

# OSAA Girls Track & Field Championships

## 4A Individual State Champions Through 2006

### 100-METER DASH

1978	Jackie Jackson, Grant	12.15
1979	Denise Williams, Grant	12.21
1980	Debbie Florko, Putnam	12.15
1981	Debbie Florko, Putnam	12.30
1982	Patty Baker, Gresham	11.79w
1983	Lajuanne Hall, Madison	12.1
1984	Janette Byrd, Jefferson	12.18
1985	Denise Lucas, Jefferson	12.27
1986	Jackie McConnell, Jefferson	12.30w
1987	LaReina Woods, Corvallis	12.45
1988	LaReina Woods, Corvallis	12.12
1989	LaReina Woods, Corvallis	12.11
1990	LaReina Woods, Corvallis	12.34
1991	Regina Warren, Benson	12.16w
1992	Taryn Tarver, Benson	12.17w
1993	Jackie Hunter, Thurston	12.24w
1994	Udeme Elijah, Benson	12.52
1995	Udeme Elijah, Benson	12.35
1996	Becca McCloskey, West Albany	12.26w
1997	Rachel Morris, Beaverton	12.08
1998	Kisha Swafford, Benson	12.32
1999	Jamila Carter, Lake Oswego	12.03w
2000	Jamila Carter, Lake Oswego	12.57
2001	Deborah Jones, Benson	12.20
2002	Deborah Jones, Benson	12.15
2003	Deborah Jones, Benson	12.00
2004	Ashley Taylor, Benson	12.25
2005	Sara Callier, Benson	12.05
2006	Nyema Sims, Jefferson	12.23

### 200-METER DASH

1978	Jackie Jackson, Grant	25.12
1979	Robin Marks, Lincoln	24.65
1980	Robin Marks, Lincoln	24.50
1981	Patty Wright, Springfield	25.1
1982	Patty Baker, Gresham	24.61
1983	Julie Goodrich, Marshfield	25.27
1984	Janette Byrd, Jefferson-w	25.03w
1985	Denise Lucas, Jefferson	24.84
1986	Shirlee Richardson, S. Salem	24.95w
1987	LaReina Woods, Corvallis	25.72
1988	LaReina Woods, Corvallis	24.9
1989	LaReina Woods, Corvallis	25.34
1990	LaReina Woods, Corvallis	24.91
1991	Regina Warren, Benson	25.00
1992	Misha Looney, Roseburg	24.92w
1993	Rachael Holloway, Lake Oswego	25.35w
1994	Jackie Hunter, Thurston	25.37
1995	Sue Morris, Churchill	25.52
1996	Sasha Spencer, North Salem	24.65w
1997	Rachel Morris, Beaverton	25.24
1998	Jamila Carter, Lake Oswego	24.56
1999	Jamila Carter, Lake Oswego	24.90w
2000	Deborah Jones, Benson	25.40
2001	Deborah Jones, Benson	24.97
2002	Deborah Jones, Benson	24.88
2003	Deborah Jones, Benson	24.64
2004	Sara Callier, Benson	25.16
2005	Sara Callier, Benson	24.70
2006	Nyema Sims, Jefferson	24.84

### 400-METER DASH

1978	Leann Warren, Crescent Valley	55.99
1979	Leann Warren, Crescent Valley	55.66
1980	Tracie Johnson, South Salem	56.5
1981	Tracie Johnson, South Salem	56.29
1982	Jodie Barnes, Barlow	57.14
1983	Sharon Otterstedt, Wilson	56.34
1984	Sharon Otterstedt, Wilson	54.71
1985	Suzi Setterholm, Madison	55.56
1986	Christine Schiel, Sandy	56.85
1987	Mardee Pfingsten, La Grande	57.61
1988	Michelle Coalwell, South Eugene	56.82
1989	Leanne Peters, Barlow	57.64
1990	Leanne Peters, Barlow	56.63
1991	Ginny Folk, Benson	57.26
1992	Gracie Pankey, South Salem	56.84
1993	Emily Baker, Gresham	56.40
1994	Emily Baker, Gresham	56.25
1995	Sasha Spencer, North Salem	56.96
1996	Sasha Spencer, North Salem	56.09
1997	Sasha Spencer, North Salem	55.31
1998	Venus Nguyen, Hermiston	56.40
1999	Janette Martin, South Medford	56.99
2000	Sara Schaaf, Klamath Union	56.79
2001	Brandi Probascio-Canda, Benson	55.08
2002	Brandi Probascio-Canda, Benson	54.64
2003	Brandi Probascio-Canda, Benson	55.19
2004	Leah Worthen, Marshfield	56.99
2005	Leah Worthen, Marshfield	56.32
2006	Brenna Hoffman, Sandy	56.68

### 800-METER DASH

1978	Teri Wierson, Sunset	2:07.6
1979	Leann Warren, Crescent Valley	2:10.18
1980	Debbie Simon, Crater	2:13.88
1981	Brenda Bushnell, Churchill	2:09.62
1982	Carol Drouet, Churchill	2:15.92
1983	Kim Johnson, Churchill	2:14.0
1984	Candi Calhoun, North Bend	2:13.89
1985	Megan Reynolds, Beaverton	2:10.72
1986	Jamie Fallon, Klamath Union	2:12.86
1987	Jamie Fallon, Klamath Union	2:13.00
1988	Lonna Larson, Beaverton	2:14.24
1989	Karlyn Doh, Central Catholic	2:11.72
1990	Lonna Larson, Beaverton	2:13.61
1991	Gracey Pankey, South Salem	2:17.71

### 100-METER HIGH HURDLES

1992	Kali Rembold, Lincoln	2:15.99
1993	Katrina deBoer, West Linn	2:18.70
1994	Bethany Lucas, South Eugene	2:09.14
1995	Bethany Lucas, South Eugene	2:09.25
1996	Christy Lacey-Krietz, Lincoln	2:13.23
1997	Elizabeth Rogers, West Linn	2:11.93
1998	Natalie Wright, Sprague	2:15.57
1999	Laura Westwood, Grant	2:14.74
2000	Laura Westwood, Grant	2:14.03
2001	Sara Schaaf, Klamath Union	2:13.38
2002	Emily McMahon, Mountain View	2:14.26
2003	Emily McMahon, Mountain View	2:11.61
2004	Lizzy Wild, Grant	2:15.81
2005	Katelyn Van Brunt, Grants Pass	2:14.64
2006	Sheryl Page, Sandy	2:15.47

### 1500-METER RUN

1978	Eryn Forbes, Sunset	4:33.1
1979	Claudette-Groenendaal, North Salem	4:28.41
1980	Tiki Morrow, Bend	4:32.79
1981	Kathy Hayes, Newberg	4:24.54
1982	Kim Roth, Sprague	4:26.81
1983	Candi Calhoun, North Bend	4:36.70
1984	Liz Becker, Sunset	4:33.55
1985	Liz Becker, Sunset	4:28.48
1986	Lisa Karoop, Mountain View	4:43.09
1987	Jamie Fallon, Klamath Union	4:38.39
1988	Jeanne Heltzel, South Salem	4:32.06
1989	Amy Hunt, Jefferson	4:41.27
1990	Jenna Carlson, Grants Pass	4:40.78
1991	Tara Carlson, Grants Pass	4:39.8
1992	Tara Carlson, Grants Pass	4:42.12
1993	Marie Davis, Lincoln	4:43.60
1994	Kortney Dunscombe, Bend	4:32.33
1995	Marie Davis, Lincoln	4:36.79
1996	Emily Free, Roseburg	4:40.65
1997	Pamela Johnson, Sandy	4:31.32
1998	Mariel Ettinger, La Grande	4:38.43
1999	Mariel Ettinger, La Grande	4:31.04
2000	Laura Harmon, Jesuit	4:39.67
2001	Emily Charbonneau, St. Mary's	4:37.54
2002	Meghan Armstrong, Tualatin	4:39.84
2003	Meghan Armstrong, Tualatin	4:35.84
2004	Meghan Armstrong, Tualatin	4:37.92
2005	Sheryl Page, Sandy	4:36.22
2006	Alyssa O'Connor, Summit	4:36.63

### 3000-METER RUN

1978	Eryn Forbes, Sunset	9:57.57
1979	Eryn Forbes, Sunset	9:58.39
1980	Kim Roth, Sprague	9:54.68
1981	Kim Roth, Sprague	9:46.87
1982	Kim Roth, Sprague	9:53.49
1983	Kristi Johnson, Marshfield	10:09.12
1984	Sue Martineau, North Eugene	10:09.12
1985	Ann Macklin, Roseburg	9:55.22
1986	Marnie Mason, Klamath Union	9:48.35
1987	Stephanie Wessell, Marshfield	10:13.05
1988	Rose Schneider, Ashland	10:08.40
1989	Jeanne Heltzel, South Salem	9:47.97
1990	Nicole Woodward, West Linn	10:16.65
1991	Jenna Carlson, Grants Pass	10:24.52
1992	Ann Colonna, Sheldon	10:19.96
1993	Marie Davis, Lincoln	10:09.81
1994	Kortney Dunscombe, Bend	10:02.31
1995	Kortney Dunscombe, Bend	9:53.28
1996	Maria Davis, Lincoln	9:53.59
1997	Pamela Johnson, Sandy	10:13.49
1998	Mariel Ettinger, La Grande	10:12.34
1999	Mariel Ettinger, La Grande	9:50.89
2000	Laura Harmon, Jesuit	10:04.32
2001	Paris Edwards, Ashland	10:10.55
2002	Meghan Armstrong, Tualatin	9:57.55
2003	Meghan Armstrong, Tualatin	9:59.19
2004	Meghan Armstrong, Tualatin	9:53.21
2005	Claire Michel, Clackamas	10:07.39
2006	Claire Michel, Clackamas	10:05.17

