

Eisenhower High School

Girls Track & Field



Top 50 - All List in each events

1973-2019

OFFICIAL

By: Ivan Alfaro - Track Assistant Coach

50 Yard

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-----------------|--------------|-------------|-------------|--------------|
| 1 | Gloria Reynolds | | 6.3 | 1973 | |
| 2 | Karen Hovis | | 6.4 | 1974 | |

70 Yard

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------|--------------|-------------|-------------|--------------|
| 1 | Karen Hovis | | 8.9 | 1973 | |

100 Yard

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|-------------------------|
| 1 | Clausen | | 11.6 | 1976 | |
| 2 | Terri Riley | | 11.6 | 1974 | AA District Meet at IKE |
| 3 | Gloria Reynolds | | 11.6 | 1973 | |
| 4 | Paula Fund | | 11.7 | 1977 | |
| 5 | McMunigal | | 11.75 | 1978 | |
| 6 | McMunigal | | 11.88 | 1979 | |
| 7 | Terri Riley | | 11.9 | 1975 | |
| 8 | Karen Hovis | | 11.9 | 1973 | |
| 9 | Clausen | | 12 | 1978 | |
| 10 | Karen Hovis | | 12 | 1974 | |
| 11 | Barbara Harris | | 12 | 1974 | |
| 12 | Biglow | | 12.05 | 1978 | |
| 13 | Girls Track & Field | | 12.18 | 1979 | |
| 14 | Clausen | | 12.19 | 1977 | |
| 15 | Barbara Wane | | 12.2 | 1976 | |
| 16 | Paula Fund | | 12.5 | 1976 | |
| 17 | Barbara Wane | | 13.1 | 1975 | |
| 18 | Kukenga | | 13.3 | 1979 | |

100 Meter

| Top-50 | | | | | |
|------------|---------------------|--------------|-------------|-------------|------------------|
| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
| 1 | Shanai Campbell | 9 | 12.41 | 2007 | |
| 2 | Tori Torres | 9 | 12.4 | 1995 | Noted: 12.69 FAT |
| 3 | Tori Torres | 12 | 12.5 | 1998 | |
| 4 | Sammie Freeman | 11 | 12.6 | 2000 | |
| 5 | Heather Heron | 11 | 12.6 | 1999 | |
| 6 | Tori Torres | 10 | 12.6 | 1996 | |
| 7 | Shanai Campbell | 12 | 12.67 | 2010 | |
| 8 | Leslie Harvey | 12 | 12.7 | 2002 | |
| 9 | Wonita Youm | 11 | 12.7 | 1997 | |
| 10 | Tori Torres | 12 | 12.72 | 1997 | Notes: 12.5 |
| 11 | Sammie Freeman | 12 | 12.8 | 2001 | |
| 12 | Leslie Harvey | 11 | 12.8 | 2001 | Noted: 12.6 |
| 13 | Girls Track & Field | 12 | 12.8 | 2000 | Noted: 12.5w |
| 14 | LaQue Branch | 10 | 12.8 | 2000 | Noted: 12.8w |
| 15 | Wonita Youm | 10 | 12.8 | 1996 | |
| 16 | Shanai Campbell | 11 | 12.89 | 2009 | League Meet |
| 17 | Keana Fine | 11 | 12.9 | 2014 | |
| 18 | Wonita Youm | 12 | 12.9 | 1998 | |
| 19 | Kalisa Hintze | 12 | 12.9 | 1991 | |
| 20 | Keana Fine | 12 | 12.94 | 2015 | |
| 21 | mcKenzie Arnold | 11 | 12.96 | 2010 | |
| 22 | Beth Klingele | 10 | 12.96 | 2010 | Districts |
| 23 | LaQue Branch | 9 | 13 | 1999 | |

| | | | | | |
|----|--------------------|----|-------|------|---------------------|
| 24 | Tara Swallow | 11 | 13 | 1995 | |
| 25 | Jaquetta Armstrong | 10 | 13 | 1990 | |
| 26 | Marylyn Leadon | 12 | 13 | 1981 | |
| 27 | Sacha Marley | 12 | 13.1 | 1992 | |
| 28 | Destiny Sanford | 10 | 13.14 | 2011 | Regionals |
| 29 | Trinity McClinton | 10 | 13.15 | 2017 | |
| 30 | mcKenzie Arnold | 10 | 13.15 | 2009 | Districts |
| 31 | Cheree Harcum | 10 | 13.2 | 1993 | |
| 32 | Britt Baird | 9 | 13.2 | 1993 | |
| 33 | Destiny Sanford | 9 | 13.21 | 2010 | |
| 34 | Beth Klingele | 9 | 13.25 | 2009 | Districts |
| 35 | mcKenzie Arnold | 12 | 13.26 | 2011 | |
| 36 | Lizzie Blanchard | 11 | 13.3 | 2011 | Holder Relays |
| 37 | mcKenzie Arnold | 9 | 13.35 | 2008 | Districts |
| 38 | Crystal Castro | 9 | 13.41 | 2011 | Davis Invite |
| 39 | Kayla Rivera | 12 | 13.46 | 2016 | |
| 40 | Lizzie Blanchard | 10 | 13.52 | 2010 | Ray Cockrum Relays |
| 41 | Lizzie Blanchard | 12 | 13.54 | 2012 | |
| 42 | Keana Fine | 9 | 13.62 | 2012 | Ray Cockrum Relays |
| 43 | Judy Leon | 10 | 13.64 | 2014 | Keith Jewett Invite |
| 44 | Crystal Castro | 11 | 13.64 | 2013 | |
| 45 | Rachel Englund | 9 | 13.66 | 2012 | Keith Jewett Invite |
| 46 | Rider | | 13.69 | 1980 | |
| 47 | Madison Pierone | 11 | 13.71 | 2019 | League Meet @ ML |
| 48 | Crystal Castro | 12 | 13.71 | 2014 | |
| 49 | Judy Leon | 9 | 13.74 | 2013 | Davis Invite |
| 50 | Karoly Despain | 10 | 13.77 | 2013 | Cadet JV Invite |
| 51 | Kayla Rivera | 9 | 13.77 | 2013 | Inter City |

220 Yard

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-----------------|--------------|-------------|-------------|--------------|
| 1 | Terri Riley | | 22.7 | 1974 | |
| 2 | Capri Clauen | | 26.1 | 1978 | |
| 3 | Paula Fund | | 26.1 | 1977 | |
| 4 | Capri Clauen | | 26.2 | 1976 | State Meet |
| 5 | McMangial | | 26.3 | 1978 | |
| 6 | Gloria Reynolds | | 26.7 | 1973 | |
| 7 | Paula Fund | | 26.7 | 1977 | |
| 8 | McMangial | | 26.94 | 1979 | |
| 9 | Biglow | | 27.48 | 1979 | |
| 10 | Clausen | | 28 | 1977 | |
| 11 | Biglow | | 28.1 | 1978 | |

200 Meter

| Top-50 | | | | | |
|------------|--------------|--------------|-------------|-------------|--------------|
| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
| 1 | Haley Heater | 10 | 25.9 | 1999 | |
| 2 | Tori Torres | 9 | 26.09 | 1995 | Noted: 25.8 |
| 3 | Keana Fine | 12 | 26.11 | 2015 | |
| 4 | Clausen | | 26.2 | 1978 | |

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|----|---------------------|----|-------|------|--------------------------------|
| 5 | Sammie Freeman | 11 | 26.2 | 2000 | |
| 6 | Heather Heron | 12 | 26.2 | 2000 | |
| 7 | Tori Torres | 10 | 26.2 | 1996 | |
| 8 | Keana Fine | 11 | 26.27 | 2014 | |
| 9 | Leslie Harvey | 11 | 26.3 | 2001 | |
| 10 | Tori Torres | 12 | 26.3 | 1997 | |
| 11 | Shanai Campbell | 9 | 26.47 | 2007 | Noted: 26.28w |
| 12 | Sammie Freeman | 12 | 26.5 | 2001 | |
| 13 | Girls Track & Field | 12 | 26.5 | 1990 | |
| 14 | Haley Heater | 9 | 26.6 | 1998 | |
| 15 | Jaquetta Armstrong | 10 | 26.6 | 1990 | |
| 16 | Jaquetta Armstrong | 9 | 26.6 | 1989 | |
| 17 | Amy Kerr | 12 | 26.64 | 2003 | |
| 18 | Rachel Massey | 12 | 26.66 | 2012 | Regionals |
| 19 | Haley Heater | 12 | 26.7 | 2001 | |
| 20 | Lizzie Blanchard | 11 | 26.73 | 2011 | Davis Invite |
| 21 | Leslie Harvey | 12 | 26.8 | 2002 | Noted: 25.6w |
| 22 | Wonita Youm | 10 | 26.8 | 1996 | |
| 23 | Marylyn Leadon | 12 | 26.9 | 1981 | |
| 24 | McKenzie Arnold | 11 | 27.11 | 2010 | |
| 25 | Wonita Youm | 12 | 27.2 | 1998 | |
| 26 | Keana Fine | 9 | 27.3 | 2012 | Papa Wells Invite |
| 27 | Laura Labbee | 10 | 27.3 | 2000 | |
| 28 | Crystal Castro | 11 | 27.34 | 2013 | Districts |
| 29 | Trinity McClinton | 10 | 27.36 | 2017 | Districts @ Davis |
| 30 | Shanai Campbell | 11 | 27.36 | 2009 | League Meet |
| 31 | Tara Swallow | 11 | 27.4 | 1995 | |
| 32 | Kayla Rivera | 12 | 27.41 | 2016 | |
| 33 | Kara Mickelson | 9 | 27.43 | 2019 | Cadet JV Invite |
| 34 | McKenzie Arnold | 12 | 27.55 | 2011 | |
| 35 | McKenzie Arnold | 9 | 27.66 | 2008 | Districts |
| 36 | Crystal Castro | 12 | 27.69 | 2014 | Districts @ IKE |
| 37 | McKenzie Arnold | 10 | 27.74 | 2009 | Keith Jewett Invite |
| 38 | Beth Klingele | 9 | 27.75 | 2009 | League Meet |
| 39 | Bigelow | | 27.77 | 1980 | |
| 40 | Kathaleen Croffut | 11 | 27.95 | 2019 | League Meet @ ML |
| 41 | Shanai Campbell | 12 | 28.02 | 2010 | Ray Cockrum Relays |
| 42 | Rachel Massey | 10 | 28.1 | 2010 | |
| 43 | Lizzie Blanchard | 12 | 28.11 | 2012 | Lake Washington 'Girls' Invite |
| 44 | Beth Klingele | 10 | 28.13 | 2010 | |
| 45 | Haley Wammock | 11 | 28.22 | 2016 | |
| 46 | Kayla Rivera | 11 | 28.29 | 2015 | |
| 47 | Destiny Sanford | 10 | 28.35 | 2011 | |
| 48 | Destiny Sanford | 9 | 28.36 | 2010 | |
| 49 | Haven Nutting | 11 | 28.46 | 2019 | League Meet @ ML |
| 50 | Kirsten Sheffield | 12 | 28.58 | 2010 | |

400 Meter

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------|--------------|-------------|-------------|--------------|
|------------|-------------|--------------|-------------|-------------|--------------|

