

# All-Time Top-Ten Outdoor Girls Rankings (4A Classification)

## 100m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Kerissa D'Arpino, North Valley	11.94a	2014
2	Vanessa D'Arpino, North Valley	12.00a	2014
	Stephanie Morris, Seaside	12.00a	1983
4	Rachel Vinjamuri, Newport	12.02a	2015
5	Baylee Touey, North Valley	12.10a	2019
6	Jada Hurley, Hidden Valley	12.11a	2021
7	Madelyn Metzler, Marshfield	12.12a	2015
8	Carrie Tobey, Marshfield	12.14c	1987
	Lee Boyd, Astoria	12.14c	1982
10	Ellannee Richardson, Gladstone	12.16a	1998

CLASS RECORDS			
Fr	Baylee Touey, North Valley	12.36a	2016
So	Baylee Touey, North Valley	12.14a	2017
Jr	Vanessa D'Arpino, North Valley	12.04a	2013
Sr	Kerissa D'Arpino, North Valley	11.94a	2014

## 200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Baylee Touey, North Valley	23.84c		2019
2	Vanessa D'Arpino, North Valley	24.11a		2013
3	Kerissa D'Arpino, North Valley	24.39a		2013
4	Rachel Vinjamuri, Newport	24.57a		2015
5	Stephanie Morris, Seaside	24.58a		1983
6	Genna Settle, Estacada	24.74a		2013
7	Ellannee Richardson, Gladstone	24.75a		1998
8	Alice Davidson, Scappoose	24.97a		2024
9	Nyah Kendall, Hidden Valley	25.04c		2019
10	Madelyn Metzler, Marshfield	25.09a		2015
<u>Wind-Aided</u>				
	Karlee Touey, North Valley	25.17aw		2022
	Emma Gates, Cascade	25.21aw		2022

CLASS RECORDS				
Fr	Kim Priest, North Valley	25.54c		1985
So	Baylee Touey, North Valley	24.77a		2017
Jr	Venessa D'Arpino, North Valley	24.11a		2013
Sr	Baylee Touey, North Valley	23.84c		2019

## 400m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Venessa D'Arpino, North Valley	54.68a	2013
2	Kerissa D'Arpino, North Valley	55.63a	2014
3	Tish Henes, Baker	56.19a	1995
4	Baylee Touey, North Valley	56.24a	2019
5	Amy Skofstad, Gladstone	56.48a	2004
6	Becky Horace, Molalla	56.60a	2005
7	Stephanie Morris, Seaside	56.60a	1983
8	Kristine Dunn, Cottage Grove	56.64a	2013
9	Kelley Wright, Sweet Home	56.70a	1983
10	Rachel Vinjamuri, Newport	56.78a	2015

CLASS RECORDS			
Fr	Amy Skofstad, Gladstone	56.48a	2004
So	Tish Henes, Baker	57.00a	1993
Jr	Venessa D'Arpino, North Valley	54.68a	2013
Sr	Kerissa D'Arpino, North Valley	55.63a	2014

## 800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Taylor Wallace, Henley	2:10.57a		2009
2	Brianna Anderson-Gregg, Philomath	2:12.04a		2003
3	Emily Beaver, Molalla	2:12.8h		2013
4	Ally Romanko, North Bend	2:13.13a		2006
5	Linsie Michels, Cascade	2:14.00a		2005
6	Laura Schmitt, La Salle	2:14.22a		2009
7	Amy Flora, Myrtle Point	2:14.37a		1991
8	Tish Henes, Baker	2:14.5h		1995
9	Heather Miller, Henley	2:14.6h		1995
10	Summer Morris, Seaside	2:14.7h		1993

CLASS RECORDS				
Fr	Taylor Wallace, Henley	2:15.43a		2006
So	Linsie Michels, Cascade	2:14.00a		2005
Jr	Brianna Anderson-Gregg, Philomath	2:12.04a		2003
Sr	Taylor Wallace, Henley	2:10.57a		2009

# All-Time Top-Ten Outdoor Girls Rankings (4A Classification)

## 1500m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Taylor Wallace, Henley	4:28.79a	2008
2	Brianna Anderson-Gregg, Philomath	4:31.92a	2003
3	Heather Miller, Henley	4:35.0h	1996
4	Whitney Bushnell, Philomath	4:35.89a	1997
5	Dee Olson, Estacada	4:36.95a	2003
6	Annika Thompson, Junction City	4:37.6h	2020
7	Melinda Campbell, Newport	4:37.63a	1997
8	Sierra Brown, Hidden Valley	4:37.95a	2013
9	Perrin Xthona Yamhill-Carlton	4:38.27a	2016
10	Brynn Cogdill, Estacada	4:38.63a	2002

CLASS RECORDS			
Fr	Lisa Flora, Myrtle Point	4:40.2h	1993
So	Amy Flora, Myrtle Point	4:39.09a	1991
Jr	Taylor Wallace, Henley	4:28.79a	2008
Sr	Taylor Wallace, Henley	4:33.83a	2009

## 3000m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Anika Thompson, Junction City	9:46.89a	2021
2	Melinda Campbell, Newport	9:50.58a	1996
3	Heather Miller, Henley	9:50.70a	1996
4	Taylor Wallace, Henley	9:56.64a	2007
5	Linnea Kavulich, Scappoose	10:05.46a	2018
6	Tassie Norton, Philomath	10:05.6h	1984
7	Sierra Brown, Hidden Valley	10:06.37a	2013
8	Katy Potter, Siuslaw	10:09.2h	2013
9	Lauren Zaludek, Elmira	10:09.37a	2006
10	Briana Anderson-Gregg, Philomath	10:10.9h	2004

CLASS RECORDS			
Fr	Taylor Wallace, Henley	10:07.03a	2006
So	Taylor Wallace, Henley	9:56.64a	2007
Jr	Melinda Campbell, Newport	9:50.58a	1996
Sr	Anika Thompson, Junction City	9:46.89a	2021

## 100m High Hurdles (33")

ALL-TIME TOP-10 PERFORMANCES			
1	Claire Thomas, Molalla	14.50a	2013
2	Ellannee Richardson, Gladstone	14.51a	1998
3	Shannon Hansell, McLoughlin	14.84c	1979
4	Maria Kropf, Sweet Home	14.92a	2010
5	Joy Goff, Cascade	14.94c	1996
	Lorrie Emery, Cascade	14.94c	1990
	Sarah Lyons, La Salle	14.94c	1981
8	Sienna Bauer, Phoenix	14.96a	2019
9	Jenny Boswell, Sisters	15.01a	2005
10	Jessica Ledford, Illinois Valley	15.08a	2002

