

# All-Time Top-Ten Outdoor Girls Rankings (3A Classification)

## 100m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Megan Miller, Pleasant Hill	12.25a	2017
2	Nicole Brown, Creswell	12.34c	1997
3	Ella Bulkley, Catlin Gabel	12.39a	2024
4	Justyce Smith, Riverside	12.43a	2014
	Natalie Legras, Scio	12.43a	2014
	Madeline Dinsmore, Burns	12.43a	2010
	Jadyn Vermillion, Sutherlin	12.43a	2021
8	Andrea Lemus-Cisneros, Umatilla	12.44a	2015
	Kamiko Kamo, Vale	12.44c	2006
	Ryan Thomas, Pleasant Hill	12.44c	2024
	Mikaela Bernards, Valley Catholic	12.44c	2014
	Ashleigh Soltis, Cascade Christian	12.44c	2009
<u>Wind-Aided</u>			
	Nicole Brown, Creswell	12.03aw	1997

CLASS RECORDS			
Fr	Nicole Brown, Creswell	12.34c	1997
So	Ella Bulkley, Catlin Gabel	12.39a	2024
Jr	Megan Miller, Pleasant Hill	12.26a	2016
Sr	Megan Miller, Pleasant Hill	12.25a	2017

## 200m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Andrea Lemus-Cisneros, Umatilla	25.32a	2015
2	Nicole Brown, Creswell	25.35a	2000
3	Megan Miller, Pleasant Hill	25.39a	2017
4	Ella Bulkley, Catlin Gabel	25.41a	2024
5	Jadyn Vermillion, Sutherlin	25.45a	2021
6	Jaerla Dinsmore, Burns	25.49a	2008
7	Amie Zitterkob, Umatilla	25.52a	2015
8	Ronni VanZant, Sheridan	25.53a	2017
9	Sam Shepard, Westside Christian	25.60a	2024
10	Kimiko Kamo, Vale	25.63a	2005

CLASS RECORDS			
Fr	Nicole Brown, Creswell	25.74c	1997
So	Ella Bulkley, Catlin Gabel	25.41a	2024
Jr	Ronni VanZant, Sheridan	25.53a	2017
Sr	Andrea Lemus-Cisneros, Umatilla	25.32a	2015

## 400m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Jaela Dinsmore, Burns	56.98a	2008
2	Marnie Branstiter, Toledo	57.24c	1985
3	Joy Dixon, Coquille	57.34c	1995
4	Teri Cooper, Valley Catholic	57.54c	1978
5	Abby Steinsiek, St.Marys (Medford)	57.73a	2011
6	Sam Shepard, Westside Christian	57.82a	2024
7	Monica MacQuarrie, Coquille	57.91a	1987
8	Mindy Glazebrook, Coquille	58.14c	1979
9	Jamie Higle, Burns	58.19a	2010
10	Kayla Nagunst, Rainier	58.23a	2010

CLASS RECORDS			
Fr	Joy Dixon, Coquille	57.34c	1995
So	Sam Shepard, Westside Christian	57.82a	2024
Jr	Jaela Dinsmore, Burns	58.06a	2007
Sr	Jaela Dinsmore, Burns	56.98a	2008

## 800m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Sophie Schoolmeester, Banks	2:09.30a	2024
2	Amy Nickerson, Coquille	2:14.09a	1998
3	Maya Rayle, Catlin Gabel	2:14.20a	2016
4	Maryanne Miller, Vernonia	2:16.32a	2000
5	Kayla Nagunst, Rainier	2:16.53a	2009
6	Holli Dieu, Coquille	2:16.6h	2005
7	Lauren Tittel, Oregon Episcopal	2:16.85a	2024
	Katie Sharff, Catlin Gabel	2:16.85a	1998
9	Mary Arnoldid, Valley Catholic	2:17.2h	1985
10	Jamie Sundvall, Jefferson (Jefferson)	2:17.22a	2002

CLASS RECORDS			
Fr	Sophie Schoolmeester, Banks	2:14.72a	2023
So	Sophie Schoolmeester, Banks	2:09.30a	2024
Jr	Amy Nickerson, Coquille	2:14.09a	1998
Sr	Amy Nickerson, Coquille	2:14.89a	1999

## All-Time Top-Ten Outdoor Girls Rankings (3A Classification)

### 1500m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Maya Rayle, Catlin Gabel	4:33.32a	2018
2	Sophie Schoolmeester, Banks	4:33.79a	2024
3	Amy Nickerson, Coquille	4:34.4h	1999
4	Holli Dieu, Coquille	4:34.51a	2005
5	Marissa Dobry, St.Marys (Medford)	4:35.86a	2016
6	Maryanne Miller, Venronia	4:38.52a	2000
7	Hayley Ney, Catlin Gabel	4:40.80a	2009
8	Lauren Eyler, Oregon Episcopal	4:40.90a	2006
9	Jolee Van Leuven, Catlin Gabel	4:41.55a	2005
10	Becky Davies, Catlin Gabel	4:42.04a	2005

CLASS RECORDS			
Fr	Amy Nickerson, Coquille	4:38.39a	1996
So	Sophie Schoolmeester, Banks	4:33.79a	2024
Jr	Holli Dieu, Coquille	4:34.51a	2005
Sr	Maya Rayle, Catlin Gabel	4:33.32a	2018

### 3000m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Amy Nickerson, Coquille	9:45.1h	1999
2	Maya Rayle, Catlin Gabel	9:46.90a	2018
3	Jolee Van Leuven, Catlin Gabel	9:49.24a	2005
4	Marissa Dobry, St.Marys (Medford)	9:51.08a	2016
5	Melissa Lucas, Catlin Gabel	10:01.3h	1993
6	Holli Dieu, Coquille	10:02.06a	2005
7	Lauren Tittel, Oreogn Episcopal	10:05.26a	2024
8	Jaya Simmons, Valley Catholic	10:05.29a	2024
9	Stephanie Finley, Oregon Episcopal	10:15.24a	2018
10	Becky Davies, Catlin Gabel	10:15.3a	2005

CLASS RECORDS			
Fr	Maya Rayle, Catlin Gabel	10:09.89a	2015
So	Melissa Lucas, Catlin Gabel	10:01.3h	1993
Jr	Holli Dieu, Coquille	10:02.06a	2005
Sr	Amy Nickerson, Coquille	9:45.1h	1999