### 4x100-METER RELAY

1980	Diana Moyer, Hermiston	42.9
1981	Chris Klausman, Franklin	44.2
1982	Vicki Anderson, Tigard	44.4
1983	Jennifer Nacrelli, Lakeridge	44.11
1984	Julie White, Beaverton	44.44
1985	Christine Schiel, Sandy	45.55
1986	Christine Schiel, Sandy	44.19
1987	Michelle Reynolds, Churchill	44.93
1988	Michelle Reynolds, Churchill	45.90
1989	Michelle Reynolds, Oregon City	44.40
1990	Catherine Johnston, West Linn	44.51
1991	Joanna Heath, South Salem	44.17
1992	Patrice Woods, Benson	44.34
1993	Nicole Barrote, Roseburg	45.16
1994	Sara Fox, Glencoe	45.49
1995	Becky Millard, Grants Pass	44.90
1996	Becky Millard, Grants Pass	45.14
1997	Rallynn Elliott, Benson	44.74
1998	Hilary Baker, Lincoln	44.64
1999	Kristin Hall, McWayne	43.99
2000	Janelle Joy, Milwaukee	44.49
2001	Janelle Joy, Milwaukee	42.58
2002	Dani Maier, Sunset	44.72
2003	Amanda Santana, North Eugene	43.95
2004	Nomi Ridge, Century	44.05
2005	Bianca Mathabane, Lincoln	44.25
2006	Bianca Mathabane, Lincoln	44.07

### 4x400-METER RELAY

1988	BEAVERTON	3:57.26
1989	(Gill, Despars, Braithwaite, Larson)	
1990	WEST LINN	4:00.55
1991	(Lightowler, Johnston, Humrich, Veenker)	
1992	WEST LINN	3:57.31
1993	(Fisher, Numrich, St. John, Johnston)	
1994	BENSON	47.75
1995	(Streeter, Washington, Elijah, Udeme Elijah)	
1996	BENSON	49.39
1997	(Swafford, Lockett, Glover, Jones)	
1998	BEAVERTON	45.58
1999	(Tabizion, Eisenberg, Perry, Morris)	
2000	BENSON	48.65
2001	(McKenzie, Probascio-Canda, Brima, Jones)	
2002	BENSON	48.75
2003	(McKenzie, Probascio-Canda, Brima, Green)	
2004	BENSON	46.57
2005	(Taylor, Probascio-Canda, King, Callier)	
2006	BENSON	46.57
2007	(Taylor, Probascio-Canda, Callier, Jones)	
2008	BENSON	48.59
2009	(Payne, Parker, Mason, Taylor)	
2010	GRESHAM	48.50
2011	(Backowski, Meusek, Franklin, Hill)	
2012	GRESHAM	47.91
2013	(Vrilo, Backowski, Muesek, Hill)	
2014	GRESHAM	47.91
2015	(Washington, Person, Woods, Snow)	
2016	GRESHAM	47.91
2017	(Washington, Person, Woods, Snow)	
2018	GRESHAM	47.91
2019	(Rindt, Cameron, Nicholas, Baker)	
2020	SOUTH EUGENE	3:54.93