<u>Wind-Aided</u>			
	Maria Kropf, Sweet Home	14.83aw	2011
	Rhiannon Armson, Stayton	15.01aw	1999

CLASS RECORDS			
9th	Sydney Baker, Mazama	15.33a	2023
10th	Ellannee Richardson, Gladstone	14.85a	1996
11th	Claire Thomas, Molalla	14.67a	2012
12th	Claire Thomas, Molalla	14.50a	2013

## 300m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES			
1	Claire Thomas, Molalla	43.73a	2013
2	Renelle Jeppsen, Sweet Home	44.24c	1989
3	Bethany Gingerich, Sweet Home	44.48a	2018
4	Pam Emery, Cascade	44.74c	1989
5	Sarah Lyons, La Salle	44.84c	1981
6	Julie Skeen, Marist	44.84c	1981
7	Carrie Heuberger, Yamhill-Carlton	44.94c	1994
8	Jenny Boswell, Sisters	44.99a	2005
9	Karlee Touey, North Valley	45.03a	2021
10	Jessica Markham, Banks	45.15a	2011

CLASS RECORDS			
Fr	Nancy Crouch, Elmira	45.44c	1981
So	Renelle Jeppsen, Sweet Home	45.16a	1987
Jr	Claire Thomas, Molalla	43.85a	2012
Sr	Claire Thomas, Molalla	43.73a	2013

# All-Time Top-Ten Outdoor Girls Rankings (4A Classification)

## 400m (4x100m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Hidden Valley	47.61a	2019	Jaaden Steele, Nyah Kendall, Jenelle Hurley, Jada Hurley
2	Siuslaw	48.59a	1985	Kelli Lang, Tammy Courtney, Terri Gortler, Kim Elkins
3	Estacada	48.91a	2013	Alexis Chavez, Tori Johnson, Ashley Teel, Genna Settle
4	North Valley	49.10a	2014	Kerissa D'Arpino, Venessa D'Arpino, Megan Hoback, Haleigh Wagman
5	Siuslaw	49.26a	1984	Kelli Lang, Tammy Courtney, Terri Gortler, Shelly Smith
6	North Valley	49.37a	2012	Kylie Baker, Makayla Sanders, Venessa D'Arpino, Kerissa D'Arpino
7	Philomath	49.37a	2024	Ellie Morton, Natalie Dunn, Petra Hernandez, Janice Hellesto
8	Marshfield	49.38a	2013	Brittney Cook, Lauren McGowne, Lindsey Devereux, Madelyn Metzler
9	Cascade	49.39a	2006	Ashley Taylor, Danielle Albus, Maygen Rea, Linsie Michels
10	The Dalles	49.43a	2004	Cherrae Evans, Carrie North, Ashley Nichols, Maria North

## 1600m (4x400m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Henley	3:56.83a	2008	Kailee Poetsch, Stephanie North, Katie Waugh, Taylor Wallace
2	Molalla	3:57.90	2013	Angelica True, Claire Thomas, Audrey Bever, Emily Bever
3	Henley	3:58.04a	2007	Stephanie North, Melanie Johnson, Katie Waugh, Taylor Wallace
4	Gladstone	3:58.14a	1986	Charlotte King, Rachael Nellerhoe, Kim Hutson, Christine Peterson
5	Marist	3:58.81a	2008	Meghan Manwill, Allie Sibole, Tahne Apo, Elena Collins
6	Marist	3:58.98a	2006	Emily Gillespie, Brenn Donnelly, Tahne Apo, Elena Collins
7	Henley	3:59.05a	2006	Stephanie North, Melanie Johnson, Katie Waugh, Taylor Wallace
8	Marist	3:59.22a	2005	Emily Gillespie, Brenn Donnelly, Elena Collins, Emily Collins
9	The Dalles	3:59.48a	2004	Laura North, Carrie North, Heather Fitz-Gustafson, Maria North
10	Cottage Grove Cascade	3:59.66a	2013 2001	Chelsey Bottorff, Breanna Wright, Kristine Dunn, Ahsha Mootz Leslie Welstad, Meagan Kuntz, Erin Anderson, Renee Caln

## Shot Put (4-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Gretchen Hoekstre, Seaside	50-01.5	2019
2	Christy Ward, North Valley	48-07.75	1988
3	Laura Bobek, Astoria	48-07	2009
4	Kaiah Fisher, Hidden Valley	45-09	2021
5	Sabine Petry, Gladstone	44-09.25	1996
6	Kam Johnson, Astoria	44-09	1981
7	Cherilyn Bunker, Newport	44-08	2012
8	Rachel Bring, Molalla	44-00	2017
9	Kassi Conditt, La Pine	43-10.75	2010
10	Alexis Reavis, Siuslaw	43-10.50	2010

### CLASS RECORDS

Fr	Kaiah Fisher, Hidden Valley	42-08	2018
So	Kaiah Fisher, Hidden Valley	43-00.25	2019
Jr	Christy Ward, North Valley	48-03	1987
Sr	Gretchen Hoekstre, Seaside	50-01.5	2019

## Discus (1-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Kaiah Fisher, Hidden Valley	166-10	2021
2	Laura Bobek, Astoria	162-01	2009
3	Gretchen Hoekstre, Seaside	156-11	2019
4	Michelle Souder, Henley	156-04	1981
5	Haley Hunt, Siuslaw	152-10	2002
6	Katherine Tripp, Douglas	151-08	2006
7	Lisha Lass, South Umpqua	149-10	1979
8	Kelli Holloway, Lakeview	149-07	1999
9	Rachel Bring, Molalla	148-09	2017
10	Leona Becker, South Umpqua	146-08	1985

### CLASS RECORDS

Fr	Laura Bobek, Astoria	133-02	2006
So	Laura Bobek, Astoria	147-08	2007
Jr	Laura Bobek, Astoria	146-06	2008
Sr	Kaiah Fisher, Hidden Valley	166-10	2021

## All-Time Top-Ten Outdoor Girls Rankings (4A Classification)

### Javelin (600g, IAAF)

ALL-TIME TOP-10 PERFORMANCES			
1	Ashley McCrea, North Bend	158-03	2005
2	Sam Young, Henley	155-08	2002
3	Jordan Brunetti, Cottage Grove	154-07	2010
4	Kelsey Shaw, Elmira	153-09	2014
5	Rhiley Fritz, Corbett	150-04	2017
6	Whitney Harris, Cottage Grove	149-04	2005
7	Kindel Bailey, Banks	145-03	2014
8	Bailey Bars, Hidden Valley	145-01	2010
9	Bianca Garcia, McLoughlin	144-03	2018
10	Annie Whitfield, Sweet Home	144-02	2012

