Steve Daiber, Martin Rogers, Mike Burdick, Mike VanTongeren) :41.68
MiRLY-Columbia Basin (Rich Closs, Terry Bailie, Don Montierth, Gary Shumski) 3:18.5

1973 Mount Hood CC Gresham, OR – May 18-19

SPOKANE 168
 SPOKANE FALLS 106
 BELLEVUE 71
 EVERETT 60
 MOUNT HOOD 55
 YAKIMA VALLEY 30
 HIGHLINE 26
 SHORELINE 23
 GREEN RIVER 8
 OLYMPIC 6
 LOWER COLUMBIA 4
 CLARK 1
100-Al Davis (B) :09.9
220-Aston Mathews (Sp) :21.7
440-Doug McKenzie (Sp) :48.3
880-Glenn Kern (Sp) 1:50.9
MI-Lucas Oloo (SF) 4:14.0
2MI-Lucas Oloo (SF) 9:02.2
3MI-Lucas Oloo (SF) 14:00.9
120HH-Larry Lian (E) :14.6
440IH-Larry Lian (E) :53.3
LJ-Jeff Brown (YV) 23'9 1/4"
TJ-Daryl Winchester (MH) 49'3 3/4"
HJ-Al Davis (B) 6'8 1/4"
DIS-Scott Thompson (B) 151'9"
SP-Sam Read (SF) 49'4"
JAV-Tom Tennis (B) 243'4"
PV-Ron Anderson (MH) 14'6"
440RLY-Spokane (Keith Morgan, Ron Viebrock, Aston Mathews, Clinton Hall) :41.8
MiRLY-Spokane (Keith Morgan, Jim

Williamson, Aston Mathews, Doug McKenzie) 3:15.9

1974 Spokane CC Spokane, WA – May 17-18

SPOKANE 200
 SPOKANE FALLS 88
 EVERETT 51
 BELLEVUE 46
 MOUNT HOOD 34
 SHORELINE 34
 HIGHLINE 28
 WENATCHEE VLY. 16
 YAKIMA VALLEY 9
 OLYMPIC 6
 TACOMA 6
 CLARK 4
 GREEN RIVER 4
100-Chris Braithwaite (Sp) :09.2
220-Chris Braithwaite (Sp) :21.3
440-Reggie Brown (Sp) :48.7
880-Chris Greyell (H) 1:54.1
MI-Tim Murray (H) 4:08.2
2MI-
3MI-Curt Beckman (Sp) 13:49.4
 120HH-Syd Lofton (Sp) :21.3
440IH-Syd Lofton (Sp) :55.3
LJ-Doug McDonald (E) 22'5 1/4"
TJ-Rayford Guice (SF) 48'2 1/2"
HJ-Joel Bragg (B) 6'8 3/4"
DIS-Ray Hansen (Sp) 158'8"
SP-Howard Banks (Sp) 51'9 1/2"
JAV-Steve Tripp (Sp) 211'1"
PV-Ken Wenman (Sp) 15'9"
440RLY-Spokane (Keith Morgan, Ken Wenman, Gary Carew, Chris Braithwaite) :41.7
MiRLY-Spokane (Keith Morgan, John Klaus, Jim Williamson, Reggie Brown) 3:16.1

1975 Mount Hood CC Gresham, OR – May 16-17

SPOKANE 195
 HIGHLINE 77
 EVERETT 69
 YAKIMA VALLEY 61
 MOUNT HOOD 48
 BELLEVUE 39
 SHORELINE 30
 WENATCHEE VLY. 16
 TACOMA 10
 OLYMPIC 8
 GREEN RIVER 3
 SEATTLE CENTRAL 2
100-Adam Fall (Sp) :09.7
220-Adam Fall (Sp) :21.5
440-Dave McDuffie (Sp) :47.8
880-Steve Keisel (Sp) 1:52.9
MI-Tim Murray (H) 4:10.3
2MI-Jim Hennessy (Sp) 9:07.9
3MI-Bryan Geisslar (Sp) 14:12.5
120HH-Neil Knutson (E) :14.5
440IH-Dave McDuffie (Sp) :52.9
LJ-Gene Farris (Sp) 23'7"
TJ-Dennis Cook (E) 49'9"
HJ-Verne Thompson (B) 6'10"
DIS-Dave Adams (YV) 148'7"
SP-Paul Gerry (H) 46'0"
JAV-Ralph Peterson (E) 212'10"
PV-John Winters (Sh) 14'6"
440RLY-Spokane (Bill Reynar, Rod Pearsall, Pat Clifton, Adam Fall) :42.0
MiRLY-Spokane (Paul Bender, Dave Sullivan, Mike Andrews, Dave McDuffie) 3:16.0

MEN'S TRACK & FIELD HISTORY

1976 Spokane CC

Spokane, WA – May 14-15	
SPOKANE	206
HIGHLINE	83
EVERETT	56
SPOKANE FALLS	48
YAKIMA VALLEY	40
BELLEVUE	34
GREEN RIVER	33
TACOMA	23
MOUNT HOOD	14
SKAGIT VALLEY	12
SEATTLE CENTRAL	5
SHORELINE	3
CLARK	1
100-Leroy Jordan (SF)	:09.64
220-Leroy Jordan (SF)	:21.22
440-Dave Sullivan (Sp)	:47.18
880-Steve Kiesel (Sp)	1:52.81
MI-Tom Larson (Sp)	4:10.13
3MI-Rick Adams (H)	14:11.30
6MI-Rick Adams (H)	30:13.5
120HH-Lorenzo Bellamy (GR)	:14.33
440IH-Dave McDuffie (Sp)	:53.55
LJ-Bob Blackburn (T)	23'2 1/4"
TJ-Lloyd Brown (Sp)	48'9
HJ-Steve Shelton (E)	6'7 1/2"
DIS-Don Allemeersch (SF)	153'2 1/2"
SP-Don Allemeersch (SF)	53'2 1/4"
JAV-Gary Schaefer (Sp)	252'1 1/2"
PV-Stan Gill (YV)	15'3"
440RLY-Spokane (Mike Andrews, Mark Robinson, Gene Farris, Dave McDuffie)	:41.75
MIRLY-Spokane (Mike Andrews, Stan Kerr, Mark Robinson, Steve Kiesel)	3:15.10

1977 Spokane CC

Spokane, WA – May 20-21	
SPOKANE	221
HIGHLINE	70
SPOKANE FALLS	56
MOUNT HOOD	54
BELLEVUE	50
EVERETT	38
GREEN RIVER	24
TACOMA	14
SEATTLE CENTRAL	10
CLARK	8
OLYMPIC	5
SKAGIT VALLEY	4
SHORELINE	1
100-Dick Michelson (B)	:10.7
220-Dick Michelson (B)	:21.5
440-Mark Robinson (Sp)	:47.5
880-Don Rouse (Sp)	1:54.3
MI-Bruce Green (H)	3:55.9
3MI-Mark Anderson (H)	14:56.3
120HH-Greg Rooney (Sp)	:14.5
440IH-Gary Little (Sp)	:52.6
LJ-Bob Blackburn (T)	23'8 3/4"
TJ-Greg Artt (Sp)	47'5 1/4"
HJ-Dan Wold (SF)	6'4"
DIS-Roy Martin (Sp)	167'11"
SP-Roy Martin (Sp)	59'1"
JAV-Curt Ransford (Sp)	205'5"
PV-Mike Ryan (B)	15'0"
440RLY-Spokane (Jeff Bachmeier, Leon Pullum, Mark Robinson, Rodney Pearsall)	:41.3
MIRLY-Green River (Norval Campbell, Frank Hayden, Ken Colburn, Scott Moultime)	3:21.0

1978 Spokane CC

Spokane, WA – May 19-20	
SPOKANE	162
SPOKANE FALLS	82
HIGHLINE	73
MOUNT HOOD	64
BELLEVUE	43
EVERETT	41
OLYMPIC	37
GREEN RIVER	16
CLARK	10
WENATCHEE VLY.	10
TACOMA	1
100M-Charles Webster (SF)	:10.67
200M-Zvonko Stankovic (SF)	:21.13
400M-Zvonko Stankovic (SF)	:46.73
800M-Don Rouse (Sp)	1:50.78
1500M-Tom Smith (H)	3:51.72
5000M-Don Magers (C)	14:54.05
10000M-Craig Olinger (S)	32:08.5
3000MST-Bill Allen (SF)	10:17.9
110MHH-Lorenzo Bellamy (GR)	:14.18
400MIH-Dan DuBoise (MH)	:53.87
LJ-Jeff Bachmeier (S)	23'5 3/4"
TJ-Jeff Bachmeier (S)	48'1/4"
HJ-Chris Smith (S) & Ed Mann (SF)	6'10 1/2"
DIS-Brad Boland (E)	165'5"
SP-Miles Hartill (S)	52'1"
JAV-Curt Ransford (S)	241'2"
PV-Mike Ryan (B)	15'10"
400MRLY-Olympic (Mike James, Marvin Lewis, Chuck Epps, Rodney Baker)	:41.15
1600MRLY-Spokane (Steve Avolio, Don Rouse, Ron Overbeck, Larry Weber)	3:16.79

1979 Memorial Stadium

Bremerton, WA – May 18-19	
SPOKANE	165
MOUNT HOOD	111
HIGHLINE	88
WENATCHEE VLY.	55
BELLEVUE	36
OLYMPIC	30
TACOMA	22
EVERETT	20
GREEN RIVER	8
SEATTLE CENTRAL	5
SKAGIT VALLEY	2
100M-Mike Grant (WV)	:10.75
200M-Mike Grant (WV)	& Dennis Sullivan (S) :21.96
400M-Dean McQuiston (T)	:48.76
800M-William Calhoun (B)	1:51.0
1500M-Ray Prentice (H)	3:48.76
5000M-Mike Smith (H)	14:45.24
10000M-Mike Smith (H)	30:37.53
110MHH-Keven Frandsen (S)	:14.86
400MIH-Ed McAllister (GR)	:51.65
LJ-Dennis Sullivan (S)	23'1 1/2"
TJ-Gary Milton (S)	47'10 1/2"
HJ-Kevin Newton (MH)	6'8"
DIS-Mitch Crouser (MH)	146'11"
SP-Mitch Crouser (MH)	50'3 1/2"
JAV-Tom Diehl (O)	236'6"
PV-Keith Gjernes (B)	15'3"
400MRLY-Spokane (Dennis Sullivan, Vern Smith, Keven Frandsen, Jerry Ralston)	:41.89
1600MRLY-Spokane (Vern Smith, Mark Hund, Keven Frandsen, Jerry Ralston)	3:17.61

1980 Spokane CC

Spokane, WA – May 16-17	
SPOKANE	233
BELLEVUE	109
WENATCHEE VLY.	69
OLYMPIC	65
YAKIMA VALLEY	38
EVERETT	35
TACOMA	13
HIGHLINE	9
CLARK	8
SKAGIT VALLEY	8
100M-Mark James (O)	:10.97
200M-Vic Wallace (S)	:21.88
400M-George Rogers (S)	:47.54
800M-William Calhoun (B)	1:51.28
1500M-Jack Ramsey (B)	3:50.57
5000M-Jerry Maris (B)	15:02.7
10000M-Jerry Maris (B)	30:44.4
3000MST-Rudy Arnell (E)	9:52.5
110MHH-Roy Givens (S)	:14.47
400MIH-Keven Frandsen (S)	:52.16
LJ-Roy Givens (S)	:14.47
TJ-Willie Horsley (S)	47'6 3/4"
HJ-Greg Thomas (WV)	6'10 1/2"
DIS-Tom Deshazer (WV)	149'2"
SP-Steve Bizak (S)	50'11 3/4"
JAV-Barron Rutherford (WV)	240'5"
PV-Larry Lee (S)	15'0"
400MRLY-Spokane (Dennis Sullivan, George Rogers, Vic Wallace, Keven Frandsen)	:41.04
1600MRLY-Spokane (Dennis Sullivan, Cliff Otos, Keven Frandsen, Wayne Dionne)	3:15.9

1981 Univ. of Washington

Seattle, WA – May 15-16	
SPOKANE	212
BELLEVUE	121
EVERETT	64 1/2
CLARK	38 1/2
YAKIMA VALLEY	37
TACOMA	29
OLYMPIC	28 1/2
HIGHLINE	27
GREEN RIVER	26
WENATCHEE VLY.	18 1/2
SKAGIT VALLEY	10
100M-Vic Wallace (S)	:10.83
200M-Vic Wallace (S)	:21.77
400M-Cliff Johnson (E)	:49.00
800M-Wayne Dionne (S)	1:51.28
1500M-Jack Ramsey (B)	3:52.46
5000M-Jerry Maris (B)	14:41.04
10000M-Orly Waller (B)	30:30.91
3000MST-Ron Johnson (B)	9:18.01
110MHH-Don Morehead (B)	:14.79
400MIH-Mike Kinney (S)	:53.67
LJ-Tom Hildebrand (SV)	23'1/2"
TJ-Mike Kinney (S)	47'7 3/4"
HJ-Chris Lillard (C)	6'11"
DIS-Dan Oaks (S)	152'1/4"
SP-Steve Bizak (S)	52'2 3/4"
JAV-Scott Kleinschmidt (S)	221'11"
PV-Steve Squires (T)	14'0"
400MRLY-Spokane (Roy Givens, Willie Stewart, Vance Robinson, Vic Wallace)	:41.92
1600MRLY-Spokane (David Davis, Vance Robinson, Vic Wallace, Mike Kinney)	3:16.56

1982 Spokane CC

Spokane, WA – May 21-22	
SPOKANE	169
BELLEVUE	134
TACOMA	76
EVERETT	60
HIGHLINE	58
WENATCHEE VLY.	47
YAKIMA VALLEY	37
CLARK	28
GREEN RIVER	8
100M-Marlon Barrow (S)	:10.86
200M-Marlon Barrow (S)	:21.74
400M-Calvin Harris (S)	:48.10
800M-Chris Violette (S)	1:50.85
1500M-John Everett (B)	3:55.5
5000M-Bill Rodgers (S)	15:12.8
10000M-Dave Dye (E)	30:34.6
3000MST-Monte Wright (E)	9:30.73
110MHH-Don Morehead (B)	:14.58
440IH-Willie Stewart (S)	:52.70
LJ-Mike Howe (B)	24'7"
TJ-Alvin Harris (S)	50'7 1/2"
HJ-Chris Lillard (C)	7'0"
DIS-Brian Slater (H)	158'7"
SP-Brian Slater (H)	51'7 1/2"
JAV-Mark Fanslow (S)	213'9"
PV-Eric VanZanten (S)	15'0"
400MRLY-Spokane (David Davis, Willie Stewart, Marlon Barrow, Mike Waller)	:41.83
1600MRLY-Tacoma (Steve Gunkel, Richard Jackson, David Head, Dean Jaegerman)	3:20.1

1983 Auburn HS

Auburn, WA – May 20-21	
SPOKANE	223
BELLEVUE	203
TACOMA	69
HIGHLINE	40
EVERETT	34
GREEN RIVER	33
WENATCHEE VLY.	15
YAKIMA VALLEY	2
100M-Dennis Livingston (S)	:10.78
200M-Dennis Livingston (S)	:21.47
400M-Dan Shannon (S)	:47.88
800M-Chris Violette (S)	1:51.57
1500M-John Everett (B)	3:54.34
5000M-Ben Welch (S)	15:00.89
10000M-Scott Drennan (B)	31:59.03
3000MST-Phil Yearian (B)	9:25.1
110MHH-Frank Breland (B)	:14.57
400MIH-Frank Breland (B)	:53.25
LJ-Dennis Livingston (S)	23'3 3/4"
TJ-Owen Chambers (T)	46'11 1/2"
HJ-Steve Brown (B)	6'8 1/2"
DIS-Pat Kostecka (S)	164'1 1/2"
SP-Pat Kostecka (S)	51'10"
JAV-Randy Mendenhall (S)	220'11"
PV-Keith Nelson (S)	14'6"
400MRLY-Spokane (Brian Kennedy, Dan Shannon, Marlon Barrow, Dennis Livingston)	:41.20
1600MRLY-Spokane (Vern Mickens, Brian Kennedy, Dennis Livingston, Dan Shannon)	3:16.58