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|----|---------------------|----|---------|------|-------------------------|
| 1 | Cheryl Roulier | 12 | 55.3 | 1975 | |
| 2 | Keana Fine | 12 | 56.96 | 2015 | State @ Mt. Tahoma |
| 3 | Keana Fine | 11 | 57.70 | 2014 | Districts @ Eastmont |
| 4 | Haley Heater | 10 | 57.70 | 1999 | |
| 5 | Haley Heater | 12 | 57.91 | 2001 | |
| 6 | Haley Heron | 11 | 58.04 | 2000 | |
| 7 | Molly Carmody | 11 | 58.83 | 2002 | |
| 8 | Sammie Freeman | 12 | 59.00 | 2001 | |
| 9 | Haley Heater | 9 | 59.11 | 1998 | |
| 10 | Jaquetta Armstrong | 10 | 59.40 | 1990 | |
| 11 | Keana Fine | 9 | 59.47 | 2012 | Border Duel Track |
| 12 | Rachel Massey | 12 | 59.79 | 2012 | Districts |
| 13 | Girls Track & Field | 12 | 59.88 | 2002 | |
| 14 | Rachel Massey | 11 | 1:00.03 | 2011 | Regionals |
| 15 | Val Lally | 9 | 1:00.31 | 1997 | |
| 16 | Robin Bryson | 12 | 1:00.50 | 1991 | |
| 17 | Kayla Rivera | 11 | 1:00.55 | 2015 | Districts @ West Valley |
| 18 | Kara Mickelson | 9 | 1:00.82 | 2019 | Districts @ Eastmont |
| 19 | Lisa Warner | 10 | 1:00.80 | 1986 | |
| 20 | Annie Edler | 10 | 1:00.90 | 2001 | |
| 21 | Jaquetta Armstrong | 9 | 1:00.90 | 1989 | |
| 22 | Julia Byers | | 1:01.00 | 1978 | |
| 23 | Haven Nutting | 11 | 1:01.12 | 2019 | Districts @ Eastmont |
| 24 | Camille Rivard | | 1:00.10 | 1983 | League Meet |
| 25 | Karina Slocum | 12 | 1:01.20 | 1992 | |
| 26 | Molly Carmody | 10 | 1:01.40 | 2001 | |
| 27 | Rachel Massey | 9 | 1:01.48 | 2009 | Regionals |
| 28 | Rachel Massey | 10 | 1:01.54 | 2010 | Regionals |
| 29 | Carly Richardson | 10 | 1:01.60 | 2000 | |
| 30 | Cheree Harcum | 9 | 1:01.60 | 1992 | |
| 31 | Shanik Taylor | 10 | 1:01.68 | 2004 | |
| 32 | Stephanie Heaton | 10 | 1:01.70 | 1996 | |
| 33 | Aleah Thome | 10 | 1:01.80 | 1994 | |
| 34 | Tara Swallow | 10 | 1:01.90 | 1994 | |
| 35 | Shanik Taylor | 11 | 1:01.91 | 2005 | |
| 36 | Kayla Rivera | 12 | 1:01.92 | 2016 | Inter City |
| 37 | Carly Richardson | 9 | 1:02.00 | 1999 | |
| 38 | Wonita Youm | 12 | 1:02.00 | 1998 | |
| 39 | Kirsten Sheffield | 12 | 1:02.01 | 2010 | |
| 40 | Erica Simison | 12 | 1:02.06 | 2018 | League Meet |
| 41 | Tersea Riggle | 11 | 1:02.10 | 1987 | |
| 42 | Kayla Rivera | 10 | 1:02.13 | 2014 | |
| 43 | Aleah Thome | 9 | 1:02.20 | 1993 | |
| 44 | Aleah Thome | 11 | 1:02.40 | 1995 | |
| 45 | Carly Richardson | 11 | 1:02.44 | 2001 | |
| 46 | Haley Wammock | 11 | 1:02.45 | 2016 | |
| 47 | Kayla Rivera | 9 | 1:02.47 | 2013 | Districts |
| 48 | Molly Carmody | 9 | 1:02.50 | 2000 | |
| 49 | Stephanie Heaton | 9 | 1:02.50 | 1995 | |
| 50 | Haven Nutting | 10 | 1:02.67 | 2018 | Districts |

440 Yard

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------------|--------------|-------------|-------------|--------------|
| 1 | Julia Byers | | 1:00.59 | 1978 | |
| 2 | Julia Byers | | 1:01.0 | 1976 | |
| 3 | Julia Byers | | 1:01.1 | 1977 | |
| 4 | Stebbins | | 1:01.9 | 1979 | |
| 5 | Clausen | | 1:01.9 | 1977 | |
| 6 | Jackie Chase | | 1:03.7 | 1977 | |
| 7 | Jan Holm | | 1:05.1 | 1973 | |
| 8 | Yvonne Harrington | | 1:05.6 | 1975 | |
| 9 | Yvonne Harrington | | 1:05.6 | 1974 | |

800 Meter

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|--------------------------------|
| 1 | Cheryl Roulier | 12 | 2:05.50 | 1975 | |
| 2 | Molly Carmody | 10 | 2:12.48 | 2001 | State Champion @ Tacoma |
| 3 | Molly Carmody | 11 | 2:14.48 | 2002 | |
| 4 | Camille Rivard | 10 | 2:14.98 | 1982 | State Meet |
| 5 | Camille Rivard | 11 | 2:15.09 | 1983 | State Meet |
| 6 | Molly Carmody | 9 | 2:16.18 | 2000 | |
| 7 | Angela Talarico | 12 | 2:16.54 | 2001 | |
| 8 | Aleah Thome | 9 | 2:16.84 | 1993 | |
| 9 | Chelsea VanDeBrake | 12 | 2:17.75 | 2006 | |
| 10 | Robin Bryson | 12 | 2:18.39 | 1991 | |
| 11 | Angela Talarico | 9 | 2:18.42 | 1998 | |
| 12 | Aleah Thome | 11 | 2:18.42 | 1995 | |
| 13 | Girls Track & Field | 11 | 2:18.70 | 1997 | |
| 14 | Karina Slocum | 12 | 2:18.70 | 1992 | |
| 15 | Stephanie Heaton | 9 | 2:18.81 | 1995 | |
| 16 | Stephanie Heaton | 12 | 2:19.00 | 1998 | |
| 17 | Robin Bryson | 11 | 2:19.20 | 1990 | |
| 18 | Robin Bryson | 9 | 2:19.40 | 1988 | |
| 19 | Katie Hummel | 10 | 2:19.61 | 2001 | |
| 20 | Mayra Chavez | 10 | 2:19.70 | 2010 | Lake Washington 'Girls' Invite |
| 21 | Molly Carmody | 12 | 2:19.86 | 2003 | |
| 22 | Kirsten Sheffield | 12 | 2:19.98 | 2010 | Districts |
| 23 | Samantha Dahlstrom | 10 | 2:20.20 | 2004 | |
| 24 | Erica Simison | 12 | 2:20.24 | 2018 | League meet |
| 25 | Karina Slocum | 11 | 2:20.54 | 1991 | |
| 26 | Erica Simison | 11 | 2:20.73 | 2017 | Inter City |
| 27 | Aleah Thome | 10 | 2:20.80 | 1994 | |
| 28 | Stephanie Heaton | 10 | 2:20.87 | 1996 | |
| 29 | Angela Talarico | 11 | 2:21.20 | 2000 | |
| 30 | Haley Heater | 9 | 2:22.01 | 1998 | |
| 31 | Mayra Chavez | 11 | 2:22.07 | 2011 | Lake Washington 'Girls' Invite |
| 32 | Angela Talarico | 10 | 2:22.10 | 1999 | |
| 33 | Erica Simison | 10 | 2:22.34 | 2016 | Inter City |
| 34 | Erica Scheuffele | 12 | 2:22.35 | 1997 | |
| 35 | Melanie Kosin | 11 | 2:22.50 | 1988 | |

| | | | | | |
|----|--------------------|----|---------|------|-----------------|
| 36 | Robin Bryson | 10 | 2:22.68 | 1989 | |
| 37 | Molly Peterson | 12 | 2:22.70 | 1989 | |
| 38 | Melissa Thompson | 11 | 2:22.80 | 1990 | |
| 39 | Megan Glenski | 12 | 2:23.01 | 2016 | Districts @ IKE |
| 40 | Samantha Dahlstrom | 9 | 2:23.01 | 2003 | |
| 41 | Keana Fine | 12 | 2:23.41 | 2015 | Davis Invite |
| 42 | Katie Hummel | 9 | 2:23.66 | 2000 | |
| 43 | Haley Heater | 10 | 2:23.90 | 1999 | |
| 44 | Laura Blount | 11 | 2:24.21 | 1999 | |
| 45 | Heather Sweowat | 11 | 2:24.30 | 2014 | Districts @ IKE |
| 46 | Erica Scheuffele | 11 | 2:24.62 | 1996 | |
| 47 | Elise Tello | 11 | 2:24.67 | 2013 | |
| 48 | Mayra Chavez | 12 | 2:24.69 | 2012 | |
| 49 | Katie Fitch | 10 | 2:24.70 | 1988 | |
| 50 | Laura Blount | 10 | 2:24.72 | 1998 | |

880 Yard

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|----------------|--------------|-------------|-------------|----------------|
| 1 | Cheryl Roulier | 11 | 2:17.2 | 1974 | State Champion |
| 2 | Cheryl Roulier | 12 | 2:19.2 | 1975 | |
| 3 | Conlon | | 2:27.63 | 1978 | |
| 4 | Julia Byers | | 2:28.31 | 1977 | |
| 5 | Olsen | | 2:29.56 | 1979 | |
| 6 | Conlcon | | 2:33.12 | 1979 | |
| 7 | Olson | | 2:33.30 | 1978 | |
| 8 | Weston | | 2:33.56 | 1978 | |
| 9 | Julia Byers | | 2:40.7 | 1976 | |
| 10 | Norman | | 2:41.3 | 1975 | |
| 11 | Glenda Hardman | | 3:16.2 | 1974 | |

1500 Meter

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|--------------------------------|
| 1 | Erica Simison | 11 | 4:38.78 | 2017 | Lake Washington 'Girls' Invite |
| 2 | Aleah Thome | 11 | 4:44.40 | 1995 | |
| 3 | Katie Hummel | 11 | 4:48.89 | 2002 | |
| 4 | Angela Talarico | 11 | 4:50.40 | 2000 | |
| 5 | Katie Hummel | 9 | 4:56.63 | 2000 | |
| 6 | Berenice Penalozza | 11 | 4:57.10 | 2010 | Lake Washington 'Girls' Invite |
| 7 | Liza English | 12 | 4:57.1 | 1997 | |
| 8 | Kirsten Sheffield | 12 | 4:58.81 | 2010 | Lake Washington 'Girls' Invite |
| 9 | Erica Simison | 9 | 5:00.40 | 2015 | Lake Washington 'Girls' Invite |
| 10 | Megan Glenski | 10 | 5:00.64 | 2014 | Lake Washington 'Girls' Invite |
| 11 | Berenice Penalozza | 10 | 5:01.33 | 2009 | Lake Washington 'Girls' Invite |
| 12 | Samantha Gil | 10 | 5:02.59 | 2012 | Lake Washington 'Girls' Invite |
| 13 | Girls Track & Field | 9 | 5:03.49 | 2013 | Lake Washington 'Girls' Invite |
| 14 | Megan Glenski | 12 | 5:06.43 | 2016 | Lake Washington 'Girls' Invite |
| 15 | Elise Tello | 9 | 5:06.92 | 2011 | Lake Washington 'Girls' Invite |