CLASS RECORDS			
Fr	Mackenzii Phillips, Douglas	135-06	2018
So	Bailey Bars, Hidden Valley	145-01	2010
Jr	Ashley McCrea, North Bend	149-04	2004
Sr	Ashley McCrea, North Bend	158-03	2005

### Pole Vault

ALL-TIME TOP-10 PERFORMANCES			
1	Sammie Clark, North Bend	12-06	2010
2	Chelsea Russell, La Pine	12-04	2005
3	Jennifer Brown, La Pine	12-03	2003
4	McKenna Streed, Gladstone	12-00	2015
	Shannon Jentszch, Rogue River	12-00	2004
6	Payton Davidson, Marshfield	11-09	2019
	Abbey Schreiber, Brookings-Harbor	11-09	2017
	Morgan Annable, Newport	11-09	2013
	Jennifer Bolton, Newport	11-09	2002
10	Khaley Aguilar, Marshfield	11-08	2017
	Sara Smalls, Sisters	11-08	2012
	Niki Reed, Newport	11-08	1998

CLASS RECORDS			
Fr	Khaley Aguilar, Marshfield	11-04	2016
So	Sammie Clark, North Bend	11-09	2008
Jr	Sammie Clark, North Bend	12-00	2009
Sr	Sammie Clark, North Bend	12-06	2010

### Long Jump

ALL-TIME TOP-10 PERFORMANCES			
1	Amy Skofstad, Gladstone	19-05	2007
2	Claire Thomas, Molalla	19-01.5	2012
3	Ellannee Richardso, Gladstone	19-00	1998
	DeShanae Norman, Gladstone	19-00	2021
5	Suzy Darby, Oakridge	18-10.5	1980
6	Tammy Courtney, Siuslaw	18-10	1986
7	Amy Cretsinger, Sisters	18-06.5	2002
8	Demaris Tucker, Junction City	18-06	2004
9	, South Umpqua	18-05.75	2003
10	Karlee Touey, North Valley	18-05	2021

CLASS RECORDS			
Fr	Tammy Courtney, Siuslaw	18-08	1983
So	Suzy Darby, Oakridge	18-10.5	1980
Jr	Claire Thomas, Molalla	19-01.5	2012
Sr	Amy Skofstad, Gladstone	19-05	2007

### Triple Jump

ALL-TIME TOP-10 PERFORMANCES			
1	Kalulusno Ngaida, Cascade	38-08	2018
2	Darian Hageman, Astoria	38-05.5	2017
3	Jaaden Steele, Hidden Valley	38-04.75	2021
4	Elizabeth Weiss, Marist	38-01.5	1999
5	Maya Carnegie, North Valley	37-09.5	1992
6	Cathy McNeely, Philomath	37-08.25	1995
7	Zoe Dunn, The Dalles	37-08.25	2023
8	Amy Cretsinger, Sisters	37-06.25	2003
9	Chancey Summers, Escada	37-02.75	2011
10	Elizabeth Venzon, Hidden Valley	37-02	2012
	Sam Moore, Newport	37-02	2011
<u>Wind-Aided</u>			
	Michelle Baxter, Henley	37-06.5w	1994

CLASS RECORDS			
Fr	Jaaden Steele, Hidden Valley	37-07.75	2019
So	Jaaden Steele, Hidden Valley	38-02	2020
Jr	Darian Hageman, Astoria	38-05.5	2017
Sr	Kalulusno Ngaida, Cascade	38-08	2018

# All-Time Top-Ten Outdoor Girls Rankings (4A Classification)

## High Jump

### ALL-TIME TOP-10 PERFORMANCES

1	Joni Huntley, Sheridan	6-00.75	1974
2	Emma Gates, Cascade	6-00.25	2022
3	Chancey Summers, Estacada	5-10	2011
	DeShanae Norman, Gladstone	5-10	2021
5	Kelsey Kahle, North Marion	5-09.25	2005
6	Cathy McNeely, Philomath	5-09	1995
	Donna Brigham, Henley	5-09	1979
	Tammy Collman, Henley	5-09	78/79
9	Pam Emery, Cascade	5-08.5	1990
	Sheila Potter, McLoughlin	5-08.5	1980

### CLASS RECORDS

Fr	Emma Gates, Cascade	5-07	2019
So	Tammy Collman, Henley	5-08	1977
So	Darian Hageman, Astoria	5-08	2016
Jr	Emma Gates, Cascade	5-11	2021
Sr	Joni Huntley, Sheridan	6-00.75	1974

## All-Time Outdoor Girls Rankings (4A) Rarely Contested or Speciality Events

### Heptathlon

ALL-TIME TOP-10 PERFORMANCES			
1	Ellanee Richardson, Gladstone	5104 points	1998
2	Joy Goff, Cascade	4715 points	1996
3	Tish Henes, Baker	4559 points	1995
4	DeShanae Norman, Gladstone	4426 points	2021
5	Cathy McNeely, Philomath	4425 points	1996
6	Elizabeth Grandle, Molalla	4156 points	2022
7	Stacie Christiansen, Tillamook	3979 points	1998
8	Peyton Craven, Molalla	3965 points	2024
9	Becky Roberts, Estacada	3856 points	1982
10	Shelley Beattie, Central	3851 points	1983

### Hammer (4-kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Rachel Bring, Molalla	137-10	2017
2	Sara Cole, Central	132-07	2007
3	Hannah McClaskey, Sweet Home	126-03	2007
4	Amanda Cole, Central	112-04	2007
5	Brittany Myers, Stayton	95-08	2006
6	Brayley Ford, Cascade	82-03	25.09m 2004
7	Kalina Saechao, Cascade	73-00	22.25m 2024
8	Keilah Sanders, Cascade	60-01	18.31m 2024
9	Alexie Nussbaumer, Stayton	54-02	16.53m 2024
10	Lily Acker, Cascade	45-04	13.82m 2024