1984 Lane CC

Eugene, OR – May 18-19	
SPOKANE	150 1/2
BELLEVUE	124
LANE	94
LINN-BENTON	56
MOUNT HOOD	48 1/2
GREEN RIVER	43
CHEMEKETA	30
HIGHLINE	25
SW OREGON	23
UMPQUA	23
YAKIMA VALLEY	14
BLUE MOUNTAIN	13

MEN'S TRACK & FIELD HISTORY

EVERETT 1
TACOMA 1
100M-Mark Dannis (L) :10.70
200M-Mark Dannis (L) :21.43
400M-Vernon Mickens (S) :47.80
800M-Shawn Bernier (B) 1:51.39
1500M-Shawn Bernier (B) 3:51.83
5000M-Chuck Bartlett (B) 14:43.92
10000M-Chuck Bartlett (B) 32:51.1
3000MST-Duane Simonds (L) 9:17.94
110MHH-Stevie Brown (B) :14.64
400MIH-Larry Beatty (GR) :53.16
LJ-Mel Renfro (MH) 23'1 3/4"
TJ-Steve Brown (B) 46'4"
HJ-Greg Jones (GR) 6'8"
DIS-Joe Phillips (Ch) 160'3"
SP-Joe Phillips (Ch) 56'5 1/2"
JAV-Randy Mendenhall (S) 243'8"
PV-Tim Canfield (LB) 15'0"
HAM-Kurt Stone (LB) 131'0"
400MRLY-Spokane (Brian Kennedy, Vernon Mickens, James Poole, Dennis Livingston) :41.58
1600MRLY-Spokane (Dennis Livingston, Brian Kennedy, Tony Apilado, Vernon Mickens) 3:16.78

1985 Spokane CC

Spokane, WA - May 17-18

SPOKANE 161
LANE 115
MOUNT HOOD 85
BELLEVUE 83
GREEN RIVER 59
HIGHLINE 37
LINN-BENTON 37
SW OREGON 25
YAKIMAV ALLEY 23
CLACKAMAS 20
BLUE MOUNTAIN 10
CHEMEKETA 3
UMPQUA 2
EDMONDS 1
100M-James Bennett (B) :10.64
200M-James Bennett (B) :21.34
400M-Roy Sessions (L) :47.73
800M-Jeff Strausz (YV) 1:53.9
1500M-Andy Kore (SW) 3:51.14
5000M-Steve Bronson (L) 15:04.57
10000M-Steve Bronson (L) 31:45.48
3000MST-Mike Lynes (H) 9:14.05
110MHH-Gerald Ellis (MH) :14.10
400MIH-Gerald Ellis (MH) :51.99
LJ-Phil Jesse (S) 22'10"
TJ-Dwain Fagerberg (MH) 48'7 3/4"
HJ-Dwain Fagerberg (MH) 7'1/2"
DIS-Mark Cumer (L) 152'9"
SP-Mark Cumer (L) 47'8 1/4"
JAV-Mike Olma (S) 214'8"
PV-Kevin Davis (LB) 16'0"
HAM-John Billingsley (S) 166'9"
400MRLY-Spokane (Bill Ayears, Maurice Joseph, Al Horning, Hogan Wrixon) :41.93
1600MRLY-Lane (David Hunnicutt, Lanay Creech, Pat Lanning, Roy Sessions) 3:13.8

1986 Spokane CC

Spokane, WA - May 16-17

SPOKANE 216
LANE 129
BELLEVUE 53
MOUNT HOOD 48 1/2
HIGHLINE 48
CLACKAMAS 44
LINN-BENTON 41
GREEN RIVER 24
SW OREGON 17
BLUE MOUNTAIN 9
EDMONDS 8
CHEMEKETA 7
YAKIMA VALLEY 7
TACOMA 4
UMPQUA 3

EVERETT 1/2
100M-Ed Brown (Cs) :10.64
200M-Tim Varga (SW) :21.32
400M-Pat Lanning (L) :46.79
800M-Jose Barbosa (L) 1:50.82
1500M-Jose Barbosa (L) 3:51.24
5000M-Rich Tyrie (S) 15:14.33
10000M-Rich Tyrie (S) 31:45.1
3000MST-Mike Lynes (H) 9:19.49
110MHH-Gerald Ellis (MH) :14.15
400MIH-Gerald Ellis (MH) :52.44
LJ-Bill Ayers (S) 24'3 1/4"
TJ-Chuck Ballou (S) 47'9"
HJ-Andy Young (L) 6'11"
DIS-Paul Barrett (S) 157'11"
SP-Richard Merrill (S) 52'5"
JAV-Eric Nelson (L) 214'2"
PV-Wade Bakley (LB) 15'0"
HAM-Kyle Unland (S) 169'10"
400MRLY-Spokane (Ron Fabien, Chuck Ballou, Bill Ayears, Tim Sullivan) :41.34
1600MRLY-Lane (David Hunnicutt, Lanay Creech, Pat Lanning, Jose Barbosa) 3:11.49

1987 Mount Hood CC

Gresham, OR - May 29-30

SPOKANE 151
HIGHLINE 137
GREEN RIVER 83
LINN-BENTON 62
LANE 47
MOUNT HOOD 42
BELLEVUE 40
CLACKAMAS 34
CHEMEKETA 22
TACOMA 16
BLUE MOUNTAIN 8
UMPQUA 8
SW OREGON 1
100M-Art Ballard (B) :11.03
200M-Art Ballard (B) :21.90
400M-Joe Johnson (S) :49.27
800M-Vince Collins (S) 1:52.04
1500M-Todd Bearney (H) 3:56.91
5000M-Shawn McMorris (LB) 15:58.21
10000M-Shawn McMorris (LB) 32:24.3
3000MST-Mike Smith (Cs) 9:37.76
110MHH-Brett Rutherford (GR) :14.51
400MIH-Bret Rutherford (GR) :53.39
LJ-Henry Brown (H) 23'8"
TJ-James Hicks (B) 48'2"
HJ-Tom Thompson (MH) 6'10"
DIS-Paul Barrett (S) 150'10"
SP-Scott Bickar (S) 50'10"
JAV-Adam Schade (H) 210'2"
PV-Doug Peters (Ch) 15'0"
HAM-Paul Barrett (S) 158'0"
400MRLY-Green River (Wayne Ward, Brett Rutherford, Eric Ebinger, Darren Coleman) :42.26
1600MRLY-Spokane (Dave Carroll, Vince Collins, Eric Lampkin, Todd McAllister) 3:16.09

1988 Spokane CC

Spokane, WA - May 27-28

SPOKANE 180
HIGHLINE 156
CLACKAMAS 109
LANE 74
BELLEVUE 35
UMPQUA 31
LINN-BENTON 27 1/2
GREEN RIVER 15
MOUNT HOOD 12
CHEMEKETA 10 1/2
100M-Dan O'Brien (S) :10.59
200M-Joe Johnson (S) :22.01
400M-Micah Ray (S) :48.16
800M-Todd Bearney (H) 1:52.49
1500M-Todd Bearney (H) 3:56.36
5000M-Bret Goller (H) 15:16.57
10000M-Bret Goller (H) 32:05.49

3000MST-Bret Goller (H) 9:05.11
110MHH-Dan O'Brien (S) :14.25
400MIH-Gabe Crane (Cs) :53.67
LJ-Dan O'Brien (S) 24'6 1/4"
TJ-Henry Brown (H) 47'9"
HJ-Rick Flemmer (Cs) 6'8"
DIS-Nicolas Anasstasiades (L) 156'7"
SP-Dan O'Brien (S) 47'6 3/4"
JAV-Mike Worthyake (MH) 189'10"
PV-Garth Willard (H) 15'6"
HAM-Nicolas Anasstasiades (L) 182'10"
400MRLY-Spokane (Neal Mcaomber, Ron Pasquale, Joe Johnson, Ivan Corley) :42.16
1600MRLY-Clackamas (Tory Bland, Steve Miller, Nate Golden, Gabe Crane) 3:15.78

1989 Mount Hood CC

Gresham, OR - May 26-27

HIGHLINE 160
SPOKANE 143
CLACKAMAS 80
LANE 60
MOUNT HOOD 50
BELLEVUE 49
UMPQUA 24
CLARK 21
LINN-BENTON 18
CHEMEKETA 14
GREEN RIVER 10
BLUE MOUNTAIN 6
SW OREGON 6
100M-Albey Horat (B) :10.90
200M-Albey Horat (B) :21.70
400M-Todd Gibson (Cs) :48.90
800M-Chris McBride (S) 1:52.40
1500M-Paul Monaghan (H) 3:58.51
5000M-Bret Goller (H) 15:06.27
10000M-Bret Goller (H) 31:42.52
3000MST-Bret Goller (H) 9:18.30
110MHH-Doug Gbelia (MH) :15.30
400MIH-John Maple (S) :53.70
LJ-Eric Spears (U) 23'1/2"
TJ-Chris Cook (GR) 46'9 1/4"
HJ-Chris Halleman (MH) 6'8"
DIS-Jim Allen (Cs) 153'1"
SP-Jim Allen (Cs) 48'3 1/4"
JAV-Mike Worthyake (MH) 213'1"
PV-Les Ulrick (S) 16'3"
HAM-Les Ulrick (S) 158'11"
400MRLY-Spokane (Bill Napier, John Maple, Jessie Rangel, Sean McGuire) :42.78
1600MRLY-Spokane (John Maple, Jessie Rangel, Bill Napier, Chris McBride) 3:20.58

1990 Mount Hood CC

Gresham, OR - May 24-25

CLACKAMAS 177
SPOKANE 118
MOUNT HOOD 101
BELLEVUE 67
LANE 63
LINN-BENTON 33
CLARK 31
CHEMEKETA 28
HIGHLINE 28
UMPQUA 19
BLUE MOUNTAIN 5
GREEN RIVER 2
100M-Albey Horat (B) :10.82
200M-Nave Larson (Cs) :12.64
400M-Nave Larson (Cs) :47.5
800M-Chris McBride (S) 1:53.1
1500M-Bob McCrum (Cs) 3:56.3
5000M-Tim Beardall (Cs) 15:33.3
10000M-Tim Beardall (Cs) 32:15.5
3000MST-Terry Cushman (H) 9:23.2
110MHH-Gabe Crane (Cs) :14.9
400MIH-Gabe Crane (Cs) :53.6
LJ-Steve Miller (Cs) 23'0"
TJ-Steve Miller (Cs) 48'2"
HJ-Chris Halleman (MH) 6'8"

DIS-Wes Borgstedt (MH) 153'4"
SP-Mark Malek (MH) 51'10"
JAV-Mike Hieb (Cs) 219'6"
PV-Dave Christopher (L) 15'6"
HAM-Wes Borgstedt (MH) 147'4"
400MRLY-Clackamas (Malcom Parker, Gabe Crane, Todd Gibson, Nave Larson) :41.9
1600MRLY-Spokane (Coreal Hudson, Earnest Ryan, Jessie Rangel, Chris McBride) 3:16.24

1991 Spokane CC

Spokane, WA - May 23-24

CLACKAMAS 129
MOUNT HOOD 92
HIGHLINE 89
SPOKANE 65 1/2
LINN-BENTON 59
BELLEVUE 53
CHEMEKETA 46
CLARK 43
LANE 27 1/2
BLUE MOUNTAIN 21
GRAYS HARBOR 18
SW OREGON 7
GREEN RIVER 1
UMPQUA 1
100M-Romel Williams (B) :10.92
200M-Quinten Lauderale (MH) :21.95
400M-Quinten Lauderale (MH) :48.54
800M-Joseph McNeal-Besand (MH) 1:55.34
1500M-Bill Sobolewski (Cr) 4:04.81
5000M-Cajh Hafferty (H) 15:30.15
10000M-Bill Goodwin (H) 33:22.29
3000MST-Cajh Hafferty (H) 9:27.35
110MHH-Dwayne Arnold (Cs) :14.69
400MIH-Dwayne Arnold (Cs) :52.94
LJ-Lawren Dawkins (MH) 24'3/4"
TJ-Josh Gindiri (MH) 47'8 1/2"
HJ-David Bate (Cs) 6'7"
DIS-Matt Moore (LB) 150'9"
SP-Tanner Haynes (S) 49'5 1/2"
JAV-Joe Cowles (L) 201'1"
PV-Curtis Haywood (LB) 16'5"
HAM-Les Wallace (BM) 157'4"
400MRLY-Mt. Hood (Lawren Dawkins, Ian Curran, Joseph McNeal-Besand, Quinten Lauderale) :42.74
1600MRLY-Clackamas (Randy Fish, Tony Brown, Mike Tieney, Dwayne Arnold) 3:20.80

1992 Clackamas CC

Oregon City, OR - May 21-22

CLACKAMAS 139
SPOKANE 138
CLARK 100
BELLEVUE 66
CHEMEKETA 64
HIGHLINE 38
MOUNT HOOD 37
BLUE MOUNTAIN 19
LINN-BENTON 19
SW OREGON 12
UMPQUA 4
GRAYS HARBOR 1
GREEN RIVER 1
100M-Charles Simmons (Cr) :10.88
200M-Charles Simmons (Cr) :21.81
400M-Jeff Adams (BM) :48.94
800M-Garrett Scoggins (H) 1:54.74
1500M-Chris Katon (S) 4:00.52
5000M-Chris Katon (S) 15:17.20
10000M-Chris Katon (S) 31:16.30
3000MST-Greg Kuntz (S) 9:22.57
110MHH-Darwin Arnold (Cs) :14.80
400MIH-James Swanson (S) :53.35
LJ-Blayne Bradley (Cr) 23'7 1/2"
TJ-Blayne Bradley (Cr) 47'6 3/4"

MEN'S TRACK & FIELD HISTORY

HJ-Duane Londagin (SW) 6'8"
DIS-Jeff Wood (Cr) 158'1"
SP-Olivian Gramada (MH) 51'10"
JAV-Mike Hieb (Cs) 230'7"
PV-Steve Coxon (L) 16'0"
HAM-Ryan Parshall (Cs) 168'1"
400MRLY-Belleveue (Romel Williams, Sean Campbell, Ken Smith, D.J. Seydel) :42.55
1600MRLY-Spokane (Don McAuliff, Clay Macomber, Charles Jenkins, James Swanson) 3:21.15

1993 Spokane Falls CC
Spokane, WA – May 27-28
 CLACKAMAS 186 1/2
 SPOKANE 106
 UMPQUA 60
 MOUNT HOOD 51
 CLARK 50 1/2
 HIGHLINE 48
 LANE 44
 LINN-BENTON 41
 BELLEVUE 40
 BLUE MOUNTAIN 13
 CHEMEKETA 11
100M-JaMar Moore (U) :10.98
200M-JaMar Moore (U) :21.96
400M-Mike Richardson (S) :50.28
800M-Mike Miller (Cr) 1:52.88
1500M-John Mackey (L) 3:58.01
5000M-Tim Dodson (MH) 15:39.64
10000M-Jason Mottaz (Cs)
3000MST-Greg Kuntz (S) 9:38.69
110MHH-Jody Page (H) :14.80
400MIH-James Swanson (S) :52.38
LJ-JaMar Moore (U) 23'9"
TJ-Jason Allegri (MH) 46'1 1/4"
HJ-Jason Clinch (Cr) 6'8"
DIS-Ryan Alexander (MH) 145'0"
SP-Jon Frederick (U) 46'7 1/4"
JAV-Peter Votava (H) 201'8"
PV-Mike Brady (Cs) 16'0"
HAM-Kris Long (Cs) 154'6"
400MRLY-Clackamas (no names) :42.51
1600MRLY-Spokane (no names) 3:21.46

1994 Lewis & Clark Coll.
Portland, OR – May 26-27
 CLARK 163
 CLACKAMAS 159
 LANE 108
 SPOKANE 59
 BELLEVUE 41
 MOUNT HOOD 30
 CHEMEKETA 27
 HIGHLINE 26
 LINN-BENTON 15
 SW OREGON 12
 BLUE MOUNTAIN 7
 UMPQUA 2
 LOWER COLUMBIA 1
100M-Randy Townsend (S) :10.75
200M-Randy Townsend (S) :21.58
400M-Jeremy White (Ch) :48.49
800M-Mike Miller (Cr) 1:53.90
1500M-Mike Miller (Cr) 3:54.55
5000M-Mike Hickey (Cs) 15:09.29
10000M-Ernie Ammons (Cr) 31:09.23
3000MSTP-Ernie Ammons (Cr) 9:17.6
110MHH-Micah Graves (B) :14.99
400MIH-Matt Hart (MH) :55.14
LJ-Justin Thompson (L) 22'6"
TJ-John Maher (L) 46'5"
HJ-Jason Clinch (Cr) 6'10"
DIS-Jerome Herring (H) 169'4"
SP-Paul Steenkolk (L) 49'11 1/4"
JAV-Dave Island (Cs) 211'4"
PV-Craig Connors (Cs) 15'6"
HAM-Kris Long (Cs) 178'0"
400MRLY-Clark (Thad Shelton, Devin Delozier, Jeff Ovall, Lamar Robinson)