### 100m High Hurdles (33")

ALL-TIME TOP-10 PERFORMANCES			
1	Cynthia Shepherd, Warrenton	15.14c	1980
2	Madeleine Miller, Cstlin Gabel	15.19a	2007
	Trinity Phillips, Blanchet Catholic	15.19a	2019
4	Tina Nieman, Clatskanie	15.24a	1986
	Autumn Murray, Cascade Christian	15.24a	2023
6	Sierra Samhammer, Cascade Christian	15.37a	2023
7	Terra Schumacher, Regis	15.41a	2007
8	Angie Murphy, Nyssa	15.42a	1989
9	Cindy Gaston, Rainier	15.44c	1982
10	Annie Peters, Regis	15.46a	1999

CLASS RECORDS			
Fr	Trinity Philpps, Blanchet Catholic	15.92a	2016
So	Tina Nieman, Clatskanie	15.34c	1985
Jr	Tina Nieman, Clatskanie	15.24a	1986
Sr	Cynthia Shepherd, Warrenton	15.14c	1980

### 300m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES			
1	Holly Prinslow, Gervais	44.65a	2002
2	Hannah Bates, Vale	45.23a	2015
3	Cynthia Shepherd, Warrenton	45.54c	1980
4	Cammy Edwards, Catlin Gable	45.65a	2012
5	Emma Bennion, St.Marys (Medford)	45.74a	2019
6	Erin Sullivan, Burns	45.78a	1994
7	Sarah Bennion, St.Marys (Medford)	46.06a	2012
8	Mindy Rinck, Rainier	46.24c	1997
9	Frauke Fuchs, Coquille	46.27a	2008
10	Sara Kaiser, Clatskanie	46.34c	1999

CLASS RECORDS			
Fr	Holly Prinslow, Gervais	46.64c	1999
So	Holly Prinslow, Gervais	45.65a	2000
Jr	Holly Prinslow, Gervais	45.72a	2001
Sr	Holly Prinslow, Gervais	44.65a	2002

# All-Time Top-Ten Outdoor Girls Rankings (3A Classification)

## 400m (4x100m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Cascade Christian	49.63a	2017	Haley Reed, Emily Stephens, Zoey Boisen, Amber Cave
2	Vale	49.74a	2004	Erin Pugh, Elisa Mooney, Cirbi Anthony, Kimiko Kamo
3	Vale	49.77a	2024	Elli Jacobs, Haylee Cleaver, Bella Johnson, Claire Johnson
4	Valley Catholic	49.80a	2014	Gabby Rosenthal, Sarah Connelly, Makenzee Cleveland, Mikaela Bernards
5	Vale	49.81a	2005	Erin Pugh, Elisa Mooney, Cirbi Anthony, Kimiko Kamo
6	Burns	49.88a	2008	Jaela Dinsmore, Breanna Ribeiro, Jamie Higle, Jen Higle
7	Nyssa	49.94a	2008	Kendee Tucker, Katie Booth, Lacey Jones, Genniel Wagstaff
8	Rainier	50.14c	1982	Joanne Hudson, Dianne Miles, Taujna Berquam, Cindy Gaston
	Warrenton	50.14c	1978	Cynthia Shepherd, Kaye Hanna, Susan Gramson, Diane Davis
10	Burns	50.15a	2010	Breanna Ribeiro, Madeline Dinsmore, Jen Higle, Jamie Higle

## 1600m (4x400m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	St.Marys of Valley*	4:01.1h	1978	Chris Cooper, Leslie Elkins, Melissa Baver, Teri Cooper
2	St.Mary's (Medford)	4:02.59a	2011	Mackenzie Krieser, Abby Steinsiek, Erika Peterson, Sarah Bennion
3	Catlin Gabel	4:02.90a	2008	Linnea Hurst, Eloise Miller, Hayley Ney, Isabelle Miller
4	Burns	4:03.51a	2010	Breanna Ribeiro, Jen Higle, Jamie Higle, Madeline Dinsmore
5	St.Mary's (Medford)	4:04.42a	2017	Meghan Michels, Maddie Wheelock, Aessa Catt, Emma Bennion
6	Vale	4:04.81a	2015	Kami Hawkins, Madison Johnson, Hannah Bates, Kimber Hawkins
7	Coquille	4:04.84a	1996	Hidie King, Laura Gibson, Amy Nickerson, Joy Dixon
8	Burns	4:04.91a	2006	Kendra Attleberger, Maria Clemens, Jess Clemens, Jaela Dinsmore
9	Valley Catholic	4:05.11a	2014	Hannah Rehm, Julia Clark, Reilly Blood, Makenzee Cleveland
10	Banks	4:05.26a	2024	Bella Lardy, Jade Lanecek, Malia Stewart, Sophis Schoolmeister

\* St.Marys of Valley is now Valley Catholic

## Shot Put (4-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Emmi Collier, Warrenton	45-06.75	2012
2	Lindsay McShane, Amity	44-01	1016
3	Jacklyn Espinoza, Regis	43-00.5	2006
4	Jennifer DeFroest, La Pine	42-07	1988
5	JoAnne Jessee, Cascade Christian	42-04	2012
6	Jordynn Slater, La Pine	42-03.5	2018
7	Melissa Ausman, Nyssa	41-11	2013
8	Victoria Rodriguez, Nyssa	41-10.75	2010
9	Carley Lannan, Clakskanie	41-08.5	2013
10	Tahari Brosi, Reedsport	41-07	2003

### CLASS RECORDS

Fr	Jacklyn Espinoza, Regis	39-10.5	2003
So	Jordynn Slater, La Pine	41-02	2016
Jr	Emmi Collier, Warrenton	43-07.5	2011
Sr	Emmi Collier, Warrenton	45-06.75	2012

## Discus (1-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Jacklyn Espinoza, Regis	158-01	2006
2	Melissa Ausman, Nyssa	149-06	2013
3	Gina Seals, Grant Union	145-06	1983
4	Lindsey McShane, Amity	144-07	2015
5	Leilani Salang, Blanchet Catholic	139-00	2017
6	Abby Aguiar, Dayton	137-05	2010
7	Hailee Hughes, Willamina	137-00	2022
8	Jessica Thompson, Toledo	134-11	2011
9	Marly Ausman, Nyssa	133-04	2021
10	Paige Lewis, Portland Christian	133-03	1995

### CLASS RECORDS

Fr	Jacklyn Espinoza, Regis	135-00	2003
So	Jacklyn Espinoza, Regis	151-00	2004
Jr	Jacklyn Espinoza, Regis	155-02	2005
Sr	Jacklyn Espinoza, Regis	158-01	2006