### 5000m Run (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Linsie Michels, Cascade	18:03.0h	2006
2	Kyla Potratz, Phoenix	18:19.59a	2022
3	Tassie Norton, Philomath	18:30.10h	1981
4	Hailie Pyfer, Klamath Union	18:35.9h	2024
5	Isabela Coffman, Klamath Union	19:00.24a	2023
6	Sophia Stubblefield, Phoenix	19:01.00h	2021
7	Leona Higgins, Klamath Union	19:25.3h	2024
8	Olivia Mitchell, Klamath Union	19:42.3h	2024
9	Allie Nelson, Klamath Union	19:46.1h	2024
10	Veronica Luccio, La Salle	19:52.0h	1982

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

ALL-TIME TOP-10 PERFORMANCES			
1	McKenna Priske, Marist	39:02.0h	2019
2	Sara Weyant, Marist	44:51.0h	2019
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	Diana Bayler, Rogue River	4:55.7h	1977
2	Lisa Nichol, La Salle	4:56.9h	1977
3	Briana Anderson-Griggs, Philomath	5:02.37a	2004
4	Jaimie Mitchell, La Salle	5:04.0h	1975
5	Dee Olson, Estacada	5:08.11a	2003
6	McCallan Cutsforth, North Marion	5:11.25a	2024
7	Teresa Zimmerlee, Eagle Point	5:12.0h	1973
8	Sheryl Thomas, Stayton	5:12.3h	1976
9	Hannah Rannow, Siuslaw	5:13.44a	2019
10	Caryl Lillie, Rogue River	5:16.0h	1977

### 2-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Lisa Nickel, La Salle	11:05.0h	1977
2	Hayley Belli, Philomath	11:06.0h	2006
3	Leandra Barinaga, Ontario	11:09.9h	1977
4	Jamie Mitchell, La Salle	11:27.1h	1977
5	Diana Sawyer, Rogue River	11:30.0h	1977
6	Caryl Lillie, Rogue River	11:34.9h	1977
7	Lori Willard, Rogue River	11:36.2h	1977
8	Sheryl Thomas, Stayton	11:37.0h	1977
9	Vicki Paddock, Henley	11:41.0h	1977
10	Lisa Mosher, Rogue River	11:46.8h	1977

### 400m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES			
1	Claire Thomas, Molalla	1:05.11a	2013
2	Shayla Hillstrom, Tillamook	1:09.49a	2024
3	Krista Schaeffer, Estacada	1:09.89a	2001
4	Dana Scott, Henley	1:12.56a	2022
5	Kristen Berkey, North Marion	1:13.74c	1984
6	T-Kae Mathes, Estacada	1:14.34c	1982
7	Tami North Marion	1:14.94c	1984
8	Kalulu Ngaida, Cascade	1:16.79a	2016
9	Anna Heuberger, Stayton	1:18.36a	2005
10			

# All-Time Outdoor Girls Rankings (4A)

## Rarely Contested or Speciality Events

### Marathon (26.2 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Ann Sherry, St.Marys (Medford)	3:04:10.0	1977
2	Ava Robinson, Phoenix	4:26:46	2023
3			
4			
5			

### Half-Marathon (13.1 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Ava Robinson , Phoenix	1:57:30	2024
2			
3			
4			
5			

### 2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Jeane Goff, Cascade	7:27.0h	2001
2	Amanda Welch, La Grande	7:37.44a	2015
3	Hope Bridge, Stayton	7:42.90a	2023
4	Lizzy Regan, Molalla	7:56.69a	2007
5	Heath Keniry, La Grande	8:05.05a	2017

### 3k Steeplechase

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

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

ALL-TIME TOP-5 PERFORMANCES			
1	Estacada	1:50.7h	2008
2	St.Helens	1:51.8h	1992
3	Astoria	1:53.2h	1981
4	Philomath	1:54.09a	2024
5	North Valley	1:54.1h	1990

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

ALL-TIME TOP-5 PERFORMANCES			
1	St.Marys of Valley*	4:23.2h	1985
2	Gladstone	4:23.8h	1985
3	Cottage Grove	4:24.80a	2014
4	Astoria	4:32.8h	1981
5	Gladstone	4:35.0h	1986

\*This is now Valley Catholic HS

### 800m Relay (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	Elmira	1:45.9h	1981
2	St Helens	1:45.94a	2023
3	Siuslaw	1:46.2h	1995
4	Molalla	1:46.23a	2023
5	Gladstone, Siuslaw	1:46.3h	both 1986

Best auto-timed teams...

Baker, La Grande 1:47.55a both 2015

### 3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Molalla	9:23.0h	2011
2	La Grande	9:50.5h	2008
3	Rogue River	9:52.6h	1977
4	La Grande	9:53.66a	2024
5	Henley	9:57.8h	2009
6	Henley	9:59.0h	2008
7	Baker	10:04.0h	2008
8	Elmira	10:04.3h	1985
9	Philomath	10:06.28a	2017
10	Scappoose	10:06.36a	2017

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

ALL-TIME TOP-10 PERFORMANCES			
1	La Grande	12:46.58a	2024
2	Gladstone	12:48.87a	2012
3	La Grande	12:51.11a	2023
4	Cascade	12:52.97a	2001
5	Phoenix	12:53.69a	2015
6	Marist	12:54.54a	2024
7	Astoria	12:55.7h	1993
8	Philomath	13:04.16a	2024
9	Astoria	13:05.0h	1984
10	St. Marys of Valley*	13:07.4h	1983

\*This is now Valley Catholic HS

### 6000m Relay (4x1500m)

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

### Shuttle Hurdle R (3x100mH)

ALL-TIME TOP-5 PERFORMANCES			
1	Henley	51.53a	2011
2	Henley	52.18a	2024
3	Hidden Valley	54.01a	2011
4	Marshfield	54.10a	2019
5	Henley	54.12a	2014

### 6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	Cascade	25:25.7h	2015
2			
3			
4			
5			

### 4xMile Relay

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

# All-Time Top-Ten Outdoor Boys Rankings (4A Classification)

## 100m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Matt Anthony, Ontario	10.64a	2009
2	Rory Coon, Tillamook	10.75a	2017
3	Paris Ramsey, Sweet Home	10.78a	2003
4	Cory McCaffrey, Sisters	10.81a	2008
5	Brandon Galley, Mazama	10.82a	2022
	Jason Padgett, North Bend	10.82a	2024
7	Jonathan Chilcote, North Bend	10.84a	2018
	Matt Trtek, Scappoose	10.84c	2001
	Keith Franks, Junction City	10.84c	1993
10	Gabe Love, Crook County	10.85a	2024
<u>Wind-Aided</u>			
	Brandon Galley, Mazama	10.78aw	2022
	Gabe Flores, South Umpqua	10.79aw	2007
	J.J. King, Reedsport	10.81aw	1999
	Adonis Siscoe, Scappoose	10.82aw	2010