:42.49
1600MRLY-Spokane (Cory Wilson, Lee Rohrer, Shawn Moss, Randy Townsend) 3:21.29

1995 Spokane Falls CC
Spokane, WA – May 25-26
 CLARK 194 1/2
 LANE 121
 CLACKAMAS 96
 SPOKANE 82
 HIGHLINE 80 1/2
 MOUNT HOOD 25
 BELLEVUE 14
 GRAYS HARBOR 10
 CHEMEKETA 8
 LINN-BENTON 6
 UMPQUA 6
 LOWER COLUMBIA 4
 SW OREGON 4
100M-Randy Townsend (S) :10.61
200M-Randy Townsend (S) :21.74
400M-Maurice Williams (H) :48.15
800M-Jon Land (L) 1:51.93
1500M-Leo Sanders (Cs) 3:57.61
5000M-Ernie Ammons (Cr) 15:35.79
10000M-Ernie Ammons (Cr) 32:57.05
3000MST-Ernie Ammons (Cr) 9:29.56
110MHH-Jeremy James (Cr) :14.97
400MIH-Isaiah Mahmood (H) :53.23
LJ-Tom Pappas (L) 23'7 1/2"
TJ-Jon Maher (L) 46'11 1/2"
HJ-Joe DeRieux (L) 6'9"
DIS-Jerome Herring (H) 152'3"
SP-Mattias Eriksson (L) 51'9"
JAV-Shawn Rasmor (MH) 202'3"
PV-Justin Thompson (L) 16'0"
HAM-Scott Boothby (Cr) 186'1"
400MRLY-Clark (no names) :41.83
1600MRLY-Spokane (no names) 3:17.48

1996 Mount Hood CC
Gresham, OR – May 23-24
 LANE 155
 CLARK 150 1/2
 CLACKAMAS 95
 MOUNT HOOD 66 1/2
 SPOKANE 60
 HIGHLINE 59
 BELLEVUE 30
 CHEMEKETA 13
 LOWER COLUMBIA 12
 UMPQUA 6
 GRAYS HARBOR 5
 SW OREGON 2
100M-Sonte Wong (Cr) :11.02
200M-Ryan Karrer (S) :21.92
400M-Ryan Karrer (S) :48.24
800M-Russ Zornick (Cr) 1:56.99
1500M-Travis Armstrong (Cs) 3:59.10
5000M-James Longoria (L) 15:27.15
10000M-James Longoria (L) 32:03.73
3000MST-Josh Muxen (S) 9:24.63
110MHH-Isaiah Mahmood (H) :14.55
400MIH-Jeremy James (Cr) :53.87
LJ-Sonte Wong (Cr) 23'4"
TJ-Sonte Wong (Cr) 49'1/2"
HJ-Joe DeRieux (L) 6'10"
DIS-Tim Zinn (MH) 144'10"
SP-Mattias Eriksson (L) 52'7"
JAV-David Ovall (MH) 191'0"
PV-Ryan Healey (Cs) 15'0"
HAM-Mathias Wennberg (L) 158'4 1/2"
400MRLY-Clark (no names) :42.39
1600MRLY-Lane (no names) 3:18.65

1997 Clackamas CC
Oregon City, OR – May 22-23
 SPOKANE 149
 LANE 138
 CLACKAMAS 103
 CLARK 85
 HIGHLINE 82
 MOUNT HOOD 55
 LINN-BENTON 14

CHEMEKETA 12
 LOWER COLUMBIA 12
 GRAYS HARBOR 2
100M-Ricardo Lopez (MH) :10.90
200M-Dante Betha (Cs) :22.17
400M-Shelby Buchanan (H) :48.54
800M-Said Musse (H) 1:55.51
1500M-Travis Armstrong (Cs) 3:59.06
5000M-Billy Harper (L) 15:07.77
10000M-Billy Harper (L) 30:59.72
110MHH-Dusty Lane (S) :14.75
400MIH-Dusty Lane (S) :51.92
3000MST-Billy Harper (L) 9:16.95
LJ-Aaron Lamb (L) 22'8"
TJ-Kawan Martin (Cr) 44'9 1/4"
HJ-Kawan Martin (Cr) 6'5"
DIS-Tryllane Poole (S) 153'10"
SP-John Cannon (Cr) 53'9 3/4"
JAV-Beau Chandler (S) 199'8"
PV-Bill Jones (Cs) 17'1/4"
HAM-Shawn Davis (Cs) 187'6"
400MRLY-Spokane (James Childs, Dusty Lane, Jon Bell, Matt Sturm) :41.70
1600MRLY-Highline (Ryan Youmans, Jake Dills, Shelby Buchanan, Todd Girtz) 3:16.93
1998 Spokane Falls CC
Spokane, WA – May 21-22
 SPOKANE 144
 CLACKAMAS 114
 HIGHLINE 98 3/4
 CLARK 96 3/4
 LANE 93 1/2
 MOUNT HOOD 45 3/4
 CHEMEKETA 34 1/2
 LINN-BENTON 13 3/4
 LOWER COLUMBIA 10
100M-Kevin Hutchison (Cr) :10.72
200M-Kevin Hutchison (Cr) :21.47
400M-Aaron Schlecht (Cr) :47.45
800M-Greg O'Hair (MH) 1:52.99
1500M-Ryun Carver (L) 3:53.11
5000M-Shawn Beitelspacher (S) 14:56.68
10000M-Shawn Beitelspacher (S) 32:02.98
3000MST-Mike Thorniley (MH) 9:20.66
110MHH-Demonne Taylor (H) :14.59
400MIH-Randy Mitts (LC) :53.75
LJ-Brian Merlett (S) 24'2 1/4"
TJ-Brian Merlett (S) 48'2 1/2"
HJ-Jarrod Leckie (S) 6'9"
DIS-Aaron Cory (L) 158'11"
SP-Richard Bailey (L) 49'11"
JAV-Heath Fisher (Cs) 204'1"
PV-David Lemen (Cs) 16'6"
HAM-David Gregory (Ch) 153'10"
400MRLY-Clark (Kenny Storkel, Damien Davis, Mike Ronayne, Kevin Hutchison) :41.20
1600MRLY-Highline (Jake Dill, Todd Girtz, Justin Clark, Niki Sylve) 3:14.96

1999 Lane CC
Eugene, OR – May 27-28
 SPOKANE 204
 LANE 98
 MOUNT HOOD 88
 HIGHLINE 87
 CLACKAMAS 83
 CLARK 70
 CHEMEKETA 20
 LINN-BENTON 1
100M-Dusty Lane (S) :10.36
200M-Dusty Lane (S) :20.96
400M-Aaron Buckendorf (Ch) :49.31
800M-Andrew Russell (H) 1:57.34
1500M-Jim Reed (S) 4:02.80
5000M-Brandon Hauver (S) 15:36.85
10000M-Brandon Hauver (S) 32:08.85
3000MST-Jim Reed (S) 9:21.80
110MHH-Dusty Lane (S) :14.37
400MIH-Dominique Demouchet (H) :53.26
LJ-Devion Tensley (S)

24'3 1/4"
TJ-Devion Tensley (S) 48'8 1/2"
HJ-Tim Marks (S) 6'11"
DIS-Joe Samuels (L) 150'3"
SP-Richard Bailey (L) 50'1"
JAV-Ryan Gill (S) 207'6"
PV-Brian Rohrer (Cs) 16'6 1/4"
HAM-Aaron Coriell (Cr) 152'8"
400MRLY-Spokane (Earl Lee, Dusty Lane, Ryan Lackey, Pete Lopez) :41.90
1600MRLY-Spokane (Ryan Bergere, Pete Lopez, Seth Morris, Dusty Lane) 3:19.52

2000 Clackamas CC
Oregon City, OR – May 25-26
 MT HOOD 150
 SPOKANE 148
 CLACKAMAS 139
 CLARK 69
 CHEMEKETA 55
 LANE 50
 HIGHLINE 36
 LINN-BENTON 3
 LOWER COLUMBIA 1
100M-Cory Gray (Ch) :11.03
200M-Aaron Buckendorf (Ch) :21.98
400M-Aaron Buckendorf (Ch) :48.09
800M-Everardo Santillan (L) 1:56.81
1500M-Paul Kezes (Cs) 3:57.81
5000M-Jeremy Kirk (MH) 15:30.37
10000M-Jeremy Kirk (MH) 32:05.30
3000MSTP-Oliver Redig (MH) 9:45.57
110MHH-Keith Gill (S) :14.83
400MIH-Erik Anderson (Cl) :52.77
LJ-David Lemen (Cl) 22'8 3/4"
TJ-Tyrone Wilson (MH) 49'3"
HJ-Mike Bonadurer (Cl) 6'8"
DIS-Bryant Strout (MH) 161'0"
SP-Ryan Gunderson (MH) 50'5"
JAV-Dustin Ampania (Cl) 197'9"
PV-David Lemen (Cl) 16'0"
HAM-Ben Snyder (Cl) 178'8"
400MRLY-Spokane (Matt Miller, Seth Morris, Curtis Parrish, Keith Gill) :41.90
1600MRLY-Mt. Hood (Tommy Williams, Nick Wells, Tyrone Wilson, Dranoel Hamilton) 3:17.13

2001 Spokane Falls CC
Spokane, WA – May 24-25
 SPOKANE 145
 CLARK 132
 CLACKAMAS 116
 LANE 79
 MT HOOD 69
 SW OREGON 51
 CHEMEKETA 46
 HIGHLINE 7
 LINN-BENTON 6
100M-Pat Ray (S) :10.74
200M-Pat Ray (S) :21.64
400M-Mike Becerra (L) :47.22
800M-Collin Olcott (MH) 1:55.15
1500M-Bill Dolan (Cl) 4:03.16
5000M-Bill Dolan (Cl) 15:35.79
10000M-Matt Holcom (Cl) 33:48.10
3000MSTP-Bill Dolan (Cl) 9:37.20
110MHH-Damien Johnson (Cl) :14.92
400MIH-Nate Anderson (MH) :53.83
LJ-Paul Xin (Ch) 23'1/2"
TJ-Orlando Clay (S) 47'11 3/4"
HJ-Howard Harrison (S) 6'9 3/4"
DIS-Cory Loeb (Cl) 169'7"
SP-Ben Snyder (Cl) 49'11 3/4"
JAV-Dustin Ampania (Cl) 217'6"
PV-Tim Morse (Cl) 15'5 3/4"
HAM-Cory Loeb (Cl) 183'9"
400MRLY-Clackamas (Ned Vergara, Tyler Anderson, Travis King, Marcus Cooper) :42.25
1600MRLY-Mt. Hood (Scott Lamb, Tyler Nitzke, Melvin Elmer, Nate Anderson) 3:16.99

MEN'S TRACK & FIELD HISTORY

2002 Mt. Hood CC

Gresham, OR – May 23-24
 SPOKANE 137
 MT HOOD 127 1/2
 LANE 106
 CLACKAMAS 79
 CLARK 73 1/2
 SW OREGON 59
 HIGHLINE 43
 CHEMEKETA 13
 TREASURE VALLEY 11
 LINN-BENTON 2
100M-Chris Belliston (SW) :10.82
200M-Spencer Currie (Clr) :21.90
400M-Scott Lamb (MH) :47.57
800M-Asiki Ayume (Clr) 1:55.24
1500M-Brad Lewis (S) 4:01.09
5000M-Danny Dobra (MH) 15:38.22
10000M-Danny Dobra (MH) 33:01.75
3000MSTP-Danny Dobra (MH) 9:49.06
110MHH-Keith Gill (S) :14.75
400MIH-Ed Swartz (S) :54.18
LJ-Jonas Welsch (Cls) 23'11"
TJ-Elliott Hubler (MH) 47'3"
HJ-James Ryneason (TV) 6'10"
DIS-Ryan Bruhn (Clr) 155'1"
SP-Greg Thornton (SW) 49'0"
JAV-Jonah Friedrich (L) 206'11"
PV-Dan Umenhofer (L) 15'0"
HAM-Ryan Bruhn (Clr) 194'8"
400MRLY-SW Oregon (no names) :41.91
1600MRLY-Spokane (Jon Simpson, Asiki Ayume, Pat Ray, Ed Swartz) 3:16.40

2003 Clackamas CC

Oregon City, OR – May 22-23
 SPOKANE 219 1/4
 LANE 129 1/4
 CLARK 121 3/4
 MT HOOD 118
 CLACKAMAS 77
 HIGHLINE 67 1/4
 SW OREGON 40 3/4
 CHEMEKETA 37 1/4
 TREASURE VALLEY 8
100M-Davon Spence (MH) :10.68
200M-Davon Spence (MH) :21.43
400M-Kalani Rodrigues (Clr) :48.10
800M-Micah Hulbert (Clr) 1:53.29
1500M-Bobby King (MH) 4:01.83
5000M-Pat Chesser (S) 15:19.66
10000M-Pat Chesser (S) 31:51.40
3000MSTP-Geoff Anderson (MH) 9:45.28
110MHH-Ryan Lang (S) :15.15
400MIH-Ryan Lang (S) :54.46
LJ-Kellen Kennedy (S) 23'8 1/4"
TJ-Howard Harrison (S) 48'10"
HJ-David Piper (MH) 6'6"
DIS-Jason Dixon (S) 173'4"
SP-Jason Dixon (S) 52'3"
JAV-Josh Carlson (Cls) 208'3"
PV-Jordan Trump (MH) 15'6"
HAM-Paul Etter (Cls) 199'3"
400MRLY-Clark (Kalani Rodrigues, Billy Grubbs, Mike Khabibulin, Terry Guthrie) :41.84
1600MRLY-Clark (Kalani Rodrigues, Micah Hulbert, Whitney Machado, Terry Guthrie) 3:16.38

2004 Spokane Falls CC

Spokane, WA – May 27-28
 HIGHLINE 205 1/2
 SPOKANE 191
 CLACKAMAS 119
 CLARK 98
 LANE 96 1/2
 SW OREGON 61
 MT HOOD 34
 TREASURE VALLEY 9
100M-Cody Moore (S) :11.04
200M-Phillip Alexander (L) :21.41
400M-Melvin Jenkins (H) :46.31

800M-Nate Boyer (S) 1:52.71
1500M-Clay Hemlock (H) 4:01.07
5000M-John Butkey (Cls) 15:15.20
10000M-Clay Hemlock (H) 32:26.21
3000MSTP-Ben Yarbrough (Clr) 9:42.71
110MHHUR-Jake Foyston (H) :14.96
400MIHUR-Jake Foyston (H) :54.08
LJ-Ricky Moody (H) 24'3"
TJ-Ryan Thomas (Clr) 47'7 3/4"
HJ-Ryan Thomas (Clr) 6'9 3/4"
DIS-Cody Fleming (L) 150'10"
SP-Tyler Hartsteen (MH) 48'7 1/4"
JAV-Casey Kaufman (Cls) 237'6"
PV-Jaymes Powell (S) 16'2"
HAM-Kyle Jones (H) 154'4"
400MRLY-Lane (Erick Dahl, Paris Ramsey, Kailin Kelley, Phillip Alexander) :41.85
1600MRLY-Highline (Alex Harcourt, Mike Dickson, Jerome Sirmans, Melvin Jenkins) 3:13.93