## All-Time Top-Ten Outdoor Girls Rankings (3A Classification)

### Javelin (600g, IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Chrissi Grizzel, Jefferson (Jefferson)	161-07		2007
2	Jordynn Slater, La Pine	153-00		2017
3	Hailee Hughes, Willamina	148-01		2022
4	Delany Hall, Lakeview	146-01		2015
5	Kelsey Stolz, Bandon	145-02		2004
6	Mackenzii Phillips, Douglas	141-09		2021
7	Lindsay McShane, Amity	141-01		2015
8	Callie Millet, Coquille	141-01	43.02m	2024
9	Beth Stam, Toledo	139-10		2008
10	Trudy Burns, Cascade Christian	138-06		2015

CLASS RECORDS				
Fr	Chrissi Grizzel, Jefferson (Jefferson)	136-08		2004
So	Chrissi Grizzel, Jefferson (Jefferson)	146-05		2005
Jr	Jordynn Slater, La Pine	153-00		2017
Sr	Chrissi Grizzel, Jefferson (Jefferson)	161-07		2007

### Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Mckenzie Walker, St.Marys (Medford)	12-05		2022
2	Misty Corwin, Waldport	12-00		2007
3	Jenni Ashcroft, Sheridan	11-07		1998
	Reagan Krantz, Coquille	11-07	3.53m	2024
5	Sami Woodring, Oregon Episcopal	11-06		2019
6	Sailor Hartley, Nyssa	11-04.25		2018
7	Jocelyn Hartley, Nyssa	11-00		2017
	Ryleigh Crenshaw, Horizon Christian	11-00		2015
	Linnea Fong, St.Marys (Medford)	11-00		2011
	Terra Schumacher, Regis	11-00		2006
	Ashlyn Turnbo, Elmira	11-00		2023

CLASS RECORDS				
Fr	Kylee DeLong, Vale	9-09		2012
So	Grace Tully, Westside Christian	10-09		2019
Jr	Misty Corwin, Waldport	12-00		2007
Sr	Mckenzie Walker, St.Marys (Medford)	12-05		2022

### Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Stephanie Rodenberg, Coquille	18-05		1982
2	Cynthia Shepherd, Warrenton	18-04.5		1980
3	Caroline Mauro, Catlin Gabel	18-03.75	5.58m	2024
4	Pam Snyder, Gold Beach	18-03.5		1980
5	Sidney DeBoer, St.Marys (Medford)	18-02.5		2023
6	Tammy Lesh, Neah-Kah-Nie	18-02		1983
7	Nancy Shupak, Clakstanie	18-02		1972
8	Kim Holliday, Grant Union	18-01.5		2000
9	Autumn Murray, Cascade Christian	18-01.5		2023
10	Beth Stam, Toledo	18-00.5		2007

CLASS RECORDS				
Fr	Cathy Boag, Creswell	17-11		1974
So	Mariah Morton, Catlin Gabel	18-00		2010
Jr	Caroline Mauro, Catlin Gabel	18-03.75	5.58m	2024
Sr	Stephanie Rodenberg, Coquille	18-05		1982

### Triple Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Rebeka Preston, Santiam Christian	38-11.25		2018
2	Kim Holliday, Grant Union	38-10.5		1999
3	Tia Jenkins, Grant Union	38-01		1998
4	Jadyn Vermillion, Sutherlin	38-00.5		2021
5	Amy Jones, Grant Union	37-08.5		2003
6	Kayla Brase, Westside Christian	37-04		2014
7	Beth Stam, Toledo	37-02		2008
	Maddie Miller, Catlin Gabel	37-02		2007
9	Mariah Morton, Catlin Gabel	37-00.5		2012
	Sidney DeBoer, St.Marys (Medford)	37-00.5		2023

CLASS RECORDS				
Fr	Kim Holliday, Grant Union	37-07		1997
So	Tia Jenkins, Grant Union	36-11		1996
Jr	Kim Holliday, Grant Union	38-10.5		1999
Sr	Rebeka Preston, Santiam Christian	38-11.25		2018

# All-Time Top-Ten Outdoor Girls Rankings (3A Classification)

## High Jump

### ALL - TIME TOP - 10 PERFORMANCES

1	Caroline Mauro, Catlin Gabel	5-10.75	1.80m	2024
2	Sara Almen, Santiam Christiabn	5-09		2012
3	Kara McManus, Glide	5-08		1999
	Amanda Boice, Gold Beach	5-08		2004
5	Rachel Kriz, Toledo	5-07.25		2000
6	Emma Robertson, Burns	5-07		2013
7	Gloria Zabala, Burns	5-06.25		1975
8	Allie Hueckman, Burns	5-06		2018
	Anne Fisher, Amity	5-06		1976
10	Jennifer Hailey, Amity	5-05.5		1995

### CLASS RECORDS

Fr	Allie Hueckman, Burns	5-06		2018
So	Sara Almen, Santiam Christian	5-07		2010
Jr	Caroline Mauro, Catlin Gabel	5-10.75	1.80m	2024
Sr	Sara Almen, Santiam Christian	5-09		2012

# All-Time Outdoor Girls Rankings (3A)

## Rarely Contested or Speciality Events

### Heptathlon

ALL-TIME TOP-10 PERFORMANCES			
1	Beth Stam, Toledo	4327 points	2008
2	Ciana Baron, Westside Christian	4086 points	2011
3	Lindsey Wright, Reedsport	3723 points	2010
4	Katie Pearmine, Gervais	3687 points	1993
5	Rachel Lefebvre, Clatskanie	3632 points	1992
6	Darian Wilson, Coquille	3588 points	2015
7	Candace Rosenthal, Valley Catholic	3528 points	2003
8	Kayla Brase, Westside Christian	3519 points	2013
9	Rachel Parker, Regis	3448 points	2005
10	Jessi-Ann Michaelson, Westside Christian	3413 points	2005

### Hammer (4-kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Kalea Salang, Blanchet Catholic	125-07.5	2019
2	Leilani Salong, Blanchet Catholic	120-03	2017
3	Robbi Morrison, Amity	116-11	2017
4	Kylie Wilson, Amity	115-02	35.12m 2023
5	Maddie Shirley, Dayton	113-06	2015
6	Haley Vanderzanden, Amity	111-00	2022
7	Taylor Durfey, Umatilla	95-05	2022
8	Ella Knott, Taft	93-09.5	2019
9	Hannah Hughes, Willamina	78-05	2019
10	Hailee Stewart, Amity	77-09	2023