CLASS RECORDS			
Fr	Keith Franks, Junction City	11.04a	1992
So	Keith Franks, Junction City	10.84c	1993
Jr	Matt Anthony, Ontario	10.64a	2009
Sr	Rory Coon, Tillamook	10.75a	2017

## 200m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Jason Padgett, North Bend	21.50a	2024
2	Matt Anthony, Ontario	21.70a	2010
	Gabe Love, Crook County	21.70a	2024
4	Rory Coon, Tillamook	21.73a	2017
5	Bodey Lutes, Marshfield	21.81a	2024
6	Matt Trtek, Scappoose	21.84c	2001
7	Matt Kragness, Sweet Home	21.92a	2001
8	Paris Ramsey, Sweet Home	21.94c	2003
	Keith Franks, Junction City	21.94c	1993
	Joe Hill, Siuslaw	21.94c	1979
<u>Wind-Aided</u>			
	Rory Coon, Tillamook	21.62aw	2017
	Gabe Ovgard, South Umpqua	21.79aw	2007

CLASS RECORDS			
Fr	Matt Anthony, Ontario	22.45a	2007
So	Keith Franks, Junction City	21.94c	1993
Jr	Gabe Love, Crook County	21.70a	2024
Sr	Jason Padgett, North Bend	21.50a	2024

## 400m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Bodey Lutes, Marshfield	47.83a	2024
2	Jason Dunn, Cascade	48.64c	1992
3	Jay Goff, Cascade	48.74c	1999
4	Charlie Holloway, La Salle	48.78a	1998
5	Nathan Baumgartner, Reedsport	48.85a	2002
6	Grant Lindley, Central	48.87a	2014
7	Danny Staats, Henley	48.91a	2008
8	Rory Coon, Tillamook	48.93a	2017
9	Shane Harrington, Estacada	48.94a	1990
10	Austin Baker, Douglas	49.06a	2012

CLASS RECORDS			
Fr	Ben Spurlock, Reedsport	50.01a	1990
So	Bodey Lutes, Marshfield	48.09a	2023
Jr	Bodey Lutes, Marshfield	47.83a	2024
Sr	Jason Dunn, Cascade	48.64c	1992

## 800m Dash

ALL-TIME TOP-10 PERFORMANCES			
1	Brett Willyard, Seaside	1:52.59a	2013
2	Grant Boehannon, Hidden Valley	1:52.87a	2023
3	Lyle Purdue, Brookings	1:52.9h	1979
4	Elwood Hosking, Phoenix	1:53.20a	2022
5	Jeff Schreiner-McGraw, Philomath	1:53.21a	2011
6	Austin Uhi, La Grande	1:53.64a	2024
7	Toby Cook, Gladstone	1:53.9h	1983
8	Phil Thompson, Astoria	1:54.08a	1986
9	Henry Tierney, Valley Catholic	1:54.10a	2022
10	Jaron Long, Baker	1:54.32a	2024

CLASS RECORDS			
Fr	Matt Hollander, Marist	1:56.53a	2005
So	Cole Watson, Rogue River	1:54.71a	2008
Jr	Brett Willyard, Seaside	1:52.60a	2012
Sr	Brett Willyard, Seaside	1:52.59a	2013



# All-Time Top-Ten Outdoor Boys Rankings (4A Classification)

## 1500m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Toby Cook, Gladstone	3:52.4h	1983
2	Noel Paulson, Cascade	3:53.3h	2000
3	Henry Tierney, Valley Catholic	3:53.54a	2022
4	Rhy Reynolds, Newport	3:54.08a	1997
5	Billy Harper, Junction City	3:55.15a	1994
6	David Frank, Gladstone	3:55.8h	1980
7	Kirk Nichols, Cascade	3:55.9h	1987
8	Brandon Pollard, Sisters	3:56.02a	2014
9	Brett Willyard, Seaside	3:56.20a	2012
10	Jeremy Matlock, Astoria	3:56.58a	1993

CLASS RECORDS			
Fr	Billy Harper, Junction City	3:58.5h	1993
So	Billy Harper, Junction City	3:55.15a	1994
Jr	Toby Cook, Gladstone	3:53.5h	1982
Sr	Toby Cook, Gladstone	3:52.4h	1983

## 3000m Run

ALL-TIME TOP-10 PERFORMANCES			
1	Noel Paulson, Cascade	8:18.73a	2000
2	Billy Harper, Junction City	8:26.91a	1993
3	Alexander Garcia-Silver, Marshfield	8:27.72a	2023
4	Elliott Jantzer, Phoenix	8:33.45a	2009
5	Rhy Reynolds, Newport	8:34.5h	1997
6	Elwood Hosking, Phoenix	8:34.56a	2022
7	Finn Collson, Newport	8:35.36a	2024
8	Toby Cook, Gladstone	8:35.7h	1982
	Dave Frank, Gladstone	8:35.7h	1980
10	Pat Zweifel, Tillamook	8:37.2h	1990

CLASS RECORDS			
Fr	Billy Harper, Junction City	8:26.91a	1993
So	Billy Harper, Junction City	8:28.9h	1994
Jr	Finn Collson, Newport	8:35.36a	2024
Sr	Noel Paulson, Cascade	8:18.73a	2000

## 110m High Hurdles (39")

ALL-TIME TOP-10 PERFORMANCES			
1	Rasean Jones, Beker	13.96a	2024
2	Tim Sim, Central Linn	14.14c	1978
3	Seth Andres, Henley	14.33a	2016
4	Damien Davis, Taft	14.39a	1997
5	Dekotah Keys, Sweet Home	14.54a	2010
	Jamil Wynn, Mrytle Point	14.54c	2000
	Terry Harr, Douglas	14.54c	1979
8	Colin Cram, Siuslaw	14.57a	2004
9	Dan O'Brien, Henley	14.59a	1984
10	Ron Foster, Lakeview	14.62a	1988
<u>Wind-Aided</u>			
	Nate Dillow, Marist	14.44aw	2007
	Garrett Lewellen, Elmira	14.59aw	2013

CLASS RECORDS			
Fr	Rasean Jones, Baker	14.85a	2023
So	Rasean Jones, Beker	13.96a	2024
Jr	Terry Harr, Douglas	14.54c	1979
Sr	Tim Sim, Central Linn	14.14c	1978