# **OSAA Girls Track & Field Championships**

## **4A Individual State Champions Through 2006**

1995	(Rocke, Robertson, Twigg, Lucas) LINCOLN.....	3:57.04
1996	(Waldman, Davis, Pennington, Lacey-Krietz) BENSON.....	3:59.99
1997	WEST LINN.....	3:59.7
1998	(Hackbarth, Brown, Baker, Rogers) SOUTH MEDFORD.....	3:56.42
1999	(Anders, Perttu, Martin, Gonzalez) BENSON.....	3:58.20
2000	(Wincher, McAllister, King, Jones) BENSON.....	3:55.38
2001	(Brima, King, Jones, Probasco-Canda) BENSON.....	3:55.03
2002	(Green, King, Brima, Probasco-Canda) BENSON.....	3:53.76
2003	(Callier, King, Probasco-Canda, Jones) BENSON.....	3:50.38
2004	(A. Jones, Callier, D. Jones, Probasco-Canda) GRANT.....	3:56.19
2005	(Stoll, S. Wild, Soma, L. Wild) GRANTS PASS.....	3:56.38
2006	(Cameron, Straw, Richardson, Van Brunt) SANDY.....	3:55.39
	(Leininger, Ingrao, Page, Hoffman)	
<b>HIGH JUMP</b>		
1966	Barb Sicora, Milwaukie.....	4-8
1967	Karin Wicklund, Sheldon.....	4-10
1968	Karin Wicklund, Sheldon.....	5-1 3/4
1969	Karin Wicklund, Sheldon.....	5-0
1970	Nancy Browning, McMinnville.....	5-0
1971	Charlene Schwanz, Bend.....	5-2
1972	Linda Ganzini, Roseburg.....	5-3
1973	Linda Ganzini, Roseburg.....	5-2
1974	Donn Partridge, Clackamas.....	5-1
1975	Tracey Lanig, North Salem.....	5-6
1976	Abby Lyons, Clackamas.....	5-7
1977	Luanne Morris, South Eugene.....	5-6
1978	Kim Carroll, West Linn.....	5-7
1979	Stephanie Johnson, Parkrose.....	5-5
1980	Jenni Bridges, Forest Grove.....	5-8
1981	Kim Rogers, Crescent Valley.....	5-6
1982	Lisa Jacobs, Barlow.....	5-8 1/2
1983	Wendy Hammer, Roseburg.....	5-8
1984	Teresa Martin, Mountain View.....	5-8
1985	Teresa Martin, Mountain View.....	5-8
1986	Teresa Martin, Mountain View.....	5-7
1987	Laurel Roberts, Oregon City.....	5-10
1988	Laurel Roberts, Oregon City.....	5-8
1989	Robin Unger, Barlow.....	5-6
1990	Robin Unger, Barlow.....	5-6
1991	Allison Hunkins, Newberg.....	5-5
1992	Keoma Wardford, Sunset.....	5-6
1993	Mary Hunter, North Bend.....	5-6
1994	Nancy Rissmiller, Tigard.....	5-7
1995	Samantha Smith, Springfield.....	5-6
1996	Samantha Smith, Springfield.....	5-8
1997	Julie Deming, Westview.....	5-2
1998	Jenny Brogdon, La Grande.....	5-5
1999	Jenny Brogdon, La Grande.....	5-6
2000	Lisa Gunderson, Wilson.....	5-6
2001	Bailey Stokes, South Eugene.....	5-6
2002	Bailey Stokes, South Eugene.....	5-4
2003	Suzi Viducich, Hillsboro.....	5-7
2004	Monica Groves, McNary.....	5-3
2005	Courtney McKinney, Aloha.....	5-3
2006	Alison Worthen, Marshfield.....	5-4
<b>LONG JUMP</b>		
1966	Pam Peterson, Lake Oswego.....	16-4 1/2
1967	Mary Rae Evans, Junction City.....	17-2
1968	Colleen Wigle, Riddle.....	16-10 3/4
1969	Jeri Nored, Corvallis.....	18-2 1/4
1970	Fran Auer, Marshfield.....	18-7 1/2
1971	Fran Auer, Marshfield.....	18-8
1972	Fran Auer Sichting, Marshfield.....	18-5
1973	Mary Officer, Madison.....	18-4
1974	Tracie Ranf, Hillsboro.....	17-7
1975	Dana Collins, South Salem.....	18-5 1/4
1976	Carolyn Digby, Centennial.....	18-2
1977	Carolyn Digby, Centennial.....	19-1
1978	Sandy Thomas, Medford.....	18-10
1979	Sandy Thomas, Medford.....	19-7 1/2
1980	Robin Marks, Lincoln.....	18-9 1/4
1981	Debbie Florko, Putnam.....	17-9 3/4
1982	Patty Baker, Gresham.....	20-0
1983	Carol Drouet, Churchill.....	18-10 1/2
1984	Denise Lucas, Jefferson.....	18-11
1985	Denise Lucas, Jefferson.....	19-6w
1986	Karen Alcorn, Oregon City.....	18-9
1987	Karen Alcorn, Oregon City.....	19-3 1/4
1988	Michelle Reynolds, Churchill.....	20-0 1/4w
1989	Janie Vermeere, Oregon City.....	18-3 1/2w
1990	Janie Vermeere, Oregon City.....	18-6
1991	Sara Jessie, Willamette.....	18-2
1992	Misha Looney, Roseburg.....	18-3 3/4
1993	Melanie Bemis, Canby.....	17-2 3/4
1994	Nikki Sichting, Marshfield.....	17-7 1/2
1995	Marci Warnecke, Putnam.....	18-0 1/4
1996	Amanda Brown, Sheldon.....	18-3w
1997	Amanda Brown, Sheldon.....	18-8 1/2
1998	Amanda Brown, Sheldon.....	18-7 3/4
1999	Amanda Brown, Sheldon.....	18-4w
2000	Jen Haberer, West Albany.....	18-1 1/2
2001	Rachel Gibbs, Gresham.....	17-10 1/4
2002	Rachel Gibbs, Gresham.....	18-2
2003	Lexie Viggiano, South Eugene.....	18-4
<b>TRIPLE JUMP</b>		
1989	Joell Coltrane, Lake Oswego.....	37-2 3/4
1990	Liz Fawkes, Lincoln.....	38-8 3/4w
1991	Wendy Pastor, Sunset.....	39-0w
1992	Keomit Wardford, Sunset.....	40-6 3/4
1993	Lisa Oyen, Oregon City.....	37-1 1/2w
1994	Lisa Oyen, Oregon City.....	38-0 3/4
1995	Julie Phipps, Barlow.....	37-7 3/4
1996	Julie Phipps, Barlow.....	37-10w
1997	Erin Kelly, Hillsboro.....	37-7 3/4
1998	Erin Kelly, Hillsboro.....	39-4w
1999	Tiana Setser, David Douglas.....	37-9w
2000	Nicole Barber, Clackamas.....	37-0 1/2
2001	Jennifer Lint, Roseburg.....	37-7 1/4
2002	Sherena Smith, Benson.....	37-6
2003	Sarajane Rosenberg, Pendleton.....	38-10
2004	Sarajane Rosenberg, Pendleton.....	38-5 1/2
2005	Sara Callier, Benson.....	38-4 3/4
2006	Suni Kumar, Summit.....	37-3 3/4
<b>DISCUS</b>		
1966	Lyla Voth, Ashland.....	136-3
1967	Joyce Maupin, Jordan Valley.....	110-6
1968	Jody Streetman, Crook County.....	120-10
1969	Beth Smith, Thurston.....	137-5
1970	Beth Smith, Thurston.....	147-10
1971	Dottie Barnes, Gresham.....	125-11
1972	Dottie Barnes, Gresham.....	131-7
1973	Tracie Juhnke, Lebanon.....	124-11
1974	Betty Ledgerwood, Silverton.....	130-0
1975	Lisa Kirk, Crater.....	139-6
1976	Kathy Picknell, North Bend.....	138-5
1977	Anna Maria Lopez, St. Mary's.....	133-11
1978	Anna Maria Lopez, St. Mary's.....	145-8
1979	Debbie Tally, Crater.....	135-5
1980	Kam Johnson, Astoria.....	141-10
1981	Karen Hancock, Tigard.....	144-3
1982	Karen Hancock, Tigard.....	141-1
1983	Janet Schlichting, Crook County.....	127-7
1984	Kristie Wreath, David Douglas.....	132-11
1985	Debbie Malueg, Crescent Valley.....	135-1
1986	Debbie Malueg, Crescent Valley.....	142-11
1987	Debbie Malueg, Crescent Valley.....	136-1
1988	Kalisi Hemaloto, Beaverton.....	140-0
1989	Jean Maree Lilard, Roseburg.....	138-9
1990	Molly Duggan, Redmond.....	149-9
1991	Dina Haselp, Bend.....	137-4
1992	Tonia Roth, Roseburg.....	141-8
