

2010 4A Regional Track & Field Meet Records and 2010 State Standards and 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 - 1:50.43 Alex McClary-Shelton-2004
Regional Meet Record - 1:52.60 Justin Zimmerman-Ferris-2009

BOYS 1600 METER RUN

State Meet Record - 4:04.6 Gerry Lindgren-Rogers-1964(4:06.0 for 1-Mile)
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-9:03.35-Isaac Hawkins-Ferris-1997

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

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 - 49' 11.75" Rashad Toussaint-West Valley(Sp)-2005
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 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 - 2:08.61 Becca Noble-Rogers(Sp)-2005
Regional Meet Record - 2:09.99 Renee Wageman-Kamiakin-2000

GIRLS 1600 METER RUN

State Meet Record 4:40.9 Deanna Coleman-Issaquah-1978(4:42.5 for 1 Mile)
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 Standard-48.49
State Meet Record 47.05-Garfield-1983
Regional Meet Record 48.10-Southridge-2009

GIRLS 4X200

State Standard-1:42.63
State Meet Record 1:39.12-Garfield-1983
Regional Meet Record 1:41.76-Southridge-2009

GIRLS 4X400

State Standard-3:59.33
State Meet Record 3:50.6 Sammamish-1978
Regional Meet Record 3:52.27-Mead-2007

GIRLS HIGH JUMP

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

GIRLS POLE VAULT

State Standard-11' 4"
State Meet Record -12' 6" Stevie Marshalek-Kentlake-2003
Regional Meet Record - 12' 7" Doria Holbrook-Eisenhower-2004

GIRLS LONG JUMP

State Standard-18' 3.75"
State Meet Record - 19' 9.75" Patsy Walker-Yelm-1977
Regional Meet Record - 19' 5" Francesca Green-Kamiakin-1995

GIRLS TRIPLE JUMP

State Standard-37' 11.5"
State Meet Record - 41' 7.5" LaShonda Christopher-RiverRidge-1994
Regional Meet Record - 39' 0" Shaniae Lakes-Richland-2009

GIRLS SHOTPUT

State Standard-39' 7.75"
State Meet Record - 50' 5.5" Carrie Albano-Meadowdale-1978
Regional Meet Record - 45' 4.5" Regan Leahy-Eisenhower-1994

GIRLS DISCUS

State Standard-124' 8"
State Meet Record - 173' 1" Mandy Borschowa-Mt. Si-1998
Regional Meet Record - 141' 5" Mari Ruiz-Walla Walla-1999

GIRLS JAVELIN

State Standard-131' 7"
State Meet Record - 189' 7" Erica Wheeler-Sequim-1985
Regional Meet Record - 151' 11" Allison Beatty-Mead-1995
New Implement - 145' 3" Kenna Ross - Walla Walla - 2009 *

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