

## Boys Track All-Time Top 10 Performers

### 100 M Dash

1. Bob Graves	11.04	1969
2. Cody Patterson	11.37	2010
3. Derek Luck	11.44	2013
4. Kelly Ray	11.54	1992
Andy Wintersteen	11.54	2001
Benjo Musa	11.54	2011
7. Mike Curnow	11.64	1972
Chuck Thomas	11.64	1984
Morgan Owen	11.64	1992
10. Dick D'Agostino	11.74	1968
Paul Rickles	11.74	1981
John Diego	11.74	2004

### 3000 M Run

1. Bill Watkins	9:15.20	1971
2. Justin Sleutel	9:56.52	2009
3. Jake Tussing	10:03.74	2009
4. Jeryd Lewis	10:07.70	2014
5. Dennis Dunn	10:14.80	1973
6. Von Massey	10:16.10	1964
7. Jon Nichols	10:16.20	1979
8. Blaine Hansen	10:23.00	1967
9. Rigo Martinez	10:25.98	2012
10. Josh Marshall	10:28.80	1998

### Triple Jump

1. Derek Luck	43' 1½"	2012
2. Dallas Moses	42' 7¼"	2007
3. Cody Patterson	41'10"	2010
4. Tyler Whitaker	41' 7"	2016
5. Jordan Little	41' 3"	2008
6. John Diego	41' ¾"	2004
7. Sean Ball	40' 3"	2007
8. Jim Thomas	40' 2¾"	1989
9. Ron Diego	40' 0"	2000
10. Jon Nichols	39' 7"	1980
Rob Landis	39' 7"	1987

### 200 M Dash

1. Bob Graves	22.64	1969
2. Andy Wintersteen	22.84	2001
3. Mike Curnow	23.24	1973
4. Kenny Rubens	23.34	1969
5. Tim Cavett	23.44	1999
Derek Luck	23.44	2013
7. Dallas Moses	23.68	2007
8. Kelly Ray	23.74	1993
Chuck Thomas	23.74	1985
10. Jeff Curnow	23.84	1974

### 110 M High Hurdles

1. Nate Ferrell	15.11	2012
2. Jim Thomas	15.33	1989
3. Justin Montano	15.94	1996
4. Curtis Marxer	16.38	2014
5. Rob Pentilla	16.74	1989
6. Matt Cramer	16.82	2009
7. Luke Ray	16.84	1993
Dallas Moses	16.84	2007
9. Chase Gedrose	16.88	2003
10. Jeff Curnow	17.24	1974
Tim Ray	17.24	1993

### Pole Vault

1. Luke Ray	14' 4"	1995
2. Jon Nichols	13' 1"	1980
3. Ken Dean	12' 6"	1967
Wade VanSice	12' 6"	1996
5. Monte Salmi	12' 3"	1974
6. Mark Ray	12' 2"	1989
7. Kai Williams	11' 6"	1987
8. Rodrigo Verrisimo	10' 9"	2016
9. Lloyd Little	10' 6"	1969
10. Mark Carlson	10' 4"	1972

### 400 M Dash

1. Andy Wintersteen	50.56	2000
2. Bob Graves	50.74	1969
3. Justin Sleutel	51.04	2012
4. Chuck Thomas	51.14	1984
5. Mike Curnow	51.74	1973
6. Kenny Rubens	52.04	1969
7. Darcy Bjork	52.24	1971
8. Dallas Moses	52.67	2006
9. James Carey	52.84	2010
10. Michael O'Casey	52.93	2007

### 300 M Intermediate Hurdles

1. Nate Ferrell	40.16	2012
2. Paul Rickels	40.34	1981
3. Jim Thomas	41.34	1990
4. Dallas Moses	41.33	2007
5. Jay Bandeen	42.04	1978
6. Justin Montano	43.34	1996
7. Curtis Marxer	43.65	2013
8. Matt Cramer	43.82	2009
9. Austin Stein	43.84	2016
10. Tyler Whitaker	44.32	2015