1600 Meter

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|----------------------|
| 1 | Cheryl Roulier | 12 | 4:54.0 | 1975 | |
| 2 | Erica Simison | 12 | 4:55.48 | 2018 | State @ Mt. Tahoma |
| 3 | Angela Talarico | 11 | 5:01.54 | 2000 | |
| 4 | Erica Simison | 11 | 5:01.57 | 2017 | State @ Mt. Tahoma |
| 5 | Aleah Thome | 11 | 5:01.67 | 1995 | |
| 6 | Robin Bryson | 10 | 5:03.30 | 1989 | |
| 7 | Stephanie Heaton | 11 | 5:04.67 | 1997 | |
| 8 | Mayra Chavez | 10 | 5:05.01 | 2010 | State @ Mt. Tahoma |
| 9 | Robin Bryson | 11 | 5:05.17 | 1990 | |
| 10 | Chelsea VanDeBrake | 12 | 5:05.70 | 2006 | Holder Relays |
| 11 | Robin Bryson | 9 | 5:06.25 | 1988 | |
| 12 | Robin Bryson | 12 | 5:06.42 | 1991 | |
| 13 | Girls Track & Field | 11 | 5:07.24 | 2011 | Districts |
| 14 | Laura Blount | 12 | 5:07.64 | 2000 | |
| 15 | Erica Simison | 10 | 5:08.47 | 2016 | Districts @ IKE |
| 16 | Camille Rivard | 10 | 5:09.70 | 1982 | State @ Mt. Tahoma |
| 17 | Katie Hummel | 12 | 5:10.66 | 2003 | |
| 18 | Stephanie Heaton | 10 | 5:10.90 | 1996 | |
| 19 | Elise Tello | 12 | 5:11.57 | 2014 | State @ Mt. Tahoma |
| 20 | Karina Slocum | 12 | 5:12.30 | 1992 | |
| 21 | Angela Talarico | 10 | 5:12.68 | 1999 | |
| 22 | Mayra Chavez | 12 | 5:13.50 | 2012 | Regionals |
| 23 | Katie Hummel | 11 | 5:14.68 | 2002 | |
| 24 | Molly Peterson | 10 | 5:16.30 | 1987 | |
| 25 | Molly Peterson | 11 | 5:16.59 | 1988 | |
| 26 | Elise Tello | 11 | 5:16.75 | 2013 | Inter City |
| 27 | Liza English | 12 | 5:17.28 | 1997 | |
| 28 | Mikell Gibbons | 10 | 5:18.09 | 2002 | |
| 29 | Karina Slocum | 11 | 5:18.60 | 1991 | |
| 30 | Melanie Kosin | 10 | 5:18.60 | 1987 | |
| 31 | Sophia Abb | 11 | 5:18.86 | 2018 | Districts |
| 32 | Tara Hangge | 11 | 5:19.68 | 1995 | |
| 33 | Alison Barany | 11 | 5:19.80 | 2000 | |
| 34 | Aleah Thome | 12 | 5:19.80 | 1996 | |
| 35 | Melanie Kosin | 12 | 5:20.25 | 1989 | |
| 36 | Stephanie Heaton | 9 | 5:20.59 | 1995 | |
| 37 | Alison Barany | 10 | 5:20.79 | 1999 | |
| 38 | Aleah Thome | 9 | 5:21.20 | 1993 | |
| 39 | Sophia Rodriguez | 12 | 5:21.51 | 2019 | Districts @ Eastmont |
| 40 | Traci Deason | 11 | 5:21.60 | 1998 | |
| 41 | Ann McCarthy | 12 | 5:21.89 | 2008 | League meet |
| 42 | Melanie Kosin | 11 | 5:22.10 | 1988 | |
| 43 | Berenice Penaloza | 12 | 5:22.26 | 2011 | |
| 44 | Camille Rivard | 10 | 5:22.30 | 1981 | |
| 45 | Mikell Gibbons | 9 | 5:22.36 | 2001 | |
| 46 | Molly Peterson | 12 | 5:22.40 | 1989 | |
| 47 | Traci Deason | 10 | 5:22.51 | 1997 | |
| 48 | Tara Hangge | 12 | 5:22.54 | 1996 | |
| 49 | Mayra Chavez | 9 | 5:22.67 | 2009 | Districts |
| 50 | Traci Deason | 12 | 5:22.80 | 1999 | |

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| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|-----------------------------|
| 1 | Angela Talarico | 12 | 4:55.26 | 2001 | |
| 2 | Erica Simison | 12 | 5:00.56 | 2018 | Arcadia Invite (California) |
| 3 | Chelsea VanDeBrake | 12 | 5:01.15 | 2006 | |
| 4 | Erica Simison | 11 | 5:10.11 | 2017 | Pasco Invite |
| 5 | Mayra Chavez | 10 | 5:12.47 | 2011 | Arcadia Invite (California) |
| 6 | Cheryl Roulier | 11 | 5:13.3 | 1974 | |
| 7 | Cheryl Roulier | 12 | 5:13.3 | 1975 | |
| 8 | Mayra Chavez | 11 | 5:13.81 | 2011 | Arcadia Invite (California) |
| 9 | Conlon | | 5:16.70 | 1978 | |
| 10 | Mayra Chavez | 12 | 5:19.07 | 2012 | Pasco Invite |
| 11 | Conlcon | | 5:22.0 | 1979 | |
| 12 | Berenice Penalzoa | 12 | 5:23.76 | 2011 | Pasco Invite |
| 13 | Girls Track & Field | | 5:30.91 | 1978 | |
| 14 | Weston | | 5:31.0 | 1979 | |
| 15 | McGrady | | 5:32.0 | 1980 | Pasco Invite |
| 16 | Megan Glenski | 10 | 5:33.17 | 2014 | Tiger Invite (California) |
| 17 | Julia Byers | | 5:33.8 | 1977 | |
| 18 | Sperry | | 5:37.20 | 1978 | |
| 19 | Conlon | | 5:37.47 | 1980 | |
| 20 | Samantha Gil | 11 | 5:37.65 | 2013 | Tiger Invite (California) |
| 21 | Julia Byers | | 5:41.0 | 1976 | |
| 22 | Megan Glenski | 9 | 5:43.56 | 2013 | Tiger Invite (California) |
| 23 | Knapp | | 5:47.3 | 1979 | |
| 24 | Alyssa Pena | 11 | 5:47.66 | 2013 | Tiger Invite (California) |
| 25 | Sperry | | 5:53.1 | 1979 | |
| 26 | Carol Reed | | 6:42.6 | 1974 | |
| 27 | Kim Hunsaker | | 6:43.5 | 1977 | |
| 28 | Susan Eckenbom | | 7:34.0 | 1974 | |

3000 Meter

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|----------------------|--------------|-------------|-------------|--------------------------------|
| 1 | Melanie Kosin | | 10:02.00 | 1989 | |
| 2 | Berenice Penalzoa | 12 | 10:14.00 | 2011 | Lake Washington 'Girls' Invite |
| 3 | Robin Bryson | 9 | 10:19.60 | 1988 | |
| 4 | Elise Tello | 12 | 10:24.91 | 2014 | Lake Washington 'Girls' Invite |
| 5 | Katie Hummel | 12 | 10:24.95 | 2003 | |
| 6 | Elise Tello | 11 | 10:27.75 | 2013 | Lake Washington 'Girls' Invite |
| 7 | Mayra Chavez | 12 | 10:31.99 | 2012 | Lake Washington 'Girls' Invite |
| 8 | Tara Hangge | 12 | 10:33.06 | 1996 | |
| 9 | Tara Hangge | 11 | 10:36.70 | 1995 | |
| 10 | Erica Simison | 10 | 10:48.19 | 2016 | Lake Washington 'Girls' Invite |
| 11 | Elise Tello | 10 | 10:53.06 | 2012 | Lake Washington 'Girls' Invite |
| 12 | Tori Klein | 12 | 10:59.80 | 2013 | Lake Washington 'Girls' Invite |
| 13 | Girls Track & Field | 12 | 11:00.30 | 2017 | Lake Washington 'Girls' Invite |
| 14 | Caroline McCarthy | 11 | 11:10.63 | 2016 | Lake Washington 'Girls' Invite |
| 15 | Savannah de la Combe | 11 | 11:22.21 | 2014 | Lake Washington 'Girls' Invite |
| 16 | Megan Glenski | 11 | 11:24.97 | 2015 | Lake Washington 'Girls' Invite |

3200 Meter

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|------------------------------|
| 1 | Erica Simison | 12 | 10:35.65 | 2018 | State Runner-up @ Mt. Tahoma |
| 2 | Robin Bryson | 11 | 10:53.10 | 1990 | State Champion @ Tacoma |
| 3 | Aleah Thome | 11 | 10:54.30 | 1995 | |
| 4 | Robin Bryson | 12 | 10:54.90 | 1991 | |
| 5 | Melanie Kosin | 11 | 10:55.65 | 1988 | |
| 6 | Chelsea VanDeBrake | 12 | 10:56.20 | 2006 | |
| 7 | Angela Talarico | 12 | 10:58.95 | 2001 | |
| 8 | Laura Blount | 12 | 10:59.59 | 2000 | State Champion @ Tacoma |
| 9 | Robin Bryson | 9 | 11:00.56 | 1988 | |
| 10 | Berenice Penalzoza | 12 | 11:03.94 | 2011 | Arcadia Invite (California) |
| 11 | Mayra Chavez | 11 | 11:04.36 | 2011 | Districts |
| 12 | Melanie Kosin | 12 | 11:04.56 | 1989 | |
| 13 | Girls Track & Field | 11 | 11:05.45 | 2013 | Arcadia Invite (California) |
| 14 | Berenice Penalzoza | 11 | 11:06.35 | 2010 | State @ Mt. Tahoma |
| 15 | Aleah Thome | 10 | 11:06.90 | 1994 | |
| 16 | Erica Simison | 11 | 11:07.48 | 2017 | State @ Mt. Tahoma |
| 17 | Mayra Chavez | 12 | 11:11.20 | 2012 | Arcadia Invite (California) |
| 18 | Melanie Kosin | 10 | 11:13.85 | 1987 | |
| 19 | Alison Barany | 11 | 11:14.19 | 2000 | |
| 20 | Katie Hummel | 11 | 11:17.33 | 2002 | |
| 21 | Robin Bryson | 10 | 11:18.80 | 1989 | |
| 22 | Elise Tello | 12 | 11:24.04 | 2014 | Bellevue Invite |
| 23 | Tara Hangge | 11 | 11:24.71 | 1995 | |
| 24 | Elise Tello | 10 | 11:25.41 | 2012 | Regionals |
| 25 | Liza English | 12 | 11:27.05 | 1997 | |
| 26 | Tara Hangge | 12 | 11:27.80 | 1996 | |
| 27 | Erica Simison | 10 | 11:27.85 | 2016 | Tiger Invite (California) |
| 28 | Tori Klein | 12 | 11:28.06 | 2013 | Tiger Invite (California) |
| 29 | Elise Tello | 9 | 11:29.87 | 2011 | Districts |
| 30 | Berenice Penalzoza | 10 | 11:30.63 | 2009 | Districts |
| 31 | Angela Talarico | 11 | 11:31.40 | 2000 | |
| 32 | Caroline McCarthy | 12 | 11:34.10 | 2017 | Pasco Invite |
| 33 | Madi Oliva | 12 | 11:35.12 | 2019 | Shoreline 'CoEd' Invite |
| 34 | Mikal Gibbons | 12 | 11:35.74 | 2004 | |
| 35 | Ann McCarthy | 12 | 11:39.03 | 2008 | Districts |
| 36 | Tara Hangge | 10 | 11:39.60 | 1994 | |
| 37 | Jenny Sperry | | 11:42.50 | 1980 | |
| 38 | Heidi Gibbons | 10 | 11:43.50 | 1999 | |
| 39 | Caroline McCarthy | 11 | 11:45.00 | 2016 | Papa Wells Invite |
| 40 | Liza English | 11 | 11:45.30 | 1996 | |
| 41 | Erica Simison | 9 | 11:45.95 | 2015 | Bellevue Invite |
| 42 | Traci Deason | 11 | 11:46.40 | 1998 | |
| 43 | Alison Barany | 12 | 11:46.44 | 2001 | |
| 44 | Ann McCarthy | 11 | 11:47.21 | 2007 | |
| 45 | Mayra Chavez | 9 | 11:47.72 | 2009 | Districts |
| 46 | Aleah Thome | 12 | 11:48.00 | 1996 | |

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|----|---------------|----|----------|------|
| 47 | Liza English | 9 | 11:48.80 | 1994 |
| 48 | Debbie Panell | 9 | 11:49.80 | 1990 |
| 49 | Shannon Sevrn | 12 | 11:50.20 | 1992 |
| 50 | Liza English | 10 | 11:51.07 | 1995 |

2 Mile

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|----------------|--------------|-------------|-------------|-----------------------------|
| 1 | Weston | | 11:51.8 | 1979 | |
| 2 | Sperry | | 11:57.64 | 1978 | |
| 3 | Sperry | | 12:01.16 | 1980 | |
| 4 | Sperry | | 12:07.8 | 1979 | |
| 5 | Hallney | | 12:11.7 | 1979 | |
| 6 | Olson | | 12:23.00 | 1978 | |
| 7 | Ann McCarthy | 12 | 12:29.70 | 2008 | Arcadia Invite (California) |
| 8 | Knapp | | 12:39.90 | 1980 | |
| 9 | Melanie Halsey | | 13:22.40 | 1977 | |
| 10 | Eileen Snow | | 14:07.00 | 1977 | |
| 11 | Lillegard | | 14:37.30 | 1976 | |
| 12 | Kathy Barron | | 15:10.80 | 1977 | |