### 5000m Run (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Marissa Dobry, St.Marys (Medford)	18:05.59a	2015
2	Jaya Simmons, Valley Catholic	18:10.09a	2024
3	Sanaiya Ayala, St.Marys (Medford)	19:18.91a	2022
4	Halle Goodman, Glide	19:36.7h	2024
5	Adley Damon, St.Marys (Medford)	19:42.5h	2024
6	Bella Fontino, St.Mary's (Medford)	19:45.95a	2023
7	Sage Griffin, Cascade Christian	19:47.5h	2024
8	Gwendolyn VanWart, Cascade Christian	20:02.46a	2023
9	Madyson Winters, Cascade Christian	20:29.7h	2024
10	Arena Crisp, Cascade Christian	20:35.9h	2024

### 10,000m Run (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10	2005 AND EARLIER STILL NEED TO BE RESEARCHED			

### 1-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Maya Rayle, Catlin Gabel	4:53.51a	2018
2	Sophie Schoolmeister, Banks	4:54.41a	2024
3	Stephanie Finley, Oregon Episcopal	5:05.20a	2017
4	Marissa Dobry, St.Marys (Medford)	5:07.91a	2016
5	Earleen Bissett, Bandon	5:17.9h	1977
6	Becky Davis, Catlin Gabel	5:19.68a	2003
7	Jolee Van Iueven, Catlin Gabel	5:19.78a	2003
8	Jill Smith, Burns	5:21.0oh	1976
9	Sydney Snook, Gold Beach	5:22.49a	2008
10	Susan Bragdon, Catlin Gabel	5:22.8h	1977

### 2-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Marissa Dobry, St.Marys (Medford)	10:25.12a	2014
2	Jaya Simmons, Valley Catholic	11:08.92a	2024
3	Hayley Ney, Catlin Gabel	11:14.0h	2006
4	Abigail King, Westside Christian	11:16.0h	2006
5	Lauren Tittel, Oregon Episcopal	11:16.39a	2023
6	Earleen Bissett, Bandon	11:46.0h	1977
7	Jill Smith, Burns	11:48.2h	1977
8	Alison Hughes, Siuslaw	11:59.85a	2023
9	Susan Bragdon, Catlin Gabel	12:05.1h	1977
10	Evelyn Michael, Gervais	12:05.5h	1977

### 400m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES			
1	Kayla Brase, Westside Christian	1:10.34a	2013
2	Amy Kraemer, Amity	1:13.20a	2017
3	Bree Whitney, Valley Catholic	1:13.94a	2001
4	Sarah Nelson, Rainier	1:16.44a	1997
5			
6			
7			
8			
9			
10			

# All-Time Outdoor Girls Rankings (3A)

## Rarely Contested or Speciality Events

### Marathon (26.2 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Kim Trainer, Burns	3:58:00.0	1980
2	Mary Hanson, Reedsport	4:00:26.0	1978
3			
4			
5			

### Half-Marathon (13.1 miles)

ALL-TIME TOP-10 PERFORMANCES			
1			
2			
3			
4			
5			

### 2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Emma Bennion, St.Marys (Medford)	7:28.2h	2017
2	Lisa Jauch, Westside Christian	8:06.01a	2014
3	Olivia Flack, La Pine	8:07.16a	2019
4	Jaesa Ruchti, Pleasant Hill	8:33.43a	2018
5	McKenzie Bell, Burns	8:35.38a	2012

### 3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Emma Bennion, St.Marys (Medford)	11:54.05a	2017
2			
3			
4			
5			

### 800m Sprint Medley (1-1-2-4)

ALL-TIME TOP-5 PERFORMANCES			
1	Vale	1:54.8h	2013
2	Vale	1:57.0h	2008
3	Vale	1:58.9h	2009
4	Crow	1:58.9h	1981
5	Oakridge	1:58.9h	1990

### 1600m Sprint Medley (2-2-4-8)

ALL-TIME TOP-5 PERFORMANCES			
1	Pleasant Hill	4:31.27a	2024
2	Catlin Gabel	4:35.78a	2009
3	St. Marys (Medford)	4:42.29a	2018
4	Catlin Gabel	4:50.22a	2015
5	Nestucca	4:55.1h	1988

### 800m Relay (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	Horizon Christian	1:47.33a	2023
2	St.Marys (Medford)	1:49.0h	2014
3	Westside Christian	1:49.25a	2014
4	Westside Christian	1:49.41a	2013
5	Nyssa	1:50.15a	2015

### 3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Catlin Gabel	9:55.86a	2019
2	Catlin Gabel	9:57.72a	2018
3	Salem Academy	10:01.3h	1987
4	Valley Catholic	10:01.4h	2011
5	Rainier	10:02.8a	2010
6	Nyssa	10:06.70a	2010
7	Kennedy	10:26.9h	1982
8	St.Marys (Medford)	10:32.0h	2015
9	Oregon Episcopal	10:37.1h	1989
10	Glendale	10:42.0h	1981

### Distance Medley (12-4-8-16)

ALL-TIME TOP-10 PERFORMANCES			
1	Oregon Episcopal	12:18.34a	2024
2	Catlin Gabel	12:40.66a	2009
3	Valley Catholic	12:44.12a	2024
4	St.Marys (Medford)	12:47.01a	2016
5	Oregon Episcopal	12:47.62a	2023
6	Catlin Gabel	12:50.98a	2017
7	Catlin Gabel	12:51.51a	2015
8	Valley Catholic	13:06.34a	2009
9	Glendale	13:08.0h	1981
10	Catlin Gabel	13:10.02a	2018

### 6000m Relay (4x1500m)

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
4			
5			

### Shuttle Hurdle R (3x100mH)

ALL-TIME TOP-5 PERFORMANCES			
1	St.Marys (Medford)	57.07a	2012
2	Lakeview	57.40a	2017
3	Cascade Christian	57.74a	2013
4	Cascade	59.53a	2014
5	St.Marys (Medford)	1:00.45a	2010

### 6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
4			
5			

### 4xMile Relay

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
4			
5			

\* 4xMile is 37m longer than the 4x1600m Relay

# All-Time Top-Ten Outdoor Boys Rankings (3A Classification)

## 100m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Gavin Cogle, St.Marys (Medford)	10.74a	2022
2	John Coiner, Santiam Christian	10.77a	2024
3	Juma Sei, Catlin Gabel	10.80a	2018
4	Dan Cauley, Regis	10.85a	2006
5	Todd Hope, Gold Beach	10.91a	1986
6	Malcolm Grant, Catlin Gabel	10.92a	2023
7	Brady Smith, Scio	10.94c	2013
	Justin Sandlin, Riverside	10.94c	1999
	Jim Cheadle, Grant Union	10.94c	1981
10	Seth Wenger, Toledo	10.95a	2011
	Andrew Curtis, Westside Christian	10.95a	2010
<u>Wind-Aided</u>			
	Juma Sei, Catlin Gabel	10.70aw	2018
	Malcolm Grant, Catlin Gabel	10.86aw	2023
	Dylan Wells, Regis	10.82aw	2006