### Javelin

1. Morgan Owen	181' 9"	1992
2. Mark Doney	179' 10"	1973
3. James Flynn	177' 4"	1986
4. Josh Morris	177' 1"	1993
5. Mark Warren	167' 8"	2018
6. John Logan	166' 1"	1967
7. Bill Hartley	165' 5"	1967
8. Chris Ocana	164' 8"	2015
9. Wade VanSice	160' 8"	1996
10. Randy Solansky	154' 9½"	2008

### 800 M Run

1. Dallas Moses	1:57.69	2007
2. Michael O'Casey	1:59.16	2007
3. Nick Smith	2:02.04	2001
4. Gil Gramson	2:03.20	1958
5. Justin Sleutel	2:03.53	2012
6. Luke Liljenwall	2:05.21	2016
7. Bill Watkins	2:05.90	1971
8. Walt Plummer	2:06.90	1985
9. Andy Wintersteen	2:08.00	2000
10. Dennis Dunn	2:08.10	1976
Paul Rickels	2:08.10	1981

### High Jump

1. John Doney	6' 4"	1992
2. Kai Williams	6' 3"	1987
3. Rob Landis	6' 2"	1986
4. Willie Nyberg	6' 1"	1982
5. Adam Dugan	6' 0"	2013
6. Chris Smith	5' 10"	1994
Daniel Thompson	5' 10"	2002
Ron Diego	5' 10"	2002
Chris Diego	5' 10"	2006
Matt Ball	5' 10"	2007
Chris Ocana	5' 10"	2015
Tyler Whitaker	5' 10"	2017

### Shot Put

1. Roland Johnson	50' 8"	1979
2. Jordan Holloway	48' 11"	2013
3. Josh Dunn	47' 5"	1998
4. Perry Grant	47' 3"	1984
5. Jim Hendrickson	46' 4½"	1990
6. Bryton Kyme	46' 1¾"	2014
7. Bill Hartley	45' 7"	1967
Mark Warren	45' 7"	2018
9. John Marvel	45' 3"	1995
10. Mike Moore	44' 2"	1986

### 1500 M Run

1. Bill Watkins	4:08.40	1971
2. Michael O'Casey	4:14.14	2006
3. Gil Gramson	4:16.50	1957
4. Justin Sleutel	4:18.04	2011
5. Keith Soukkala	4:19.30	1961
6. Paul Rickles	4:28.00	1981
7. James Carey	4:32.36	2009
8. Jeryd Lewis	4:33.50	2015
9. Jake Tussing	4:37.21	2009
10. Dennis Dunn	4:40.30	1974

### Long Jump

1. John Diego	21' 7 ¼"	2004
2. Ron Jones	21' 6"	1988
3. Mike Curnow	21' 0"	1972
4. Derek Luck	20' 11½"	2012
5. Tyler Whitaker	20' 7 ½"	2017
6. Jordan Little	20' 7¼"	2008
7. Chuck Thomas	20' 6½"	1984
Darcy Bjork	20' 6½"	1973
9. James Collins	20' 5½"	1976
Eugene Doney	20' 5½"	1983

### Discus

1. Josh Holloway	143' 5"	2002
2. Josh Dunn	143' 2"	1999
3. Jordan Holloway	140' 1"	2013
4. Brock Rickels	136' 7"	1979
5. Adam Bobek	136' 6"	2000
6. Jim Hendrickson	130' 8"	1990
7. Rick Andriesian	128' 8"	1970
8. Bill Hartley	128' 3"	1967
9. Karl Hellberg	127' 3¾"	1987
10. Bryton Kyme	125' 0"	2015