80 Yard Hurdles

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|----------------|--------------|-------------|-------------|--------------|
| 1 | Paula Fund | | 11.1 | 1977 | |
| 2 | Paula Fund | | 11.2 | 1976 | |
| 3 | Pam Mullen | 11 | 11.50 | 1975 | |
| 4 | Rathjen | | 11.65 | 1979 | |
| 5 | Pam Mullen | | 12.00 | 1974 | |
| 6 | Lorance | | 12.6 | 1978 | |
| 7 | Burns | | 13.25 | 1979 | |
| 8 | Kirstie Nelson | | 13.6 | 1974 | |

100 Meter Hurdles

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-------------|-------------|----------------------|
| 1 | Heather Heron | 12 | 14.65 | 2000 | Noted: 14.5 |
| 2 | Heather Heron | 11 | 14.77 | 1999 | Noted: 14.6 |
| 3 | Sacha Marley | 12 | 15.2 | 1992 | |
| 4 | Kaitlyn Ditter | 12 | 15.26 | 2018 | Districts |
| 5 | Lisa Schultz | 12 | 15.3 | 1981 | |
| 6 | Sacha Marley | 11 | 15.6 | 1991 | |
| 7 | Kaitlyn Ditter | 10 | 15.73 | 2016 | League @ ML |
| 8 | Kristi Hamilton | 12 | 15.8 | 1981 | |
| 9 | Kaitlyn Ditter | 11 | 15.91 | 2017 | Papa Wells Invite |
| 10 | Magali Guzman | 11 | 16.04 | 2019 | Districts @ Eastmont |
| 11 | Camille McCarthy | 12 | 16 | 2002 | |
| 12 | K.C. Mattingly | 10 | 16.1 | 1991 | |
| 13 | Girls Track & Field | | 16.1 | 1980 | |
| 14 | Sacha Marley | 10 | 16.2 | 1990 | |
| 15 | Kaitlyn Ditter | 9 | 16.3 | 2015 | |
| 16 | Terra Hale | 11 | 16.3 | 2002 | |

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|----|-------------------|----|-------|------|----------------------|
| 17 | Camille McCarthy | 10 | 16.3 | 2000 | |
| 18 | Lyndsey Holbrook | 9 | 16.4 | 1998 | |
| 19 | Camille McCarthy | 11 | 16.5 | 2001 | |
| 20 | Doria Holbrook | 12 | 16.52 | 2004 | |
| 21 | Camille McCarthy | 9 | 16.6 | 1999 | |
| 22 | Connie Meechan | 12 | 16.7 | 1981 | |
| 23 | Devin Simpson | 12 | 16.88 | 2014 | |
| 24 | Devin Simpson | 11 | 16.89 | 2013 | Districts |
| 25 | Dianna Beaulauier | 12 | 16.93 | 2003 | |
| 26 | Destiny Sanford | 10 | 17.05 | 2011 | Districts |
| 27 | Julia Johnson | 10 | 17.10 | 2019 | Districts @ Eastmont |
| 28 | Davin | 10 | 17.1 | 2012 | Districts |
| 29 | Krissy Stewart | 12 | 17.19 | 2014 | |
| 30 | Kathaleen Croffut | 10 | 17.2 | 2018 | Wash. State Mulits |
| 31 | Julia Johnson | 9 | 17.24 | 2018 | Districts |
| 32 | Sacha Marley | 9 | 17.3 | 1989 | |
| 33 | Katherine Bravo | 12 | 17.37 | 2011 | |
| 34 | K.C. Mattingly | 9 | 17.4 | 1990 | |
| 35 | Lindsey Holbrook | 10 | 17.5 | 1999 | |
| 36 | Kara Hadley | 12 | 17.5 | 1994 | |
| 37 | Katherine Bravo | 11 | 17.59 | 2010 | |
| 38 | Krissy Stewart | 10 | 17.6 | 2012 | Districts |
| 39 | Ingrid Chapman | 11 | 17.6 | 1996 | |
| 40 | Montana Dixon | 9 | 17.69 | 2018 | League Meet |
| 41 | Katie Atkison | 12 | 17.7 | 2002 | |
| 42 | Doria Holbrook | 10 | 17.7 | 2002 | |
| 43 | Leanne Wane | 12 | 17.7 | 1989 | |
| 44 | Katie Adkison | 11 | 17.8 | 2001 | |
| 45 | Gussi | | 17.9 | 1983 | League Meet |
| 46 | Krissy Stewart | 11 | 17.97 | 2013 | Districts |
| 47 | Megan Kinney | 11 | 17.99 | 2009 | League Meet |
| 48 | Katherine Bravo | 10 | 17.99 | 2009 | League Meet |
| 49 | Cascade Hall | 10 | 18.03 | 2014 | |
| 50 | Cascade Hall | 11 | 18.19 | 2015 | Districts @ Eastmont |

300 Meter Hurdles

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-----------------|--------------|-------------|-------------|--------------|
| 1 | Heather Heron | 12 | 44.16 | 2000 | Noted: 44.0 |
| 2 | Heather Heron | 11 | 44.21 | 1999 | Noted: 44.0 |
| 3 | Laura Labbee | 12 | 45.76 | 2002 | Noted: 45.6 |
| 4 | Laura Labbee | 11 | 45.97 | 2001 | Noted: 45.8 |
| 5 | Sacha Marley | 12 | 46.06 | 1992 | Notes: 45.9 |
| 6 | Katherine Bravo | 11 | 46.29 | 2010 | Regionals |
| 7 | Katherine Bravo | 12 | 46.46 | 2011 | Regionals |
| 8 | Vidi Badillo | 12 | 46.98 | 2003 | |
| 9 | Sacha Marley | 10 | 47.40 | 1990 | |
| 10 | Katherine Bravo | 10 | 47.54 | 2009 | Regionals |
| 11 | Sacha Marley | 11 | 47.60 | 1991 | |
| 12 | Anna Labbee | 11 | 47.70 | 1997 | |

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|----|---------------------|----|-------|------|--------------------------------|
| 13 | Girls Track & Field | 12 | 47.90 | 1998 | |
| 14 | Megan Murphy | 11 | 48.00 | 1992 | |
| 15 | Jill Haffey | 12 | 48.00 | 1986 | |
| 16 | Camille McCarthy | 12 | 48.10 | 2002 | |
| 17 | Camille McCarthy | 10 | 48.10 | 2000 | |
| 18 | Camille McCarthy | 11 | 48.30 | 2001 | |
| 19 | Sacha Marley | 9 | 48.30 | 1989 | |
| 20 | Megan Murphy | 10 | 48.40 | 1991 | |
| 21 | Magali Guzman | 11 | 48.46 | 2019 | Districts @ IKE |
| 22 | Vidi Badillo | 11 | 48.50 | 2002 | |
| 23 | Connie Meechan | 12 | 48.50 | 1981 | |
| 24 | Alli Krous | 12 | 48.90 | 2006 | |
| 25 | Vidi Badillo | 10 | 49.00 | 2001 | |
| 26 | Laura Labbee | 10 | 49.00 | 2000 | |
| 27 | Nina Powers | 10 | 49.10 | 1994 | |
| 28 | Keana Fine | 11 | 49.24 | 2014 | West Valley JV Invite |
| 29 | Alli Krous | 11 | 49.36 | 2005 | |
| 30 | Camille McCarthy | 9 | 49.40 | 1999 | |
| 31 | Kaitlyn Ditter | 10 | 49.44 | 2016 | Inter City |
| 32 | Megan Murphy | 12 | 49.60 | 1993 | |
| 33 | Lisa Black | 12 | 49.60 | 1981 | |
| 34 | K.C. Mattingly | 9 | 49.70 | 1990 | |
| 35 | Jill Haffey | 11 | 49.70 | 1985 | |
| 36 | Dianna Beaulaurier | 12 | 49.71 | 2003 | |
| 37 | Katie Hummel | 9 | 49.80 | 2000 | |
| 38 | Katie Adkinson | 9 | 49.80 | 1999 | |
| 39 | Katherine Bravo | 9 | 49.88 | 2008 | League Meet |
| 40 | Tara Swallow | 12 | 49.90 | 1996 | |
| 41 | Tara Swallow | 11 | 49.90 | 1995 | |
| 42 | Cascade Hall | 10 | 50.01 | 2014 | Districts @ Eastmont |
| 43 | Jessica Montoya | 10 | 50.01 | 2007 | |
| 44 | Dianna Beaulaurier | 11 | 50.10 | 2002 | |
| 45 | Kara Hadley | 12 | 50.20 | 1994 | |
| 46 | Cascade Hall | 11 | 50.28 | 2015 | Lake Washington 'Girls' Invite |
| 47 | Devin Simpson | 11 | 50.36 | 2013 | Districts |
| 48 | Magali Guzman | 10 | 50.39 | 2018 | Inter City |
| 49 | Haley Wammock | 11 | 50.41 | 2016 | Holder Relays |
| 50 | Kelsey Dix | 9 | 50.43 | 2006 | |

2000 Meter Steeplechase

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|------------------|--------------|-------------|-------------|---------------------|
| 1 | Erica Simison | 12 | 7:43.19 | 2018 | Eisenhower Jamboree |
| 2 | Erica Simison | 11 | 7:47.50 | 2017 | Davis Invite |
| 3 | Stephanie Heaton | | 8:07.2 | 1998 | Eisenhower Jamboree |
| 4 | Molly Stephenson | 12 | 8:10.92 | 2018 | Holder Relays |
| 5 | Heather Sweowat | 12 | 8:45.35 | 2015 | Holder Relays |
| 6 | Haley Wammock | 11 | 8:52.81 | 2016 | Eisenhower Jamboree |

4 x 440 Yard Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------|-------------|-------------|--------------|
|------------|-------------|-------------|-------------|--------------|

| | | | |
|---|-------|------|------|
| 1 | Relay | 50.2 | 1978 |
| 2 | Relay | 51.2 | 1976 |
| 3 | Relay | 53.1 | 1977 |
| 4 | Relay | 53.9 | 1975 |
| 5 | Relay | 55.5 | 1973 |
| 6 | Relay | 57.6 | 1974 |

4 x 100 Meter Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---|-------------|-------------|----------------------|
| 1 | L. Branch, S. Freeman, H. Heater & H. Heron | 48.86 | 2000 | |
| 2 | Beth Klingele, McKenzie Arnold, Lizzie Blanchard & Shanai Campbell | 49.56 | 2010 | Regionals |
| 3 | Relay | 49.74 | 1999 | |
| 4 | Relay | 49.76 | 1998 | |
| 5 | Relay | 50.25 | 1997 | |
| 6 | Crystal Castro, Kayla Rivera, Rachel Bush & Keana Fine | 50.37 | 2014 | Districts @ Eastmont |
| 7 | Kaitlyn Ditter, Kayla Rivera, Rachel Bush & Keana Fine | 50.45 | 2015 | Districts @ Eastmont |
| 8 | Relay | 50.47 | 2002 | |
| 9 | Relay | 51.02 | 2007 | |
| 10 | Beth Klingele, McKenzie Arnold, Lizzie Blanchard & Shanai Campbell | 51.09 | 2009 | Regionals |
| 11 | Relay | 51.2 | 1981 | |
| 12 | Relay | 51.47 | 1996 | |
| 13 | Girls Track & Field | 51.77 | 2011 | Pasco Invitational |
| 14 | Lizzie Blanchard, Keana Fine, Annia Barajas & Rachel Massey | 51.96 | 2012 | Districts |
| 15 | Relay | 52.28 | 1989 | |
| 16 | Relay | 52.4 | 1995 | |
| 17 | Trinity McClinton, Madi Oliva, Sophia Abb & Monica Forgey | 52.45 | 2017 | Districts @ Eastmont |
| 18 | Relay | 52.5 | 1980 | |
| 19 | Crystal Castro, Kayla Rivera, Karoly Despain & Rachel Bush | 52.79 | 2013 | Inter City |
| 20 | Relay | 52.9 | 1992 | |
| 21 | Relay | 53 | 2003 | |
| 22 | Kara Mickelson, Madison, Pierone, Kathaleen Croffut & Julia Johnson | 53.11 | 2019 | Inter City |
| 23 | Relay | 53.1 | 1993 | |
| 24 | Kelsey Dix, Stephanie Gellerson, Carolyn Smith & McKenzie Arnold | 53.17 | 2008 | Districts |
| 25 | Kaitlyn Ditter, Haley Wammock, Cascade Hall & Kayla Rivera | 53.45 | 2016 | Holder Relays |
| 26 | Relay | 53.6 | 2004 | |
| 27 | Madison Perione, Kaitlyn Ditter, Kathaleen Croffut & Addison Waters | 53.9 | 2018 | Districts |
| 28 | Relay | 54 | 1983 | League Meet |
| 29 | Relay | 55.38 | 1982 | |
| 30 | Relay | 58.53 | 1984 | |