CLASS RECORDS			
Fr	Daryl Dale, Vale	11.34c	1984
So	Jim Cheadle, Grant Union	10.94c	1981
Jr	Dan Cauley, Regis	10.85a	2006
Sr	Gavin Cogle, St.Marys (Medford)	10.74a	2022

## 200m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Juma Sei, Catlin Gabel	21.40a	2018
2	John Coiner, Santiam Christian	21.67a	2024
3	Zack Hevner, Vale	21.74a	2007
5	Gavin Cogle, St.Marys (Medford)	21.84a	2022
6	Dan Cauley, Regis	21.92a	2006
7	Malcolm Grant, Catlin Gabel	22.08a	2023
8	Dylan Wells, Regis	22.25a	2007
9	Ben Mainini, Lakeview	22.33a	2011
	Andrew Curtis, Westside Christian	22.33a	2010
	Joshua Widdows, Catlin Gabel	22.33a	2024

CLASS RECORDS			
Fr	Dan Cauley, Regis	22.95a	2004
So	Dan Cauley, Regis	22.22a	2005
Jr	Zack Hevner, Vale	21.74a	2007
Sr	Juma Sei, Catlin Gabel	21.40a	2018

## 400m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Juma Sei, Catlin Gabel	47.04a	2018
2	David Harris, Westside Christyian	48.62a	2012
3	Andrew Curtis, Westside Christian	48.64a	2010
4	Harrison Leep, St.Marys (Medford)	48.84a	2012
	Roy Nelson, Coquille	48.84c	1984
6	Dan Hammett, Toledo	48.94c	1978
7	Zack Hevner, Vale	48.99a	2007
8	Ray Pitts, Creswell	49.12a	1994
9	Brian Roesler, Westside Christian	49.14c	2000
10	Malcolm Grant, Catlin Gabel	49.30a	2023

CLASS RECORDS			
Fr	Andy Wintersteen, Warrenton	50.94a	1998
So	Juma Sei, Catlin Gabel	48.68a	2016
Jr	Juma Sei, Catlin Gabel	48.15a	2017
Sr	Juma Sei, Catlin Gabel	47.04a	2018

## 800m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Cole Watson, Rogue River	1:52.48a	2009
2	Austin Collins, Colton	1:52.68a	2011
3	Joshua Frasier, Coquille	1:53.14a	2006
4	Ben Decherd, Catlin Gabel	1:53.62a	2000
5	Harry Miller, Catlin Gabel	1:54.52a	2005
6	Erik Heimann, Creswell	1:54.9h	1990
7	Amin Diani, Banks	1:55.09a	2024
8	John Mike McHugh, Toledo	1:55.15a	1984
9	Samuel Ulrich, Siuslaw	1:55.20a	2023
10	Roy Nelson, Coquille	1:55.3h	1982

CLASS RECORDS			
Fr	Amin Diani, Banks	1:56.46a	2023
So	Ben Decherd, Catlin Gabel	1:55.01a	2000
Jr	Cole Watson, Rogue River	1:52.48a	2009
Sr	Austin Collins, Colton	1:52.68a	2011



## All-Time Top-Ten Outdoor Boys Rankings (3A Classification)

### 1500m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Cole Watson, Rogue River	3:50.84a	2010
2	James Longoria, Nyssa	3:57.7	1995
3	Harry Miller, Catlin Gabel	3:57.94a	2005
4	Fabian Cardenas, Umatilla	3:58.64a	2016
5	Tracy Garrison, Glide	3:59.4	1981
6	Joshua Frasier, Coquille	3:59.42a	2006
7	Austin Collins, Colton	4:00.21a	2011
8	Jon Morse, Coquille	4:01.0	1989
9	Nick Obletz, Oregon Episcopal	4:02.18a	2012
10	Rob Calley, Coquille	4:03.1	1988

CLASS RECORDS			
Fr	Tracy Garrison, Glide	3:59.4	1981
So	Ronan Gantzoz, Oregon Episcopal	4:04.35a	2024
Jr	Cole Watson, Rogue River	4:00.36a	2009
Sr	Cole Watson, Rogue River	3:50.84a	2010

### 3000m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Fabian Cardenas, Umatilla	8:30.23a	2016
2	Tracy Garrison, Glide	8:37.1h	1981
3	Nick Obletz, Oregon Episcopal	8:41.97a	2012
4	Zach Bellew, Creswell	8:42.34a	2014
5	James Longoria, Nyssa	8:43.9h	1995
6	Olin Gilster, Oregon Episcopal	8:45.01a	2023
7	Cole Watson, Rogue River	8:45.1h	2010
8	Wyatt Montgomery, La Pine	8:45.80a	2023
9	Jack Casalino, Oregon Episcopal	8:48.87a	2018
10	Ronan Gantzoz, Oregon Episcopal	8:49.30a	2024

CLASS RECORDS			
Fr	Tracy Garrison, Glide	8:37.1h	1981
So	Fabian Cardenas, Umatilla	8:46.87a	2014
Jr	Fabian Cardenas, Umatilla	8:41.23a	2015
Sr	Fabian Cardenas, Umatilla	8:30.23a	2016

### 110m High Hurdles (39")

ALL-TIME TOP-10 PERFORMANCES			
1	Joshua Widdows, Catlin Gabel	14.17a	2024
2	Jayden Christy, Santiam Christian	14.69a	2023
3	Joe Oulette, Colton	14.74c	1994
4	Keith Baker, Riverside	14.79a	2001
5	Seth Gretz, Rogue River	14.93a	2013
6	Ryan Watson, Clatskanie	14.95a	2018
7	Peter Veeman, Westside Christian	14.96a	2024
	Marshall Ackley, Nyssa	14.96a	2006
9	Owen McLoud, Dayton	14.97a	2018
10	Troy Marsh, Santiam Christian	15.04c	1991
	Jake Gould, Myrtle Point	15.04c	2004
	Shawn Akin, Rainier	15.04c	1999
<u>Wind-Aided</u>			
	Joshua Widdows, Catlin Gabel (wind 2.7)	14.06aw	2024