1993	Maryjo Schulz, Corvallis.....	140-6
1994	Heidi Fisk, Lebanon.....	143-2
1995	Wendy Olson, Mazama.....	134-1
1996	Shana Ball, McMinnville.....	132-10
1997	Rachelle Paul, North Salem.....	138-2
1998	Katie Tuttle, Putnam.....	139-5
1999	Katie Tuttle, Putnam.....	135-2
2000	Brooklyn Icalia, McKay.....	134-2
2001	Lindsay Brisbin, Oregon City.....	138-11
2002	Emilee Strot, Gresham.....	134-3
2003	Emilee Strot, Gresham.....	138-9
2004	Emilee Strot, Gresham.....	152-4
2005	Stephanie Horton, Tigard.....	150-4
2006	Neticia Enesi, The Dalles Wahtonka.....	133-11
<b>JAVELIN</b>		
1966	Sue Williams, Lake Oswego.....	139-6
1967	Linda Petrie, Grants Pass.....	124-10
1968	Linda Petrie, Grants Pass.....	125-8
1969	Linda Petrie, Grants Pass.....	134-0
1970	Arlene Platt, Sheldon.....	138-8
1971	Arlene Platt, Sheldon.....	145-9
1972	Carol Harris, Centennial.....	128-9
1973	Kimmie Gotchy, Bend.....	129-11
1974	Monica Stoltenburg, Beaverton.....	139-11
1975	Lisa Kirk, Crater.....	155-4
1976	Sue Banta, North Bend.....	143-2
1977	Kwerry Servas, Centennial.....	138-8
1978	Cindy Layton, Barlow.....	146-3
1979	Sally Harmon, Springfield.....	159-10
1980	Lynda Hughes, Newberg.....	167-3
1981	Julie Vobora, Medford.....	162-5
1982	Julie Waage, David Douglas.....	164-9
1983	Julie Waage, David Douglas.....	153-10
1984	Clarinda Wilson, Marshfield.....	150-2
1985	Maria Passadore, Putnam.....	139-3
1986	Lisa Reslock, St. Mary's.....	148-11
1987	Shanna Daniels, Sandy.....	144-3
1988	Teri Hines, Oregon City.....	144-5
1989	Erin Hanson, Tigard.....	144-7
1990	Keri Esterbrook, Roseburg.....	150-0
1991	Tonia Roth, Roseburg.....	147-3
1992	Tonia Roth, Roseburg.....	165-4
1993	Sara Nicholsen, North Eugene.....	153-8
1994	Wendy Dean, Roseburg.....	156-6
1995	Jenni Johnson, Bend.....	140-5
1996	Jolyn Gentemann, Glencoe.....	135-0
1997	Kyla McFarland, Grants Pass.....	139-10
1998	Katy Polansky, South Eugene.....	154-7
1999	Katy Polansky, South Eugene.....	164-4
2000	Sarah Malone, Newberg.....	165-10
2001	Elisa Crumley, Glencoe.....	151-8
	(NOTE: change to 2002 Rule Javelin)	
2002	Tiffany Zahn, Newberg.....	145-1
2003	Mallory Webb, Newberg.....	145-4
2004	Rachel Yurkovich, Newberg.....	148-4
<b>SHOT PUT</b>		
1966	Lyla Voth, Ashland.....	42-11 3/4
1967	Melissa Corum, Sheldon.....	43-1
1968	Beth Smith, Thurston.....	44-9 1/2
1969	Beth Smith, Thurston.....	44-11 1/4
1970	Beth Smith, Thurston.....	47-2 3/4
1971	Dottie Barnes, Gresham.....	48-8 1/2
1972	Dottie Barnes, Gresham.....	44-6
1973	Tracie Juhnke, Lebanon.....	40-1 1/4
1974	Karen Marshall, South Eugene.....	44-0
1975	Kathy Elliott, South Eugene.....	42-11
1976	Becky Moore, Crater.....	42-0 1/4
1977	Kathy Elliott, South Eugene.....	44-5
1978	Julie Bergstrom, Gresham.....	46-5
1979	Becky Moore, Crater.....	46-3
1980	Kam Johnson, Astoria.....	46-6 1/2
1981	Karen Hancock, Tigard.....	42-11 3/4
1982	Karen Hancock, Tigard.....	43-11 1/2
1983	Paige Daugherty, Sandy.....	43-8 3/4
1984	Diana Requa, Hillsboro.....	42-10
1985	Wendy Coleman, Sandy.....	40-3
1986	Debbie Malueg, Crescent Valley.....	41-8 1/2
1987	Wendy Coleman, Sandy.....	41-7
1988	Kari Hanscom, Eagle Point.....	43-4
1989	Kiza Brunner, Sheldon.....	43-6 1/2
1990	Kiza Brunner, Sheldon.....	43-11 3/4
1991	Amy Braughton, Redmond.....	39-11 1/2
1992	Tonia Roth, Roseburg.....	41-10 1/4
1993	Shawnti Moore, Crater.....	40-4 1/4
1994	Heidi Fisk, Lebanon.....	43-0 1/4
1995	Heidi Fisk, Lebanon.....	43-6
1996	Shana Ball, McMinnville.....	43-3 1/2
1997	Amanda Lee, North Bend.....	42-7 1/2
1998	Katia Tuttle, Putnam.....	42-8 3/4
1999	Katie Tuttle, Putnam.....	44-1 1/4
2000	Jackie Woods, Ashland.....	43-1
2001	Jessi Salmea, Sandy.....	40-2 1/4
2002	Emilee Strot, Gresham.....	41-0
2003	Emilee Strot, Gresham.....	46-2 1/4
2004	Stephanie Horton, Tigard.....	49-8
2005	Martha Hale, David Douglas.....	43-1 1/4
<b>POLE VAULT</b>		
1995	Holly Speight, Sprague.....	11-0
1996	Karina Elstrom, McMinnville.....	11-4
1997	Dana Hussey, Hood River Valley.....	10-2
1998	Dana Hussey, Hood River Valley.....	11-5
1999	Dana Hussey, Hood River Valley.....	11-8
2000	Corrie Drakulich, Clackamas.....	12-0
2001	Kate Soma, Grant.....	11-9
2002	Celina Robarge, Marshfield.....	11-3
2003	Ashley Salvino, St. Mary's.....	12-6 1/2
2004	Natalie Todd-Zebell, Grant.....	11-9
2005	Muriel Robarge, Marshfield.....	12-0
2006	Emma Piatt, Grant.....	11-9
<b>EVENTS NO LONGER CONTESTED</b>		
<b>100-YARD DASH</b>		
1966	Janice Hughes, Pleasant Hill.....	11.1
1967	Margaret Johnson, Churchill.....	10.4
1968	Margaret Johnson Bailes, Churchill.....	10.6
1969	Janet Kyle, Estacada.....	10.9
1970	Fran Auer, Marshfield.....	11.0
1971	Mary Ann Berg, Sheldon.....	11.3
1972	Fran Auer Sichting, Marshfield.....	10.9
1973	Kit Jermain, Canby.....	11.7
1974	Kelly Jones, Hillsboro.....	11.5
1975	Rhonda Redditt, South Eugene.....	10.97
1976	Lorin Barnes, Marshall.....	11.62
1977	Jackie Jackson, Grant.....	11.23
<b>220-YARD DASH</b>		
1966	Janice Hughes, Pleasant Hill.....	25.1
1967	Margaret Johnson, Churchill.....	24.6
1968	Margaret Johnson Bailes, Churchill.....	24.6
1969	Janet Kyle, Estacada.....	25.3
1970	Fran Auer, Marshfield.....	25.2
1971	Fran Auer, Marshfield.....	27.1
1972	Fran Auer Sichting, Marshfield.....	24.9
1973	Mary Officer, Madison.....	25.4
1974	Debbie McDonald, Lebanon.....	25.9
1975	Melanie Batiste, Lincoln.....	25.37w
1976	Carolyn Digby, Centennial.....	25.88
1977	Carolyn Digby, Centennial.....	24.93
<b>400-YARD DASH</b>		
1966	Linda Kloster, Pleasant Hill.....	1:00.1
1967	Gail Boyd, Lebanon.....	1:00.1
1968	Karen Nelson, Lebanon.....	59.2
1969	Karen Nelson, Lebanon.....	57.3
1970	Wanda Taylor, Thurston.....	59.0
1971	Jan Wright, Clackamas.....	59.1
1972	Jan Wright, Clackamas.....	59.2
1973	Jo Rasmussen, Sunset.....	1:00.7
1974	Kelly Jones, Hillsboro.....	58.5
1975	Kelly Jones, Hillsboro.....	57.95
1976	Carolyn Digby, Centennial.....	56.10
1977	Carolyn Digby, Centennial.....	56.21
<b>880-YARD DASH</b>		
1966	Linda Mayfield, Illinois Valley.....	2:22.2
1967	Linda Mayfield, Illinois Valley.....	2:19.8