## 300m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES			
1	Rasean Jones, Beker	37.38a	2024
2	Joe Delgado, Ontario	37.96a	2013
3	Jay Goff, Cascade	38.14c	1999
4	Dylan Castle, Henley	38.19a	2016
5	Jeremiah Lewman, North Valley	38.30a	2003
6	Larry Ragsdale, Illinois Valley	38.49a	2008
7	Jordan Reeher, Crook County	38.59a	2011
8	Dennis Olstedt, Seaside	38.68a	2007
9	Dan O'Brien, Henley	38.74c	1984
10	Hunter Comyford, North Valley	38.92a	2016

CLASS RECORDS			
Fr	Joe Delgado, Ontario	39.47a	2010
So	Rasean Jones, Beker	37.38a	2024
Jr	Joe Delgado, Ontario	38.24a	2012
Sr	Joe Delgado, Ontario	37.96a	2013

# All-Time Top-Ten Outdoor Boys Rankings (4A Classification)

## 400m (4x100m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Banks	42.73a	2010	Matt Cutone, Nick Turner, Colby Seyferth, Linus Norgren
2	North Valley	42.79a	2013	Jordan Hannah, Tristan Burke, Isaiah McLittle, Austin Neill
3	Madras	42.85a	2024	Andres Aguilar, Damian Fuentes, Michael Picard, Gavin Williams
4	North Bend	42.93a	2015	Luke Lucero, Cameron Lucero, Drew Matthews, Drae Stark
	La Pine	42.93a	2013	Justin Wilson, Jeremy Desrosiers, Joseph Swayze, Kole Kimmel
6	Crook County	42.96a	2024	Cooper Nelson, Gabe Love, Jace Jonas, Julian Lopez
7	Mazama	42.98a	2019	Leighton Alexander, Chad Remstedt, Aidan Kindt, Ben Carringer
8	La Salle	43.01a	2010	Sterling Akles, Michael Swain, David Leslie, Toi Jones
	Madras	43.01a	2023	Andres Aguilar, Damian Fuentes, Michael Picard, Nathaniel Folsom
10	Scappoose	43.04a	2014	Jarrett White, Nick Rust, Matt Shoun, Justice Oman
	Seaside	43.04c	1995	Casey Jackson, Jason Bartlett, Scott Reilly, Jake Brown

## 1600m (4x400m) Relay

### ALL-TIME TOP-10 PERFORMANCES

1	Scappoose	3:22.27a	2014	Mychal Hortert, Nick Rust, Matt Shoun, Justice Oman
2	Sutherlin	3:22.39a	1984	Kevin Wells, Greg Stillwell, Ron Brown, Paul Vilagran
3	Banks	3:22.42a	2010	Linus Morgren, Colby Seyferth, Colton Underhill, Chris Decarlo
4	Cascade	3:23.2h	1991	Dan Chichester, Chris Ciampi, Mark Nolan, Jason Dunn
5	Junction City	3:23.35a	1995	Derrick Miles, Justin Wilcox, Billy Harper, Elvis Harper
6	Central	3:23.4h	1979	Bill Sherrod, Kelly McArthur, Bret Brouse, Rich Sanchez
7	Junction City	3:23.42a	1994	Elvis Harper, Justin Wilcox, Billy Harper, Keith Franks
8	Seaside	3:23.68a	1986	Eric Bergerson, Don Mespelt, Andrew Starling, Benjamin Starling
9	Central Linn	3:23.7h	1981	Perry Privratsky, Mike Koontz, Carl Romines, Rick Jantzi
10	Baker	3:23.77a	2024	Malaki Myer, Resean Jones, Giacomo Rigueiro, Jaron Long

## Shot Put (12-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Mike Hortsch, Cascade	61-08	1981
2	Jefferson Jarvis, Hidden Valley	61-03	2012
3	Elliot Osborn, Cascade	60-05	1990
4	Colton McMaster, Astoria	60-04.25	2022
5	Justin Naegle, Cottage Grove	60-00	1991
6	Jon Granby, Phoenix	59-08	1964
7	Clint Rust, North Valley	58-11.5	1991
8	Jason Thiel, Astoria	58-09.75	1990
9	Scott Thornhill, North Valley	58-03	1988
10	Jeff McMillian, Banks	58-00.5	1983

### CLASS RECORDS

Fr	Elliot Osborn, Cascade	50-03	1987
So	Jefferson Jarvis, Hidden Valley	55-04.25	2010
Jr	Jefferson Jarvis, Hidden Valley	59-08.5	2011
Sr	Mike Hortsch, Cascade	61-08	1981

## Discus (1.6-kg)

### ALL-TIME TOP-10 PERFORMANCES

1	Jefferson Jarvis, Hidden Valley	194-09	2012
2	Colton McMaster, Astoria	192-10	2021
3	Dick Heard, Douglas	186-06	1971
4	John Thomas, Philomath	182-09	1983
5	Jordan Aldredge, Gladstone	179-10	2007
6	Dallin Shurts, Banks	179-04	2015
7	Scott Rotock, Estacada	178-01	2000
8	Will Beaudry, Newport	177-07	2017
9	Hayden Slaughter, Estacada	177-04	54.05m 2024
10	Mark Cumer, Elmira	176-06	1983

### CLASS RECORDS

Fr	Jordan Aldredge, Gladstone	160-10	2004
So	Colton McMaster, Astoria	173-06	2020
Jr	Colton McMaster, Astoria	192-10	2021
Sr	Jefferson Jarvis, Hidden Valley	194-09	2012

## All-Time Top-Ten Outdoor Boys Rankings (4A Classification)

### Javelin (800g, IAAF)

ALL-TIME TOP-10 PERFORMANCES			
1	Ethan Powell, Douglas	211-11	2009
2	Ty Hampton, North Bend	208-09	2017
3	Tyler Callahan, Estacada	204-09	2010
4	Pancho Saldana, McLoughlin	203-06	2012
5	Skyler MacDonald, La Grande	202-07	2003
6	Kerrick Roach, Philomath	200-07	2011
7	Tim Urista, Douglas	198-06	2009
	Ray Rozell, Estacada	198-06	2006
9	Dakotah Keys, Sweet Home	197-09	2009
10	Adam Nassalroad, Marist	197-07	2010
	Jordan Aldridge, Gladstone	197-07	2007

CLASS RECORDS			
Fr	Dakotah Keys, Sweet Home	193-10	2007
So	Ty Hampton, North Bend	208-09	2017
Jr	Dakotah Keys, Sweet Home	197-09	2009
Sr	Ethan Powell, Douglas	211-11	2009

