

## Oregon Track & Field Indoor Performance Records

What follows is a list of the top Track & Field performances for Oregon high schoolers from winter-season indoor competition. **We are confident in the accuracy of the marks which follow; however, we are in the process of researching whether any older marks belong among these records. If you are aware of marks which should be added, please let us know.**

A 200m track is standard; any indoor track over 200m is considered "oversize". Those tracks are presumed to give an advantage to runners in lap races due to their broader curves. T&FN does not consider those marks for records. Consequentially, they are listed in separate categories

	B O Y S			G I R L S		
55m Dash	Micah Williams, Benson	6.17a	2019	Mia Brahe-Pedersen, Lake Oswego	6.87a	2023
60m Dash	Micah Williams, Benson	6.60a	2019	Mia Brahe-Pedersen, Lake Oswego	7.22a	2024
200m Dash	Ryan Bailey, McKay	21.40a	2007	Mia Brahe-Pedersen, Lake Oswego	22.89a	2023
300m Dash	Dalen Hargett, Newport	38.24a	2015	Rachel Vinjamuri, Newport	42.23a	2015
400m Dash	Nate Anderson, Benson	47.90a	2006	Josie Donelson, Lake Oswego	53.44a	2024
600m Dash (oversized track*)	Nathan Lightner, Central Catholic	1:22.81a	2008	Chiara Chandlee, St.Marys Academy	1:39.48a	2013
800m Dash (oversized track*)	Mike McGrath, Lincoln	1:50.09a	2003	Chloe Foerster, Jesuit	2:13.12a	2020
1000m Run (oversized track*)	Jean Baptist Tooley, Central Catholic	2:33.08a	2013	Morgan Anderson, Silverton	3:04.39a	2011
1500m Run	Josiah Tostenson, Crater	3:53.87a	2024	Eryn Forbes, Sunset	4:24.4h	1976
1-Mile Run	Josiah Tostenson, Crater	4:03.38a	2024	Chloe Huyler, Lakeridge	4:44.61a	2024
3000m Run (oversized track*)	Tyrone Gorze, Crater	8:05.17a	2023	Kate Peters, Lake Oswego	9:17.97a	2022
3000m Run	----	----	----	Chloe Huyler, Lakeridge	9:28.34a	2024
2-Mile Run	Galen Rupp, Central Catholic	8:54.45a	2004	Katie Malm, Catlin Gabel	11:06.0h	1990
5000m Run	Tyrone Gorze, Crater	13:56.82a	2023	Emily Wisniewski, Crescent Valley	16:23.51a	2024
5000m Run (oversized track*)	Tyrone Gorze, Crater	14:12.32a	2022	----	----	----
55m High Hurdles	Bob Grey, David Douglas	7.30a	1988	----	----	----
60m High Hurdles	Carter Bracken, Lake Oswego	7.98a	2016	Harley Daniel, Oregon City	8.90a	2022
4 x 200m Relay	Lake Oswego	1:29.55a	2024	Central Catholic	1:45.89a	2014
4 x 400m Relay	Lake Oswego	3:20.59a	2024	Lincoln	4:14.29a	2019
4 x 800m Relay	Crater	8:03.45a	2024	Sisters	10:49.61a	2019
4 x 1-Mile	Crater	18:19.76a	2023	----	----	----
Distance Medley Relay	Crater	10:00.06a	2024	Lincoln	12:00.65as	2024
Long Jump	Harrison Schrage, Grant	24 - 11.25	2016	Sophia Beckmon, Oregon City	20 - 03.25	2023
Triple Jump	Harrison Schrage, Grant	47 - 01.5	2015	Kalulusno Ngaida, Cascade	39 - 00	2018
High Jump	Dave Turnbull, Mountain View	7 - 00	1984	Joni Huntley, Sheridan	6 - 00.5	1974
Pole Vault	Tom Skipper Sandy	17 - 03.75	2003	Nicole Prall, Lincoln	13 - 00	2022
Shot Put (hs)	Ryan Crouser, Barlow	77 - 02.75	2011	Maddie Rabing, Lakeridge	49 - 00.75	2016
Shot Put (int'l )	Ryan Crouser, Barlow	63 - 11	2011	----	----	----
Weight Throw	Mason Strunk, Salem Academy	75 - 07	2020	Shelby Moran, Sherwood	62 - 04	2018
Pentathlon	Joseph Hart, Tigard	3,516 points	2011	----	----	----