# OSAA Girls Track & Field Championships

## 4A Individual State Champions Through 2006

1968	Sherry Wells, Siuslaw .....	2:18.8
1969	Sherry Wells, Thurston .....	2:20.0
1970	Sherry Wells, Thurston .....	2:19.4
1971	Debbie Roth, Churchill.....	2:21.5
1972	Debbie Roth, Churchill.....	2:16.6
1973	Pat Reed, Wilson.....	2:19.1
1974	Dale Ramsey, Cottage Grove.....	2:20.5
1975	Robin Baker, South Eugene.....	2:16.32
1976	Ellen Schmidt, West Albany.....	2:13.28
1977	Teri Wierson, Sunset .....	2:13.43

### ONE MILE RUN

1968	Linda Mayfield, Illinois Valley .....	5:27.9
1969	Sherry Wells, Thurston .....	5:29.7
1970	Carolyn Walker, Grant.....	5:22.5
1971	Debbie Roth, Churchill.....	5:09.2
1972	Rayleen Hooper, Medford .....	5:08.0
1973	Cheryl Bates, Marshfield .....	5:19.6
1974	Debbie Brundige, Roseburg.....	5:18.8
1975	Elaine Pond, Grant .....	5:03.53
1976	Eryn Forbes, Sunset .....	4:50.49
1977	Kate Conant, South Eugene .....	4:48.94

### TWO-MILE RUN

1977	Kate Conant, South Eugene .....	10:43.4
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### 80-METER HURDLES

1966	Gail Boyd, Lebanon .....	11.8
1967	Gail Boyd, Lebanon .....	11.7
1968	Wendy Miller, Catlin Gabel .....	12.4
1969	Peggy Price, Estacada.....	11.8

### 100-METER HURDLES

1970	Heidi Davidson, Churchill .....	14.3
1971	Heidi Davidson, Churchill .....	14.8
1972	Heidi Davidson, Churchill .....	14.3
1973	Mary Officer, Madison .....	14.1w

### 110-YARD HURDLES

1974	Linda Parmele, Estacada .....	15.0
1975	Teri Wierson, Sunset .....	14.37w
1976	Cathi Kvale, Sprague.....	14.91
1977	Teri Wierson, Sunset .....	14.70

### 200-METER HURDLES

1978	Teri Wierson, Sunset .....	28.32
1979	Cyd Cimmiyotti, Pendleton .....	28.34

### 440-YARD RELAY

1966	Medford .....	52.4
1967	Churchill .....	51.9
1968	Churchill .....	50.4
1969	Corvallis .....	50.3
1970	Sheldon .....	50.3
1971	Sheldon .....	51.9
1972	Sunset .....	51.4
1973	Lebanon .....	50.8
1974	Lebanon .....	50.8
1975	Lebanon .....	49.38
1976	Lincoln .....	49.35
1977	Corvallis .....	49.42

### 880-YARD MEDLEY RELAY

1970	Marshfield.....	1:54.8
1971	Lebanon .....	1:58.8
1972	Marshfield.....	1:53.9
1973	David Douglas .....	1:53.0
1974	Hillsboro .....	1:53.6
1975	Estacada.....	1:51.42
1976	Centennial .....	1:47.67

### ONE MILE RELAY

1977	SUNSET.....	3:59.4
1978	SUNSET.....	3:56.17
	(Drake, Herrick, T. Wierson, M. Wierson)	
1979	LINCOLN.....	3:58.59
	(Campbell, Marks, Hanlon, Mitchoff)	
1980	LINCOLN.....	3:54.23
	(Hanlon, Campbell, Mitchoff, Marks)	
1981	SPRINGFIELD .....	3:59.06
	(Sheldon, Wagner, Kurilo, Wright)	
1982	CHURCHILL.....	3:57.15
	(K. Johnson, L. Johnson, Hardin, Drouet)	
1983	CHURCHILL.....	3:54.12
	(L. Johnson, Hardin, K. Johnson, Drouet)	
1984	WILSON .....	3:58.01
	(Post, Thirdbill, Strong, Otterstedt)	
1985	BEAVERTON .....	3:58.41
	(Hallock, L. Byhre, Reynolds, Allen)	
1986	SANDY .....	3:58.01
	(Buck, Hartman, Toyooka, Schiel)	
1987	NORTH EUGENE.....	4:02.49
	(Anderson, DuBois, Brown, Handgis)	

# OSAA Girls Track & Field Championships

## 3A Individual State Champions Through 2006

### 100-METER DASH

1978	Karen Beckler, Central Linn	12.4
1979	LaDonna Smalling, Crook County	12.4
1980	Jacquie Huxtable, Phoenix	12.4
1981	Alice Best, Philomath	12.4
1982	Stephanie Morris, Seaside	12.46
1983	Stephanie Morris, Seaside	12.25
1984	Debbie Gay, Estacada	12.68
1985	Terri Gortler, Siuslaw	12.75
1986	Terri Gortler, Siuslaw	12.59
1987	Carrie Tobeay, Cascade	12.4
1988	Debbie Cline, Seaside	12.5
1989	Kelli Stonelake, Siuslaw	12.55
1990	Molly White, Ontario	12.64
1991	Melissa Maurer, Silverton	12.92
1992	Melissa Maurer, Silverton	12.55w
1993	Kami Sisk, Sherwood-w	12.55w
1994	Ocean Kuykendall, Hood River	12.79
1995	Hilary Holly, Woodburn	12.52w
1996	Hilary Holly, Woodburn	12.47
1997	Ellanee Richardson, Gladstone	12.10w
1998	Ellanee Richardson, Gladstone	12.18w
1999	Katie Elliott, St. Helens	12.58w
2000	Nicole Brown, Creswell	12.11
2001	Katy Malone, Junction City	12.79
2002	Noel Kimbrough, Sisters	12.64
2003	Maria North, The Dalles	12.30
2004	Kimiko Kamo, Vale	12.45
2005	Laundrea da Silva, Marist	12.76
2006	Laundrea Da Silva, Marist	12.79

