

Don Holder Relays Meet Record (updated 3-31-2019)

Boys' Meet Record

Boys' Frosh/Soph Meet Record

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	11.30	Ricardo Betancourt	Eisenhower	2000
400m	51.60	Stuart Ellenwood	Langley, BC (Canada)	2009
800m	2:01.30	Dale Fox	Shelton	1998
1600m	4:31.10	Scott Sebens	Oak Harbor	1999
110m Hurdles	15.07	Tristin Warne	McLoughlin	2015
4 x100m Relay	45.41	A. Diaz, D. Adekanbi, H. Hone, & A. Mosley	Nathan Hale	2013
High Jump	6' 9"	Michael Mason	Valley Royals TC, BC (Canada)	2002
Pole Vault	13' 0"	Kyle Hamilton	Cedercrest	2005
		Lev Marcus	Nathan Hele	2011
		Roman Ruiz	Chiawana	2014
Shot Put	46' 1.5"	Dennis Christensen	Richland	2010

Boys' Varsity Meet Record

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	10.53	Ja'Warren Hooker	Ellensburg	1997
400m	47.53	Ja'Warren Hooker	Ellensburg	1997
1600m	4:17.68	Jonas Price	Eisenhower	2019
3200m	9:11.47	Drew O'Donaghue McDonald	Seattle Prep	2010
300m I.H. Hurdles	39.47	Logan Darling	Bellingham	2007
2000m Steeplechase	6:07.03	Ronan Price	Eisenhower	2017
4 x 100m Relay	43.12	?	Newport	1997
4 x 100m Relay Throwers	48.55	C. Dahl, J. Espinoza, D. Hughes & N. Vincent	Chaiwana	2011
		J. Lionello, J. Barnes, T. Payne & D. Dixon	Mt. Spokane	2015
4 x 400m Relay	3:24.6	?	Pasco	1990
Distance Medley Relay (1200-400-800-1600)	10:39.17	T. Cummings, B. Simison, G. Silva & M. Esparza	Eisenhower	2010
Shot Relay	162' 3.5	Tausa, Patterson, Salls	Shelton	1999
Discus Relay	476' 0"	Woods, Gramling, Hines	Mt. Spokane	2015
Long Jump Relay	65' 0.75"	Lovall, McCord, Pickel	Kennewick	1980

High Jump	7' 0"	Mike Mason	Abbotsford, BC (Canada)	2004
Pole Vault	15' 2"	Daniel Calhoon	Ceder Park Christian	2013
Triple Jump	45' 11.5"	Jeremy Taiwo	Newport	2008
Javelin	199' 2"	Curt Boland	Highland	1999
Girls' Meet Record				
Girls' Frosh Meet Record				
<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	12.80	Megan Kelly	Bellingham	2002
400m	1:00.47	Meghan Manaos	Roosevelt	1996
		Cheyenne tunit	Surrey, BC	2008
800m	2:10.39	Miranda Ross	Bellemine Prep	2012
1600m	5:22.74	Sasha Schooh	Abbotsford, BC	2008
100m Hurdles	15.57	Laura Smith	Richland	2018
4 x100m Relay	53.00	Aubrie Meadows, Trinda Ackley, Hannah Riel, & Alyssa Valdez	East Valley-Yakima	2016
High Jump	5' 4"	Georgia Ellenwood	Langley, BC	2009
Long Jump	16' 7.75"	Caroly Sutherland	Langley, BC	2009
Discus	106' 6"	K. Kayes	Hoquiam	1994
Girls' Varsity Meet Record				
<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	12.00	Ester Anderson	Davis	2002
400m	57.63	Stephenie Cummings	Glacier Peak	2010
1600m	4:43.57	Amy-Eloise Neale	Glacier Peak	2013
3200m	10:26.23	Amy-Eloise Neale	Glacier Peak	2011
300m I.H. Hurdles	44.70	Burris	Sammamish	1997
2000m Steeplechase (NEW)	7:25.56	Elyria Kabasenche	Pullman	2017
4 x 100m Relay	49.70	Anderson, Ford, Rance, Rainey	Davis	2002
4 x 100m Relay Throwers	55.35	J. Ryan, A. Schroeder, S. Cronk & B. Jordan	Junaita	2019
4 x 400m Relay	4:01.18	Quigley, Dick, Graham & Luth	Woodinville	2010
Distance Medley Relay (1200-400-800-1600)	12:13.94	K. Bianchini, I. Smith, M. Ingram, A. Neale	Glacier Peak	2013
Shot Relay	114' 3"	Cresse, Hanson, Hill	Ellensburg	2005
Discus Relay	337' 5"	Fisher, Branch, Heater	Eisenhower	2003
Long Jump Relay	50' 3"	Owens, Wheat, Sevigny	Richland	1977

		Harley McBride	Columbia-Burbank	2013
High Jump	5' 7"	Shaddia Meadows	Naches Valley	2016
Pole Vault	12' 6"	Annie Hatzenbeler	Nathan Hale	2019
Triple Jump	38' 8"	Shaniae Lakes	Richland	2009
Javelin	153' 0"	Sammy Freeman	Eisenhower	2001
Discontinue: 4 x 200m Relay after 2006.				
4 x 200m Relay	1:45.28	Chapin, Williams-Edwards, Green, & Hayes	Garfield	2006

NEW Wheelchair

Boys' Meet Record				
Boys' Wheelchair Meet Record				
<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
400m	58.09	Abraham Massalay	Moses Lake	2016
1600m	4:30.52	Abraham Massalay	Moses Lake	2016