2005 Mt. Hood CC

Gresham, OR – May 26-27
 SPOKANE 236
 HIGHLINE 160
 LANE 160
 CLACKAMAS 102
 CLARK 54
 TREASURE VALLEY 38
 SW OREGON 37
 MT HOOD 28
100M-Bruce Hubbard (H) :11.02
200M-Phil Alexander (L) :21.60
400M-Phil Alexander (L) :48.79
800M-Trevor Snook (Cls) 1:53.95
1500M-Nick Siebert (S) 3:59.58
5000M-John Butkey (Cls) 15:05.59
10000M-Jeff Drouet (L) 32:28.99
3000MSTP-Andrew Fuller (S) 9:35.37
110MHHUR-Keith Williams (TV) :14.80
400MIHUR-Keith Williams (TV) :52.73
LJ-Ricky Moody (H) 24'7 1/2"
TJ-Larry Mays (H) 47'6 3/4"
HJ-Brandon LaChappelle (SW) 6'7"
DIS-Jason Dixon (S) 161'6"
SP-Jason Dixon (S) 49'10"
JAV-Shae Murray (S) 211'10"
PV-Sean Jones (Cls) 16'6"
HAM-Jake Shanklin (S) 183'7"
400MRLY-Lane (Bart Maney, Paris Ramsey, Kailin Kelley, Phil Alexander) :41.71
1600MRLY-Lane (Clint Hickey, Paris Ramsey, Jason McGhee, Phil Alexander) 3:16.81

2006 Spokane CC

Spokane, WA – May 22-23
 SPOKANE 287
 LANE 242
 CLACKAMAS 80
 CLARK 73
 TREASURE VALLEY 58
 HIGHLINE 32
 MT HOOD 30
 SW OREGON 10
100M-Deji Adebayo (S) :10.81
200M-Marcus Dillon (L) :21.60
400M-Nathan Ingrao (L) :47.93
800M-AJ Casteel (L) 1:56.03
1500M-Rick Bogatay (S) 3:57.50
5000M-Mark Currell (S) 15:15.66
10000M-David Morgan (L) 31:57.00
3000MSTP-Kyle Anderson (S) 9:36.26
110MHHUR-Keith Williams (TV) :14.92
400MIHUR-Keith Williams (TV) :52.99
LJ-Elvie Williams (S) 23'10"
TJ-Rashad Toussaint (S) 49'4 1/2"
HJ-Jerret Axelrod (L) 6'8 3/4"
DIS-Seth Dawson (S) 146'2"
SP-Brian Wuethrich (L) 51'7 3/4"
JAV-Mike Simmons (Clk) 215'1"
PV-Darryl Evans (L) 15'5"
HAM-Jake Shanklin (S) 188'6"
400MRLY-Spokane (Kenny Keyes, Deji Adebayo, Dwayne Brewster, Elvie

Williams) 41:58.
1600MRLY-Lane (Marcus Dillon, Jason McGhee, Daniel Stowers, Nathan Ingrao) 3:15.78
2007 Spokane CC
Spokane, WA – May 22-23
 SPOKANE 228
 LANE 202
 CLACKAMAS 149
 MT HOOD 122
 CLARK 38
 SW OREGON 36
 HIGHLINE 5
 DOUGLAS 4
 TREASURE VALLEY 2
100M-Kenjamine Jackson (Clk) :10.68
200M-Deji Adebayo (S) :21.58
400M-Travis Thompson (L) :48.37
800M-Blake Harmon (S) 1:53.99
1500M-Jordan McNamara (L) 3:53.85
5000M-Jordan McNamara (L) 15:00.09
10000M-Jordan McNamara (L) 31:42.99
3000MSTP-Dustin Moore (L) 9:34.99
110MHHUR-Sheldon Wilkinson (M) :14.66
400MIHUR-Sheldon Wilkinson (M) :53.27
LJ-Deji Adebayo (S) 24'2 1/4"
TJ-Josh McCune (Clr) 45'10 1/2"
HJ-
DIS-Kevin Lemieux (S) 148
SP-Dave Howard (S) 50' 1 1/4"
JAV-Mike Simmons (Clk) 224'0"
PV-Darryl Evans (L) 16'0 3/4"
HAM-Chris Dilley (Clk) 171'2"
400MRLY-Clackamas (Joe Gobel, Wesley Keller, Stan Wester, Kenjamine Jackson) :41.47
1600MRLY-Clackamas (Joe Gobel, Wesley Keller, Kenjamine Jackson, Matt Tweedy) 3:17.29

2008 Spokane CC

Spokane, WA – May 22-23
 SPOKANE 263.50
 LANE 215
 CLARK 90
 CLACKAMAS 78
 SW OREGON 52.50
 MT HOOD 46
 TREASURE VALLEY 30
 EVERETT 23
 DOUGLAS 12
100M-Nate Washington (Clk) :10.60
200M-Ernest Rickett (SW) :21.68
400M-Ryan Barrett (Clk) :48.26
800M-Nick Smith (Clk) 1:57.70
1500M-Jeremy McAllister (L) 4:05.20
5000M-Mark Moeller (S) 15:18.40
10000M-Mark Moeller (S) 32:16.10
3000MSTP-Tyler Rapp (S) 9:58.60
110MHHUR-Adam Walden (S) :14.89
400MIHUR-Adam Walden (S) :54.55
LJ-Deonta Edwards (S) 22' 8"
TJ-Seth Lindquist (L) 46' 2"
HJ-Deonta Edwards (S) 6' 6"
DIS-Ron Whitley (S) 153' 5"
SP-Dave Howard (S) 52' 10 1/4"
JAV-Cyrus Hostetler (L) 241' 7"
PV-Adam Brink (L) 16' 3/4"
HAM-Jonathan Smith (S) 178' 10"
400MRLY-Clark (Richard Lane, Nate Washington, Brian McMaster, Ryan Barrett) :41.68
1600MRLY-Clark (Richard Lane, Nate Washington, Brian McMaster, Ryan Barrett) 3:19.98

2009 Spokane CC

Spokane, WA – May 21-22
 SPOKANE 277.50
 LANE 251.50
 CLACKAMAS 69.50
 TREASURE VALLEY 66
 MT HOOD 64.50
 CLARK 49

SW OREGON 25
 EVERETT 12
 HIGHLINE 1
100M-Chris Stubbs (L) :10.66
200M-Chris Stubbs (L) :21.25
400M-Bryan Harper (L) :47.46
800M-Nick Smith (Clk) 1:55.43
1500M-Herschel Sanchev (S) 4:01.42
5000M-Dak Riek (S) 15:21.42
10000M-Dak Riek (S) 32:06.91
3000MSTP-Sean Coyle (S) 9:09.38
110MHHUR-Austin Victor (S) :15.07
400MIHUR-Phillip Noble (T) :53.81
LJ-Deonta Edwards (S)
TJ-Seth Lindquist (L) 47' 5 1/4"
HJ-Deonta Edwards (S) 6' 10 3/4"
DIS-Griffon Jones (S) 149' 5"
SP-Jr Velasquez (M) 52' 5 1/4"
JAV-Braden Keller (Clk) 206"
PV-Phillip Noble (T) 15' 3 1/2"
HAM-Tyler Lindgren (L) 189' 2"
400MRLY-Lane (Taylor Norman, Chris Stubbs, Austin Christianson, Bryan Harper) :41.81
1600MRLY-Lane (JJ Rosenberg, Richard Arnold, Chris Stubbs, Bryan Harper) 3:14.83

2010 Spokane CC

Spokane, WA – May 24-25
 SPOKANE 290
 CLACKAMAS 158
 LANE 112
 MT HOOD 75
 CLARK 68
 EVERETT 54
 TREASURE VALLEY 41
 SW OREGON 15
 SKAGIT VALLEY 4
100M-Michael Vetter (S) :10.93
200M-Josh Smith (Clr) :21.85
400M-Chris Zeller (M) :48.40
800M-Kurt Ward (T) 1:54.30
1500M-Seth Pierson (E) 3:59.64
5000M-Anthony Brown (S) 15:04.23
10000M-Anthony Brown (S) 32:19.60
3000MSTP-Trevin Goodrick (S) 9:50.81
110MHHUR-Austin Victor (S) :14.64
400MIHUR-Spencer Wordell (S) 52.99
LJ-Cody Peterson (S) 22' 11 3/4"
TJ-Justin Hansen (Clr) 46' 10 1/4"
HJ-Tyler Lane (Clk) 6' 6"
DIS-Griffon Jones (S) 158' 5"
SP-Jr. Velasquez (M) 52' 6 1/2"
JAV-Kenny Echterkamp (Clk) 207' 9"
PV-Robby Fegles (L) 15' 6 1/2"
HAM-Tyree Clowe (S) 168' 1"
400MRLY-Spokane (Cody Peterson, Austin Victor, Spencer Wordell, Michael Vetter) :41.40
1600MRLY-Clackamas (Carlos Vazquez, James Ratliff, Camarcus Garner, Chris Olsen) 3:19.12

2011

Spokane Falls CC

Spokane, WA – May 21-22

- Spokane, 267
- Clackamas, 148
- Lane, 134
- Mt Hood, 71
- Clark, 63
- Everett, 32
- Green River, 31
- Southwestern Oregon, 29
- Treasure Valley, 23
- Olympic, 13
- Skagit Valley, 4

100M-Peterson, Cody, (S), 11.02
200M-Jarvis, Dusty (L), 21.85
400M-Latt, Jordan, 47.96
800M-Jorgensen, Jesse (S), 1:51.65
1500M-Pierson, Seth (E), 3:55.94
3000MSTP-Goodrick, Trevin (S), 9:55.20
5000M-Brown, Anthony (S), 15:09.12

MEN'S TRACK & FIELD HISTORY

(2011 Men Continued)

10000M- Delicino, Jeremy (O), 32:57.42
110M H- Walker, Dominick (CLK), 15.11
400M H- Ratliff, James (CLK), 52.53
LJ- Peterson, Cody (S), 23-02.00
TJ- Curtice, Kyle (S), 47-04.25
HJ- Lane, Tyler (CLR), 6-08.00
PV- Parker, Jordan (L), 16-08.25
SP- Lehr, James (S), 48-11.00
DIS- Henderson, Robert (S), 147-08
JAV- Nolen, Wesley (S), 215-03
HAM- Carey, Austin (CLR), 173-11
DEC- Wordell, Spencer (S), 6403
4X100M- Spokane, (Medrano, Peterson, Nokes, Wordell), 41.75
4X400M- Clackamas, (Ratliff, Olsen, Vuksich, Rial), 3:15.63

**2012 - Spokane Falls CC
 Spokane, WA – May 21-22**

SPOKANE	263.50
LANE	234.50
CLACKAMAS	127
EVERETT	53
MT. HOOD	44
GREEN RIVER	36
CLARK	19
TREASURE VALLEY	16
OLYMPIC	14
SW OREGON	7
SKAGIT VALLEY	1

100M- Branden Helms (L), :11.17
200M- Brent Arceneaux (S), :22.06
400M- Josh Bland (S), :48.28
800M- Badane Sultessa (CLK), 1:54.12
1500M- Elias Gedyon (L), 3:58.07
3000MSTP- Jorge Gil-Juarez (CLK) 9:44.09
5000M- Elias Gedyon (L), 15:23.46
10000M- Jon Smith (S), 33:05.0
110M H- Logan Packard (S), :14.98
400M H- Robert Hanke (M), :53.68
LJ- Joseph Hart (L), 23-03.50
TJ- Josh Melu (GR), 47-09.25
HJ- Brandon Nash (L), 6-08.00
PV- Erik Jorgensen (L), 15-02.75
SP- James Lehr (S), 52-03.75
DIS- James Lehr (S), 166-01
JAV- Lukas Scherer (S), 208-02
HAM- Robert Henderson (S), 183-01
DEC- David Formolo (L), 6177
4X100M- Lane (Lowery, Hart, Hennricks, Helms), 41.61
4X400M- Spokane (Allen, Bland, Cottrell, Medrano), 3:15.12

**2013 - Spokane Falls CC
 Spokane, WA – May 20-21**

SPOKANE	263.50
LANE	234.50
CLACKAMAS	127
EVERETT	53
MT. HOOD	44
GREEN RIVER	36
CLARK	19
TREASURE VALLEY	16
OLYMPIC	14
SW OREGON	7
SKAGIT VALLEY	1

100M- Jemiel Lowery (L), :10.94
200M- Wes Bailey (S), :21.59
400M- Wes Bailey (S), :48.35
800M- Austin Collins (CLK), 1:57.14
1500M- Austin Collins (CLK), 4:03.22
3000MSTP- Brad Prettyman (CLK) 9:41.71
5000M- Rudy Spencer (S), 17:12.20
10000M- Daniel Issa (S), 33:08.2
110M H- Sean McGetrick (L), :14.92
400M H- Dylan Seitz (S), :54.11
LJ- Wes Bailey (S), 23-10.25
TJ- Deontre Curry (CLK), 47-08.50
HJ- Brandon Nash (L), 6-09.75

PV- Zach Olivera (L), 15-07.00
SP- Durran Bates (S), 49-04.25
DIS- Durran Bates (S), 163-06
JAV- Tyler Callahan (M), 235-00
HAM- Kevin Stanley (S), 174-05
4X100M- Spokane (Shelby, Bailey, Ohl, Van Tuinen), 41.17
4X400M- Spokane (Van Tuinen, Walsler, Shelby, Bailey), 3:15.50
DEC- Dylan Hamming (I), 6520

**2014 - Spokane Falls CC
 Spokane, WA – May 19-20**

LANE 183
 SPOKANE 165
 CLACKAMAS 162
 EVERETT 86
 CLARK 76
 TREASURE VALLEY 42
 MT. HOOD 36
 GREEN RIVER 31
 OLYMPIC 29
 SW OREGON 3
 SKAGIT VALLEY 1
100M- Donovan Drew, (S) 10.95
200M- Devonte Woods, (GR) 21.99
400M- Zach Rial, (Clk) 48.36
800M- Paris Speidel, (S) 1:55.58
1500M- Anteneh Woticha, (Crk) 4:03.00
3000MSTP- Colin Kubik, (S) 9:54.30
5000M- Anteneh Woticha, (Crk) 15:44.34
10,000M- Jon Bennett, (S) 33:19.76
110M HUR- Aric Walden, (S) 14.30
400M HUR- Eric Zechenelly, (Crk) 54.00
HJ- Dakarai Hightower, (L) 7'03.25
TJ- Eric England, (TV) 50'08.00
SP- Scott Miller, (E) 50'10.25)
JV- Joey Day, (S) 203'09
PV- Zach Olivera, (L), 15'11.75
LJ- Eric England, (TV), 23'03.25
DIS- Durran Bates, (S) 156'00
HAM- Shawn Buck, (S) 157'11)
4X100M- Clackamas (Justin Corenjo, Zach Rial, Dillon Hoecker, Thomas Sutherland) 41.43
4X400M- Clackamas (Thomas Sutherland, Cody Britt, John Koch, Zach Rial) 3:17.41
DEC- Dylan Hamming, (L) 6788 points

**2015 - Spokane Falls CC
 Spokane, WA – May 18-19**

LANE 229
 SPOKANE 184.33
 CLACKAMAS 132.83
 TREASURE VALLEY 65
 OLYMPIC 53
 EVERETT 52.5
 MT. HOOD 33
 SW OREGON 28.33
 CLARK 17
 GREEN RIVER 13
 SKAGIT VALLEY 5
100M- Ben Kelly, (L) :10.78
200M- Jesse Goodier, (L) :21.61
400M- Michael Capri, (L):48.68
800M- Paris Speidel, (S) 1:52.64
1500M- Colin Kubik, (S) 4:02.56
3000MSTP- Jason Baker, (CLK) :43.68
5000M- Jason Baker, (CLK) 15:33.81
10,000M- Daniel Schofield, (S), 2:55.10
110M HUR- Ney Brooks, (SW)14.86
400M HUR- Andrew Stich, (S) :53.97
4x100M- Lane (Brian Burt, Jesse Goodier, Cesar Rodriguez, Ben Kelly) :41.39
4x400M- Lane (Jesse Goodier, Josh Rambert, Rohan Cain, Michael Capri) 3:17.70
HJ- Rohan Cain, (L) 6-04.25
PV- Zack Supple, (CLK)16-02
LJ- James Woodworth, (S) 23-04
TK- Keith Bailey, (TV) 47-00.75
DIS- Scott Miller, (E) 151-04

HAM- Matthew Lloyd, (CLK) 192-03
JAV- Easton Christensen, (CLK) 212-10
Shot Put: Scott Miller, (E) 52-01.75
DEC- Jason Brocklesby, (O) 6493 pts