### Pole Vault

ALL-TIME TOP-10 PERFORMANCES			
1	Matt Petz, La Pine	16-07	1997
2	Greg Likens, Junction City	16-06	1983
3	Hunter Drops, Marshfield	16-04.75	2016
4	Austin Ouderkirk, Newport	16-01	2008
5	Justin Petz, La Pine	16-00.5	2014
6	Boot Clark, Henley	16-00	2016
	Matt Hidalgo, Banks	16-00	2011
	Lane Davison, North Bend	16-00	2008
	Ben Cogdill, Estacada	16-00	2005
	Caleb Krantz, Myrtle Point	16-00	1998

CLASS RECORDS			
Fr	Justin Petz, La Pine	14-06	2013
So	Justin Petz, La Pine	16-00.5	2014
Jr	Matt Petz, La Pine	16-01	1996
Sr	Matt Petz, La Pine	16-07	1997

### Long Jump

ALL-TIME TOP-10 PERFORMANCES			
1	Jamil Wynn, Myrtle Point	24-00	2000
2	Ron Foster, Lakeview	23-08.5	1989
3	Mike Foltz, Lakeview	23-05.5	1979
4	Dan O'Brien, Henley	23-05.25	1984
5	Paul Ackerman, Lakeview	23-04.5	1981
6	Cory McCaffrey, Sisters	23-04	2008
7	Ray Jay Richardson, Gladstone	23-03.25	1994
8	David Huling, South Umpqua	23-03	2011
9	A.J. Dutra, Sherwood	23-02.75	2005
10	George May, St.Francis*	23-02.5	1965
<u>Wind-<del>A</del></u>			
	Jamil Wynn, Myrtle Point	24-06w	2000
	Dakotah Keys, Sweet Home	23-08.5w	2009
	Jody Mortimore, Pleasant Hill	23-05.25w	1995

\* This is now Marist HS

CLASS RECORDS			
Fr	Dakotah Keys, Sweet Home	21-04	2007
Fr	Zachary Guthrie, Crook County	21-04	2018
So	Dakotah Keys, Sweet Home	23-00.5	2008
Jr	Ron Foster, Lakeview	23-08.5	1989
Sr	Jamil Wynn, Myrtle Point	24-00	2000

### Triple Jump

ALL-TIME TOP-10 PERFORMANCES			
1	Ryan Nash, Lakeview	48-11	2003
2	Brian Schaudt, Philomath	48-09	2008
3	Tim Snyder, Elmira	47-07.75	1982
4	Jamil Wynn, Myrtle Point	47-03.25	2000
5	Douglas Dahl, North Valley	46-11.5	2014
6	Carl Romines, Central Linn	46-11	1982
7	Derek Strubel, Lakeview	46-10.5	2001
8	Jeff Southern, Hidden Valley	46-10	1979
9	Jeff Riggs, Henley	46-09	1995
10	Dave Crume, Rogue River	46-08.5	1982

CLASS RECORDS			
Fr	Aaidyn Bokuro, Newport	43-07.25	13.29m 2023
So	Carl Romines, Central Linn	46-08	1981
Jr	Ryan Nash, Lakeview	48-11	2003
Sr	Brian Schaudt, Philomath	48-09	2008

# All-Time Top-Ten Outdoor Boys Rankings (4A Classification)

## High Jump

ALL-TIME TOP-10 PERFORMANCES			
1	Kyley Johnson, North Valley	7-00	1997
2	Wyatt Cunningham, North Bend	6-10	2014
3	Danny Staats, Henley	6-10	2008
4	Stan Campfield, Central Linn	6-10	1983
5	Mike Roe, Siuslaw	6-10	1979
6	Jim James, Tillamook	6-09.75	1979
7	Chris Meyer, Astoria	6-09.25	2008
8	Tommy Savage, Sweet Home	6-09.25	1989
9	Jawan Davis, Sisters	6-09	2004
	Nate Dillon, Seaside	6-09	1999
	Allen Stokes, Scappoose	6-09	1982
	Rick Ashworth, Rogue River	6-09	81/82

CLASS RECORDS			
Fr	Wyatt Cunningham, North Bend	6-08	2011
So	Rick Ashworth, Rogue River	6-09	1981
Jr	Jim James, Tillamook	6-09.75	1979
Sr	Kyley Johnson, North Valley	7-00	1997

## All-Time Outdoor Boys Rankings (4A) Rarely Contested or Speciality Events

### Decathlon

ALL-TIME TOP-10 PERFORMANCES			
1	Dakotah Keys, Sweet Home	7204 points	2008
2	Jay Goff, Cascade	7029 points	1998
3	Dan O'Brien, Henley	6882 points	1984
4	Oshay Dunmore, Newport	6634 points	2010
5	Dan Sheets, La Salle	6554 points	1984
6	Brendan Thurber-Blaser, Newport	6541 points	2016
7	Joe Delgado, Ontario	6510 points	2011
8	Tim Sim, Central Linn	6460 points	1977
9	Kevin Godfrey, Douglas	6362 points	2008
10	Nick Till, Junction City	6337 points	1983

### Hammer (12-kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Ty Bettinger, North Marion	165-06	2021
2	Scott Polen, Marist	144-10	1981
3	Jeremy Olson, Molalla	139-09	2011
4	Brett Burbee, Pleasant Hill	137-02	2010
5	John Thomas, Philomath	132-11	1983
6	Samuel Cole, Central	126-05	2014
7	Kaleb Moore, Junction City	126-03	38.48m 2024
8	Dan Gorman, Central	119-02	1985
9	Ayden Gulseth, Crook County	116-09	2023
10	Ryan Ness, Cascade	107-07	1995

### 5000m Run (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Billy Harper, Junction City	14:29.70h	1996
2	Alexander Garcia-Silver, Marshfield	14:40.23a	2022
3	Rhy Reynolds, Newport	15:02.00h	1996
4	Carter Bengtson, Cottage Grove	15:06.18a	2024
5	Bruce Davidson, Cottage Grove	15:09.20h	1984
6	Mitchell Butler, Siuslaw	15:23.20a	2013
7	Jaxson Stovall, Marshfield	15:28.9h	2024
8	Elwood Hosking, Phoenix	15:32.90h	2021
9	Mike Payne, Sweet Home	15:33.20h	1994
10	Will Hewson, Estacada	15:39.60h	1984