### 200-METER DASH

1978	Karen Beckler, Central Linn	25.6
1979	Patti Richardson, Dayton	26.3
1980	Stephanie Morris, Seaside	26.3
1981	Stephanie Morris, Seaside	25.3
1982	Stephanie Morris, Seaside	25.06
1983	Stephanie Morris, Seaside	25.14
1984	Kelly Wright, Sweet Home	25.85
1985	Terri Gortler, Siuslaw	25.53
1986	Terri Gortler, Siuslaw	25.34
1987	Kim Priest, North Valley	25.90
1988	Kelli Stonelake, Siuslaw	25.43
1989	Kelli Stonelake, Siuslaw	25.33
1990	Molly White, Ontario	26.04
1991	Emily Fisher, Astoria	26.51
1992	Melissa Maurer, Silverton	26.26w
1993	Elaine Hess, Hood River Valley	25.75
1994	Ocean Kuykendall, Hood River	25.95
1995	Amy Redenius, Douglas	25.88
1996	Ellanee Richardson, Gladstone	25.01
1997	Ellanee Richardson, Gladstone	25.01
1998	Ellanee Richardson, Gladstone	24.69w
1999	Katie Elliott, St. Helens	25.58w
2000	Nicole Brown, Creswell	25.35
2001	Jennifer Bauer, Newport	26.04
2002	Maria North, The Dalles	25.57w
2003	Maria North, The Dalles	25.46
2004	Maria North, The Dalles	25.52
2005	Amy Skofstad, Gladstone	26.07
2006	Amy Skofstad, Gladstone	25.83

### 400-METER DASH

1978	Teri Cooper, St. Mary of Valley	57.5
1979	Mindy Glazebrook, Coquille	58.0
1980	Diane Hoepfner, McLoughlin	58.0
1981	Diane Hoepfner, McLoughlin	59.3
1982	Diane Hoepfner, McLoughlin	58.78
1983	Kelley Wright, Sweet Home	56.70
1984	Kelley Wright, Sweet Home	58.13
1985	Marnie Branstetter, Toledo	57.93
1986	Charlotte King, Gladstone	57.85
1987	Kim Hutson, Gladstone	58.75
1988	Kim Hutson, Gladstone	58.55
1989	Tyrza Hunt, Tillamook	58.33
1990	Amo Olson, Douglas	58.77
1991	Jamie Vandehay, Philomath	59.16
1992	Summer Morris, Seaside	58.39
1993	Tish Henes, Baker	57.00
1994	Tish Henes, Baker	57.34
1995	Tish Henes, Baker	56.19
1996	Joy Dixon, Coquille	58.37
1997	Joy Dixon, Coquille	58.27
1998	Joy Dixon, Coquille	58.08
1999	Toni Adair, Philomath	58.79
2000	Sara Mulroy, Elmira	57.36
2001	Jill Noe, Wilsonville	58.03
2002	Jennifer Bauer, Newport	58.11
2003	Jennifer Bauer, Newport	57.15
2004	Amy Skofstad, Gladstone	56.48
2005	Becky Horace, Molalla	56.60
2006	Annie Hayward, Newport	57.36

### 800-METER DASH

1978	Dee Ann Cardin, Crook County	2:18.8
1979	Linda Robinson, Cascade	2:19.0
1980	Dawn Wilger, Marist	2:19.5
1981	Margaret McKenzie, Brookings-Harbor	2:20.7
1982	Jo McGinnis, Gladstone	2:21.35
1983	Theresa Barthel, Sweet Home	2:19.68
1984	Kelly Briggs, Glide	2:24.52
1985	Mary Arnold, St. Mary of Valley	2:18.83
1986	Tyrza Hunt, Tillamook	2:21.22
1987	Mary Wollenbecker, Astoria	2:18.5
1988	Jennifer Olson, Astoria	2:22.94
1989	Tyrza Hunt, Tillamook	2:20.00
1990	Jeannine Davis, Pleasant Hill	2:19.04
1991	Amy Flora, Myrtle Point	2:17.22

### 1992 Jennifer Coleman, Sherwood

1992	Jennifer Coleman, Sherwood	2:18.31
1993	Summer Morris, Seaside	2:19.56
1994	Tish Henes, Baker	2:15.99
1995	Tish Henes, Baker	2:20.26
1996	Amy Nickerson, Coquille	2:18.54
1997	Amy Nickerson, Coquille	2:20.59
1998	Amy Nickerson, Coquille	2:14.09
1999	Amy Nickerson, Coquille	2:14.89
2000	Taylor Bryant, Ontario	2:18.00
2001	Brianna Anderson-Gregg, Philomath	2:21.28
2002	Emily Collins, Marist	2:18.81
2003	Brianna Anderson-Gregg, Philomath	2:12.78
2004	Emily Collins, Marist	2:17.96
2005	Linsie Michels, Cascade	2:14.90
2006	Linsie Michels, Cascade	2:15.34

### 2001 Jennifer Ledford, Illinois Valley

2001	Jessica Ledford, Illinois Valley	15.46
2002	Jessica Ledford, Illinois Valley	15.08
2003	Danica Bates, Pleasant Hill	15.55
2004	Maura Williams, Philomath	15.38
2005	Jenny Boswell, Sisters	15.01
2006	Jenny boswell, Sisters	15.29

### 300-METER LOW HURDLES

1980	Julie Skeen, Marist	46.2
1981	Sarah Lyons, La Salle	44.7
1982	Tammi Lesh, Leah-Kah-Nie	47.29
1983	Amy Reinebach, Astoria	46.92
1984	Amy Reinebach, Astoria	47.19
1985	Amy Reinebach, Astoria	46.31
1986	Bobbi Clibbon, Gladstone	45.58
1987	Renelle Jepsen, Sweet Home	45.21
1988	Pam Emery, Cascade	46.59
1989	Renelle Jepsen, Sweet Home	44.34
1990	Pam Emery, Cascade	45.40
1991	Stacey Bennett, Banks	46.48
1992	Kari Slater, South Umpqua	46.19
1993	Katie Douglas, McLoughlin	45.63
1994	Erin Sullivan, Burns	45.78
1995	Joy Goff, Cascade	46.01
1996	Joy Goff, Cascade	46.29
1997	Sara Kaiser, Clatskanie	47.16
1998	Christina James, La Pine	45.90
1999	Mindi Yost, Rogue River	46.30
2000	Teresa Dunten, Ontario	46.12
2001	Lisa Sorenson, Scappoose	46.04
2002	Danica Bates, Pleasant Hill	45.68
2003	Sara Majors, Cascade	45.87
2004	Sara Majors, Cascade	45.66
2005	Jenny Boswell, Sisters	44.99
2006	Jenny Boswell, Sisters	45.57

### 4x100-METER RELAY

1978	MCLOUGHLIN	50.4
	(Rudy, Boyles, Toteeto, Hansell)	
1979	CROOK COUNTY	50.5
	(Cardin, Minson, O'Connor, Smallming)	
1980	COQUILLE	50.5
	(Capps, Glazebrook, Myrvold, Crockett)	
1981	ASTORIA	50.0
	(Chiang, Hill, Glackin, Boyd)	
1982	ELMIRA	50.14
	(Crouch, Clairborne, Guldager, Wright)	
1983	SIUSLAW	49.88
	(Lang, Courtney, Gortler, Smith)	
1984	SIUSLAW (Kelli Lang, Tammy ...)	49.39
	(Lang, Courtney, Gortler, Smith)	
1985	MADRAS	49.90
	(Wilkenson, Harrison, Rogers, Williams)	
1986	ST. HELENS	49.82
	(Page, Merwin, Anderson, Griffith)	
1987	CASCADE	50.60
	(Moore, P. Emery, L. Emery, Tobey)	
1988	SEASIDE	50.31
	(Cole, Earl, Ward, Cline)	
1989	CASCADE	50.35
	(Goodwin, P. Emery, Nichol, L. Emery)	
1990	PHILOMATH	50.40
	(Cutsforth, Rybel, Vandehey, Dover)	
1991	SILVERTON	50.49
	(Edgar, Helm, Lord, Maurer)	
1992	HENLEY	50.19
	(Dunn, Simpson, Juhl, Cowen)	
1993	HOOD RIVER VALLEY	50.64
	(Shalhope, Hess, Kuykendall, Chandler)	
1994	CENTRAL	50.29
	(Cornell, D. Dungy, Altermatt, A. Dungy)	
1995	SEASIDE	49.98
	(Arndt, Truax, Hawken, Morris)	
1996	SIUSLAW	50.85
	(Wilkins, Daniel, McMullan, Worley)	
1997	SIUSLAW	49.86
	(Wilkins, Daniel, McMullan, Worley)	
1998	ST. HELENS	50.17
	(White, Abero, Luttrell, Elliott)	
1999	WILSONVILLE	50.57
	(Hultline, Noe, Fackrell, Sharpe)	
2000	PHILOMATH	49.84
	(K. Gellatly, C. Gellatly, Kelly, Adair)	
2001	PHILOMATH	50.32
	(Miller, Williams, Kelly, Gellatly)	
2002	THE DALLES	49.91
	(Evans, C. North, Colbourne-Eagy, M. North)	
2003	THE DALLES	49.72
	(Evans, C. North, Colbourne-Eagy, M. North)	
2004	THE DALLES	49.64
	(Evans, C. North, Nichols, M. North)	
2005	MARIST	50.32
	(da Silva, Wilkins, Elena Collins, Emily Collins)	
2006	CASCADE	49.39
	(Taylor, Albus, Rea, Michels)	
1978	ST. MARY OF THE VALLEY	4:01.5
	(C. Cooper, Elkins, Bauer, T. Cooper)	
1979	NORTH VALLEY	4:01.9
	(Riggins, Seagoe, Reed, Alexander)	
1980	MARIST	4:06.5
	(Olsen, Jones, Skeen, Wilger)	
1981	ELMIRA	4:06.9
	(Davis, Vaughn, Wright, Guldager)	
1982	SEASIDE	4:04.14
	(Beneke, Baty, S. Morris, M. Morris)	
1983	SWEET HOME	3:59.94