**2016 - Mt. Hood CC
 Gresham, OR – May 23-24**

LANE 275
 SPOKANE 202
 CLACKAMAS 90
 CLARK 61
 MT. HOOD 44
 SW OREGON 36
 TREASURE VALLEY 34
 OLYMPIC 28
 GREEN RIVER 19
 EVERETT 17
100M- Rashad Swank-Jones (L) :10.68
200M- Rashad Swank-Jones (L) :21.43
400M- Cornelious Berry (L) 48.01
800M- Roba Sultessa (Clk) :50.71
1500M- Roba Sultessa (Clk) 4:00.10
3000MSTP- Corbin Carlton (S) 9:27.35
5000M- Ben Harter (L) 15:01.65
10,000M- Elmer Shelevy (L) 32:40.74
110M HUR- Joshua Turner (M) :14.00
400M HUR- Michael Capri (L) :53.29
HJ- Dakarai Hightower (L) 7-5
TJ- Joshua Turner (M) 47-01.75
SP- Cilson Hodge (SW) 47-09
LJ- Dekker Lovitt (S) 22-10
JV- Cole Sunkel (O) 191-04
PV- Kavic Belcastro (L)16-4.75
HAM- Mathew Lloyd (Clk) 129-03
DIS- Sam Nichols (L) 142-05
4x100M- Lane (Sudduth III, Berry, Swank-Jones, Gaylor) :41.10
4x400M- Lane (Berry, Gaylor, Swank-Jones, Capri) 3:16.32
Decathlon- Grant Shurtliff (L) 6587

WOMEN'S TRACK & FIELD HISTORY

1979 Memorial Stadium

Bremerton, WA – May 18-19
SPOKANE 235
WENATCHEE VLY. 107
EVERETT 52
BELLEVUE 31
MOUNT HOOD 24
GREEN RIVER 18
YAKIMA VALLEY 14
OLYMPIC 13
CLARK 2
100M-Tammi Mason (WV) :12.40
200M-Lois Jensen (S) :25.46
400M-Lois Jensen (S) :55.92
800M-Gayle Falconer (S) 2:10.33
1500M-Cheryl Roulter (YV) 4:41.08
3000M-Vicki Foltz (E) 10:03.96
5000M-JoAnn Lahti (S) 17:31.30
100MHH-Kristy Madlund (WV) :14.75
400MIH-Debra Clark (S) 1:03.82
LJ-Kristy Madlund (WV) 17'8"
HJ-Paula Nickerson (S) 5'4"
DIS-Donna Regan (WV) 143'10"
SP-Paula Nickerson (S) 43'3"
JAV-Jennifer Chapman (S) 143'4"
400MRLY-Wenatchee Valley (Susie Horner, Gayle Bragg, Kay Madlund, Tammi Mason) :47.85
1600MRLY-Spokane (Tracy Binsfield, Debra Clark, Gayle Falconer, Julianne Weigelt) 3:57.94

1980 Spokane CC

Spokane, WA – May 16-17
SPOKANE 154
BELLEVUE 121
WENATCHEE VLY. 111
EVERETT 46
YAKIMA VALLEY 28
OLYMPIC 26
GREEN RIVER 23
HIGHLINE 7
SKAGIT VALLEY 4
100M-Tammi Mason (WV) :12.57
200M-Rhonda Bell (B) :25.09
400M-Rhonda Bell (B) :54.21
800M-Michelle Williamson (B) 2:12.57
1500M-Joanne Lahti (S) 4:34.77
3000M-Vicki Foltz (E) 10:10.26
5000M-Joanne Lahti (S) 17:34.31
100MHH-Michelle Riley (B) :14.91
400MIH-Mary Bradford (WV) 1:04.72
LJ-Rhonda Bell (B) 18'5"
HJ-Lynn Picinich (O) 5'5 1/4"
DIS-Jan Kaiser (WV) 138'9"
SP-Julia McInnis (O) 43'5 1/2"
JAV-Jan Kaiser (WV) 138'9"
400MRLY-Wenatchee Valley (Shawn Lane, Mary Bradford, Teri Driscoll, Tammi Mason) :48.65
1600MRLY-Belleuve (Nancy Waterman, Rhonda Bell, Michelle Williamson, Sheri Rochel) 3:51.18

1981 Univ. of Washington Seattle, WA – May 15-16

BELLEVUE 161
SPOKANE 130
CLARK 44
EVERETT 43
WENATCHEE VLY. 41
YAKIMA VALLEY 41
GREEN RIVER 30
HIGHLINE 17
OLYMPIC 17
TACOMA 14
100M-Lynn Ingram (S) :12.32
200M-Rhonda Bell (B) :24.39
400M-Rhonda Bell (B) :53.69
800M-Mary Gladstone (B) 2:17.58
1500M-Sandy Kristjanson (B) 4:40.95
3000M-Lisa Kindelan (B) 10:20.24
5000M-Lisa Kindelan (B) 17:54.78
100MHH-Michelle Riley (B) :15.09
400MIH-Mary Bradford (WV) 1:03.33

LJ-Janet Buntin (S) 19'8 3/4"
HJ-Lynn Picinich (O) 5'6"
DIS-Lisa Hoffman (S) 143'1"
SP-Jenny Lempke (WV) 48'4 1/4"
JAV-Pam Lorensen (C) 147'8"
400MRLY-Belleuve (Darlene Harris, Patty Castagna, Michelle Riley, Rhonda Bell) :48.53
1600MRLY-Belleuve (Kathy Lewis, Mary Gladstone, Patty Castagna, Rhonda Bell) 3:53.40

1982 Spokane CC

Spokane, WA – May 21-22
BELLEVUE 192
SPOKANE 180
YAKIMA VALLEY 52
CLARK 47
EVERETT 45
HIGHLINE 15
GREEN RIVER 12
WENATCHEE VLY. 5
100M-Kay Garnett (B) :12.29
200M-Kay Garnett (B) :25.57
400M-Annie Barrett (B) :56.95
800M-Gina Castagna (B) 2:15.70
1500M-Bridget Devens (B) 4:42.60
3000M-Julie Thomas (B) 10:11.10
5000M-Julie Thomas (B) 17:52.85
10000M-Janet Griffith (H) 38:18.20
100MHH-Kay Garnett (B) :13.89
400MIH-Dana Puterbaugh (S) 1:03.97
LJ-Pauline Avery (S) 18'9 1/4"
HJ-Gayle Huff (S) 5'6"
DIS-Carol Unger (S) 143'11"
SP-Pam Lorensen (C) 43'5"
JAV-Linda Kuzmak (YV) 143'2"
400MRLY-Belleuve (Karin Dobbe, Annie Barrett, Gina Castagna, Tracy Raade) :47.82
1600MRLY-Belleuve (Annie Barrett, Kathy Lewis, Gina Castagna, Tracy Raade) 3:51.42

1983 Auburn HS

Auburn, WA – May 20-21
BELLEVUE 221
SPOKANE 169
YAKIMA VALLEY 52 1/2
GREEN RIVER 37
EVERETT 28 1/2
HIGHLINE 18
WENATCHEE VLY. 7
100M-Tracy Raade (B) :12.32
200M-Tracy Raade (B) :24.69
400M-Annie Barrett (B) :56.08
800M-Jill York (B) 2:15.27
1500M-Julie Thomas (B) 4:36.77
3000M-Bridget Devens (B) 9:53.25
5000M-Julie Thomas (B) 17:32.18
10000M-Becki Watson (B) 41:04.75
100MHH-Beth Coomes (B) :15.61
400MIH-Beth Coomes (B) 1:04.64
LJ-Lizzie Knox (B) 17'1 1/4"
HJ-Shelly Schrader (GR) 5'7 1/4"
DIS-Carol Unger (S) 144'1 3/4"
SP-Cora Aguilar (S) 42'0"
JAV-Shaney Coe (S) 149'2"
400MRLY-Belleuve (Gina Castagna, Tracy Raade, Lisa Warner, Annie Barrett) :46.78
1600MRLY-Belleuve (Tracy Raade, Beth Coomes, Jill York, Gina Castagna) 3:48.25

1984 Lane CC

Eugene, OR – May 18-19
BELLEVUE 149
SPOKANE 144
LANE 100
MOUNT HOOD 54
LINN-BENTON 25

GREEN RIVER 22
BLUE MOUNTAIN 21
UMPQUA 18
YAKIMA VALLEY 12
HIGHLINE 6
CHEMEKETA 4
SW OREGON 4
EVERETT 1
100M-Margie Milligan (B) :12.29
200M-Lisa Warner (B) :25.35
400M-Lisa Warner (B) :57.22
800M-Shirley Gregerson (L) 2:13.87
1500M-Jeanie Higinbotham (L) 4:41.15
3000M-Nina Putzar (LB) 10:09.80
5000M-Nina Putzar (LB) 17:50.90
10000M-Geri Volk (B) 38:45.93
100MHH-Shelli McMurray (S) :14.78
400MIH-Shelli McMurray (S) 1:01.40
LJ-Jill Brattain (S) 17'9 1/2"
HJ-Shelly Schrader (GR) 5'7"
DIS-Cora Aguilar (S) 158'2"
SP-Rachel Sudul (MH) 44'0"
JAV-Cathy Duty (YV) 138'4"
400MRLY-Belleuve (Anita Sartin, Krista Ankenny, Lisa Warner, Margie Milligan) :48.13
1600MRLY-Belleuve (Lisa Warner, Laura Johnson, Krista Ankenny, Jill York) 3:56.96

1985 Spokane CC

Spokane, WA – May 17-18
SPOKANE 189
BELLEVUE 107
LANE 79
GREEN RIVER 53
MOUNT HOOD 34
YAKIMA VALLEY 28
CLACKAMAS 24
UMPQUA 23
CHEMEKETA 21
LINN-BENTON 12
SW OREGON 8
TACOMA 8
EVERETT 5
100M-Reatha Garnett (S) :12.03
200M-Reatha Garnett (S) :24.91
400M-Angie Ross (L) :56.88
800M-Michelle Finnvik (GR) 2:10.13
1500M-Laura Edmark (Ch) 4:37.33
3000M-Laura Edmark (Ch) 10:15.89
5000M-Julie Siler (Cs) 18:14.42
10000M-Erin Wickham (GR) 42:22.38
100MHH-Anita Sartin (B) :14.16
400MIH-Anita Sartin (B) 1:00.22
LJ-Shelli McMurray (S) 19'2 1/2"
TJ-Nicole Stancato (B) 37'5"
HJ-Julie Darlington (S) 5'7"
DIS-Tina Kiang (MH) 125'6"
SP-Tina Kiang (MH) 40'4 1/2"
JAV-Charolette Givens (U) 144'10"
400MRLY-Spokane (Reatha Garnett, Shelli McMurray, Jeanne Sanders, Mechelle McClain) :47.47
1600MRLY-Spokane (Jeanne Sanders, Mechelle McClain, Terri Bennett, Reatha Garnett) 3:53.67

1986 Spokane CC

Spokane, WA – May 16-17
SPOKANE 124
MOUNT HOOD 117
BELLEVUE 80
GREEN RIVER 79
LANE 72
UMPQUA 27
LINN-BENTON 25
SW OREGON 22
EVERETT 14
TACOMA 14
YAKIMA VALLEY 13
BLUE MOUNTAIN 9
CLACKAMAS 6
100M-Denise Lucas (MH) :12.03

200M-Denise Lucas (MH) :24.53
400M-Ericka Harris (B) :54.35
800M-Michelle Finnvik (GR) 2:16.43
1500M-Val Quade (L) 4:49.13
3000M-Val Quade (L) 10:28.7
5000M-Dede Nay (U) 18:45.51
10000M-Diana Nicholas (L) 40:24.5
100MHH-Janet Otto (S) :14.90
400MIH-Sedrice Phillips (MH) 1:03.07
LJ-Denise Lucas (MH) 18'10"
TJ-Nicole Stancato (B) 39'4"
HJ-Elizabeth Harris (T) 5'6"
DIS-Toni Lindberg (LB) 133'7"
SP-Patti Patterson (S) 43'2 1/2"
JAV-Carol Devencenzi (MH) 142'0"
400MRLY-Spokane (Janet Otto, Mechelle McClain, Jeri Wilkerson, Kari Near) :47.49
1600MRLY-Belleuve (Cheryl Siegman, Sara Hall, Jennifer Robinson, Ericka Harris) 3:52.17

1987 Mount Hood CC

Gresham, OR – May 29-30
LANE 147
MOUNT HOOD 119
SPOKANE 115
BELLEVUE 64
GREEN RIVER 64
UMPQUA 25
SW OREGON 20
BLUE MOUNTAIN 11
CHEMEKETA 11
CLACKAMAS 6
LINN-BENTON 5
100M-Sonda Strong (MH) :12.71
200M-Laurie Williams (MH) :25.91
400M-Tammy Courtney (L) :56.88
800M-Karen Stone (MH) 2:20.35
1500M-Jennifer Draughon (GR) 4:44.52
3000M-Jennifer Draughon (GR) 10:14.58
5000M-Jennifer Draughon (GR) 18:03.75
10000M-Susan Volke (S) 39:53.96
100MHH-Eileen Austin (L) :15.35
400MIH-Christine Schiel (L) 1:03.84
LJ-Tammy Courtney (L) 18'5"
TJ-Karen Case (MH) 36'2"
HJ-Veronica Davis (U) 5'5"
DIS-Angela Arms (L) 132'4"
SP-Joi Tipton (S) 43'1"
JAV-Darlene McClure (S) 141'2"
400MRLY-Mt. Hood (Sonda Strong, Leisa Puckett, Karen Case, Laurie Williams) :48.36
1600MRLY-Lane (Shelli Gray, Lisa Harrison, Tammy Courtney, Christine Schiel) 4:00.54

1988 Spokane CC

Spokane, WA – May 27-28
MOUNT HOOD 165
SPOKANE 155
BELLEVUE 99
LANE 94
CLACKAMAS 26
GREEN RIVER 21
UMPQUA 10
BLUE MOUNTAIN 4
CHEMEKETA 3
100M-Sonda Strong (MH) :12.25
200M-Sonda Strong (MH) :25.58
400M-Toni Williams (S) :56.64
800M-Kelly Hewitt (GR) 2:17.40
1500M-Kari McKay (S) 4:46.67
3000M-Kari McKay (S) 10:19.87
5000M-Kari McKay (S) 18:24.06
10000M-Lisa Moe (L) 41:14.79
100MHH-Kari Hawes (S) :14.87
400MIH-Marci Smith (B) 1:06.16
LJ-Tammy Courtney (L) 19'2 1/4"
TJ-Karen Case (MH) 36'3/4"
HJ-Gabrielle Bryant (MH) 5'5 1/4"
DIS-Lori Jenson (MH) 118'7"

WOMEN'S TRACK & FIELD HISTORY

SP-Angie Pleasant (S) 40'6"
JAV-Darlene McClure (S) 149'5"
400MRLY-Spokane (Traci Richards, Jeana Donner, Angie Pleasant, Toni Williams) :47.59
1600MRLY-Mt. Hood (Sonda Strong, Karen Stone, Karen Case, Laurie Williams) 3:58.92

1989 Mount Hood CC

Gresham, OR – May 26-27
 BELLEVUE 184
 SPOKANE 103
 MOUNT HOOD 81
 CLARK 69
 LANE 67
 CLACKAMAS 46
 UMPQUA 21
 CHEMEKETA 8
100M-Ann Marie Kesling (Cr) :12.40
200M-Ann Marie Kesling (Cr) :25.40
400M-Renee Chamberlain (S) :58.70
800M-Gina Ayco (B) 2:17.80
1500M-Kari McKay (S) 4:39.00
3000M-Kari McKay (S) 10:06.30
5000M-Kari McKay (S) 17:52.50
10000M-Angie Wright (Cs) 40:25.32
100MHH-Kennedy Lewis (B) :15.40
400MIH-Marnee Senger (B) 1:04.80
LJ-Debbie Sandgren (B) 19'11/4"
TJ-Kristy Frady (U) 37'4 1/2"
HJ-Lisa Waltenburg (B) 5'2"
DIS-Lori Jensen (MH) 129'1"
SP-Brenda Bessner (Cr) 42'8 3/4"

JAV-Brenda Bessner (Cr) 166'11"
400MRLY-Spokane (Traci Richards, Kim Reid, Mona Martin, Jeana Donner) :49.39
1600MRLY-Bellevue (Gina Ayco, Lisa Waltenburg, Kennedy Lewis, Mamee Senger) 4:11.60