4 x 100 Meter Throwers Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|---------------|
| 1 | Julia Johnson, Kathaleen Croffut, Montana Dixon & Courtney Cassel | 57.83 | 2018 | Inter City |
| 2 | Kathaleen Croffut, Christa Jimenez, Montana Dixon & Kaitlynn Leach | 57.88 | 2019 | Holder Relays |
| 3 | Zoe Roberson, Rachel Bush, Naomi Nelson & Alexandra Marshall | 59.47 | 2015 | Holder Relays |
| 4 | Luz Andrade, Lizeth Zurita, Naomi Nelson & Claire Jang | 1:02.80 | 2017 | Inter City |

4 x 200 Meter Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---|-------------|-------------|--------------|
| 1 | L. Branch, H. Heater, S. Freeman & H. Heron | 1:43.78 | 2000 | |

| | | | | |
|----|--|---------|------|-------------------------|
| 2 | Relay | 1:46.50 | 1979 | |
| 3 | Kaitlyn Ditter, Keana Fine, Rachel Bush & Haley Wammock | 1:46.71 | 2015 | Districts @ West Valley |
| 4 | Crystal Castro, Rachel Bush, Kayla Rivera & Keana Fine | 1:47.23 | 2014 | Districts @ IKE |
| 5 | Relay | 1:47.60 | 2002 | |
| 6 | Relay | 1:48.60 | 1998 | |
| 7 | Relay | 1:48.80 | 1990 | |
| 8 | Cascade Hall, Kaitlyn Ditter, Haley Wammock & Kayla Rivera | 1:48.91 | 2016 | Districts @ Eastmont |
| 9 | Relay | 1:49.20 | 1981 | |
| 10 | Beth Klingele, McKenzie Arnold, Lizzie Blanchard & Katherine Bravo | 1:49.32 | 2010 | League Meet |
| 11 | Relay | 1:50.00 | 1999 | |
| 12 | Relay | 1:51.10 | 1991 | |
| 13 | Girls Track & Field | 1:51.72 | 2009 | League meet |
| 14 | Relay | 1:52.13 | 1980 | |
| 15 | Relay | 1:52.50 | 1995 | |
| 16 | Relay | 1:53.20 | 1996 | |
| 17 | Relay | 1:53.30 | 2003 | |
| 18 | Heather Sweowat, Laura Tarango, Devin Simpson & Crystal Castro | 1:53.36 | 2013 | Districts |
| 19 | Haven Nutting, Cassidy Herringa, Kennedy Leach & Julia Johnson | 1:53.99 | 2019 | Districts @ IKE |
| 20 | Lizzie Blanchard, Rachel Massey, Keana Fine & Rachel Bush | 1:54.41 | 2012 | Davis Invite |
| 21 | Trinity McClinton, Denae Franklin, Allyson Colby & Monica Forgey | 1:54.60 | 2017 | Districts @ Davis |
| 22 | Relay | 1:54.90 | 1983 | League Meet |
| 23 | McKenzie Arnold, Gabby Vasquez, Alyssa Pena & Crystal Castro | 1:55.48 | 2011 | League Meet |
| 24 | Relay | 1:56.52 | 2004 | |
| 25 | Addison Waters, Magali Guzman, Kathaleen Croffut & Kaitlyn Ditter | 1:56.73 | 2018 | League Meet |
| 26 | Relay | 1:56.82 | 2008 | Davis Invite |

4 x 220 Yard Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------------------------|-------------|-------------|---------------------|
| 1 | Relay | 1:45.3 | 1978 | State @ Renton |
| 2 | Clausen, Strong, Wane & Fund | 1:46.8 | 1976 | |
| 3 | Relay | 1:48.2 | 0:00.0 | |
| 4 | Relay | 1:50.05 | 1979 | |
| 5 | Reily, Nelson, Wane & Roulier | 1:53.2 | 1975 | |
| 6 | Relay | 1:56.8 | 1974 | Wapato Girls Invite |

4 x 300 Meter Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|--------------------|
| 1 | Relay | 3:04.8 | 1981 | |
| 2 | Relay | 3:10.05 | 1982 | |
| 3 | Lety Clark-Olivero, Maria Suarez, Jenna Davison & Casey Guiland | 3:20.28 | 2009 | Ray Cockrum Relays |
| 4 | Crystal Castro, Melissa Hernandez, Devin Simpson & Laura Tarango | 3:20.37 | 2012 | Ray Cockrum Relays |
| 5 | Brooke Brown, Julia Garcia, Erika Ochoa & Lindsay Thomas | 3:24.95 | 2010 | Ray Cockrum Relays |

4 x 400 Meter Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|--------------------|
| 1 | M. Carmody, S. Freeman, A. Edler & H. Heater | 3:56.70 | 2001 | |
| 2 | Relay | 4:00.57 | 2002 | |
| 3 | Relay | 4:00.88 | 2000 | |
| 4 | Rachel Massey, Kirsten Sheffield, Mayra Chavez & Katherine Bravo | 4:02.01 | 2010 | State @ Mt. Tahoma |
| 5 | Relay | 4:02.46 | 1999 | |

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|----|--|---------|------|-------------------------|
| 6 | Relay | 4:03.30 | 1998 | |
| 7 | Haven Nutting, Sophia Rodriguez, Ciera Reyes & Kara Mickelson | 4:03.48 | 2019 | Districts @ IKE |
| 8 | Relay | 4:05.35 | 1997 | |
| 9 | Rachel Massey, Samantha Gil, Mayra Chavez & Keana Fine | 4:07.12 | 2012 | |
| 10 | Relay | 4:07.30 | 1991 | |
| 11 | Rachel Massey, McKenzie Arnold, Mayra Chavez & Katherine Bravo | 4:08.32 | 2011 | Districts |
| 12 | Relay | 4:08.45 | 2004 | |
| 13 | Girls Track & Field | 4:08.90 | 1993 | |
| 14 | Relay | 4:09.40 | 1992 | |
| 15 | Kayla Rivera, Heather Sweowat, Keana Fine & Cascade Hall | 4:09.68 | 2015 | Districts @ West Valley |
| 16 | Relay | 4:10.15 | 2003 | |
| 17 | Relay | 4:10.80 | 1979 | |
| 18 | Relay | 4:11.30 | 1989 | |
| 19 | Relay | 4:12.70 | 1995 | |
| 20 | Relay | 4:13.00 | 1981 | |
| 21 | Keana Fine, Samantha Gil, Kayla Rivera & Heather Sweowat | 4:13.15 | 2014 | |
| 22 | Rachel Massey, Kelsey Dix, Katherine Bravo & Mayra Chavez | 4:13.26 | 2009 | Districts |
| 23 | Haley Wammock, Kaitlyn Ditter, Erica Simison & Kayla Rivera | 4:14.14 | 2016 | Pasco Invite |
| 24 | Relay | 4:14.30 | 1990 | |
| 25 | Relay | 4:14.57 | 2006 | |
| 26 | Relay | 4:15.50 | 1994 | |
| 27 | Relay | 4:16.20 | 1988 | |
| 28 | Relay | 4:17.50 | 1996 | |
| 29 | Relay | 4:17.50 | 1983 | League Meet |
| 30 | Relay | 4:17.80 | 1980 | Pasco Invite |
| 31 | Madi Oliva, Haven Hutting, Sophia Abb & Erica Simison | 4:18.04 | 2018 | League Meet |
| 32 | Relay | 4:18.82 | 2007 | |
| 33 | Relay | 4:19.38 | 2005 | |
| 34 | Ann McCarthy, Wendy Wiest, Jessica Montoya & Katherine Bravo | 4:21.54 | 2008 | League Meet |
| 35 | Heather Sweowat, Samantha Gil, Kayla Rivera & Megan Glenski | 4:21.61 | 2013 | |
| 36 | Relay | 4:24.20 | 1985 | |
| 37 | Dantzel Peterson, Erica Simison, Isabel Ramirez & Natalie Stephenson | 4:24.30 | 2017 | Inter City |
| 38 | Relay | 4:32.80 | 1977 | |

4 x 440 Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|--------------|
| 1 | Alene Gardner, Eileen Shaw, Elizabeth Conlon & Heidi Olson | 4:15.6 | 1979 | |
| 2 | Tammy Manley, Jacquie Chase, Paula Fund & Julie Byers | 4:18.02 | 1977 | |
| 3 | Byers, Harrington, Manley & Chase | 4:18.8 | 1976 | |
| 4 | Relay | 4:20.08 | 1979 | |
| 5 | Relay | 4:23.35 | 1978 | |
| 6 | Norman, Gayken, Schactler & Harrington | 4:30.50 | 1975 | |
| 7 | Relay | 5:10.1 | 1974 | |

4 x 800 Meter Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|--------------------------------|
| 1 | H. Heater, T. Deason, A. Talarico & S. Heaton | 9:34.30 | 1998 | |
| 2 | Relay | 9:44.66 | 2000 | |
| 3 | Relay | 9:48.90 | 1995 | |
| 4 | Katherine Bravo, Berenice Penaloza, Mayra Chavez & Kirsten Sheffield | 9:50.28 | 2010 | Lake Washington 'Girls' Invite |

| | | | | |
|----|--|----------|------|--------------------------------|
| 5 | Relay | 9:51.40 | 1997 | |
| 6 | Relay | 9:51.40 | 1997 | |
| 7 | Relay | 9:55.77 | 1996 | |
| 8 | Relay | 9:59.50 | 1989 | |
| 9 | Relay | 10:01.10 | 2002 | |
| 10 | Katherine Bravo, Mayra Chavez, Edith Zaragoza & Elise Tello | 10:05.32 | 2011 | Lake Washington 'Girls' Invite |
| 11 | Relay | 10:05.70 | 2004 | |
| 12 | Relay | 10:05.70 | 1990 | |
| 13 | Girls Track & Field | 10:08.68 | 2014 | Lake Washington 'Girls' Invite |
| 14 | Mayra Chavez, Katherine Bravo, Kirsten Sheffield & Berenice Penaloza | 10:10.24 | 2009 | Lake Washington 'Girls' Invite |
| 15 | Keana Fine, Heather Sweowat, Megan Glenski & Erica Simison | 10:13.87 | 2015 | Lake Washington 'Girls' Invite |
| 16 | Mayra Chavez, Edith Zaragoza, Elise Tello & Alyssa Pena | 10:15.55 | 2012 | Ray Cockrum Relays |
| 17 | Molly Stephenson, Sophia Abb, Madi Oliva & Erica Simison | 10:20.31 | 2017 | Lake Washington 'Girls' Invite |
| 18 | Samantha Gil, Mercedes Chavez, Kayla Rivera & Megan Glenski | 10:22.23 | 2013 | Lake Washington 'Girls' Invite |
| 19 | Megan Glenski, Caroline McCarthy, Erica Simison & Molly Stephenson | 10:26.54 | 2016 | Lake Washington 'Girls' Invite |
| 20 | Kirsten Kaplan, Emily Mitch, Kirsten Sheffield & Wendy Wiest | 11:11.39 | 2008 | Ray Cockrum Relays |
| 21 | Relay | 11:45.33 | 1982 | |

4 x 1600m Relay

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---|-------------|-------------|-----------------------------|
| 1 | A. Barany, L. Blount, A. Talarico & S. Heaton | 22:58.20 | 1998 | Arcadia Invite (California) |

Sprint Medley Relay (600-200-400-800)