# OSAA Girls Track & Field Championships

## **3A Individual State Champions Through 2006**

1984	(Simpson, Erisman, Barthel, Wright) SWEET HOME.....	4:05.93	1988	Shanna Tippin, Elmira.....	18-1 ½	1997	Kellie Kathman, Philomath.....	133-4
1985	(Meredith, Wolthuis, Whitehead, Wright) GLADSTONE.....	4:04.33	1989	Shanna Tippin, Elmira.....	18-1 ¾	1998	Lindsey Johnson, The Dalles.....	140-10
1986	(King, Nelson, Hutson, Tran) GLADSTONE.....	4:01.10	1990	Rande Graham, Rogue River.....	17-3 ½	1999	Lindsey Johnson, The Dalles.....	147-0
1987	(King, Nellermoe, Hutson, Peterson) GLADSTONE.....	4:07.40	1991	Kelsey Miller, Reedsport.....	17-0	2000	Lindsey Johnson, The Dalles.....	143-0
1988	(King, Nellermoe, Kiley, Hutson) SEASIDE.....	4:04.75	1992	Trisha Hough, Junction City.....	17-10w	2001	Lindsey Johnson, The Dalles.....	163-0
1989	(Earl, Ward, Ellingson, Cline) PHILOMATH.....	4:07.0	1993	Trisha Hough, Junction City.....	17-4	(NOTE: change to 2002 Rule Javelin)		
1990	(Rybel, Cutsforth, Dover, Vandehey) PHILOMATH.....	4:06.50	1994	Cathy McNeely, Philomath.....	17-1 ½w		Sam Young, Henley.....	155-8
1991	(Rybel, Cutsforth, Dover, Vandehey) PHILOMATH.....	4:05.40	1995	Hilary Holly, Woodburn.....	18-7w		Emily Kindle, Cascade.....	132-9
1992	(Baumann, Cutsforth, Hibner, Vandehey) SOUTH UMPQUA.....	4:06.31	1996	Ellannee Richardson, Gladstone.....	18-0		Ashley McCrea, North Bend.....	140-8
1993	(Peterman, Bailey, Hadley, Slater) BAKER.....	4:03.54	1997	Ellannee Richardson, Gladstone.....	18-10 ¼		Ashley McCrea, North Bend.....	143-11
1994	(Phillips, Brown, A. Henes, T. Henes) BAKER.....	4:03.05	1998	Ellannee Richardson, Gladstone.....	18-2		Jessica Clemens, Burns.....	131-11
1995	(A. Helgerson, J. Helgerson, A. Henes, T. Henes) BAKER.....	4:04.30	1999	Cortney Ellis, Sisters.....	17-9w			
1996	(A. Helgerson, J. Helgerson, A. Henes, T. Henes) COQUEILLE.....	4:04.84	2000	Alix Dagget, Seaside.....	17-05 ¼			
1997	(King, Gibson, Nickerson, Dixon) SOUTH UMPQUA.....	4:05.68	2001	Elizabeth Weiss, Marist.....	17-11 ¼			
1998	(Haire, Shirtcliff, Peterman, Lynch) YAMHILL-CARLTON.....	4:04.02	2002	Amy Cretsinger, Sisters.....	18-4 ¼			
1999	(L. Heuberger, Bernstein, Seward, M. Heuberger) WILSONVILLE.....	4:05.13	2003	Kara Weaver, South Umpqua.....	18-5 ¾			
2000	(Hultline, Fackrell, Wolfgram, Noe) HENLEY.....	4:01.80	2004	Danica Bates, Pleasant Hill.....	17-5			
2001	(Mack, Spicer, Mathis, Knox) CASCADE.....	3:59.66	2005	Maria Clemens, Burns.....	17-7 ¾			
2002	(Welstad, Kuntz, Anderson, Cain) CASCADE.....	3:59.91	2006	Amy Skofstad, Gladstone.....	17-8 ¾			
2003	THE DALLES.....	4:00.56						
2004	(Colbourne-Eagy, C. North, Fitz-Gustafson, M. North) THE DALLES.....	3:59.48						
2005	MARIST.....	3:59.22						
2006	(Gillespie, Donnelly, Elena Collins, Emily Collins) MARIST.....	3:58.98						
	(Gillespie, Donnelly, Apo, Collins)							
<b>HIGH JUMP</b>								
1969	Shirley Lagestee, Philomath.....	5-0	1969	Mary Jacobson, Siuslaw.....	134-7			
1970	Shirley Lagestee, Philomath.....	5-4	1970	Mary Jacobson, Siuslaw.....	133-11			
1971	Shirley Lagestee, Philomath.....	5-1	1971	Kathy Pete, Phoenix.....	113-3			
1972	Joni Huntley, Sheridan.....	5-5 ½	1972	Patty Johnson, Pleasant Hill.....	114-1			
1973	Joni Huntley, Sheridan.....	5-8	1973	Joy Moore, Bandon.....	115-3			
1974	Joni Huntley, Sheridan.....	6-0	1974	Joy Moore, Bandon.....	116-2			
1975	Gloria Zabala, Burns.....	5-4	1975	Liz Hardwick, Burns.....	132-1			
1976	Debbie Smith, Wahntoka.....	5-6	1976	Jean Melson, Tillamook.....	134-0			
1977	Linda Norton, Douglas.....	5-6	1977	Jean Melson, Tillamook.....	143-1			
1978	Tammy Collman, Henley.....	5-8	1978	Lisha Lass, South Umpqua.....	133-10			
1979	Donna Brigham, Henley.....	5-8	1979	Lisha Lass, South Umpqua.....	147-7			
1980	Sheila Potter, McLoughlin.....	5-8	1980	Lori Penland, Burns.....	130-5			
1981	Sarah Lyons, La Salle.....	5-8	1981	Kam Johnson, Astoria.....	144-2			
1982	Kathy Moore, Marist.....	5-6	1982	Jodie Brown, Toledo.....	125-0			
1983	Shannon Baird, Taft.....	5-3	1983	Linda Boggs, Bandon.....	130-8			
1984	Trisha Stevens, Philomath.....	5-5	1984	Debbie Blake, Gladstone.....	118-2			
1985	Trisha Stevens, Philomath.....	5-4	1985	Leona Becker, South Umpqua.....	138-11			
1986	Trisha Stevens, Philomath.....	5-6	1986	Kim Owensby, Salem Academy.....	122-4			
1987	Trisha Stevens, Philomath.....	5-6	1987	Lori Jenson, North Valley.....	128-3			
1988	Jen Sauter, Tillamook.....	5-7	1988	Christy Ward, North Valley.....	131-2			
1989	Pam Emery, Cascade.....	5-6	1989	Kristin Ottman, Lakeview.....	121-3			
1990	Pam Emery, Cascade.....	5-8	1990	Lisa Blacketter, Ontario.....	131-8			
1991	Heidi Wilkerson, Sherwood.....	5-3	1991	Grace Emanuel, Taft.....	133-4			
1992	Heidi Wilkerson, Sherwood.....	5-5	1992	Grace Emanuel, Taft.....	136-2			
1993	Tish Henes, Baker.....	5-6	1993	Michelle Muzechenko, Cascade.....	132-6			
1994	Rachel Powell, Cascade.....	5-6	1994	Kortni Murphree, Philomath.....	128-9			
1995	Cathy McNeely, Philomath.....	5-6	1995	Kortni Murphree, Philomath.....	141-9			
1996	Cathy McNeely, Philomath.....	5-6	1996	Kelli Holloway, Lakeview.....	121-6			
1997	Laura Gibson, Coquille.....	5-5	1997	Tara Lunde, Gladstone.....	122-6			
1998	Erin Sharpe, Wilsonville.....	5-6	1998	Kelli Holloway, Lakeview.....	127-8			
1999	Erin Sharpe, Wilsonville.....	5-9	1999	Dorothy Kerr, Stayton.....	125-11			
2000	Rachel Kriz, Toledo.....	5-6	2000	Sarah Zempel, Rogue River.....	140-07			
2001	Lindsey Schmidlin, Banks.....	5-6	2001	Rachel Lofting, Madras.....	123-0			
2002	Lindsey Schmidlin, Banks.....	5-8	2002	Megan Kriz, Toledo.....	124-10			
2003	Damaris Tucker, Junction City.....	5-6	2003	Inger Appanaitis, Brookings-Harbor.....	126-8			
2004	Kelsey Kahle, North Marion.....	5-6	2004	Sabrina Freed, Burns.....	121-10			
2005	Kelsey Kahle, North Marion.....	5-9	2005	Sierra Ferguson, Madras.....	141-1			
2006	Emily Gillespie, Marist.....	5-2	2006	Katherine Trip, Douglas.....	144-3			
<b>JAVELIN</b>								
1969	Bev Dage, Sutherlin.....	132-1	1969	Bev Dage, Sutherlin.....	132-1			
1970	Laura Thompson, Creswell.....	134-7	1970	Laura Thompson, Creswell.....	134-7			
1971	Donna Smith, Gervais.....	122-7	1971	Donna Smith, Gervais.....	122-7			
1972	Bonnie Souers, Madras.....	121-3	1972	Joy Moore, Bandon.....	123-6			
1973	Joy Moore, Bandon.....	123-6	1973	Joy Moore, Bandon.....	136-2			
1974	Joy Moore, Bandon.....	136-2	1974	Joy Moore, Bandon.....	136-2			
1975	Renne Lambrecht, Cascade.....	142-6	1975	Kitsy Hall, Rogue River.....	139-2			
1976	Kitsy Hall, Rogue River.....	139-2	1976	Kitsy Hall, Rogue River.....	139-2			
1977	Sandy Bean, Phoenix.....	144-6	1977	Sandy Bean, Phoenix.....	144-6			
1978	Shari Brock, Nestucca.....	149-0	1978	Shari Brock, Nestucca.....	149-0			
1979	Sandy Bean, Phoenix.....	144-2	1979	Connie Peterka, Gervais.....	149-5			
1980	Sandy Bean, Phoenix.....	144-2	1980	Shannon Gates, Siuslaw.....	143-1			
1981	Connie Peterka, Gervais.....	149-5	1981	Shannon Gates, Siuslaw.....	155-11			
1982	Shannon Gates, Siuslaw.....	143-1	1982	Brenda Boyles, Sutherlin.....	138-9			
1983	Brenda Boyles, Sutherlin.....	138-9	1983	Beth Nygren, Henley.....	140-4			
1984	Beth Nygren, Henley.....	140-4	1984	Amy Reinebach, Astoria.....	134-5			
1985	Amy Reinebach, Astoria.....	134-5	1985	Nikki Becker, Brookings-Harbor.....	130-10			
1986	Nikki Becker, Brookings-Harbor.....	130-10	1986	Nikki Becker, Brookings-Harbor.....	131-0			
1987	Nancy Reidman, Silverton.....	131-7	1987	Nancy Reidman, Silverton.....	131-7			
			1988	Bridget Vellutini, Seaside.....	133-10			
<b>POLE VAULT</b>								
1995	Melissa Mellein, Philomath.....	10-9	1995	Kerry Teamey, Henley.....	10-2			
1996	Erica Boren, Philomath.....	10-6	1996	Erica Boren, Philomath.....	11-6			
1997	Niki Reed, Newport.....	11-8	1997	Rhiannon Armon, Stayton.....	11-6			
1998	Jennifer Brown, La Pine.....	10-6	1998	Jennifer Brown, La Pine.....	10-6			
1999	Lacy Pederson, Henley.....	10-6	1999	Lacy Pederson, Henley.....	11-3			
2000	Jennifer Bolton, Newport.....	11-3	2000	Jennifer Bolton, Newport.....	11-9			
2001	Jennifer Brown, La Pine.....	11-9	2001	Jennifer Brown, La Pine.....	12-0			
2002	Shannon Jentsch, Rogue River.....	12-0	2002	Chelsea Russell, La Pine.....	12-4			
2003	Chelsea Moody, Madras.....	12-4	2003	Charlene Moody, Madras.....	13-1			
2004	Katherine Tripp, Sutherlin.....	14-1	2004	Katherine Tripp, Sutherlin.....	14-1			
2005	Katherine Tripp, Sutherlin.....	14-5 ¼	2005	Katherine Tripp, Sutherlin.....	14-5 ¼			
<b>EVENTS NO LONGER CONTESTED</b>								
<b>100-YARD DASH</b>								
1969	Margaret George, Central Linn.....	11.2	1969	Susan George, Central Linn.....	11.1			
1970	Susan George, Central Linn.....	11.2	1970	Susan George, Central Linn.....	11.2			
1971	Katie Kero, Seaside.....	11.4	1971	Katie Kero, Seaside.....	11.4			
1972	Katie Kero, Seaside.....	11.4	1972	Katie Kero, Seaside.....	11.4			
1973	Joni Huntley, Sheridan.....	11.3	1973	Karen Beckler, Central Linn.....	11.81			
1974	Karen Beckler, Central Linn.....	11.42	1974	Karen Beckler, Central Linn.....	11.42			
1975	Karen Beckler, Central Linn.....	11.42	1975	Karen Beckler, Central Linn.....	11.42			
1976	Karen Beckler, Central Linn.....	11.42	1976	Karen Beckler, Central Linn.....	11.42			
1977	Karen Beckler, Central Linn.....	11.5	1977	Karen Beckler, Central Linn.....	11.5			
<b>220-YARD DASH</b>								
1969	Margaret George, Central Linn.....	26.0	1969	Susan George, Central Linn.....	26.0			
1970	Susan George, Central Linn.....	26.0	1970	Susan George, Central Linn.....	26.6			
1971	Janice Shaw, Eagle Point.....	26.6	1971	Janice Shaw, Eagle Point.....	26.6			
1972	Kim Conner, Seaside.....	26.6	1972	Kim Conner, Seaside.....	26.6			
1973	Laura Hensley, Crook County.....	26.8	1973	Laura Hensley, Crook County.....	26.8			
1974	Desiree Gauthier, Madras.....	27.12	1974	Desiree Gauthier, Madras.....	27.12			
1975	Elaine Kostrikin, Gervais.....	27.12	1975	Elaine Kostrikin, Gervais.....	27.12			
1976	Carmen Mendenhall, Sutherlin.....	26.83	1976	Carmen Mendenhall, Sutherlin.....	26.83			
1977	Terri Cooper, St. Mary of Valley.....	26.4	1977	Terri Cooper, St. Mary of Valley.....	26.4			
<b>440-YARD DASH</b>								
1969	Colleen Wigle, Riddle.....	1:01.0	1969	Colleen Wigle, Riddle.....	1:01.0			
1970	Colleen Wigle, Riddle.....	1:01.0	1970	Colleen Wigle, Riddle.....	1:01.0			
1971	Janice Shaw, Eagle Point.....	1:03.7	1971	Janice Shaw, Eagle Point.....	1:03.7			
1972	Kim Conner, Seaside.....	1:08.2	1972	Kim Conner, Seaside.....	1:08.2			
1973	Laura Hensley, Crook County.....	1:09.8	1973	Laura Hensley, Crook County.....	1:09.8			
1974	Desiree Gauthier, Madras.....	1:00.2	1974	Desiree Gauthier, Madras.....	1:00.2			
1975	Elaine Kostrikin, Gervais.....	1:00.30	1975	Elaine Kostrikin, Gervais.....	1:00.30			
1976	Carmen Mendenhall, Sutherlin.....	58.35	1976	Carmen Mendenhall, Sutherlin.....	58.35			
1977	Terri Cooper, St. Mary of Valley.....	57.5	1977	Terri Cooper, St. Mary of Valley.....	57.5			
<b>880-YARD DASH</b>								
1969	Shirley Lagestee, Philomath.....	2:28.1	1969	Sylvia Knight, Central Linn.....	2:23.3			
1970	Sylvia Knight, Central Linn.....	2:23.3	1970	Maryl Barker, Phoenix.....	2:24.0			
1971	Maryl Barker, Phoenix.....	2:24.0	1971	Sylvia Knight, Central Linn.....	2:27.9			
1972	Sylvia Knight, Central Linn.....	2:27.9	1972	Sylvia Knight, Central Linn.....	2:21.1			
1973	Sylvia Knight, Central Linn.....	2:21.1	1973	Sylvia Knight, Central Linn.....	2:19.7			
1974	Teresa Zimmerlee, Eagle Point.....	2:18.5	1974	Teresa Zimmerlee, Eagle Point.....	2:18.5			

# OSAA Girls Track & Field Championships

## 3A Individual State Champions Through 2006

1975	Lisa Nickel, La Salle .....	2:20.19
1976	Shirley Gregerson, Junction City .....	2:15.88
1977	Lisa Nickel, La Salle .....	2:15.1