1990 Mount Hood CC

Gresham, OR – May 24-25
 BELLEVUE 171
 SPOKANE 97
 LANE 82
 CLARK 66
 MOUNT HOOD 56
 CHEMEKETA 32
 CLACKAMAS 28
 UMPQUA 21
 LINN-BENTON 20
 BLUE MOUNTAIN 14
100M-Kelli Stonelake (L) :12.46
200M-Kelli Stonelake (L) :24.87
400M-Michele Lanning (L) :59.10
800M-Becky Templeton (B) 2:23.00
1500M-Becky Templeton (B) 4:57.90
3000M-Becky Templeton (B) 10:48.00
5000M-Laura Ennis (B) 18:51.50
10000M-Laura Ennis (B) 39:58.90
100MHH-Flo Mark (B) :14.70
400MIH-Renelle Jepson (L) 1:03.93
LJ-Holly McCallum (BM) 17'3"
TJ-Kristi Scott (MH) 37'3"
HJ-Gabrielle Bryant (Ch) 5'3"
DIS-Julie Chevillet (S) 139'8"
SP-Julie Chevillet (S) 45'8"
JAV-Brenda Bessner (Cr) 160'2"
400MRLY-Lane (Renelle Jeppson, Michele Lanning, Kelli Stonelake, Shawna Krasowski) :48.63
1600MRLY-Lane (Christine Schiel, Shanna Tippin, Renelle Jeppson, Michele Lanning) 3:58.80

1991 Spokane CC

Spokane, WA – May 23-24
 SPOKANE 143
 BELLEVUE 106
 LANE 78
 CLARK 76
 CLACKAMAS 67

CHEMEKETA 55
 GRAYS HARBOR 22
 MOUNT HOOD 14
 UMPQUA 10
 GREEN RIVER 7
 LINN-BENTON 6
 BLUE MOUNTAIN 3
100M-Cheryl Sutton (B) :12.67
200M-Shawna Krasowski (L) :25.26
400M-Shawna Krasowski (L) :57.16
800M-Michele Lanning (L) 2:20.64
1500M-Cindy Finn (S) 4:58.39
3000M-Chris Maraveller (B) 11:16.15
5000M-Kris Maraveller (B) 19:38.74
10000M-Kristy Blair (Cs) 42:22.15
100MHH-Tina Brockway (Cr) :14.69
400MIH-Renelle Jeppsen (L) 1:03.08
LJ-Debbie Sandgren (B) 17'11 1/4"
TJ-Ronalda Dunn (GH) 35'8 3/4"
HJ-Dawn Steiner (S) 5'7"
DIS-Teresa Tyler (S) 139'10"
SP-Dawn Phillips (S) 42'11"
JAV-Stephanie Hutchins (U) 138'8"
400MRLY-Lane (Renelle Jeppsen, Michele Lanning, Kelli Stonelake, Shawna Krasowski) :49.05
1600MRLY-Lane (Renelle Jeppsen, Kelli Stonelake, Michele Lanning, Shawna Krasowski) 3:59.73

1992 Clackamas CC

Oregon City, OR – May 21-22
 CLACKAMAS 170
 BELLEVUE 106
 MOUNT HOOD 71
 CLARK 58
 SPOKANE 57
 BLUE MOUNTAIN 52
 UMPQUA 30
 CHEMEKETA 24
 GRAYS HARBOR 21
 LINN-BENTON 16
 GREEN RIVER 13
 LANE 5
100M-Suzette Dickerson (B) :12.54
200M-Suzette Dickerson (B) :25.92
400M-Pam Raade (Cs) :58.95
800M-Melanie Grant (LB) 2:19.83
1500M-Heidi Spillum (Cs) 4:50.40
3000M-Hillary Simmons (U) 10:09.57
5000M-Hillary Simmons (U) 17:46.94
10000M-Carol Ann Castel (B) 41:20.90
100MHH-Tina Brockway (Cr) :14.83
400MIH-Tina Brockway (Cr) 1:03.85
LJ-Heidi Plechl (Ch) 17'11"
TJ-Renee Svendsrud (S) 36'8"
HJ-Kelly Keist (Cr) 5'8"
DIS-Melissa Jones (MH) 127'9"
SP-Ilene Penas (Cs) 42'0"
JAV-Melissa Jones (MH) 158'2"
400MRLY-Clackamas (Alicia Smith, Nancy Nelson, Amy Hines, Pam Raade) :49.21
1600MRLY-Bellevue (Joanna Deitzel, Amy Lindsay, Suzette Dickerson, Janine Wagner) 4:05.37

1993 Spokane Falls CC

Spokane, WA – May 27-28
 BELLEVUE 118
 MT HOOD 107
 CLACKAMAS 100
 LANE 66
 SPOKANE 64
 CHEMEKETA 60
 CLARK 36
 LINN-BENTON 27
 UMPQUA 11
100M-Kat Cranford (B) :12.71
200M-Nikki Trainer (L) :26.47
400M-Kristen Crabbe (MH) :59.37
800M-Jeannine Davis (L) 2:20.23
1500M-Jeannine Davis (L) 4:45.11
3000M-Brenda Funk (B) 10:51.31

5000M-Angela Sanders (Ch) 18:46.60
10000M-Angela Sanders (Ch) 41:13.63
100MHH-Nikki Traina (L) :14.83
400MIH-Nikki Traina (L) 1:04.95
LJ-Dawn Knepper (B) 17'11 1/4"
TJ-Kate DuBoise (B) 36'9"
HJ-Megan Myers (B) 5'2"
DIS-Grace Emanuel (Ch) 130'2"
SP-Ilene Penas (Cs) 45'1/4"
JAV-Melissa Jones (MH) 164'3"
400MRLY-Spokane (no names) :50.01
1600MRLY-Mt. Hood (no names) 4:06.78

1994 Lewis & Clark Coll.

Portland, OR – May 26-27
 LANE 120
 CLACKAMAS 108
 CLARK 104
 MOUNT HOOD 69
 BELLEVUE 64
 SPOKANE 45
 CHEMEKETA 43
 BLUE MOUNTAIN 22
 LINN-BENTON 10
 UMPQUA 3
 LOWER COLUMBIA 1
100M-Trisha Hough (L) :12.38
200M-Nicole Barrote (L) :25.71
400M-Nicole Barrote (L) :57.57
800M-Kristen Crabbe (MH) 2:16.50
1500M-Brenda Funk (B) 4:45.18
3000M-Brenda Funk (B) 10:26.7
5000M-Cindy Keene (Cs) 19:07.33
10000M-Cindy Keene (Cs) 39:57.36
100MHH-Nikki Traina (L) :15.00
400MIH-Nikki Traina (L) 1:03.11
LJ-Trisha Hough (L) 18'11"
TJ-Dawn Knepper (B) 35'10 3/4"
HJ-Dawn Putnam-Vinyard (Cr) 5'8"
DIS-Sheila Forty (MH) 137'10"
SP-Crystal Franklin (BM) 38'3 3/4"
JAV-Misty Kernal (Ch) 127'11"
400MRLY-Lane (Trisha Hough, Nikki Traina, Raleen Quackenbush, Nicole Barrote) :40.09
1600MRLY-Lane (Nikki Traina, Raleen Quackenbush, Gabrielle Fraley, Nicole Barrote) 4:01.83

1995 Spokane Falls CC

Spokane, WA – May 25-26
 LANE 171
 MOUNT HOOD 133
 CLARK 75
 CLACKAMAS 49
 BELLEVUE 44
 LOWER COLUMBIA 40
 SPOKANE 32
 CHEMEKETA 20
 LINN-BENTON 13
 SW OREGON 12
100M-Taryn Tarver (L) & Jackie Hunter (L) :12.00
200M-Jackie Hunter (L) :25.13
400M-Nicole Barrote (L) :58.19
800M-Charity Cornwell (MH) 2:20.48
1500M-Charity Cornwell (MH) 4:54.19
3000M-Valerie Tarabochia (LC) 10:59.37
5000M-Valerie Tarabochia (LC) 19:02.07
10000M-Jaime Fairchild (Cs) 40:48.89
100MHH-Nicole Barrote (L) :14.73
400MIH-Nicole Barrote (L) 1:03.68
LJ-Paula Leslie (LB) 17'10 1/4"
TJ-Jamila Smith (B) 35'1/2"
HJ-Laurel Trindle (MH) 5'0"
DIS-Lisa Foster (MH) 133'2"
SP-Audrea Woodring (L) 41'6 1/2"
JAV-Stacy Fournier (L) 154'0"
HAM-Summer Gibbons (Ch) 115'1"

400MRLY-Lane (no names) :47.43
1600MRLY-Lane (no names) 4:01.63

1996 Mount Hood CC

Gresham, OR – May 23-24
 LANE 217
 MOUNT HOOD 126
 BELLEVUE 73
 CLACKAMAS 71
 CLARK 52
 CHEMEKETA 23
 SPOKANE 14
 SW OREGON 12
 UMPQUA 1
100M-Jackie Hunter (L) :12.14
200M-Jackie Hunter (L) :24.92
400M-Sarah Wasylnka (L) :58.02
800M-Charity Cornwell (MH) 2:15.00
1500M-Jessica McCool (L) 4:42.74
3000M-Christina Cooper (L) 10:05.86
5000M-Susan Reese (Ch) 18:07.31
10000M-Susan Reese (Ch) 36:56.50
100MHH-Brandy Dunn (L) :15.24
400MIH-Brandy Dunn (L) 1:04.15
LJ-Chrisoula Filippakou (B) 17'5"
TJ-Jamila Smith (B) 37'6"
HJ-Nonglack Somsanith (MH) 5'4"
DIS-Jessica Marable (L) 154'11"
SP-Jessica Marable (L) 47'7"
JAV-Desere Healy (Cr) 123'9"
PV-Chelsey Wight (MH) 10'0"
HAM-Summer Gibbons (Ch) 139'4"
400MRLY-Lane (no names) :49.09
1600MRLY-Lane (no names) 3:59.62

1997 Clackamas CC

Oregon City, OR - May 22-23
 LANE 164
 SPOKANE 129 1/2
 CLARK 110
 CLACKAMAS 80
 MOUNT HOOD 57
 CHEMEKETA 46
 BELLEVUE 24
 LINN-BENTON 8
 SW OREGON 4 1/2
100M-Cieste Stutheit (S) :12.46
200M-Sarah Wasylnka (L) :25.17
400M-Sarah Wasylnka (L) :55.81
800M-Stephanie Davidson (B) 2:19.78
1500M-Stephanie Davidson (B) 4:42.9
3000M-Erika Colin (S) 10:07.31
5000M-Susan Reese (Ch) 17:43.69
10000M-Mishe Simantel (Cs) 39:17.32
100MHH-Katie Rowlett (L) :14.56
400MIH-Brooke Wilson (Cr) 1:00.85
LJ-Brooke Wilson (Cr) 18'9"
TJ-Brooke Wilson (Cr) 37'1 1/4"
HJ-Heidi Callahan (Cr) 5'0"
DIS-Becky Parker (L) 134'0"
SP-Becky Parker (L) 42'4"
JAV-Tristan Sharp (Cs) 139'10"
PV-Jamie Brock (SW) 8'6"
HAM-Heather Hill (L) 139'9"
400MRLY-Lane (Amy Werner, Sarah Wasylnka, Katie Rowlett, Mariah Williams) :48.36
1600MRLY-Lane (Mariah Williams, Katie Rowlett, Danielle Fleming, Sarah Wasylnka) 3:52.50

1998 Spokane Falls CC

Spokane, WA – May 21-22
 SPOKANE 215
 LANE 119
 CLARK 109
 MOUNT HOOD 89
 CLACKAMAS 40
 CHEMEKETA 25
 SW OREGON 14
 LINN-BENTON 8
100M-Whitney Schmaljohn (S) :12.28
200M-Whitney Schmaljohn (S) :24.74
400M-Lasina Smith (S) :57.81

WOMEN'S TRACK & FIELD HISTORY

800M-Christina Werther (S) 2:16.96
1500M-Christina Werther (S) 4:49.75
3000M-Erika Colin (S) 10:14.14
5000M-Ericka Colin (S) 17:48.47
10000M-Erika Colin (S) 36:40.14
100MHH-Brooke Wilson (Cr) :14.92
400MIH-Brooke Wilson (Cr) 1:04.00
LJ-Lasina Smith (S) 19'6"
TJ-Alison Sheaffer (Cr) 38'4 3/4"
HJ-Heidi Callahan (Cr) 5'3 3/4"

DIS-Wendy Olson (L) 136'10"
SP-Cydny Edmunds (S) 41'8"
JAV-Wendy Olson (L) 154'0"
PV-Jessica Anderson (Ch) 9'10"
HAM-Suzy Heideman (MH) 155'10"
400MRLY-Spokane (Cindy Simpson, Whitney Schmaljohn, Keri Nichols, Lasina Smith) :48.13
1600MRLY-Spokane (Christina Werther, Whitney Schmaljohn, Keri Nichols, Lasina Smith) 3:56.59

1999 Lane CC

Eugene, OR – May 27-28

SPOKANE 212
 CLARK 116
 LANE 85
 CHEMEKETA 73 3/5
 MOUNT HOOD 72 4/5
 CLACKAMAS 27 3/5
 LINN-BENTON 20
 HIGHLINE 10
 SW OREGON 2

100M-Jackie Bashaw (Ch) :12.34
200M-Whitney Schmaljohn (S) :25.34
400M-Daisy Pressley (Ch) :58.54
800M-Jenni Saling (S) 2:22.09
1500M-Jenni Saling (S) 4:40.37
3000M-Crystal Glenn (Cr) 10:41.60
5000M-Devin Huck (S) 19:02.59
10000M-Emily Herndon (MH) 40:26.79
100MHH-Tiffany Prinslow (Ch) :14.94
400MIH-Emily George (Cr) 1:03.00
LJ-Cydny Edmunds (S) 18'5 3/4"
TJ-Alison Sheaffer (Cr) 38'6 1/4"

HJ-Amy Hill (L) 5'4"
DIS-Kristi Lund (Cr) 133'6"
SP-Amber Kuter (Cr) 43'4"
JAV-Trina Rogers (Cs) 169'5"
HAM-Windi Selle (S) 161'0"
400MRLY-Spokane (Cindy Simpson, Whitney Schmaljohn, Cydny Edmunds, Keri Nichols) :49.11
1600MRLY-Spokane (Keri Nichols, Cindy Simpson, Jenni Saling, Whitney Schmaljohn) 4:02.12

2000 Clackamas CC

Oregon City, OR – May 25-26

CLACKAMAS 156
 LANE 110
 CLARK 96
 SPOKANE 93
 MT HOOD 85
 CHEMEKETA 69
 LINN-BENTON 20
 HIGHLINE 16
 SW OREGON 6
100M-Rachel Austin (Cls) :12.67
200M-Rachel Austin (Cls) :25.74
400M-Daisy Pressley (Ch) :57.06
800M-Lindsay Roberson (Clr) 2:14.45
1500M-Crystal Glenn (Clr) 4:58.68
3000M-Crystal Glenn (Clr) 10:29.97
5000M-Dawnita LiaBraaten (Clr) 19:20.68
10000M-Tiffany Edwards (MH) 41:02.80
100MHH-Mandy Samudio (L) :15.25
400MIH-Cameo Davis (L) 1:03.77
LJ-Amber Miller (S) 17'2 1/2"
TJ-Regan Zachrisson (MH) 37'1"

HJ-Amy Hill (L) 5'4"
DIS-Krystal Schneider (Cls) 134'0"
SP-Krystal Schneider (Cls) 41'11"
JAV-Trina Rogers (Cls) 151'4"
PV-Becky Holliday (Cls) 12'0"
HAM-Heather Carpenter (LB) 163'1"
400MRLY-Mt. Hood (Kabbiba Wincher, Amber Peck, Regan Zachrisson, Stacey Fitzgerald) :48.71
1600MRLY-Clackamas (Cassie Moorhouse, Becky Holliday, Rachel Austin, Mary Murphy) 3:58.41