CLASS RECORDS			
Fr	Jim Cheadle, Grant Union	16.04c	1980
So	Joshua Widdows, Catlin Gabel	15.27a	2022
Jr	Joshua Widdows, Catlin Gabel	14.81a	2023
Sr	Joshua Widdows, Catlin Gabel	14.17a	2024

### 300m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES			
1	Marshall Ackley, Nyssa	38.12a	2006
2	Joshua Widdows, Catlin Gabel	38.40a	2024
3	Craig Douglas, McLoughlin	38.65a	1996
4	Carsen Volle	38.66a	2024
5	Justin Angove, Bandon	39.14c	2013
6	Wilson McLean, Salem Academy	39.20a	2018
	Lucas Setere, Rainier	39.20a	2001
8	Trent Shelton, Vale	39.22a	1996
9	Brian Hartenstein, Colton	39.23a	1988
10	Dustin Zieman, Reedsport	39.24c	2003

CLASS RECORDS			
Fr	Marco Landeros, Riverside	41.70a	2019
So	Lucas Setere, Rainier	39.94c	1999
Jr	Zach Posch, Jefferson (Jefferson)	39.30a	2005
Sr	Marshall Ackley, Nyssa	38.12a	2006

# All-Time Top-Ten Outdoor Boys Rankings (3A Classification)

## 400m (4x100m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Santium Christian	43.29a	2023	Owen Gurney, Jayden Christy, Caden Trimmer, John Coiner
2	Clatskanie	43.34a	2018	Crew Blodgett, Kees Tjaarda, Ryan Watson, Cooper Blodgett
3	Scio	43.43a	2013	Nathan Jones, AJ Holmberg, Daniel Harper, Brady Smith
4	Westside Christian	43.52a	2008	Cameron Colby, Andrew Curtis, Ryan Parker, Eric Barton
5	Westside Christian	43.54a	2010	Blake Kingsley, Stephen Nelson, David Harris, Andrew Curtis
6	Regis	43.60a	2006	Brad Lackner, Justin Beggs, Dylan Wells, Dan Cauley
	Siuslaw	43.60a	2024	Will Johnson, Wesley Nicholls, Derrick Vanduch, Baymundo Brito-Xilot
8	Westside Christian	43.63a	2009	Cameron Colby, Nick Meusch, Trevor Hansen, Andrew Curtis
9	Colton	43.71a	2016	Garrett Collins, Malik Knott, Evan Rasor, Zemar Smith
10	Vale	43.77a	2024	Colten Stepleton, Skyler Cade, Kase Schaffeld, Spur Jacobs

## 1600m (4x400m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Valley Catholic	3:23.49a	2024	Kyle Becker, Riley Reinikka, Morgan Amano, Drew Kllopic
2	Westside Christian	3:24.90a	2012	Ethan Parker, John Hanscom, Kirk Anderson, David Harris
3	Siuslaw	3:26.00a	2023	Raymundo BritoXilot, Samuel Ulrich, Jacob Blankenship, Hunter Patterson
4	Grant Union	3:26.27a	2007	Eric Coats, Ryne Smith, Marc DesJardin, Miro Zadubeneec
5	Vale	3:26.47a	2024	Coltne Stepleton, Spur Jacobs, Kase Schaffeld, Skyler Cade
6	Coquille	3:26.86a	1983	Jeff Abbey, Doug Butler, Doug Stover, Roy Nelson
7	Vale	3:26.87a	2008	Luke Skerjanic, Jarrod Tucker, Cam Anthony, Zack Hevner
8	Scio	3:27.06a	2013	Ben Jones, Nathan Jones, AJ Holmberg, Brady Smith
9	Banks	3:27.09a	2023	Omar, Diani, Grayson Voss, Amin Diani, Daevon Vereen
10	Santium Christian	3:27.25a	1998	Brent Gilder, Andy Plaep, Ben Hoffman, Zach Davidson

## Shot Put (12-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Curt Denny, Burns	64-09.5	1975
2	Butch Schmidt, Wahtonka	62-05.5	1970
3	Mike Wilson, Waldport	60-04.5	1976
4	Tom Schillinger, Burns	59-05.5	1975
5	Paul Steenkolk, Toledo	59-03	1991
6	Kirk Williams, Neah-Kah-Nie	56-09	1984
7	Omer Inan, Oregon Episcopal	55-08.5	1999
8	Butch Kinder, Burns	55-08.25	1966
9	John Strickland, Nyssa	55-07.5	1977
10	Dan Blackmon, Neah-Kah-Nie	55-07	1978

### CLASS RECORDS

Fr	Curt Denny, Burns	57-04	1972
So	Curt Denny, Burns	58-04	1973
Jr	Curt Denny, Burns	60-11.5	1974
Sr	Curt Denny, Burns	64-09.5	1975

## Discus (1.6-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Tom Schillinger, Burns	194-00	1975
2	Arnie Swan, Glide	188-01	1977
3	Omer Inan, Oregon Episcopal	181-09	1999
	Clayton Sexton, Wahtonka	181-09	1977
5	Shane Wood, Sisters	178-10	1993
6	Dillon Towne, Glide	178-09	2018
7	Ismael Osorio, Reedsport	177-07	2010
8	Curt Denny, Burns	176-05	1975
9	Craig Colahan, Burns	168-06	2010
10	Bo Johnson, Toledo	167-04	2008

### CLASS RECORDS

Fr	Don Heater, Creswell	141-07	1968
So	Tom Schillinger, Burns	166-09	1973
Jr	Tom Schillinger, Burns	182-07	1974
Sr	Tom Schillinger, Burns	194-00	1975

# All-Time Top-Ten Outdoor Boys Rankings (3A Classification)

## Javelin (800g, IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Cole Scherer, Bandon	202-03		2009
2	Shane Brooks, Pleasant Hill	199-02		2012
3	Jimmy Cook, Grant Union	193-02		2009
4	Seth Nonnemacher, Burns	190-11		2014
5	Kiyan Vrell, Amity	190-00	57.91m	2024
5	Lane Roseberry, Lakeview	189-10		2012
6	Tre Hale-Edmerson, Sheridan	186-09		2011
7	Tyrese Boyd, Riverside	185-11	56.67m	2023
8	Casey Bochsler, Regis	182-06		2003
9	Matt Buche, Myrtle Point	182-01		2004
10	Derek Tuttle, Brookings-Harbor	182-01		2021

CLASS RECORDS				
Fr	Jimmy Cook, Grant Union	172-11		2006
So	Jimmy Cook, Grant Union	182-06		2007
Jr	Kiyan Vrell, Amity	190-00	57.91m	2024
Sr	Cole Scherer, Bandon	202-03		2009

## Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Justin Petz, La Pine	17-02		2016
2	Mike Thornton, Colton	16-07		1984
3	Marshall Ackley, Nyssa	15-04		2006
4	Kyle Hughes, Siuslaw	15-00	4.57m	2023
5	Caden Harris, Banks	14-11.25		2023
6	Ben Logan, Harrisburg	14-10.5		1997
7	Robby Fegles, Reedsport	14-09		2007
8	Jeff Beck, Nyssa	14-08		2002
9	Zach Greenleaf, Catlin Gabel	14-06		2015
10	Dylan Hopper, Pleasant Hill	14-05		2019

CLASS RECORDS				
Fr	Luke Ray, Warrenton	14-00		1993
So	Luke Ray, Warrenton	14-00		1994
Jr	Justin Petz, La Pine	16-09		2015
Sr	Justin Petz, La Pine	17-02		2016

## Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Rick Lewis, St.Marys (Medford)	23-09		1968
2	Chris Patterson, Catlin Gabel	23-02		1984
3	Jon McNeil, Horizon Christian	22-09		2010
4	Justin Simpson, Nyssa	22-08.5		2016
5	Malik Knott, Colton	22-08		2016
6	Brad Breen, Toledo	22-07.75		1975
7	Scout Labhart, La Pine	22-07.25		2017
8	Don Davis, Creswell	22-07	66/67	
9	John Moonen, La Pine	22-06.5		1987
10	Harold Brice, Coquille	22-05.75		1966

CLASS RECORDS				
Fr	Dean Sanchez, Dayton	21-05		1982
So	Steve Hammer, Coquille	21-11		1975
Jr	Malik Knott, Colton	22-05		2015
Sr	Rick Lewis, St.Marys (Medford)	23-09		1968

## Triple Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Jeremy Wilson, Dayton	46-06.5		1997
2	Marcellus Ramos, Nyssa	46-03.5		2012
3	Jake Llado, Regis	46-01.5		1988
4	Nick Wilson, Grant Union	46-00.5		2012
5	Kaden Andrews, Dayton	45-09.25		2006
6	Brian McKinnis, Grant Union	45-07		1978
7	Gene Bates, Burns	45-06		1994
8	Chris Patterson, Catlin Gabel	45-06		1984
9	Andrew Klopccic, Valley Catholic	45-06	13.87m	2024
10	Csaba Radics, Rainier	45-05		1975

CLASS RECORDS				
Fr	Lucas White Moon*, Catlin Gabel	42-7.75		2013
So	Kaden Andrews, Dayton	45-09.25		2006
Jr	Andrew Klopccic, Valley Catholic	45-06	13.87m	2024
Sr	Jeremy Wilson, Dayton	46-06.5		1997

\* at the time of competition, his name appears as Lucas Swift Arm  
His name was changed while in high school, and appears as requested

Note: There is a reported mark for Rick Stellier of Gervais at 47-07 in 1973. This mark is deemed suspicious and we have not been able to locate its origin. We think it is an accidental typo

# All-Time Top-Ten Outdoor Boys Rankings (3A Classification)

## High Jump

### ALL-TIME TOP-10 PERFORMANCES

1	Matt Owen, Dayton	6-11.5	1986
2	Lance Aldrich, Sheridan	6-10	2005
3	Peter McMurrin, Catlin Gabel	6-09.75	1972
4	Marcus Cooper, Toledo	6-09	1999
	Shane Hargett, Harrisburg	6-09	1983
6	A.J. Acker, Rainier	6-08	1995
	Matt Aalto, Willamina	6-08	1994
	Scott Carmichael, Creswell	6-08	1987
	Jeff Goyins, Regis	6-08	1979
10	Keith Talbott, Nyssa	6-07.5	2001

### CLASS RECORDS

Fr	Mike Schmid, Caitlin Gabel	6-02	1989
Fr	Elijah Schaal, Valley Catholic	6-02	2023
So	Matt Owen, Dayton	6-06	1984
Jr	Matt Owen, Dayton	6-09	1985
Sr	Matt Owen, Dayton	6-11.5	1986

# All-Time Outdoor Boys Rankings (3A)

## Rarely Contested or Speciality Events

### Decathlon

ALL-TIME TOP-10 PERFORMANCES			
1	Marshall Ackley, Nyssa	6188 points	2006
2	Dan Berkey, Amity	5747 points	1993
3	Carsen Volle, Burns	5472 points	2023
4	Davis Harris, Westside Christian	5450 points	2011
5	Justin Devine, Regis	5418 points	2001
6	Eric Jensen, Nyssa	5409 points	2010
7	T.J. Hafner, Regis	5393 points	2001
8	Jerome Scovell, Neah-Kah-Nie	5308 points	1994
9	Travis Webb, Dayton	5284 points	1994
10	Colin Riviere, Catlin Gabel	5250 points	1989

### Hammer (12-kg)

ALL-TIME TOP-10 PERFORMANCES				
1	Luis Campos, Umatilla	169-07	51.07m	2024
2	Jaxson Howard, Amity	165-04	50.39m	2024
3	Kiyan Vrell, Amity	162-09	49.61m	2024
4	Mason Strunk, Salem Academy	161-04		2019
5	Bo Johnson, Toledo	146-10		2008
6	Bo Sims, Amity	135-06	41.30m	2024
7	Nick Hermes, Amity	130-07	39.80m	2024
8	Robby Scharf, Amity	123-00		2019
9	Jordan Mode, Willamina	106-04		2019
10	Mason Rosenast, Amity	97-06		2022

### 5000m Run (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Jake Sorani, Cascade Christian	15:22.32a	2000
2	Nick Oblatz, Oregon Episcopal	15:32.05a	2012
3	Brian Hibdon, Gervais	16:30.70h	1984
4	Adam Siltala, Clatskanie	16:33.29a	2012
5	Jerry Pierce, Reedsport	16:36.20h	1983
6	Isaac Young, Cascade Christian	16:36.5h	2024
7	Michael Ragen, Cascade Christian	16:39.23a	2023
8	Noah Eichenbusch, Glide	16:46.4h	2024
9	Javier Mora, De La Salle North Catholic	16:47.90a	2024
10	Ben Bristol, Harrisburg	16:51.90h	2001

### 10,000m Run (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Nick Oblatz, Oreogn Episcopal	32:36.2a	2012
2	Steve Hatter, Regis	37:49.9h	1988
3	Randy Bentz, Regis	38:48.9h	1981
4			
5			
6			
7			
8			
9			
10			