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|---|-------------|-------------|---------------------|
| 1 | Haley Wammock, Kayla Rivera, Heather Sweowat & Megan Glenski | 5:50.10 | 2015 | Bellevue Invite |
| 2 | Heather Sweowat, Krissy Stewart, Tiana Newborn & Samantha Gil | 5:50.51 | 2014 | Bellevue Invite |
| 3 | Mercedes Chavez, Lizzie Blanchard, Rachel Massey & Elise Tello | 5:56.29 | 2012 | Eisenhower Jamboree |
| 4 | Tori Klein, Alyssa Pena, Elise Tello & Krissy Stewart | 5:58.31 | 2013 | Eisenhower Jamboree |
| 5 | Molly Stephenson, Allyson Colby, Sophia Abb & Caroline McCarthy | 6:01.02 | 2016 | Bellevue Invite |
| 6 | Isabel Gutierrez, Addison Waters, Madi Oliva & Sophia Abb | 06:09.0 | 2018 | Eisenhower Jamboree |
| 7 | Sophia Abb, Trinity McClinton, Erica Simison & Isabel Gutierrez | 6:10.39 | 2017 | Eisenhower Jamboree |
| 8 | Lizzie Blanchard, Mayra Chavez, Berenice Penaloza & Brianna Mares | 6:12.09 | 2009 | Eisenhower Jamboree |
| 9 | Relay | 6:15.85 | 2008 | Eisenhower Jamboree |
| 10 | Viviana Larios, Alyssa Pena, Elise Tello & Lizzie Blanchard | 6:17.58 | 2011 | Eisenhower Jamboree |

Sprint Medley Relay - COED (100-100-200-400)

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|-----------------------------|
| 1 | Madison P., Demetrius Alford, Sophia Rodriguez & Jonas Price | 1:48.31 | 2019 | Rainier 'Icebreaker' Invite |

Distance Medley Relay (1200-400-800-1600)

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|---------------|
| 1 | A. Barany, H. Heater, M. Carmody & A. Talarico | 12:29.8 | 2000 | |
| 2 | Relay | 12:35.2 | 1998 | |
| 3 | Relay | 12:43.4 | 1997 | |
| 4 | Relay | 12:43.4 | 1997 | |
| 5 | Relay | 12:43.8 | 2002 | |
| 6 | Berenice Penaloza, Katherine Bravo, Elise Tello & Alyssa Pena | 12:45.65 | 2011 | Pasco Invite |
| 7 | Mayra Chavez, Berenice Penaloza, Kirsten Sheffield & Rachel Massey | 12:55.83 | 2010 | Holder Relays |
| 8 | Megan Glenski, Alyssa Pena, Samantha Gil & Elise Tello | 12:58.41 | 2014 | Pasco Invite |
| 9 | Relay | 12:59.6 | 1999 | |

| | | | | |
|----|--|----------|------|--------------------|
| 10 | Relay | 13:01.6 | 2003 | |
| 11 | Megan Glenski, Haley Wammock, Caroline McCarthy & Erica Simison | 13:07.32 | 2016 | Pasco Invite |
| 12 | Relay | 13:07.6 | 2004 | |
| 13 | Girls Track & Field | 13:08.18 | 2012 | Holder Relays |
| 14 | Madi Oliva, Caroline McCarthy, Natalie Stephenson & Briana Silva | 13:09.40 | 2017 | Blue Devil Legends |
| 15 | Molly Stephenson, Madi Oliva, Sophia Abb & Erica Simison | 13:11.9 | 2018 | Pasco Invite |
| 16 | Samantha Gil, Elise Tello, Tori Klein & Kassandra Mares | 13:12.47 | 2013 | Holder Relays |
| 17 | Relay | 13:13.9 | 2005 | |
| 18 | Erica Simison, Kayla Rivera, Heather Sweowat & Megan Glenski | 13:18.01 | 2015 | Pasco Invite |
| 19 | Sophia Abb, Haven Nutting, Minelly Sereno & Madi Oliva | 13:42.6 | 2019 | Pasco Invite |
| 20 | Edith Zaragoza, Rachel Massey, Marya Chavez & Kirsten Sheffield | 13:46.37 | 2009 | Ray Cockrum Relays |
| 21 | Wendy Wiest, Rachel Southwick, Kirsten Sheffield & Katherine Bravo | 13:47.04 | 2008 | Pasco Invite |

4 x 100 Meter Shuttle Hurdles

| <u>No.</u> | <u>Name</u> | <u>Time</u> | <u>Year</u> | <u>Notes</u> |
|------------|--|-------------|-------------|--------------------|
| 1 | Melissa Hernandez, Krissy Stewart, Heather Sweowat & Devin Simpson | 1:24.66 | 2012 | Ray Cockrum Relays |

Shot Put

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Distance</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-----------------|-------------|--------------------------------|
| 1 | Regan Leahy | 11 | 45' 4.5" | 1994 | |
| 2 | Regan Leahy | 12 | 43' 0.5" | 1995 | |
| 3 | Jessica Bush | 12 | 42' 10.25" | 2010 | Lake Washington 'Girls' Invite |
| 4 | Regan Leahy | 10 | 40' 11.75" | 1993 | |
| 5 | Teri Barnett | 12 | 40' 11.5" | 1998 | |
| 6 | Jessica Bush | 11 | 40' 8.75" | 2009 | State @ Mt. Tahoma |
| 7 | Masterman | | 40' 7.5" | 1979 | |
| 8 | Masterman | | 40' 3.25" | 1978 | |
| 9 | Lisa Perryman | 10 | 40' 0.25" | 1990 | |
| 10 | Sami Fisher | 11 | 39' 8.25" | 2002 | |
| 11 | Sami Fisher | 12 | 39' 5.5" | 2003 | |
| 12 | Mary Vandiver | | 39' 0" | 1976 | |
| 13 | Girls Track & Field | 10 | 38' 9.5" | 2001 | |
| 14 | Teri Barnett | 11 | 38' 9.5" | 1997 | |
| 15 | Jessica Bush | 10 | 38' 7" | 2008 | League Meet |
| 16 | Jennifer Mercy | 12 | 38' 5.5" | 1994 | |
| 17 | Tessa Phillips | 12 | 38' 2.5" | 1999 | |
| 18 | Ewieona Williams | 11 | 38' 1.25" | 2011 | Holder Relays |
| 19 | Jennifer Mercy | 11 | 38' 1" | 1993 | |
| 20 | Ewieona Williams | 12 | 38' 0.75" | 2012 | Districts |
| 21 | Mary Vandiver | | 38' 0.25" | 1975 | |
| 22 | Lizeth Zurita | 12 | 37' 10.50" | 2017 | |
| 23 | Sybresha Branch | 11 | 37' 8.5" | 2002 | |
| 24 | Sybresha Branch | 10 | 37' 1.5" | 2001 | |
| 25 | Tessa Phillips | 10 | 37' 1" | 1997 | |
| 26 | Masterman | | 36' 10" | 1977 | |
| 27 | Aimee Balmer | 12 | 36' 6.5" | 1991 | |
| 28 | Tessa Phillips | 11 | 36' 2.5" | 1998 | |
| 29 | Naomi Nelson | 12 | 36' 2.25" | 2017 | |

| | | | | | |
|----|-------------------|----|------------|------|--------------------------|
| 30 | Dawn Davison | 12 | 36' 1" | 1988 | |
| 31 | Barbara Harris | | 35' 11" | 1973 | Ike vs Selah League Meet |
| 32 | Charissa Talarico | 12 | 35' 10.5" | 1998 | |
| 33 | LaRee Heater | 12 | 35' 8" | 2004 | |
| 34 | Rachel Bush | 12 | 35' 7" | 2015 | State @ Mt. Tahoma |
| 35 | Teri Barnett | 10 | 35' 7" | 1996 | |
| 36 | Carey Talbot | 12 | 35' 7" | 1993 | |
| 37 | LaRee Heater | 11 | 35' 6.5" | 2003 | |
| 38 | Katie Burbank | 11 | 35' 6" | 1994 | |
| 39 | Jennifer Mercy | 10 | 35' 4" | 1992 | |
| 40 | Makenna Helseth | 11 | 35' 3.5" | 2019 | League Meet @ IKE |
| 41 | Jazmine Frazier | 11 | 35' 1" | 2008 | League Meet |
| 42 | Sami Fisher | 9 | 35' 0" | 2000 | |
| 43 | Lisa Perryman | 11 | 34' 11" | 1989 | |
| 44 | Mary Andreotti | 12 | 34' 10.75" | 2004 | |
| 45 | Regan Leahy | 9 | 34' 9" | 1992 | |
| 46 | Ewieona Williams | 10 | 34' 8" | 2010 | Regionals |
| 47 | Bush | | 34' 6.5" | 1979 | |
| 48 | Haubrick | | 34' 6.5" | 1978 | |
| 49 | Jazmine Frazier | 10 | 34' 1.75" | 2007 | |
| 50 | Aimee Balmer | 11 | 33' 11" | 1990 | |

Discus

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Distance</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-----------------|-------------|--------------------------------|
| 1 | Jessica Bush | 12 | 137' 6" | 2010 | League Meet |
| 2 | Zoe Roberson | 11 | 135' 11" | 2015 | State @ Mt. Tahoma |
| 3 | Sybresha Branch | 12 | 135' 7" | 2003 | |
| 4 | Masterman | | 134' 6" | 1979 | |
| 5 | Zoe Roberson | 12 | 131' 9" | 2016 | Lake Washington 'Girls' Invite |
| 6 | LaRee Heater | 12 | 130' 10" | 2004 | |
| 7 | Sybresha Branch | 11 | 130' 3" | 2002 | |
| 8 | LaRee Heater | 11 | 128' 11" | 2003 | |
| 9 | Jessica Bush | 11 | 127' 2" | 2009 | Lake Washington 'Girls' Invite |
| 10 | Tessa Phillips | 12 | 125' 10" | 1999 | |
| 11 | Mary Vandiver | | 125' 1.5" | 1976 | |
| 12 | Teri Barnett | 12 | 125' 1" | 1998 | |
| 13 | Girls Track & Field | 10 | 124' 3" | 2008 | Pasco Invite |
| 14 | Kathaleen Croffut | 11 | 123' 11" | 2019 | Districts @ IKE |
| 15 | Mary Vandiver | | 123' 5" | 1975 | |
| 16 | Teri Barnett | 11 | 122' 9" | 1997 | |
| 17 | Jennifer Mercy | 12 | 119' 9" | 1994 | |
| 18 | Masterman | | 119' 7" | 1978 | |
| 19 | Ewieona Williams | 11 | 118' 10" | 2011 | |
| 20 | Claire Goins | 11 | 118' 1" | 2012 | Holder Relays |
| 21 | Kathaleen Croffut | 10 | 117' 5" | 2018 | Inter City |
| 22 | Ewieona Williams | 12 | 117' 0" | 2012 | Lake Washington 'Girls' Invite |
| 23 | Regan Leahy | 11 | 116' 9" | 1994 | |
| 24 | Zoe Roberson | 10 | 116' 1" | 2014 | |
| 25 | LaRee Heater | 10 | 115' 8" | 2002 | |

| | | | | | |
|----|-----------------|----|-----------|------|---------------------|
| 26 | Lisa Perryman | 10 | 115' 0" | 1990 | |
| 27 | Carrie Johnston | 12 | 114' 4" | 2011 | |
| 28 | Claire Goins | 12 | 114' 3" | 2013 | Davis Invite |
| 29 | Brooke Brown | 12 | 114' 2" | 2013 | Davis Invite |
| 30 | Anna Unruh | 12 | 114' 2" | 2006 | |
| 31 | Aimee Balmer | 12 | 113' 5" | 1991 | |
| 32 | Sybresha Branch | 10 | 112' 6" | 2001 | |
| 33 | Claire Goins | 10 | 112' 5" | 2011 | |
| 34 | Rachel Bush | 11 | 112' 3" | 2014 | Eisenhower Jamboree |
| 35 | Jennifer Mercy | 10 | 111' 3" | 1992 | |
| 36 | Jazmine Frazier | 11 | 110' 3" | 2008 | Districts |
| 37 | Tessa Phillips | 11 | 109' 10" | 1998 | |
| 38 | Carrie Johnston | 11 | 109' 9" | 2010 | Regionals |
| 39 | Zoe Roberson | 9 | 109' 8" | 2013 | Districts |
| 40 | Sami Fisher | 11 | 109' 8" | 2002 | |
| 41 | Teri Barnett | 10 | 108' 10" | 1996 | |
| 42 | Penny Gardner | | 108' 4" | 1983 | League Meet |
| 43 | Rachel Bush | 12 | 108' 3" | 2015 | Davis Invite |
| 44 | Brooke Brown | 11 | 108' 1" | 2012 | |
| 45 | Masterman | | 107' 8.5" | 1977 | |
| 46 | Regan Leahy | 12 | 107' 2" | 1995 | |
| 47 | Mary Andreotti | 12 | 107' 0" | 2004 | |
| 48 | Dawn Davison | 12 | 106' 2" | 1988 | |
| 49 | Alli Krous | 12 | 105' 6" | 2006 | |
| 50 | Makenna Helseth | 10 | 104' 8.5" | 2018 | League Meet |