2001 Spokane Falls CC

Spokane, WA – May 24-25

SPOKANE 207
 CLACKAMAS 143
 CLARK 83
 HIGHLINE 67
 MT HOOD 53
 LANE 47
 CHEMEKETA 24
 SW OREGON 19
 LINN-BENTON 8
100M-Tonika Vickers (H) :12.30
200M-Emily Alspaugh (S) :25.21
400M-Emily Alspaugh (S) :55.97
800M-Amber Miller (S) 2:25.24
1500M-Michelle Garcia (H) 4:57.46
3000M-Sheila Perletti (Clr) 10:49.79
5000M-Tiffany Edwards (MH) 19:38.06
10000M-Tiffany Edwards (MH) 41:29.81
100MHH-Rachel Austin (Cls) :15.35
400MIH-Brady Randall (MH) 1:06.09
LJ-Jennifer Kennedy (S) 18'9 3/4"
TJ-Amber Miller (S) 36'9"
HJ-Mary Murphy (Cls) 5'7"
DIS-Gretchen Moe (L) 131'5"
SP-Krystal Schneider (Cls) 39'9 3/4"
JAV-Amber Miller (S) 146'5"
PV-Becky Holliday (Cls) 14'4"
HAM-Cassie Rosette (S) 160'10"
400MRLY-Spokane (Rachel Johnson, Emily Alspaugh, Jennifer Kennedy, Amy Nickerson) :48.15
1600MRLY-Spokane (Amber Miller, Jennifer Kennedy, Crystal Gerky, Emily Alspaugh) 4:02.67

2002 Mount Hood CC

Gresham, OR – May 23-24

SPOKANE 194
 MT HOOD 102
 CLACKAMAS 92 1/2
 CLARK 77
 LANE 70
 TREASURE VALLEY 50 1/2
 LINN-BENTON 25
 HIGHLINE 24
 SW OREGON 9
 CHEMEKETA 7
100M-Jennifer Kennedy (S) :12.14
200M-Jennifer Kennedy (S) :25.34
400M-Olivia Palermo (H) :57.41
800M-Rebekah Yancoskie (Cls) 2:22.94
1500M-Kari Rismiller (Cls) 4:47.74
3000M-Kari Rismiller (Cls) 10:36.83
5000M-Kendra Colyar (S) 18:40.79
10000M-Sheila Perletti (Clr) 38:28.11
100MHHUR-Michelle Neal (TV) :15.19
400MIHUR-Brady Randall (MH) 1:03.80
LJ-Jennifer Kennedy (S) 17'7 1/2"
TJ-Jennifer Kennedy (S) 37'7"
HJ-Ashlyn Terry (L) 5'4"
DIS-Jesse Salmela (MH) 128'4"
SP-Jesse Salmela (MH) 43'2"
JAV-Jennifer Dionne (LB) 142'1"
PV-Sara Rowse (Cls) 12'0"
HAM-Cassie Rosette (S) 153'2"
400MRLY-Spokane (Jenny Hansberry, Amy Nickerson, Alissa Miller, Jennifer Kennedy) :48.65
1600MRLY-Mt. Hood (Marlyn Rivas, Shanelle Harris, Darla Severe, Brady Randall) 3:56.71

2003 Clackamas CC

Oregon City, OR – May 22-23

CLARK 161
 SPOKANE 156
 MT HOOD 139
 CLACKAMAS 112
 LANE 94
 HIGHLINE 56
 CHEMEKETA 52
 TREASURE VALLEY 44
100M-Keyanna Jenkins (Clr) :12.46
200M-Olivia Palermo (H) :25.00
400M-Olivia Palermo (H) :56.94
800M-Rebekah Yancoskie (Cls) 2:15.45
1500M-Kari Rismiller (Cls) 4:44.63
3000M-Molly Phimister (Clr) 10:36.00
5000M-Yesezewer Kebede (Clr) 21:12.33
10000M-Yesezewer Kebede (Clr) 40:20.38
100MHHUR-Alissa Miller (S) :14.82
400MIHUR-Michelle Neal (TV) 1:03.61
LJ-Rachel Gibbs (MH) 18'1/2"
TJ-Alissa Miller (S) 38'4"
HJ-Katie Miller (Clr) 5'4"
DIS-Tiana Andreef (Ch) 140'10"
SP-Jessi Salmela (MH) 42'3 1/2"
JAV-Sara Johnson (S) 140'8 1/2"
PV-Erin Schafer (Cls) 11'6"
HAM-Jessi Salmela (MH) 154'10"
400MRLY-Mt. Hood (no names) :48.36
1600MRLY-Clark (Ashley Rambo, Heather Meler, Liz Jacobsen, Brittney Anderson) 3:56.72

2004 Spokane Falls CC

Spokane, WA – May 27-28

SPOKANE 182 1/2
 LANE 153 1/2
 CLARK 141
 CLACKAMAS 130
 HIGHLINE 120
 SW OREGON 45
 MT HOOD 35
100M-Monaka White (H) :12.41
200M-Alyssa Tibbs (SW) :25.66
400M-Selena Lee (SW) :58.02
800M-Amanda Kamm (H) 2:17.69
1500M-Ashley Hadway (S) 4:43.61
3000M-Sitges Marshall (H) 10:20.81
5000M-Ashley Hadway (S) 18:04.03
10000M-Sitges Marshall (H) 37:24.69
100MHHUR-Katie Miller (Clr) :15.25
400MIHUR-Molly Burt (S) 1:04.12
LJ-Kasie Gillespie (Cls) 18'3"
TJ-MacKenzie Winkle (L) 37'3"
HJ-Taryn Plypick (H) 5'7"
DIS-Kate Burton (Clr) 141'5"
SP-Marji Bovey (S) 43'10 3/4"
JAV-Orejeona LaFever (S) 140'5"
PV-Jessie Gallaher (MH) 10'11 3/4"
HAM-Kate Burton (Clr) 175'7"
400MRLY-Spokane (Heather Howard, Molly Burt, Bethany Lentz, Adrienne Milam) :49.13
1600MRLY-Spokane (Brittany Wonsick, Bethany Lentz, Amy Keppler, Molly Burt) 4:00.76

2005 Mt. Hood CC

Gresham, OR – May 26-27

SPOKANE 181
 LANE 156
 CLARK 150
 HIGHLINE 138
 CLACKAMAS 61
 MT HOOD 57
 SW OREGON 51
 TREASURE VALLEY 7
100M-Alyssa Tibbs (SW) :12.37
200M-Alyssa Tibbs (SW) :25.66
400M-Zori Garasmichuk (H) :57.54
800M-Teona Perkins (S) 2:12.62
1500M-Sitges Marshall (H) 4:43.40
3000M-Sitges Marshall (H) 10:29.70
5000M-Sitges Marshall (H) 18:23.25

10000M-Katie Gilbert (L) 40:33.84
100MIHUR-Molly Burt (S) :14.60
400MLHUR-Molly Burt (S) 1:04.53
LJ-Lakeesha Cadogan (Clr) 18'3"
TJ-Lakeesha Cadogan (Clr) 37'4 1/2"
HJ-Taryn Plypick (H) 5'6"
DIS-Kate Burton (Clr) 146'11 1/2"
SP-Judith Bennett (L) 39'8"
JAV-Brittany Driver (Clr) 134'1 1/2"
PV-Erin Shafer (Cls) 11'6"
HAM-Kate Burton (Clr) 179'6"
400MRLY-Highline (Zori Garasmichuk, Kerry McHugh, Carolyn Norman, Monaka White) :48.40
1600MRLY-Highline (Zori Garasmichuk, Monaka White, Kerry McHugh, Carolyn Norman) 4:00.96

2006 Spokane CC

Spokane, WA – May 22-23

SPOKANE 266
 LANE 206
 CLACKAMAS 88
 CLARK 87
 SW OREGON 58
 HIGHLINE 40
 TREASURE VALLEY 31
 MT HOOD 13
100M-Shannon Long (S) :12.48
200M-Shannon Long (S) :25.68
400M-Kristina Ely (L) :57.35
800M-Sheree Barbour (H) 2:19.69
1500M-Sheree Barbour (H) 4:59.85
3000SPL-Lyndsey McKillip (Cl) 12:31.99

5000M-Breanna Mercer (Clr) 19:56.70
10000M-Katie Compogno (S) 43:26.70
100MIHUR-Amber Nash (S) :15.03
400MLHUR-Amber Nash (S) 1:05.61
LJ-Lakeesha Cadogan (Clr) 18'4 1/2"
TJ-Natalie Abersfeller (S) 37'5"
HJ-Amber Name (S) 4'11"
DIS-Natalie Rombach (L) 124'5"
SP-Charlene Moody (L) 40'4 3/4"
JAV-Whitney Harris (L) 155'0"
PV-Afton Reynolds (S) 11'9 3/4"
HAM-Amy Danielson (S) 146'2"
400MRLY-Spokane (Maria Johnson, Shannon Long, Kim Bendio, Natalie Abersfeller) :48.62
1600MRLY-Lane (Megan Steube, Nattisia Reynolds, Heather Frigaard, Kristina Ely) 3:59.34

2007 Mt Hood CC

Gresham, WA – May 24-25

SPOKANE 250
 MT HOOD 174.5
 LANE 149.50
 CLACKAMAS 107
 CLARK 54
 TREASURE VALLEY 40
 SW OREGON 38
100M-Catherine Sims (M) :12.47
200M-Catherine Sims (M) :25.64
400M-Amber Glunt (M) :57.18
800M-Sheryl Page (M) 2:20.68
1500M-Sheryl Page (M) 4:49.35
3000SPL-Larsen Agee (S) 11:22.83
5000M-Pam Ward (T) 18:39.57
10000M-Pam Ward (T) 40:05.78
100MIHUR-Crystal Bradford (L) :15.54
400MLHUR-Amber Glunt (M) 1:04.21
LJ-Natalie Abersfeller (S) 18'0 1/2"
TJ-Natalie Abersfeller (S) 35'9 1/4"
HJ-Kasey Orr (SW) 5'2 1/2"
DIS-Corissa Hutchinson (S) 140'0"
SP-Cortney Zappe (S) 43'10 1/2"
JAV-Jenni Schantin (Clk) 164'10"
PV-Erika Stratton (L) 11'11 1/4"
HAM-Amanda Federici (M) 145'4"
400MRLY-Clackamas (Rachel Hemphill, Jamie Burg, Meaghan Durand, Stefani Dittmar) :48.98
1600MRLY-Mt Hood (Amber Glunt,

WOMEN'S TRACK & FIELD HISTORY

Annie Hayward, Sheryl Page, Catherine Sims) 3:58.29

2008 Spokane CC

Spokane, WA – May 22-23
SPOKANE 276
MT HOOD 155
LANE 117.50
CLACKAMAS 82
CLARK 67
SW OREGON 63.50
TREASURE VALLEY 38
EVERETT 16
100M- Chanel James (S) :11.82
200M- Morgan Cribbs (CL) :24.61
400M- Amber Glunt (M) :57.14
800M- Sheryl Breck (M) 2:19.08
1500M- Sheryl Breck (M) 4:51.20
3000SPL- Karen Owens (S) 11:57.14
5000M- Janae Larson (Clr) 17:33.70
10000M- Janae Larson (Clr) 36:35.42
100MIHUR- Jewel Martin (L) :14.60
400MLHUR- Amber Glunt (M) 1:04.38
LJ- Chanel James (S) 18' 2 1/2"
TJ- Chanel James (S) 35' 10 3/4"
HJ- Kasey Orr (SW) 5'2 1/4"
DIS- Corissa Hutchinson (S) 143'8"
SP- Corissa Hutchinson (S) 43' 6 1/2"
JAV- Lynnea Braun (S) 164' 11"
PV- JoLena Boatsman (L) 11' 5 1/4"
HAM- Rachel Garcia (S) 157' 10"
400MRLY- Spokane (Nicole Nida, Taylor Cook, Stephanie Hill, Chanel James) :47.24
1600MRLY- Spokane (Angela Shearer, Stephanie Hill, Nicole Nida, Taylor Cook) 4:00.60

2009 Spokane CC

Spokane, WA – May 22-23
SPOKANE 224
LANE 179
MT. HOOD 131.50
CLACKAMAS 84.50
CLARK 82
SW OREGON 48
TREASURE VALLEY 35
EVERETT 24
100M- Vanessa Harris (S) :12.44
200M- Catherine Sims (M) :25.15
400M- Catherine Sims (M) :57.84
800M- Brittany Henderson (Clr) 2:18.31
1500M- Brittany Henderson (Clr) 4:54.02
3000SPL- Karen Owens (S) 11:49.12
5000M- Brittnee Sanchez (S) 19:16.65
10000M- Megan Hall (E) 40.23.75
100MIHUR- Terra Schumacher (M) 14.30
400MLHUR- Kaitlyn Reid (Clk) 1:04.71
LJ- Keisa Monterola (Clk) 17' 8 1/3"
TJ- Kim Wilson (L) 38' 0"
HJ- Sasha Reuben (S) 5' 2 1/4"
DIS- Ashley Hutchinson (S) 127' 5"
SP- Ashley Hutchinson (S) 44' 10 3/4"
JAV- Lacy Kennedy (M) 154' 7"
PV- Keisa Monterola (Clk) 12' 8 1/4"
HAM- Ashley Hutchinson (S) 169' 8"
400MRLY- Spokane (Myisha Valentine, Taylor Cook, Vanessa Harris, Lateashea Currie) :47.25
1600MRLY- Spokane (Chelsea Lawhead, Myisha Valentine, Vanessa Harris, Taylor Cook) 4:01.98

2010 Spokane CC

Spokane, WA – May 22-23
SPOKANE 243
LANE 235.50
CLACKAMAS 96
EVERETT 67
SW OREGON 58.50
MT. HOOD 40
TREASURE VALLEY 39
CLARK 27

100M- Chanel James (S) :12.05
200M- Chanel James (S) :24.78
400M- Nicole Nida (S) :57.25
800M- Rachel McDaniel (S) 2:15.46
1500M- Shawna Schooley (E) 4:43.42
3000SPL- Shawna Schooley (E) 11:46.25
5000M- Shannon Porter (TV) 18:26.69
10000M- Kelly Talkington (E) 38:50.86
100MIHUR- Sam Berryman (L) :15.10
400MLHUR- Elizabeth Martin (L) 1:04.36
LJ- Chanel James (S) 18' 8"
TJ- Kim Wilson (L) 39' 1"
HJ- Kelly Millager (SW) 5' 5 1/4"
DIS- Christina Grizzel-Hardie 134' 7"
SP- Anna George (S) 44' 1/2"
JAV- Christina Grizzel-Hardie 147' 0"
PV- Amber Williams (L) 11' 7 1/4"
HAM- Andrea Edwards (S) 154' 11"
400MRLY- Spokane (Myisha Valentine, Nicole Nida, Chelsea Lawhead, Chanel James) :47.34
1600MRLY- Spokane (Chelsea Lawhead, Chanel James, Rachel McDaniel, Nicole Nida) 3:55.96

2011 Spokane Falls CC

Spokane, WA – May 23-24
 1. Spokane, 250
 2. Clackamas, 174
 3. Lane 145
 4. Mt. Hood, 68
 5. SW Oregon, 47.5
 6. Treasure Valley, 44
 7. Clark, 37.5
 8. Everett, 28
 9. Olympic, 17
 10. Green River, 3
 11. Skagit Valley, 1
100m- Barnes, Ebony (S) :12.39
200m- Barnes, Ebony (S) :25.31
400m- Cummings, Stephenie (S) :56.84
800m- McDaniel, Rachel (S) 2:16.13
1500m- Porter, Shannon (TV) 4:40.59
3000SPL- Elliott, Mikel (S) 12:01.72
5000m- Porter, Shannon (TV) 18:03.64
10000m- Crossman, Gylany (L) 39:45.78
100mH- Dezellem, Shayle (S) :14.77
400mH- Dezellem, Shayle (S) :63.09
400MRLY- Mt. Hood (Drake, Knudson, Zodrow, Crumpler) :48.15
1600MRLY- Spokane (Dezellem, McDaniel, Jackson, Cummings) 3:55.58
LJ- Monterola, Keisa (Clk) 18-00.50
TJ- Davis, Katie (L) 36-04.75
HJ- Millager, Kelly (SW) 5-06.00
PV- Monterola, Keisa (Clk) 14-02.50
SP- Fowler, Krystall (S) 41-02.25
DIS- Higgins, Katie (Clk) 136-08
JAV- Randall, Brook (S) 152-01
HEP - Dezellem, Shayle (S) 4244

2012 Spokane Falls CC

Spokane, WA – May 21-22
SPOKANE 201
LANE 168
MT. HOOD 106
CLACKAMAS 86
EVERETT 74
OLYMPIC 60
SW OREGON 48
TREASURE VALLEY 32
CLARK 24.50
GREEN RIVER 19.50
100M- Ebony Barnes, (S) :12.35
200M- Ebony Barnes, (S) 25.32
400M- Stepheni Cummings (S) :56.58
800M- Kaitlin Fisher (E) 2:17.73
1500M- Mikel Elliott (S) 4:38.65
3000SPL- Mikel Elliott (S) 11:13.10
5000M- Mikel Elliott (S) 18:12.37
10000M- Gylany Crossman (L) 38:09.1h
100M HUR- Shayle Dezellem (S) 14.68