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

ALL-TIME TOP-10 PERFORMANCES			
1	Mike Miner, Philomath	31:52.9h	1982
2	Chris Mariman, Philomath	34:40.9h	1981
3			
4			
5			
6			
7			
8			
9			
10			

### 1-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Noel Paulson, Cascade	4:02.0h	2000
2	Billy Harper, Junction City	4:08.90a	1993
3	Dyrol Burleson, Cottage Grove	4:12.2h	1958
4	Jeff Edwards, Astoria	4:14.2h	1977
5	Steve Collier, Ontario	4:14.9h	1974
6	Steve Fuller, Tillamook	4:15.3h	1977
7	Jim Kent, Cottage Grove	4:15.3h	1970
8	Alexander Garcia-Silver, Marshfield	4:15.41a	2023
9	Dave Holmes, Elmira	4:16.9h	1977
10	Chris Drain, La Salle Prep	4:16.9h	1976

### 2-Mile Run

ALL-TIME TOP-10 PERFORMANCES			
1	Noel Paulson, Cascade	8:59.09a	2000
2	Alexander Garcia-Silver, Marshfield	9:01.86a	2023
3	Billy Harper, Junction City	9:11.83a	1996
4	Dave Ellison, Henley	9:13.3h	1977
5	Mark Anderson, Brookings-Harbor	9:17.1h	1976
6	Leonard Hill, Phoenix	9:18.0h	1968
7	Carter Bengtson, Cottage Grove	9:18.53a	2024
8	Lyndal Smith, Douglas	9:19.3h	1976
9	Bruce Burns, Sweet Home	9:21.4h	1976
10	Finn Collson, Newport	9:24.89a	2024

### 400m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES			
1	Jay Goff, Cascade	54.74c	1998
2	Jeremiah Lewman, North Valley	56.17a	2004
3	Eric Bergerson, Seaside	58.24c	1987
4	Jake Noriega, Stayton	59.34a	2004
5	Jim Hibler, Elmira	59.34c	1981
6	Dakota Keys, Sweet Home	59.44a	2007
7	Adam Tardie, Marist	1:00.05a	2001
8	Tom McCright, Crook County	1:00.24c	1978
9	Brody Olson, Molalla	1:00.81a	2013
10	Brandon Logan, Stayton	1:01.89a	2004

# All-Time Outdoor Boys Rankings (4A)

## Rarely Contested or Speciality Events

### Marathon (26.2 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Curt Knott, Sherwood	3:07:02.0	2015
2	Josh Seekatz, Philomath	3:11:41.0	2011
3	Dan Thorpe, Cascade	3:15:00.0	1977
4	Steve Kuski, Seaside	3:22:05.0	1980
5	Doug Lorenz, Reedsport	3:56:08.0	1978

### Half-Marathon (13.1 miles)

ALL-TIME TOP-10 PERFORMANCES			
1	Andrew Damitio, Philomath	1:29:00.0	2013
2	Dilan Matheau, Phoenix	1:35:33.0	2020
3			
4			
5			

### 2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Billy Harper, Junction City	5:59.02a	1996
2	Bryon Sanders, Sweet Home	6:07.0h	2008
3	Joel Haarstad, Rainier	6:09.1h	1998
4	Jorge Gil Juarez, Phoenix	6:11.96a	2011
5	Antonio Gil Juarez, Phoenix	6:21.53a	2012

### 3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Mike Miner, Philomath	9:16.7h	1982
2	Nathan Morris, Pleasant Hill	9:26.2h	1981
3	Jared Swehosky, Stayton	9:31.53a	2005
4	Billy Harper, Junction City	9:35.12a	1994
5	David Holmes, Elmira	9:38.2h	1977

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

ALL-TIME TOP-5 PERFORMANCES			
1	Scappoose	1:37.1h	1983
2	Seaside	1:35.5h	1990
3	Silverton	1:36.4h	1992
4	Central Linn	1:36.2h	1983
5	Cascade	1:37.0h	1999

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

ALL-TIME TOP-5 PERFORMANCES			
1	Gladstone	3:36.8h	1983
2	Gladstone	3:39.2h	1985
3	Marshfield	3:43.40a	2024
4	Marist	3:46.31a	2022
5	Tillamook	3:46.78a	2013

### 800m Relay (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	Hidden Valley	1:32.72a	2014
2	Sutherlin	1:33.1c	1985
3	North Valley	1:33.29a	2014
4	Scappoose	1:33.38a	2023
5	Elmira	1:33.2h	1982

### 3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Brookings-Harbor	8:04.8h	1979
2	Cascade	8:08.91a	1984
3	Scappoose	8:12.1h	1982
4	Gladstone	8:12.75a	1984
5	Gladstone	8:14.2h	1981
6	Hidden Valley	8:14.5h	2009
7	Yamhill-Carlton	8:16.2h	1983
8	Tillamook	8:17.1h	1989
9	Elmira	8:17.4h	1979
10	Newport	8:32.83a	2024

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

ALL-TIME TOP-10 PERFORMANCES			
1	South Umpqua	10:20.6h	2009
2	Astoria	10:25.3h	1993
3	Elmira	10:38.3h	1977
4	Philomath	10:41.5h	1988
5	Seaside	10:41.76a	2017
6	Siuslaw	10:42.3h	2004
7	Scappoose	10:45.0h	1982
8	Tillamook	10:47.5h	1989
9	Cascade	10:48.11a	1984
10	Tillamook	10:50.65a	2008

### 6000m Relay (4x1500m)

ALL-TIME TOP-5 PERFORMANCES			
1	Tillamook	16:54.1h	1988
2			
3			
4			
5			

### Shuttle Hurdle R (3x110mH)

ALL-TIME TOP-5 PERFORMANCES			
1	Henley	48.39a	2015
2	Hidden Valley	51.38a	2014
3	North Valley	51.68a	2015
4	Hidden Valley	52.20a	2015
5	Hidden Valley	52.29a	2017

### 6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	Brookings-Harbor	18:15.6h	1979
2	Elmira	18:31.6h	1979
3	Elmira	18:42.3h	1978
4	Elmira	18:47.4h	1980
5	Brookings-Harbor	18:55.0h	1980

### 4xMile Relay

ALL-TIME TOP-5 PERFORMANCES			
1	Astoria	17:56.0h	1979
2	Astoria	18:11.0h	1978
3	Brookings-Harbor	18:15.6h	1979
4	Elmira	18:31.6h	1979
5	Elmira	18:42.3h	1978