Javelin

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Distance</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-----------------|-------------|-------------------------|
| 1 | Sammie Freeman | 12 | 164' 6" | 2001 | State Champion @ Tacoma |
| 2 | Sami Fisher | 11 | 146' 6" | 2002 | |
| 3 | Sammie Freeman | 11 | 146' 6" | 2000 | |
| 4 | Cheryl Rhea | | 145' 3" | 1979 | |
| 5 | Brooke Brown | 11 | 137' 9" | 2012 | Regionals |
| 6 | Brooke Brown | 12 | 136' 2" | 2013 | Holder Relays |
| 7 | Alli Krous | 10 | 135' 6" | 2004 | |
| 8 | Alli Krous | 12 | 135' 5" | 2006 | Districts |
| 9 | Alli Krous | 11 | 132' 5" | 2005 | |
| 10 | Cheryl Rhea | | 130' 4" | 1978 | |
| 11 | Brooke Brown | 10 | 128' 6" | 2011 | Regionals |
| 12 | Jaimi Truhler | 11 | 125' 9" | 1999 | |
| 13 | Girls Track & Field | 11 | 124' 7" | 2005 | |
| 14 | Jamie Truhler | 10 | 116' 6" | 1998 | |
| 15 | Cheryl Rhea | | 116' 3" | 1977 | |
| 16 | Montana Dixon | 10 | 114' 8.5" | 2019 | Davis Invite |
| 17 | Regan Leahy | 12 | 114' 2" | 1995 | |
| 18 | Wise | | 113' 10" | 1978 | |
| 19 | Jazmine Frazier | 11 | 112' 7" | 2008 | Pasco Invite |
| 20 | Jazmine Frazier | 10 | 112' 3" | 2007 | |
| 21 | Erin Rogers | 11 | 112' 2" | 2001 | |

| | | | | | |
|----|------------------|----|------------|------|--------------------|
| 22 | LaRee Heater | 12 | 111' 5" | 2004 | |
| 23 | Sami Fisher | 10 | 111' 4" | 2001 | |
| 24 | Katie Romfo | 11 | 110' 10" | 2002 | |
| 25 | Tessa Phillips | 12 | 110' 10" | 1999 | |
| 26 | Anne Smart | 9 | 110' 4" | 2007 | JV Championships |
| 27 | Brooke Brown | 9 | 110' 2" | 2010 | Regionals |
| 28 | Montana Dixon | 9 | 110' 0.5" | 2018 | Wash. State Muilts |
| 29 | Jennifer Mercy | 12 | 109' 6" | 1994 | |
| 30 | Jamie Truhler | 9 | 108' 1" | 1997 | |
| 31 | Carey Talbot | 12 | 107' 4" | 1993 | |
| 32 | Nicole Zahler | 9 | 106' 10" | 2000 | |
| 33 | Tessa Phillips | 11 | 106' 9" | 1998 | |
| 34 | Penny Gardner | 9 | 106' 8" | 1981 | |
| 35 | Erin Rogers | 9 | 106' 1" | 1999 | |
| 36 | Tessa Phillips | 10 | 106' 1" | 1997 | |
| 37 | Sarah Silvernail | 10 | 105' 9" | 1991 | |
| 38 | Aimee Balmer | 11 | 105' 9" | 1990 | |
| 39 | Randi Rogers | 10 | 105' 7" | 1998 | |
| 40 | Nancy Miller | 11 | 105' 1" | 1990 | |
| 41 | Katie Romfo | 10 | 104' 2" | 2001 | |
| 42 | Sarah Silvernail | 9 | 104' 2" | 1990 | |
| 43 | Hutchuck | | 104' 1.75" | 1979 | |
| 44 | Erin Rogers | 10 | 104' 0" | 2000 | |
| 45 | Teri Barnett | 11 | 103' 11" | 1997 | |
| 46 | Mary Andreotti | 12 | 103' 0" | 2004 | |
| 47 | Jennifer Mercy | 10 | 102' 7" | 1992 | |
| 48 | Regan Leahy | 11 | 102' 6" | 1994 | |
| 49 | Erin Rogers | 12 | 101' 10" | 2002 | |
| 50 | Teri Barnett | 9 | 101' 10" | 1995 | |

High Jump

More than top 50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Height</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|---------------|-------------|----------------------|
| 1 | Sarah Silvernail | 10 | 5' 7" | 1991 | |
| 2 | Jami Rathjen | | 5' 7" | 1979 | State @ Renton |
| 3 | Jami Rathjen | | 5' 6.5" | 1978 | |
| 4 | Collette Flinders | 10 | 5' 5" | 1991 | |
| 5 | Jami Rathjen | | 5' 5" | 1980 | |
| 6 | Kaitlyn Ditter | 12 | 5' 4" | 2018 | League Meet |
| 7 | Kaitlyn Ditter | 10 | 5' 4" | 2016 | State @ Mt. Tahoma |
| 8 | Mary Kohl | 11 | 5' 4" | 1985 | |
| 9 | Jami Rathjen | | 5' 4" | 1980 | State Meet @ Seattle |
| 10 | Cheryl Roulier | | 5' 4" | 1974 | State @ Seattle |
| 11 | Lynzy Brown | 12 | 5' 3" | 2005 | |
| 12 | Kylee Sixkiller | 12 | 5' 3" | 1999 | |
| 13 | Girls Track & Field | 11 | 5' 3" | 1994 | |
| 14 | Neitinig | | 5' 3" | 1980 | Pasco Invite |
| 15 | Cheryl Roulier | 12 | 5' 3" | 1975 | |
| 16 | Lynzy Brown | 11 | 5' 2" | 2004 | |
| 17 | Terra Hale | 11 | 5' 2" | 2002 | |

| | | | | | |
|----|---------------------|----|--------|------|--------------------------------|
| 18 | Missy Jensen | 9 | 5' 2" | 1988 | |
| 19 | Armstrong | 12 | 5' 2" | 1981 | |
| 20 | Ashley Aberle | 11 | 5' 1" | 2001 | |
| 21 | Jaimi Truhler | 11 | 5' 1" | 1999 | |
| 22 | Collette Plinders | 9 | 5' 1" | 1990 | |
| 23 | Missy Jensen | 10 | 5' 1" | 1989 | |
| 24 | Mary Kohl | 12 | 5' 1" | 1986 | |
| 25 | Armstrong | | 5' 1" | 1979 | |
| 26 | Lisa Gammie | | 5' 1" | 1977 | |
| 27 | Kaitlyn Ditter | 9 | 5' 0" | 2015 | Davis Invite |
| 28 | Haley Wammock | 10 | 5' 0" | 2015 | |
| 29 | Jaimi Truhler | 12 | 5' 0" | 2000 | |
| 30 | Jamie Truhler | 10 | 5' 0" | 1998 | |
| 31 | Kylee Sixkiller | 11 | 5' 0" | 1998 | |
| 32 | Jamie Truhler | 9 | 5' 0" | 1997 | |
| 33 | Nina Powers | 10 | 5' 0" | 1994 | |
| 34 | Cheree Harcum | 10 | 5' 0" | 1993 | |
| 35 | Sacha Marley | 12 | 5' 0" | 1992 | |
| 36 | Stacy Charron | 9 | 5' 0" | 1992 | |
| 37 | Berthon | | 5' 0" | 1984 | |
| 38 | Kohn | | 5' 0" | 1984 | |
| 39 | Kaitlyn Ditter | 11 | 4' 10" | 2017 | Eisenhower Jamboree |
| 40 | Haley Wammock | 11 | 4' 10" | 2016 | Davis Invite |
| 41 | Rachel Massey | 12 | 4' 10" | 2012 | Davis Invite |
| 42 | Cecily Wilson | 12 | 4' 10" | 2011 | Lake Washington 'Girls' Invite |
| 43 | Kelsey Curfman | 12 | 4' 10" | 2005 | |
| 44 | Kelsey Curfman | 11 | 4' 10" | 2004 | |
| 45 | Tera Stockton | 10 | 4' 10" | 2004 | |
| 46 | Lindsay Brown | 10 | 4' 10" | 2003 | |
| 47 | Kelsey Curfman | 10 | 4' 10" | 2003 | |
| 48 | McKenzie Frank | 11 | 4' 10" | 2002 | |
| 49 | Stephanie McIlvanie | 11 | 4' 10" | 2002 | |
| 50 | LaQue Branch | 10 | 4' 10" | 2000 | |
| 51 | Brandt Riel | 10 | 4' 10" | 1998 | |
| 52 | Charissa Talarico | 10 | 4' 10" | 1996 | |
| 53 | Nina Powers | 11 | 4' 10" | 1995 | |
| 54 | Cheree Harcum | 11 | 4' 10" | 1994 | |
| 55 | Megan Murphy | 12 | 4' 10" | 1993 | |
| 56 | Holly Wilbur | 12 | 4' 10" | 1981 | |
| 57 | Jami Rathjen | | 4' 10" | 1978 | |
| 58 | Webb | | 4' 10" | 1977 | |
| 59 | Korynne Halver | | 4' 10" | 1976 | |
| 60 | Gloria Reynolds | | 4' 10" | 1973 | Yakima Girls Invite |

Pole Vault

More than top 50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Height</u> | <u>Year</u> | <u>Notes</u> |
|------------|----------------|--------------|---------------|-------------|-----------------|
| 1 | Doria Holbrook | 12 | 12' 7" | 2004 | Regionals @ Ike |
| 2 | Doria Holbrook | 10 | 12' 6" | 2002 | |
| 3 | Doria Holbrook | 11 | 12' 5" | 2003 | |