### 1-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Josh Frasier, Coquille	4:14.64a	2006
2	Fabian Cardenas, Umatilla	4:14.87a	2016
3	Cole Watson, Rogue River	4:17.69a	2010
4	Randy Unrau, Scio	4:26.2h	1971
5	Morgan Amano, Valley Catholic	4:27.99a	2024
6	Hudson Eustace, Cascade Christian	4:32.79a	2012
7	Louigi Etta, Yamhill-Carlton	4:38.19a	2024
8	Ryan Maag, Nyssa	4:34.92a	2010
9	Tim McPherson, Cascade Christian	4:39.13a	2015
10	Dave Rannabargar, Regis	4:40.0h	2007

### 2-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Dave Magness, Glide	9:11.5h	1977
2	Olin Gilster, Oregon Episcopal	9:30.43a	2023
3	Pat Curl, Vernonia	9:44.7h	1975
4	Kyle Hughes, Siuslaw	9:52.12a	2023
5	Augustine Rojas, Jefferson (Jefferson)	9:57.2h	1976
6	Brayden Linton, Siuslaw	9:59.35a	2023
7	Alejandro Abnal, Banks	10:04.50a	2024
8	Gus Kirby, Neah-Kah-Nie	10:12.43a	2024
9	Samuel Ulrich, Siuslaw	10:29.98a	2023
10	Isaac Young, Cascade Christian	10:42.91a*	2024

\* time run en route to a longer distance

### 400m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES			
1	Joshua Widdows, Catlin Gabel	53.93a	2024
2	Brandt Bannister, Weston	54.1h	1979
3	Carsen Volle, Burns	55.21a	2024
4	Carsen Volle, Burns	59.55a	2023
5	Greg Dasso, Gervais	1:00.74c	1975
6	Adam Lulay, Regis	1:02.44c	1997
7	Mark VanDenHazel, Sheridan	1:03.54c	1980
8	AJ Bernards, Vasley Catholic	1:09.02a	2010
9	Kieryn Anderson, Rainier	1:09.54c	2008
10	Dylan LeMay, Valley Catholic	1:11.72a	2010

# All-Time Outdoor Boys Rankings (3A)

## Rarely Contested or Speciality Events

### Marathon (26.2 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Joe Dasso, Gervais	2:48:16.0	1977
2	Vince Whatley, Rainier	3:31.00.0	1980
3	Yake Smith, Rainer	3:57.00.0	1978
4	Wayne Patterson, Reedsport	4:12:04.0	1978
5			

### Half-Marathon (13.1 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Chris Van Cauteren, Regis	1:17:33.0	1980
2	Dan Nix, Heppner	1:23:10.0	1978
3	Randy Bentz, Regis	1:30:30.0	1980
4			
5			

### 2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Andy Holstrom, Valley Catholic	6:26.26a	2012
2	Samuel Ulrich, Siuslaw	6:26.45a	2023
3	Ryan Maag, Nyssa	6:56.72a	2011
4	Doug Harrison, St.Marys (Medford)	7:08.4h	1995
5	Callan Stowell, Pleasant Hill	7:10.15a	2018

### 3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Troy Lieuallen, Salem Academy	9:58.8h	1981
2	Mike Yartzoff, Salem Academy	10:10.2h	1981
3	Jon Dasso, Gervais	10:36.2h	1978
4	Brad Sutter, Salem Academy	10:42.9h	1981
5	Dale McConnell, Gervais	11:36.0h	1979

### 800m Sprint Medley (1-1-2-4)

ALL-TIME TOP-5 PERFORMANCES			
1	Mapleton	1:37.2h	1982
2	Gervais	1:38.8h	1985
3	Westside Christian	1:39.29a	2010
4	Salem Academy	1:40.3h	1991
5	Portland Christian	1:41.06a	2017

### 1600m Sprint Medley (2-2-4-8)

ALL-TIME TOP-5 PERFORMANCES			
1	Catlin Gabel	3:49.23a	2012
2	Catlin Gabel	3:51.7h	1986
3	Catlin Gabel	3:52.1h	1984
4	Horizon Christian	3:55.42a	2010
5	Catlin Gabel	3:56.3h	1989

### 800m Relay (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	St. Mary's (Medford)	1:35.1h	1981
2	Catlin Gabel	1:35.4h	1985
3	Rainier	1:35.4h	2012
4	Catlin Gabel	1:35.5h	1986
5	Grant Union	1:35.80a	2006

### 3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Canyonville Christian	8:14.3h	1977
2	Catlin Gabel	8:18.98a	2018
3	Valley Catholic	8:20.38a	2012
4	Valley Catholic	8:25.46a	2011
5	Valley Catholic	8:27.99a	2024
6	Nyssa	8:30.69a	2011
7	Canyonville Christian	8:31.9h	1980
8	Canyonville Christian	8:45.2h	1978
9	Catlin Gabel	8:46.5h	1986
10	Nyssa	8:48.95a	2009

### Distance Medley (12-4-8-16)

ALL-TIME TOP-10 PERFORMANCES			
1	Catlin Gabel	10:44.85a	2016
2	Salem Academy	10:51.0h	1990
3	Canyonville Christian	10:52.1h	1985
4	Salem Academy	10:54.5h	1990
5	Catlin Gabel	10:57.05a	2015
6	Valley Catholic	10:57.69a	2024
7	Oakridge	11:05.5h	2005
8	De La Salle North Catholic'	10:58.88a	2024
9	Oakridge	11:05.7h	2006
10	Catlin Gabel	11:05.73a	2019

### 6000m Relay (4x1500m)

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
4			
5			

### Shuttle Hurdle R (3x110mH)

ALL-TIME TOP-5 PERFORMANCES			
1	Regis	56.3h	1991
2	Lakeview	56.36a	2023
3	Santiam	1:01.0h	1991
4	Santiam	1:16.8h	1990
5	Regis	1:22.6h	1990

### 6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	Canyonville Christian	18:55.7h	1977
2	Canyonville Christian	19:07.0h	1980
3	Canyonville Christian	19:22.8h	1981
4	Canyonville Christian	19:32.7h	1982
5	Regis	20:39.5h	1978

### 4xMile Relay

ALL-TIME TOP-5 PERFORMANCES			
1	Coquille	19:27.5h	1988
2	Reedsport	19:28.0h	1991
3	Coquille	19:28.7h	1989
4	Reedsport	19:30.5h	1992
5	Glide	19:36.1h	1979

*\* 4xMile is 37m longer than the 4x1600m Relay*