## Girls Track All-Time Top 10 Performers

### 100 M Dash

1.	Cynthia Shepherd	12.36	1980
2.	Kathy Ring	12.52	1989
3.	Sandi Cotter	12.64	1974
	Dianne Davis	12.64	1978
5.	Liane Bergerson	12.74	1976
	Connie Shepherd	12.74	1982
7.	Becky Bobek	12.84	2000
8.	Payton Hummell	12.98	2008
9.	Jordyn Holt	13.05	2007
10.	Roberta Kelley	13.54	2009

### 3000 M Run

1.	Susan Gramson	10:55.10	1981
2.	Sammy Claterbos	11:53.40	1999
3.	Julianna Morris	11:57.10	1997
4.	Rebecca Fisk	12:18.78	2004
5.	Megan McLoughlin	12:20.10	1992
6.	Kim Nichols	12:22.89	2013
7.	Farreyon Sabahi	12:35.70	2011
8.	Peggy Boisvert	12:38.40	2000
9.	Rebecca Fisk	12:41.00	2005
10.	Janessa Gramson	12:45.50	2006

### Triple Jump

1.	Jordyn Holt	35' 0"	2007
2.	Becky Bobek	34' 7½"	2002
3.	Amy Hill	34' ¾"	1997
4.	Jordane Marxer	33' ¾"	2009
5.	Rose Williams	32' 6 ½"	2008
6.	DeeDee Arnall	32' 6"	2001
7.	Libby Biel	32' ¼"	2015
8.	Maddy Smotherman	31' ¾"	2012
9.	Meredith Flynn	31' ½"	2000
10.	Olivia Newbold	31' 0"	2006

### 200 M Dash

1.	Dianne Davis	26.04	1978
2.	Payton Hummell	26.64	2009
3.	Becky Bobek	27.14	2000
4.	Rose Klingerman	27.34	1974
5.	Kathy Ring	27.44	1986
6.	Amy Hill	27.54	1998
7.	Jordyn Holt	27.75	2007
8.	Amy Owen	27.94	1990
9.	Susan Gramson	28.14	1981
10.	Jordan Marxer	28.54	2008

### 100 M High Hurdles

1.	Cynthia Shepherd	15.14	1980
2.	Payton Hummell	15.53	2011
3.	Christine Shepherd	15.54	1987
4.	Patty Johanson	16.94	1977
	Phoenix Haines	16.94	2014
6.	Tiffany Bergerson	17.04	1992
7.	Kaisa Liljenwall	17.32	2018
8.	Meredith Claterbos	17.34	2002
9.	Taylor Owens	17.56	2017
10.	Jordyn Holt	17.84	2007

### Pole Vault

1.	Meredith Flynn	8' 0"	1998
2.	Rebecca Fisk	7' 0"	2004
3.	Julianna Morris	6' 6"	1995
4.	Taylor Owens	6' 0"	2017
5.	Lindsey Marvel	5' 0"	1995
6.	Mindy Simonsen	4' 0"	1995
7.			
8.			
9.			
10.			

### 400 M Dash

1.	Dianne Davis	58.34	1978
2.	Susan Gramson	58.74	1981
3.	Jordane Marxer	62.35	2009
4.	Amy Owen	62.54	1991
5.	Becky Bobek	62.94	2000
6.	Amy Hill	63.24	1997
7.	Payton Hummell	64.60	2011
8.	Kaisa Liljenwall	65.09	2018
9.	Libby Biel	65.99	2014
10.	Julianna Morris	66.14	1994

### 300 M Low Hurdles

1.	Cynthia Shepherd	45.54	1980
2.	Payton Hummell	47.37	2011
3.	Kaisa Liljenwall	48.56	2018
4.	Shelly Chandler	49.14	1987
5.	Tiffany Bergerson	49.44	1992
6.	Jordane Marxer	49.49	2009
7.	Meredith Claterbos	49.83	2001
8.	Maceen Fritz	50.33	2015
9.	Phoenix Haines	50.41	2014
10.	Taylor Owens	50.45	2016