| | | | | | |
|----|---------------------|----|--------|------|----------------------|
| 4 | Jackie Williams | 12 | 10' 6" | 2001 | |
| 5 | Doria Holbrook | 9 | 10' 6" | 2001 | |
| 6 | Maria Suarez | 12 | 10' 3" | 2011 | Districts |
| 7 | Sarah Tarango | 12 | 10' 3" | 2005 | |
| 8 | Larissa Barth | 11 | 10' 0" | 2004 | |
| 9 | Cecily Wilson | 12 | 9' 6" | 2011 | Districts |
| 10 | Maria Suarez | 11 | 9' 6" | 2010 | Regionals |
| 11 | Rachel Harvey | 12 | 9' 6" | 2007 | |
| 12 | Rachel Harvey | 11 | 9' 6" | 2006 | |
| 13 | Girls Track & Field | 11 | 9' 6" | 2004 | |
| 14 | Claire Schend | 12 | 9' 6" | 2001 | |
| 15 | Jackie Williams | 11 | 9' 6" | 2000 | |
| 16 | Michelle Mercer | 11 | 9' 0" | 2014 | Inter City |
| 17 | Karoly Despain | 10 | 9' 0" | 2013 | Inter City |
| 18 | Michelle Mercer | 10 | 9' 0" | 2013 | |
| 19 | Jennifer Johnson | 12 | 9' 0" | 2008 | Eisenhower Jamboree |
| 20 | Jennifer Johnson | 11 | 9' 0" | 2007 | |
| 21 | Anna Unruh | 12 | 9' 0" | 2006 | |
| 22 | Larissa Barth | 11 | 9' 0" | 2003 | |
| 23 | Annie Colvin | 12 | 9' 0" | 2002 | |
| 24 | Megan Turner | 10 | 9' 0" | 2001 | |
| 25 | Brianna Mares | 12 | 8' 6" | 2011 | Districts |
| 26 | Selena Santacruz | 9 | 8' 6" | 2010 | Districts |
| 27 | Maria Suarez | 10 | 8' 6" | 2009 | League Meet |
| 28 | Jennifer Johnson | 10 | 8' 6" | 2006 | |
| 29 | Rachel Harvey | 9 | 8' 6" | 2004 | |
| 30 | Ashley Hefner | 11 | 8' 6" | 2000 | |
| 31 | Sarea Pierce | 12 | 8' 0" | 2017 | Papa Wells Invite |
| 32 | Karoly Despain | 9 | 8' 0" | 2012 | Cadet JV Invite |
| 33 | Rachel Englund | 9 | 8' 0" | 2012 | Districts |
| 34 | Brianna Mares | 11 | 8' 0" | 2010 | League Meet |
| 35 | Rachel Harvey | 10 | 8' 0" | 2005 | |
| 36 | Larissa Barth | 10 | 8' 0" | 2002 | |
| 37 | Claire Schend | 11 | 8' 0" | 2000 | |
| 38 | Megan Turner | 9 | 8' 0" | 2000 | |
| 39 | Diana Beaulauier | 9 | 8' 0" | 2000 | |
| 40 | Katie Heilman | 12 | 8' 0" | 1997 | |
| 41 | Enedina Mendoza | 11 | 7' 8" | 2012 | |
| 42 | Sarah Valdovinos | 12 | 7' 6" | 2019 | Inter City |
| 43 | Courtney Cassel | 10 | 7' 6" | 2018 | League Meet |
| 44 | Valentina Guy | 9 | 7' 6" | 2014 | Inter City |
| 45 | Jordan Ross | 10 | 7' 6" | 2013 | |
| 46 | Enedina Mendoza | 9 | 7' 6" | 2010 | League Meet |
| 47 | Lety Clark-Olivero | 10 | 7' 6" | 2008 | League Meet |
| 48 | Danille Bezmer | 9 | 7' 6" | 2000 | |
| 49 | Karissa Hodkinson | 11 | 7' 6" | 1997 | |
| 50 | Sarea Pierce | 11 | 7' 0" | 2016 | League @ ML |
| 51 | Meghan McFadden | 9 | 7' 0" | 2015 | Districts @ Eastmont |
| 52 | Molly Johnston | 10 | 7' 0" | 2014 | |
| 53 | Enedina Mendoza | 10 | 7' 0" | 2011 | |
| 54 | Lexis Perkins | 9 | 7' 0" | 2008 | Holder Relays |

| | | | | | |
|----|-------------------|---|-------|------|-----------------|
| 55 | Tiffany Wathen | 9 | 7' 0" | 1997 | |
| 56 | Karissa Hodkinson | | 7' 0" | 1995 | Noted: First PV |

Long Jump

More than top 50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Distance</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-----------------|-------------|--------------------------------|
| 1 | Terra Hale | 12 | 17' 5" | 2003 | |
| 2 | Terra Hale | 11 | 17' 2" | 2002 | |
| 3 | LaQue Branch | 11 | 17' 1.75" | 2001 | |
| 4 | Lisa Schultz | 12 | 17' 0.5" | 1981 | |
| 5 | Doria Holbrook | 12 | 16' 11" | 2004 | |
| 6 | Lindsey Holbrook | 10 | 16' 10.25" | 1999 | |
| 7 | Jaquette Armstrong | 10 | 16' 9.5" | 1990 | Ray Cockrum Relays |
| 8 | K.C. Mattingly | 10 | 16' 7" | 1991 | |
| 9 | Kim Martin | 12 | 16' 6" | 1989 | |
| 10 | Beth Klingele | 10 | 16' 5.75" | 2010 | |
| 11 | Lyndsey Holbrook | 9 | 16' 5.75" | 1998 | |
| 12 | Byers | | 16' 5.5" | 1978 | |
| 13 | Girls Track & Field | 9 | 16' 5" | 1990 | |
| 14 | Kim Martin | 11 | 16' 3" | 1988 | |
| 15 | Aleah Thome | 10 | 16' 1.5" | 1994 | |
| 16 | Lee | | 16' 1.25" | 1979 | |
| 17 | Lizzie Blanchard | 9 | 16' 1" | 2009 | Lake Washington' Girls' Invite |
| 18 | LaQue Branch | 10 | 16' 1" | 2000 | |
| 19 | Megan Murphy | 11 | 16' 0" | 1992 | |
| 20 | Lizzie Blanchard | 10 | 15' 11.75" | 2010 | League Meet |
| 21 | Doria Holbrook | 10 | 15' 11" | 2002 | |
| 22 | Cheree Harcum | 10 | 15' 10.5" | 1993 | |
| 23 | Madison Pierone | 11 | 15' 10" | 2019 | League Meet @ WV |
| 24 | Gina Kokenge | 11 | 15' 10" | 1985 | |
| 25 | Lizzie Blanchard | 11 | 15' 9.50" | 2011 | Holder Relays |
| 26 | Lynzy Brown | 12 | 15' 9.5" | 2005 | |
| 27 | Shanai Campbell | 9 | 15' 9" | 2007 | |
| 28 | Cheree Hearcum | 9 | 15' 9" | 1992 | |
| 29 | Megan Murphy | 10 | 15' 9" | 1991 | |
| 30 | Megan Murphy | 12 | 15' 8" | 1993 | |
| 31 | Judy Leon | 10 | 15' 7" | 2014 | |
| 32 | Beth Klingele | 9 | 15' 7" | 2009 | League Meet |
| 33 | Jaquette Armstrong | 9 | 15' 7" | 1989 | |
| 34 | Sammie Freeman | 11 | 15' 6.5" | 2000 | |
| 35 | Terri Riley | | 15' 6.25" | 1974 | |
| 36 | Lizzie Blanchard | 12 | 15' 6" | 2012 | |
| 37 | Dawn Downs | 10 | 15' 6" | 1986 | |
| 38 | Haley Heater | 9 | 15' 5.5" | 1998 | |
| 39 | Madison Pierone | 10 | 15' 4" | 2018 | Davis Invite |
| 40 | Leslie Rincon | 11 | 15' 3.75" | 2014 | |
| 41 | Leslie Rincon | 12 | 15' 3.50" | 2015 | |
| 42 | Erika Rackley | 10 | 15' 3.25" | 2013 | Districts |
| 43 | Erin Rogers | 12 | 15' 3" | 2002 | |
| 44 | Megan Kinney | 11 | 15' 1" | 2009 | Lake Washington' Girls' Invite |

| | | | | | |
|----|-----------------|----|---------|------|------------------|
| 45 | Tammy Rodriguez | 9 | 15' 0" | 1989 | |
| 46 | Cascade Hall | 10 | 14' 11" | 2014 | Bellevue Invite |
| 47 | Destiny Sanford | 10 | 14' 11" | 2011 | |
| 48 | Isabel Ramirez | 11 | 14' 8" | 2017 | |
| 49 | Destiny Sanford | 9 | 14' 8" | 2010 | League Meet |
| 50 | Ivettee Peral | 12 | 14' 7" | 2019 | League Meet @ ML |
| 51 | Jessica Laidlaw | 10 | 14' 7" | 2011 | |
| 52 | Karen Hovis | | 14' 7" | 1973 | |

Triple Jump

Top-50

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Distance</u> | <u>Year</u> | <u>Notes</u> |
|------------|---------------------|--------------|-----------------|-------------|--------------------------------|
| 1 | Megan Murphy | 12 | 36' 6" | 1993 | |
| 2 | Terra Hale | 12 | 36' 4.25" | 2003 | |
| 3 | LaQue Branch | 11 | 35' 8" | 2001 | |
| 4 | Megan Murphy | 11 | 35' 7" | 1992 | |
| 5 | LaQue Branch | 9 | 35' 6.75" | 1999 | |
| 6 | LaQue Branch | 10 | 35' 2.75" | 2000 | |
| 7 | K.C. Mattingly | 10 | 34' 7" | 1991 | |
| 8 | Cheree Harcum | 9 | 34' 5" | 1992 | |
| 9 | Terra Hale | 11 | 34' 4" | 2002 | |
| 10 | Lynzy Brown | 11 | 34' 1.75" | 2005 | |
| 11 | Megan Murphy | 10 | 34' 1.5" | 1991 | |
| 12 | Megan Kinney | 10 | 33' 11.75" | 2008 | Ray Cockrum Relays |
| 13 | Girls Track & Field | 9 | 33' 8.5" | 1998 | |
| 14 | Cheree Harcum | 10 | 33' 8" | 1993 | |
| 15 | Cheree Harcum | 11 | 33' 7" | 1994 | |
| 16 | Nina Powers | 10 | 33' 5.75" | 1994 | |
| 17 | Doria Holbrook | 11 | 33' 5" | 2003 | |
| 18 | Megan Murphy | 9 | 33' 4" | 1990 | |
| 19 | Leslie Rincon | 12 | 33' 2.75" | 2015 | Districts @ West Valley |
| 20 | Wendy Wiest | 12 | 33' 2.5" | 2008 | Districts |
| 21 | Doria Holbrook | 10 | 33' 2.5" | 2002 | |
| 22 | Lizzie Blanchard | 10 | 32' 10.25" | 2010 | League Meet |
| 23 | Lindsey Holbrook | 10 | 32' 10.25" | 1999 | |
| 24 | Doria Holbrook | 12 | 32' 10" | 2004 | |
| 25 | Nina Powers | 11 | 32' 9" | 1995 | |
| 26 | K.C. Mattingly | 9 | 32' 9" | 1990 | |
| 27 | Madison Pierone | 11 | 32' 8" | 2019 | Inter City |
| 28 | Casey Guillard | 12 | 32' 8" | 2011 | |
| 29 | Tara Seely | 12 | 32' 7.75" | 1992 | |
| 30 | Kim Martin | 12 | 32' 6" | 1989 | |
| 31 | Erin Anderwald | 10 | 32' 4.25" | 1999 | |
| 32 | Lizzie Blanchard | 9 | 32' 3" | 2009 | Lake Washington 'Girls' Invite |
| 33 | Alli Krous | 11 | 32' 3" | 2005 | |
| 34 | Erika Rackley | 10 | 32' 2.75" | 2013 | Districts |
| 35 | Kim Martin | 11 | 32' 0.5" | 1988 | |
| 36 | Charissa Talarico | 10 | 32' 0" | 1996 | |
| 37 | Lisa Perryman | 11 | 32' 0" | 1989 | |
| 38 | Megan Kinney | 11 | 32' 5.50" | 2009 | League Meet |

| | | | | | |
|----|-------------------|----|------------|------|-----------------|
| 39 | Leslie Rincon | 11 | 31' 9.50" | 2014 | Districts @ IKE |
| 40 | Charissa Talarico | 12 | 31' 11" | 1998 | |
| 41 | Erin Anderwald | 9 | 31' 10.75" | 1998 | |
| 42 | Casey Guiland | 11 | 31' 10.75" | 2010 | League Meet |
| 43 | Maria Suarez | 12 | 31' 10.25" | 2011 | |
| 44 | Madison Pierone | 10 | 31' 9" | 2018 | League Meet |
| 45 | Megan Kinney | 12 | 31' 9" | 2010 | League Meet |
| 46 | Alli Krous | 12 | 31' 9" | 2006 | |
| 47 | Lindzy Brown | 11 | 31' 9" | 2004 | |
| 48 | Jessica Laidlaw | 10 | 31' 6" | 2011 | |
| 49 | Kara Hadley | 12 | 31' 5.75" | 1994 | |
| 50 | Jessica Laidlaw | 12 | 31' 4.25" | 2013 | Districts |

Hammer

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Distance</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------|--------------|-----------------|-------------|--------------|
| 1 | Sami Fisher | | 127' 5" | 2003 | |

| <u>No.</u> | <u>Name</u> | <u>Grade</u> | <u>Scores</u> | <u>Year</u> | <u>Notes</u> |
|------------|-------------------|--------------|---------------|-------------|---------------------|
| 1 | Sacha Marley | 12 | 3831 | 1992 | |
| 2 | Montana Dixon | 9 | 2997 | 2018 | Wash. State Muilits |
| 3 | Kathaleen Croffut | 10 | 2810 | 2018 | Wash. State Muilits |

CADETS