

## 3A Regional Track & Field Meet Records

### BOYS 100 METER DASH

State Meet Record - 10.35 Ja'Warren Hooker-Ellensburg-1997  
Regional Meet Record - 10.93 Aaron Gunn-Hanford-2003

### BOYS 200 METER DASH

State Meet Record - 21.11 Anthony Buchanon-University-2000  
Regional Meet Record - 21.66 Corde Bailey - Rogers-Spokane - 2010

### BOYS 400 METER DASH

State Meet Record - 45.74 Darrell Robinson-Wilson-1982  
Regional Meet Record - 48.73 Case Parker-East Valley(Sp)-2007

### BOYS 800 METER RUN

State Meet Record - 1:49.74 Nick Boersma-Wenatchee-2012  
Regional Meet Record - 1:52.54 Nectaly Barbosa-Prosser-2005

### BOYS 1600 METER RUN

State Meet Record - 4:04.77 Izaic Yorks-Lakes-2012  
Regional Meet Record - 4:08.47 Nathan Weitz-Shadle Park-2012

### BOYS 3200 METER RUN

State Meet Record - 8:45.3 Rick Riley-Joel Ferris-1966 (8:48.3 for 2 Mile)  
Regional Meet Record - 8:56.80 Tanner Anderson-North Central-2014

### BOYS 110 HIGH HURDLES

State Meet Record - 13.86 Cecil Bowie-Rainier Beach-1987  
Regional Meet Record - 14.07 Joseph Collett-Hanford-2012

### BOYS 300 INTERMEDIATE HURDLES

State Meet Record - 36.57 Mark Phillips-Garfield-1986  
Regional Meet Record -37.97 Trevor Rollingner-West Valley(Yak)-2004

### BOYS 4x100 METER RELAY

State Meet Record 41.34-Garfield-1986  
Regional Meet Record - 42.20 North Central-2007

### BOYS 4x400 METER RELAY

State Meet Record 3:16.09-Wilson-1982  
Regional Meet Record - 3:21.59 Hanford-2003

### GIRLS 100 METER DASH

State Meet Record - 11.61 Danielle Marshall-Lake Washington-1992  
Regional Meet Record - 12.11 Chantel Jaeger-West Valley(Yak)-2011

### GIRLS 200 METER DASH

State Meet Record - 24.05 Germe Poston-Franklin Pierce-2009  
Regional Meet Record - 24.25 Chantel Jaeger-West Valley(Yak)-2010

### GIRLS 400 METER DASH

State Meet Record -54.14 Becca Noble-Rogers(Sp)-2005  
Regional Meet Record - 55.26-Ellie Heiden-Kamiakin-2013

### GIRLS 800 METER RUN

State Meet Record-2:04.10 - Alexa Efraimson - Camas - 2014  
Regional Meet Record - 2:14.18 Lisa Olander-West Valley-Yak-2008

### GIRLS 1600 METER RUN

State Meet Record-4:33.29 - Alexa Efraimson - Camas - 2014  
Regional Meet Record - 4:46.26 Kathryn Knight - North Central - 2013

### GIRLS 3200 METER RUN

State Meet Record-10:05.81 Megan O'Reilly-Mt. Spokane-2006  
Regional Meet Record - 10:24.08 Kathryn Knight - North Central - 2011

### GIRLS 100 HIGH HURDLES

State Meet Record - 13.88 Ginny Powell-Rainier Beach-2001  
Regional Meet Record - 14.77-Andrea Smith-Southridge-2011

### GIRLS 300 LOW HURDLES

State Meet Record - 42.12 Ginnie Powell-Rainier Beach-2000  
Regional Meet Record - 43.36 Morgan Clem-Eastmont-2008

### GIRLS 4X100

State Meet Record 46.90-Federal Way-2014  
Regional Meet Record - 47.84-Kamiakin-2012

### GIRLS 4X200

State Meet Record 1:39.12-Garfield-1983  
Regional Meet Record - 1:40.98 Kamiakin-2013

### GIRLS 4X400

State Meet Record 3:50.6 Sammamish-1978  
Regional Meet Record - 3:55.87 Eastmont-2002

**BOYS HIGH JUMP**

State Meet Record - 7' 2.25" Terry Ellis-Pateros-1978  
Regional Meet Record - 6' 8" Jason Feser-Kamiakin-2008

**BOYS POLE VAULT**

State Meet Record - 17' 0" Tyson Byers-University-2002  
Regional Meet Record - 16' 0" Rick Collins-West Valley-1998

**BOYS LONG JUMP**

State Meet Record - 24' 10.25" Peller Phillips-Garfield-1988  
Regional Meet Record - 22' 11.5" Trenton Osborn-Eastmont-2011

**BOYS TRIPLE JUMP**

State Meet Record - 50' 9.25" Kasen Williams-Skyline-2011  
Regional Meet Record - 46' 7" Keefe Brockman-Hanford-2007

**BOYS SHOTPUT**

State Meet Record - 68' 8.5" Vince Goldsmith-Mt.Tahoma-1977  
Regional Meet Record - 57' 11.5" Bob Wilske-Cheney-2006

**BOYS DISCUS**

State Meet Record - 193' 8" Gary Leffler-Clarkston-1979  
Regional Meet Record - 167' 9" Matt Gill-West Valley(Yak)-2007

**BOYS JAVELIN**

State Meet Record - 233' 8" Bob Rockett-Willapa Valley-1982  
Regional Meet Record - 210' 6" Jarrod Gibbons-Prosser-1999  
New Implement - 197' 10" - Luke Evans - North Central - 2010 \*

**GIRLS HIGH JUMP**

State Meet Record - 6' 1" Mary Moore-Issaquah-1983  
Regional Meet Record - 5' 6" Kayla Mainer-West Valley(Sp)-2002  
5' 6" Andrea Stapleton-Kamiakin -2014

**GIRLS POLE VAULT**

State Meet Record -13' Kirsten Webber-Squalicum-2014  
Regional Meet Record - 12' 8" Jordan Roskelley-Mt. Spokane-2007

**GIRLS LONG JUMP**

State Meet Record - 19' 9.75" Patsy Walker-Yelm-1977  
Regional Meet Record - 18' 10.25" Kyra Brannan-Kamiakin-2013

**GIRLS TRIPLE JUMP**

State Meet Record - 41' 7.5" LaShonda Christopher-RiverRidge-1994  
Regional Meet Record - 38' 1.75" Shene Davis-Selah-2006

**GIRLS SHOTPUT**

State Meet Record - 50' 5.5" Carrie Albano-Meadowdale-1978  
Regional Meet Record - 44' 5.50" Sabrina Keys-North Central-2014

**GIRLS DISCUS**

State Meet Record - 173' 1" Mandy Borschowa-Mt. Si-1998  
Regional Meet Record - 139' 7" Shannon Groh-West Valley(Sp)-2001

**GIRLS JAVELIN**

State Meet Record - 189' 7" Erica Wheeler-Sequim-1985  
Regional Meet Record - 144' 10" Stephanie Ulmer-Ellensburg-2000  
New Implement - 141' 1" Bianca Pope - Shadle Park - 2009 \*