

2010 3A Regional Track & Field Meet Records and 2010 State Standards and Records

BOYS 100 METER DASH

State Standard-10.98
State Meet Record - 10.35 Ja'Warren Hooker-Ellensburg-1997
Regional Meet Record - 10.93 Aaron Gunn-Hanford-2003

BOYS 200 METER DASH

State Standard-22.25
State Meet Record - 21.11 Anthony Buchanon-University-2000
Regional Meet Record - 21.66 Corde Bailey - Rogers-Spokane - 2010

BOYS 400 METER DASH

State Standard-49.60
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 Standard-1:55.67
State Meet Record - 1:50.43 Alex McClary-Shelton-2004
Regional Meet Record - 1:52.54 Nectaly Barbosa-Prosser-2005

BOYS 1600 METER RUN

State Standard-4:17.00
State Meet Record - 4:04.6 Gerry Lindgren-Rogers-1964(4:06.0 for 1-Mile)
Regional Meet Record - 4:14.20 Andrew Kimpel-North Central-2009

BOYS 3200 METER RUN

State Standard-9:13.15
State Meet Record - 8:45.3 Rick Riley-Joel Ferris-1966 (8:48.3 for 2 Mile)
Regional Meet Record - 9:07.7 Adam Tenforde, Hanford-1999

BOYS 110 HIGH HURDLES

State Standard-14.80
State Meet Record - 13.86 Cecil Bowie-Rainier Beach-1987
Regional Meet Record - 14.41 Jarom Smith-West Valley(Yak)-2006

BOYS 300 INTERMEDIATE HURDLES

State Standard-39.43
State Meet Record - 36.57 Mark Phillips-Garfield-1986
Regional Meet Record -37.97 Trevor Rollinger-West Valley(Yak)-2004

BOYS 4x100 METER RELAY

State Standard-42.88
State Meet Record 41.34-Garfield-1986
Regional Meet Record - 42.20 North Central-2007

BOYS 4x400 METER RELAY

State Standard-3:23.50
State Meet Record 3:16.09-Wilson-1982
Regional Meet Record - 3:21.59 Hanford-2003

BOYS HIGH JUMP

State Standard-6' 4.75"
State Meet Record - 7' 2.25" Terry Ellis-Pateros-1978
Regional Meet Record - 6' 8" Jason Feser-Kamiakin-2008

BOYS POLE VAULT

State Standard-14' 6"
State Meet Record - 17' 0" Tyson Byers-University-2002
Regional Meet Record - 16' 0" Rick Collins-West Valley-1998

BOYS LONG JUMP

State Standard-22' 2.75"
State Meet Record - 24' 10.25" Peller Phillips-Garfield-1988
Regional Meet Record - 22' 11" Justin Drake-Colville-2001

BOYS TRIPLE JUMP

State Standard-45' 8.5"
State Meet Record - 49' 11.75" Rashad Toussaint-West Valley(Sp)-2005
Regional Meet Record - 46' 7" Keefe Brockman-Hanford-2007

BOYS SHOTPUT

State Standard-53' 10.25"
State Meet Record - 68' 8.5" Vince Goldsmith-Mt.Tahoma-1977
Regional Meet Record - 57' 11.5" Bob Wilske-Cheney-2006

BOYS DISCUS

State Standard-157' 9"
State Meet Record - 193' 8" Gary Leffler-Clarkston-1979
Regional Meet Record - 167' 9" Matt Gill-West Valley(Yak)-2007

BOYS JAVELIN

State Standard-186' 4"
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 100 METER DASH

State Standard-11.89
State Meet Record - 11.61 Danielle Marshall-Lake Washington-1992
Regional Meet Record - 12.18 Chantel Jaeger-West Valley(Yak)-2010

GIRLS 200 METER DASH

State Standard-25.24
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 Standard-57.53
State Meet Record -54.14 Becca Noble-Rogers(Sp)-2005
Regional Meet Record - 56.78 Lindsay Burns-West Valley(Yak)-2010

GIRLS 800 METER RUN

State Standard-2:17.15
State Meet Record - 2:08.61 Becca Noble-Rogers(Sp)-2005
Regional Meet Record - 2:14.18 Lisa Olander-West Valley-Yak-2008

GIRLS 1600 METER RUN

State Standard-5:08.60
State Meet Record 4:40.9 Deanna Coleman-Issaquah-1978(4:42.5 for 1 Mile)
Regional Meet Record - 5:02.01 Kathryn Knight - North Central - 2010

GIRLS 3200 METER RUN

State Standard-11:06.94
State Meet Record-10:05.81 Megan O'Reilly-Mt. Spokane-2006
Regional Meet Record - 10:46.22 Kathryn Knight - North Central - 2010

GIRLS 100 HIGH HURDLES

State Standard-15.23
State Meet Record - 13.88 Ginny Powell-Rainier Beach-2001
Regional Meet Record - 15.06 Katey Moat-Clarkston-1998

GIRLS 300 LOW HURDLES

State Standard-44.92
State Meet Record - 42.12 Ginnie Powell-Rainier Beach-2000
Regional Meet Record - 43.36 Morgan Clem-Eastmont-2008

GIRLS 4X100

State Standard-49.08
State Meet Record 47.05-Garfield-1983
Regional Meet Record - 48.64 Southridge-2008

GIRLS 4X200

State Standard-1:43.41
State Meet Record 1:39.12-Garfield-1983
Regional Meet Record - 1:42.64 Southridge-2008

GIRLS 4X400

State Standard-3:59.60
State Meet Record 3:50.6 Sammamish-1978
Regional Meet Record - 3:55.87 Eastmont-2002

GIRLS HIGH JUMP

State Standard-5' 2"
State Meet Record - 6' 1" Mary Moore-Issaquah-1983
Regional Meet Record - 5' 6" Kayla Mainer-West Valley(Sp)-2002

GIRLS POLE VAULT

State Standard-10' 6"
State Meet Record -12' 6" Stevie Marshale-Kentlake-2003
Regional Meet Record - 12' 8" Jordan Roskelley-Mt. Spokane-2007

GIRLS LONG JUMP

State Standard-16' 10.5"
State Meet Record - 19' 9.75" Patsy Walker-Yelm-1977
Regional Meet Record - 18' 8" Kasey Hostetler-Hanford-2004

GIRLS TRIPLE JUMP

State Standard-37' 0.5"
State Meet Record - 41' 7.5" LaShonda Christopher-RiverRidge-1994
Regional Meet Record - 38' 1.75" Shene Davis-Selah-2006

GIRLS SHOTPUT

State Standard-37' 8.75"
State Meet Record - 50' 5.5" Carrie Albano-Meadowdale-1978
Regional Meet Record - 42' 7.5" Amanda Faire-Ellensburg-2003

GIRLS DISCUS

State Standard-120' 8"
State Meet Record - 173' 1" Mandy Borschowa-Mt. Si-1998
Regional Meet Record - 139' 7" Shannon Groh-West Valley(Sp)-2001

GIRLS JAVELIN

State Standard-128' 3"
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 *

* Javelin: In 2002 the implement standards were changed for safety reasons; the "New Implement" records are from 2002 on.