### Javelin

1.	DeeDee Arnall	130' 10"	2002
2.	Candy Gramson	126' 8"	1993
3.	Krystal Schneider	125' 8"	1999
4.	Patty Johanson	124' 9"	1977
5.	Claire Ogren	119' 0"	2009
6.	Cassie Gramson	116' 1"	1983
7.	Sandi Cotter	106' 2"	1974
8.	Jodi Watchorn	103' 11"	1976
9.	Shannon Knowles	102' 1½"	1989
10.	Kay Hanna	100' 0"	1979

### 800 M Run

1.	Susan Gramson	2:20.9	1980
2.	Chelsea Morris	2:26.0	1993
3.	Julianna Morris	2:30.6	1997
4.	Adriana Dejesus	2:32.80	2018
5.	Arlene Terhune	2:36.5	1977
6.	Arlene Klingerman	2:39.0	1982
7.	Kim Nichols	2:39.83	2010
8.	Peggy Boisvert	2:41.0	1998
9.	Cassie Gramson	2:41.5	1982
10.	Sammy Claterbos	2:42.0	1999

### High Jump

1.	Jordyn Holt	5' 4"	2007
2.	Amy Hill	5' 3"	1997
3.	Cynthia Shepherd	5' 2"	1979
	DeeAnn McCoy	5' 2"	1979
	Courtney Lofton	5' 2"	2012/13
6.	Shelly Wilson	4' 10"	1984
	Kathy Ring	4' 10"	1987
8.	Dixie Street	4' 9"	1971
	Maddy Smotherman	4' 9"	2012
10.	Tricia Ring	4' 8"	1988
	Katie Martin	4' 8"	1994
	Crystal Bowness	4' 8"	2002
	Rachel Nice	4' 8"	2006
	Rose Williams	4' 8"	2008
	Sophie Thomas	4' 8"	2014

### Shot Put

1.	Emmi Collier	45' 6¾"	2012
2.	Connie Shepherd	40' 10"	1984
3.	Krystal Schneider	39' 9"	1999
4.	Amber Shrode	38' 2"	2001
5.	Katie Arnall	37' 6"	2002
6.	Fernanda Alvarez	36' 3"	2018
7.	DeeDee Arnall	36' 1"	2002
8.	Debbie Warren	34' 7¼"	1979
9.	Diane Finklein	34' 7"	1990
10.	Jodi Watchorn	33' 8"	1976

### 1500 M Run

1.	Julianna Morris	5:04.93	1997
2.	Susan Gramson	5:12.80	1980
3.	Chelsea Morris	5:24.80	1995
4.	Sammy Claterbos	5:27.60	1998
5.	Judy Hoff	5:29.60	1978
6.	Rebecca Fisk	5:31.35	2002
7.	Kim Nichols	5:34.30	2013
8.	Allyson Oakley	5:34.50	1978
9.	Heather Borders	5:35.00	1990
10.	Arlene Klingerman	5:35.50	1982

### Long Jump

1.	Cynthia Shepherd	18' 4½"	1980
2.	Amy Hill	17' 4¼"	1998
3.	Christine Shepherd	17' ¾"	1986
4.	Sandi Cotter	17' 2"	1975
5.	DeAnn McCoy	16' 7"	1979
6.	Liane Bergerson	16' 6"	1976
7.	Jordane Marxer	16' 5"	2009
8.	Jordyn Holt	16' 3"	2007
9.	Carla Heinrich	15' 8½"	1982
10.	Payton Hummell	15' 8"	2010

### Discus

1.	Connie Shepherd	126' 0"	1983
2.	Krystal Schneider	123' 4"	1998
3.	Emmi Collier	118' 0"	2011
4.	Amber Shrode	111' 5"	2002
5.	Patty Johanson	111' 3"	1976
6.	Katie Arnall	111' 0"	2002
7.	Diane Finklein	97' 2"	1992
8.	Jodi Watchorn	96' 9"	1976
9.	Payton Hummell	96' 6"	2011
10.	Fernanda Alvarez	94' 6"	2018