

# 4A Regional Track & Field Meet Records

## BOYS 100 METER DASH

State Meet Record - 10.35 Ja'Warren Hooker-Ellensburg-1997  
Regional Meet Record - 10.45 Anthony Buchanan-University-2000

## BOYS 200 METER DASH

State Meet Record - 21.11 Anthony Buchanon-University-2000  
Regional Meet Record - 21.13 Anthony Buchanon-University-2000

## BOYS 400 METER DASH

State Meet Record - 45.74 Darrell Robinson-Wilson-1982  
Regional Meet Record - 47.06 Tahvio Gratton-Davis-1999

## BOYS 800 METER RUN

State Meet Record - 1:49.74 Nick Boersma-Wenatchee-2012  
Regional Meet Record - 1:52.60 Justin Zimmerman-Ferris-2009

## BOYS 1600 METER RUN

State Meet Record - 4:04.77 Izaic Yorks-Lakes-2012  
Regional Meet Record-4:11.44-Michael Kiter-Shadle Park-2001

## BOYS 3200 METER RUN

State Meet Record - 8:45.3 Rick Riley-Joel Ferris-1966 (8:48.3 for 2 Mile)  
Regional Meet Record-9:01.77-Andrew Gardner-Mead-2012

## BOYS 110 HIGH HURDLES

State Meet Record - 13.86 Cecil Bowie-Rainier Beach-1987  
Regional Meet Record - 14.29 Kyle Schauble-Kamiakin-2006

## BOYS 300 INTERMEDIATE HURDLES

State Meet Record - 36.57 Mark Phillips-Garfield-1986  
Regional Meet Record - 37.77 Garrett Gerling - Walla Walla- 2010

## BOYS 4x100 METER RELAY

State Meet Record 41.34-Garfield-1986  
Regional Meet Record 42.00-Davis-1999

## BOYS 4x400 METER RELAY

State Meet Record 3:16.09-Wilson-1982  
Regional Meet Record 3:17.97-Davis-1999

## GIRLS 100 METER DASH

State Meet Record - 11.61 Danielle Marshall-Lake Washington-1992  
Regional Meet Record - 11.98 Bree Skinner-Pasco-1999

## GIRLS 200 METER DASH

State Meet Record - 24.05 Germe Poston-Franklin Pierce-2009  
Regional Meet Record - 24.3 Teresa Brooks-Lewis & Clark-1999

## GIRLS 400 METER DASH

State Meet Record -54.14 Becca Noble-Rogers(Sp)-2005  
Regional Meet Record - 53.79 Becca Noble-Rogers(Sp)-2005

## GIRLS 800 METER RUN

State Meet Record-2:04.10 - Alexa Efraimson - Camas - 2014  
Regional Meet Record - 2:09.99 Renee Wageman-Kamiakin-2000

## GIRLS 1600 METER RUN

State Meet Record-4:33.29 - Alexa Efraimson - Camas - 2014  
Regional Meet Record-4:51.98-Shelly Zickler-Ferris-1994

## GIRLS 3200 METER RUN

State Meet Record-10:05.81 Megan O'Reilly-Mt. Spokane-2006  
Regional Meet Record-10:36.95 Jennifer Smith-Ferris-1997

## GIRLS 100 HIGH HURDLES

State Meet Record - 13.88 Ginny Powell-Rainier Beach-2001  
Regional Meet Record - 14.11 Lindsey Johnson-Kamiakin-1999

## GIRLS 300 LOW HURDLES

State Meet Record - 42.12 Ginnie Powell-Rainier Beach-2000  
Regional Meet Record - 43.61 Seville Broussard-Walla Walla-1994

## GIRLS 4X100

State Meet Record 46.90-Federal Way-2014  
Regional Meet Record 48.10-Southridge-2009

## GIRLS 4X200

State Meet Record 1:39.12-Garfield-1983  
Regional Meet Record 1:41.76-Southridge-2009

## GIRLS 4X400

State Meet Record 3:50.6 Sammamish-1978  
Regional Meet Record 3:52.27-Mead-2007

**BOYS HIGH JUMP**

State Meet Record - 7' 2.25" Terry Ellis-Pateros-1978  
Regional Meet Record-7' 0.25" Casey Clark-Mt. Spokane-1999

**BOYS POLE VAULT**

State Meet Record - 17' 0" Tyson Byers-University-2002  
Regional Meet Record - 16' 3" Tyson Byers-University-2001

**BOYS LONG JUMP**

State Meet Record - 24' 10.25" Peller Phillips-Garfield-1988  
Regional Meet Record - 23' 6.5" Leo Slack-Kennewick-1994

**BOYS TRIPLE JUMP**

State Meet Record - 50' 9.25" Kasen Williams-Skyline-2011  
Regional Meet Record - 47' 10" Will Robinson-Lewis & Clark-2002

**BOYS SHOTPUT**

State Meet Record - 68' 8.5" Vince Goldsmith-Mt.Tahoma-1977  
Regional Meet Record - 62' 4.5" Cameron Elisara-Ferris-2006

**BOYS DISCUS**

State Meet Record - 193' 8" Gary Leffler-Clarkston-1979  
Regional Meet Record - 183' 3" Drew Ulrick-Mead-2003

**BOYS JAVELIN**

State Meet Record - 233' 8" Bob Rockett-Willapa Valley-1982  
Regional Meet Record - 210' 7" Doug Vincent-Pasco-2000  
New Implement - 203' 1" Justin Graff - Mead -2009

**GIRLS HIGH JUMP**

State Meet Record - 6' 1" Mary Moore-Issaquah-1983  
Regional Meet Record-5' 10" Kelly McNamee-Ferris-2008

**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 - 19' 5" Francesca Green-Kamiakin-1995

**GIRLS TRIPLE JUMP**

State Meet Record - 41' 7.5" LaShonda Christopher-RiverRidge-1994  
Regional Meet Record - 39' 0" Shaniae Lakes-Richland-2009

**GIRLS SHOTPUT**

State Meet Record - 50' 5.5" Carrie Albano-Meadowdale-1978  
Regional Meet Record - 46' 11.5" Courtney Hutchinson-Mead-2013

**GIRLS DISCUS**

State Meet Record - 173' 1" Mandy Borschowa-Mt. Si-1998  
Regional Meet Record - 141' 5" Mari Ruiz-Walla Walla-1999

**GIRLS JAVELIN**

State Meet Record - 189' 7" Erica Wheeler-Sequim-1985  
Regional Meet Record - 151' 11" Allison Beatty-Mead-1995  
New Implement - 145' 7" Bridgette Underwood-Richland-2013