400M HUR- Shayle Dezellem (S) 63.03
LJ- Terra Zodrow (M) 17' 07"
TJ- Kelsie Williams (O) 34' 08 1/2"
HJ- Kyanne Hemenway (T) 5' 04 1/2"
DIS- Janell Alyea (E) 142' 08"
SP- Tori Dixson (M) 40' 09"
JAV- Emma Buchholz (Clk) 154' 02"
PV- Tara Carlton (L) 10' 11 1/2"
HAM- Katie Higgins (Clk) 154' 02"
400MRLY- Mt. Hood (Molly Scoles, Laura Knudson, Mariah Crumpler, Terra Zodrow) :47:61
1600MRLY- Spokane (Ebony Barnes, Stephanie Cummings, Shayle Dezellum, Mikel Elliott) 3:55.42
HEP - Shayle Dezellem, (S) 4532

2013 Spokane Falls CC

Spokane, WA – May 20-21
 1. Lane, 252.5
 2. Clackamas 173
 3. Spokane 96.5
 4. Everett 91.75
 5. Mt. Hood 75
 6. Treasure Valley 42
 7. Southwestern Oregon 32.25
 8. Olympic 23
 9. Green River 13
 10. Clark 11
 11. Skagit Valley 1
100M- Allie Church (L) :12.21
200M- Allie Church (L) :24.81
400M- Molly Scoles (MH) :58.55
800M- Kaitlyn Fisher (E) 2:20.24
1500M- Jessica Mildes (S) 4:39.29
3000SPL- Catie Arrigoni (E) 11:27.16
5000M- Jessica Mildes (S) 17:31.35
10000M- Rachel Cunday (E) 38.52.5
100M HUR- Shanees Applegate (L) :14.52
400M HUR- Tiffany Forbito (Clk) :63.8
400MRLY- Lane (Applegate, Church, Rowlee, Ambus) :47.61
1600MRLY- Lane (Grimstad, Wilson, Hallock, Church) 3:56.00
LJ- Shanees Applegate (L) 18-06.50
TJ- Kristin Clark (L) 37-01.25
HJ- Elizabeth Venzon (Clk) 5-04.25
SP- Anna Jensen (L) 11-08.00
PV- Leah Wilson (L) 42-09.00
DIS- Madison Seaman (L) 150-11
JAV- Tiffany Forbito (Clk) 142-05
HAM- McKenzie Warren (MH) 164-00
HEP- Elizabeth Venzon (Clk) 4658

2014 Spokane Falls CC

Spokane, WA – May 19-20
LANE 241
SPOKANE 219
CLACKAMAS 130
MT. HOOD 115
CLARK 32
EVERETT 32
SW OREGON 20
TREASURE VALLEY 20
GREEN RIVER 5
SKAGIT VALLEY 3
100M- Jahzelle Ambus, (L) 12.20
200M-Jahzelle Ambus, (L) 25.03
400M- Kristine Dunn, (L) 57.44
800M- Macaulay Wilson, (L) 2:17.27
1,500M- Jessica Mildes, (S) 4:41.75
3,000STP- Jessica Mildes, (S) 11:56.29
5,000M- Jessica Mildes, (S) 18:15.06
10,000M- Jessica Mildes, (S) 39:26.37
100M HUR- Kara Hallock, (L) 14.76
400M HUR- Jalen Tims, (L) 62.01
TJ- Kristin Clark, (L) 37'06.75
DIS: McKenzie Warren, (MH) 143'06
HAM- McKenzie Warren, (MH) 152'09
HJ- Brittany Dugger, (S) 5'6"
PV- Janelle Noga, (L) 11'9.25"
LJ- Jordyn Searle, (Clk), 19-00.75
SP- McKenzie Warren, (MH), 43'07.25
JAV- Jacy Vining, (S) 134'08

400MRLY- Lane (Jalen Tims, Krisine Dunn, Macaulay Wilson, Jahzelle Ambus) 47.29
1600MRLY- Lane (Jalen Tims, Macaulay Wilson, Jahzelle Ambus, Krisine Dunn) 3:52.81
HEP- Elizabeth Venzon, (Clk) 4905 pts

2015 Spokane Falls CC

Spokane, WA – May 18-19
SPOKANE 208
LANE 187
CLACKAMAS 125
MT. HOOD 85
SW OREGON 54
OLYMPIC 40
GREEN RIVER 34
TREASURE VALLEY 33
EVERETT 32
CLARK COLLEGE 20
100M- Margaret Paul (MH) :11.96 (record)
200M- Margaret Paul (MH) :24.61 (tied record)
400M- Emily Mills (O) :57.00
800M- Megan Fristoe (S), 2:18.94
1,500M- Nicole Maurmann (L) 4:46.14
3000SPL- Megan Fristoe (S) 11:47.26
5,000M- Georgia Glovatsky (MH) 18:16.63
10,000M- Georgia Glovatsky (MH) 39:03.35
100M HUR- Brittany Dugger (S) :14.36
400M HUR- Emily Bland (E) 1:02.96
4x100M- Spokane (Sydney Roberts, Brittany Dugger, Kendra Hamm, Hayley Otholt) :48.70
4x400M- Lane, (Kylee O'Connor, Danielle Girard, Kristine Dunn, Daysha Simms-Garcia) 3:55.93
HJ- Brittany Dugger (S) 5-04.25
PV- Tiffany Richeson, (CLK) 11-10.75
LJ- Talisha Dozier (SW) 18-07.75
TJ- Janayla Scott (GR) 37-07.25
DIS- Rachael Huffman (SW) 124-03
HAM- Alyssa Taylor (L) 155-07
JAV- Tianna Ybarra, (CLK) 138-04
SP- Krystall Fowler (GR) 39-09.75
HEP- Kendra Hamm, (S) 4466 pts

2016 Mt. Hood CC

Gresham, OR – May 23-24
SPOKANE 215
LANE 209.5
CLACKAMAS 104.5
CLARK 87
MT. HOOD 62
EVERETT 40
OLYMPIC 33
TREASURE VALLEY 30
GREEN RIVER 21
SW OREGON 14
100M- Danelle Woodcock (MH) :12.23
200M- Danelle Woodcock (MH) :24.88
400M- Rubie Cordey (L) :55.61
800M- Danielle Gurard (L) 2:17.70
1500M- Danielle Gurard (L) 4:52.40
3000MSTP- Madison Schell (L) 11:47.03
5000M- Gracie Ledwith (S) 15:41.68
10,000M- Gracie Ledwith (S) 40:13.70
100M HUR- Emily Bland (E) :14.93
400M HUR- Emily Bland (E) 1:02.69
HAM- Elisha Allred (S) 149-09
JAV- Taylor Rispler (MH) 131-11
PV- Marissa Taylor (L) 12-4.5
HJ- Rasha Spencer (S) 5-1.75
TJ- Olivia Rose (CRK) 37-00.25
SP- Toa Levi (S) 41-07.75
DIS- Elisha Allred (S) 140-06
LJ- Danelle Woodcock (MH) 18-5.75
4x100M- Lane (Loomis, Cordey, O'Connor, Simms-Garcia) 48.10
4x400M- Lane (Simms-Garcia, Viuhkola, O'Connor, Cordey) 3:53.08
HEP- Kylee O'Connor (L) 3661

OCCAA TRACK & FIELD HISTORY

MEN

1964 Redmond HS
Redmond, OR – May 23
 SW OREGON 78
 TREASURE VALLEY 71 1/2
 CENTRAL OREGON 31 1/2
 BLUE MOUNTAIN 2
 100-Jesse Glenn (TV) :09.9
 220-Mike Coblentz (TV) :22.5
 440-Dean Southam (SW) :53.0
 880-Jim Jellison (SW) 2:11.4
 MI-Jim Jellison (SW) 4:53.5
 2MI-Gerald Freytag (TV) 12:23.6
 120HH-Dean Southam (SW) :15.3
 220LH-Dean Southam (SW) :25.6
 BJ-Dean Southam (SW)
 19'11 1/2"
 TJ-Dean Southam (SW)
 40'10 1/2"
 HJ-Tom Johnson (SW) 6'0"
 DIS-Larry Gregory (SW)
 135'7 1/2"
 SP-Larry Gregory (SW)
 38'10 1/2"
 JAV-Lowell Stewart (CO) 175'6 1/2"
 PV-Paul Ables (TV) 11'6"
 440RLY-Treasure Valley (no names)
 :45.1
 MiRLY-Treasure Valley (no names)
 3:43.2

1965 Bell Field (O.S.U.)
Corvallis, OR – May 8
 CLATSOP 67 1/2
 TREASURE VALLEY 59
 SW OREGON 52 1/2
 100-Jim Hatfield (SW) :10.6
 220-Steve Bingham (SW) :23.0
 440-Bob Zink (TV) :51.4
 880-Steve Bingham (SW) :2:01.8
 MI-Steve Bingham (SW) 4:42.4
 2MI-Steve Bingham (SW) 4:42.4
 120HH-Betts (SW) :16.8
 330IH-Betts (SW) :42.0
 BJ-Larry Robinson (C) 21'11/2"
 TJ-Larry Robinson (C)
 42'2 1/2"
 HJ-Tom Johnson (SW) 5'10"
 DIS-Carl Koskela (C)
 129'1 1/2"
 SP-Jerry Gregory (SW)
 43'8 1/4"
 JAV-Brick Grayum (C)
 176'3 1/2"
 PV-Lackey (TV) 11'0"
 400RLY-Clatsop (Brick Grayum, Gene Faust, Douglas Bundy, Ron Steele)
 :45.5
 MiRLY-Treasure Valley (no names)
 3:32.2

1966 Bend HS
Bend, OR – May 12
 TREASURE VALLEY 74 1/2
 SW OREGON 67
 CENTRAL OREGON 53 1/2
 BLUE MOUNTAIN 51
 CLATSOP 22
 100-Stan Lovell (SW) :09.7
 220-Larry Sweek (BM) :21.8
 440-Bob Zink (TV) :52.0
 880-Mike Oft (TV) 1:58.9
 MI-Steve Bingham (SW) 4:39.4
 2MI-Vern Walters (CO) 10:25.7
 120HH-Jim Carlson (CO) :15.8
 330IH-Steve Bingham (SW) :40.8
 LJ-Jim Carlson (CO) 22'4 1/4"
 TJ-Charles DeVoe (BM)
 43'9 3/4"
 HJ-Robert Morris (CO) 5'6"
 DIS-Scott (TV) 124'9 1/2"
 SP-Jerry Gregory (SW)
 43'7 1/2"
 JAV-Jack Fredrickson (CO) 198'7 3/4"
 PV-Ken Meyer (TV) 13'0"

440RLY-Treasure Valley (Ken Meyer, Joe Luisi, Steve Fields, Bob Zink) :44.6
 1600MRLY-Treasure Valley (Steve Fields, Mike Oft, Dunten, Bob Zink) 3:34.5

1967 Marshfield HS
Coos Bay, OR – May 13
 TREASURE VALLEY 112
 CENTRAL OREGON 54 1/2
 SW OREGON 52 1/2
 BLUE MOUNTAIN 45
 CLATSOP 6
 100-Howe (TV) :09.7
 220-Larry Sweek (BM) :22.2
 440-Gray (TV) :49.8
 880-Tom Leaton (SW) 2:06.0
 MI-Jerry Duberrow (CO) 4:35.0
 2MI-Arleigh Allen (SW) 10:10.0
 120HH-Campbell (TV) :15.7
 440IH-Craig Gibson (CO) :59.2
 LJ-Craig Gibson (CO)
 21'9 1/2"
 TJ-Charles DeVoe (BM) 41'11"
 HJ-Billups (TV) 6'4"
 DIS-Jerry Crowe (CO) 143'2"
 SP-Toombs (TV) 44'6 3/4"
 JAV-Bill Neal (SW) 184'8"
 PV-Ken Meyers (TV) 13'2"
 440RLY-Treasure Valley (Howe, Jordan, Guillory, Lloyd) :44.2
 MiRLY-Treasure Valley (Howe, Barker, Mulvaney, Gray) 3:33.3

1968 Treasure Valley CC
Ontario, OR – May 11
 TREASURE VALLEY 102
 SW OREGON 68
 BLUE MOUNTAIN 44
 CENTRAL OREGON 42
 CLATSOP 14
 100-Don Kelpin (TV) :10.1
 220-Don Kelpin (TV) :23.0
 440-Dan Gorman (BM) :51.3
 880-Guy Faust (SW) 2:05.3
 MI-Guy Faust (SW) 4:35.0
 2MI-Dan Fraser (SW) 10:02.1
 120HH-John Oliver (TV) :15.89
 440IH-Craig Gibson (CO) :58.0
 LJ-Jim Barr (SW) 22'1 1/2"
 TJ-Jim Barr (SW) 41'11"
 HJ-Gary Kamo (TV) 6'0"
 DIS-Jerry Crowe (C) 142'7"
 SP-Larry Benson (BM) 45'1"
 JAV-Dick Harding (TV) 198'4"
 PV-Rider (SW) 13'6 1/2"
 440RLY-Treasure Valley (Steve Kerby, Mike Blacketter, Don Kelpin, Gary Hurley) :44.1
 MiRLY-Central Oregon (Bill Waterbury, Tony Metteer, Jim Wilson, Craig Gibson) 3:30.9

1969 Mount Hood CC
Gresham, OR – May 10-11
 MOUNT HOOD 194
 LANE 104
 TREASURE VALLEY 96
 CENTRAL OREGON 49
 SW OREGON 24
 CLACKAMAS 16
 BLUE MOUNTAIN 11
 UMPQUA 2
 100-Luther Goin (MH) :09.8
 220-Luther Goin (MH) :21.7
 440-Curt Nettles (MH) :49.5
 880-Roy Terry (MH) 1:53.9
 MI-Jan McNeale (L) 4:16.1
 2MI-Jan McNeale (L) 9:24.0
 120HH-Andy McGladery (C) :15.8
 440IH-Doug Anderson (MH) :55.8
 LJ-Luther Goin (MH) 25'2 3/4"
 TJ-Dave Wise (L) 46'3 1/4"
 HJ-Dennis Coney (L) 6'4"
 DIS-Bob Mest (CO) 144'1 1/2"

SP-Don Lewis (TV) 50'5"
JAV-Dick Harding (TV)
 210'11 3/4"
PV-Rod Moores (L) 13'4"
 440MRLY-Mt. Hood (Gary Rose, John North, Curt Nettles, Luther Goin) :42.3
MiRLY-Mt. Hood (Curt Nettles, Dennis Henry, Bob Keys, Roy Terry) 3:21.7

1970 Lane CC
Eugene, OR – May 22-23
 MOUNT HOOD

1971 Lane CC
Eugene, OR – May 7-8
 MOUNT HOOD

1972 Marshfield HS
Coos Bay, OR – May 5-6
 LANE

1973 Oregon City HS
Oregon City, OR - May 11-12
 LANE

1974 Oregon City HS
Oregon City, OR - May 10-11
 ?

1975 Lane CC
Eugene, OR – May 9-10
 LANE

1976 Lane CC
Eugene, OR – May 7-8
 LANE

1977 Clackamas CC
Oregon City, OR – May 6-7
 LANE

1978 Umpqua CC
Winchester, OR – May 5-6
 LANE

1979 Linn-Benton CC
Albany, OR – May 4-5
 LANE

1980 Clackamas CC
Oregon City, OR – May 2-3
 LANE

1981 ?
 ? – May ?
 LANE

1982 Mount Hood CC
Gresham, OR - Apr 30-May 1
 CLACKAMAS

1983 Lane CC
Eugene, OR – May 13-14
 LANE

WOMEN

1977 Clackamas CC
Oregon City, OR – May 6-7
 CENTRAL OREGON

1978 Umpqua CC
Winchester, OR – May 5-6
 CLACKAMAS

1979 Linn-Benton CC
Albany, OR – May 4-5
 CLACKAMAS

1980 Clackamas CC
Oregon City, OR – May 2-3
 MOUNT HOOD

1981 ?
 ? – May ?
 MOUNT HOOD

1982 Mount Hood CC
Gresham, OR - Apr 30-May 1
 LANE

1983 Lane CC
Eugene, OR – May 13-14
 LANE