### ONE MILE RUN

1969	Joan Justus, Creswell .....	5:45.6
1970	Maryl Barker, Phoenix .....	5:28.5
1971	Maryl Barker, Phoenix .....	5:22.6
1972	Laqueta Lengele, Madras .....	5:35.4
1973	Cindy McClusky, Pleasant Hill .....	5:21.0
1974	Teresa Zimmerlee, Eagle Point .....	5:26.9
1975	Jamie Mitchell, La Salle .....	5:09.83
1976	Lisa Nickel, La Salle .....	5:03.85
1977	Diana Salyer, Rogue River .....	4:55.7

### TWO-MILE RUN

1977	Caryl Lillie, Rogue River.....	11:36.1
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### 80-METER HURDLES

1969	Yvonne Richardson, Central Linn.....	12.2
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### 110-YARD HURDLES

1970	Tina Lynde, Scappoose .....	14.8
1971	Cathy Fox, Gervais.....	15.6

### 200-METER HURDLES

1978	Elaine Kostrikin, Gervais .....	29.6
1979	Shannon Hansell, McLoughlin .....	29.2

### 440-YARD RELAY

1969	Central Linn .....	51.1
1970	Central Linn .....	50.5
1971	Central Linn .....	51.6
1972	Sutherlin .....	51.8
1973	Sutherlin .....	51.3
1974	Sutherlin .....	52.0
1975	Central Linn .....	50.88
1976	Central Linn .....	50.29
1977	Henley.....	50.5

### 880-YARD RELAY

1970	Sherman County.....	1:55.3
1971	Cascade.....	2:01.2
1972	Cascade.....	1:56.4
1973	Sutherlin .....	1:52.3
1974	Cascade.....	1:54.5
1975	Crook County .....	1:52.75
1976	Sutherlin .....	1:51.88

### ONE MILE RELAY

1977	St. Mary of Valley .....	4:03.4
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# OSAA Girls Track & Field Championships

## 2A Individual State Champions Through 2006

### 100-METER DASH

1978	Dianne Davis, Warrenton	12.4
1979	Meg Greiner, Condon	12.7
1980	Cynthia Shepherd, Warrenton	12.4
1981	Rocky Lambert, Pilot Rock	13.0
1982	Becky Hobbs, Riverside	12.7
1983	Connie Shepherd, Warrenton	13.15
1984	Jenni Grasley, Portland Christian	13.1
1985	Jenni Grasley, Portland Christian	12.3
1986	Karen Case, St. Paul	12.3
1987	Julie Newton, Griswold	12.3
1988	Trina Fitzjarrald, Gilchrist	12.84
1989	Julie Newton, Griswold	12.45
1990	Christine Thelen, St. Mary's	12.67
1991	Nancy Nelson, Nestucca	13.19
1992	Stephanie Aaron, Sheridan	12.97
	Shelley Pendergrass, Pacific	12.97
1993	Rhonda Voltin, Regis	12.92
1994	Danielle Klaus, Western Mennon.	12.88
1995	Jackie Bashaw, Gervais	12.86
1996	Jackie Bashaw, Gervais	13.02
1997	Shannon Ables, Enterprise	12.75
1998	Maranda Brownson, Yoncalla	13.10
1999	Rachel Austin, Lowell	12.92
2000	Trinity Krosting, Pilot Rock	12.84
2001	Trinity Krosting, Pilot Rock	12.99
2002	Joanna Burkhalter, Glendale	12.96
2003	Joanna Burkhalter, Glendale	13.00
2004	Amy LeBrun, Portland Lutheran	12.83
2005	Kimiko Kamo, Vale	12.71
2006	Deven Wilson, Waldport	12.97

### 200-METER DASH

1978	Gail Lister, Lowell	25.6
1979	Meg Greiner, Condon	26.0
1980	Meg Greiner, Condon	25.6
1981	Rocky Lambert, Pilot Rock	26.1
1982	Becky Hobbs, Riverside	26.1
1983	Jenni Grasley, Portland Christian	26.9
1984	Jenni Grasley, Portland Christian	26.4
1985	Jenni Grasley, Portland Christian	25.79
1986	Karen Case, St. Paul	25.9
1987	Lisa Evans, Oakland	26.2
1988	Julie Newton, Griswold	26.37
1989	Julie Newton, Griswold	25.93
1990	Jennifer Bulgin, Salem Academy	26.46
1991	Nancy Nelson, Nestucca	26.87
1992	Monique Renoe, Enterprise	26.2
1993	Sharon Barnett, Salem Academy	26.81
1994	Sharon Barnett, Salem Academy	26.75
1995	Sharon Barnett, Salem Academy	26.45
1996	Jackie Bashaw, Gervais	26.97
1997	Shannon Ables, Enterprise	26.15
1998	Maranda Brownson, Yoncalla	27.00
1999	Maranda Brownson, Yoncalla	25.95
2000	Maranda Brownson, Yoncalla	25.79
2001	Maranda Brownson, Yoncalla	26.30
2002	Susanne Breidal, Blanchet	26.02
2003	Licia Miller, Joseph	26.87
2004	Kayla Johnson, Weston-McEwen	26.43
2005	Kimiko Kamo, Vale	25.97
2006	Orie Gamez, Oakridge	25.91

### 400-METER DASH

1978	Linda Baxter, Union	58.2
1979	Lisa Nicholson, Lost River	58.8
1980	Lisa Nicholson, Lost River	58.9
1981	Donna Sutherland, Crow	58.3
1982	Margaret Doherty, Ione	58.3
1983	Arleta Reese, Echo	1:01.51
1984	Dawn Madsen, Prairie City	1:00.9
1985	Faith Larmay, Utkah	59.80
1986	Lisa Evans, Oakland	59.3
1987	Lisa Evans, Oakland	58.4
1988	Jennifer Harman, Oakland	59.04
1989	Nicky Nicholls, Long Creek	59.57
1990	Nicky Nicholls, Long Creek	59.19
1991	Ronda Nelson, Oakridge	59.68
1992	Holly Irvine, Elgin	1:00.51
1993	Iris Cripps, Glendale	1:00.36
1994	Iris Cripps, Glendale	59.86
1995	Andrea Castaneda, Lost River	59.73
1996	Andrea Castaneda, Lost River	59.51
1997	Katie Sharff, Catlin Gabel	59.41
1998	Arielle Tozier, Catlin Gabel	1:00.02
1999	Lisa Harrison, Glendale	1:00.10
2000	Shoshana Maxwell, Catlin Gabel	59.08
2001	Shoshana Maxwell, Catlin Gabel	1:00.16
2002	Leada Berkey, Amity	59.26
2003	Leada Berkey, Amity	59.53
2004	Leada Berkey, Amity	59.91
2005	Keli Hall, Lakeview	58.29
2006	Keli Hall, Lakeview	57.40

### 800-METER DASH

1978	Lisa Lewis, Powder Valley	2:21.6
1979	Susan Gramson, Warrenton	2:20.9
1980	Denise Learn, Yoncalla	2:19.7
1981	Deanna Schiedler, Kennedy	2:16.9
1982	Julie Nerdin, Sherman County	2:17.5
1983	Kristie Peterson, McKenzie	2:22.97
1984	Molly Maier, Catlin Gabel	2:19.6
1985	Ruth Platz, Kennedy	2:22.4
1986	Susie Christman, Utkah	2:21.3
1987	Melissa Wilson, Salem Academy	2:25.2
1988	Urlene Dick, Portland Christian	2:26.60

### 100-METER HURDLES

1989	Urlene Dick, Portland Christian	2:22.22
1990	Lea Johnston, Salem Academy	2:21.53
1991	Iris Cripps, Glendale	2:20.9
1992	Iris Cripps, Glendale	2:21.0
1993	Iris Cripps, Glendale	2:21.2
1994	Iris Cripps, Glendale	2:20.27
1995	Lindsay Kandra, Lost River	2:25.04
1996	Katie Sharff, Catlin Gabel	2:22.14
1997	Katie Sharff, Catlin Gabel	2:21.49
1998	Katie Sharff, Catlin Gabel	2:20.38
1999	Lisa Harrison, Glendale	2:21.77
2000	Mary Anne Miller, Vernonia	2:16.97
2001	Brooke Urhausen, Harrisburg	2:21.18
2002	Jamie Sundvall, Jefferson	2:17.22
2003	Bethany Adams, Westside Christian	2:21.51
2004	Amber Loslie, Elgin	2:15.90
2005	Erin Funkhouser, Sherman	2:20.61
2006	Genniel Wagstaff, Nyssa	2:17.95

### 1500-METER RUN

1978	Sue Bragdon, Catlin Gabel	4:51.7
1979	Rosa Gutierrez, Glendale	4:46.7
1980	Rosa Gutierrez, Glendale	4:37.8
1981	Rosa Gutierrez, Glendale	4:38.3
1982	Deanna Schiedler, Kennedy	4:42.9
1983	Julie O'Leary, Paisley	4:51.87
1984	Kate O'Leary, Paisley	4:55.0
1985	Hilary Simmons, Oakland	4:52.95
1986	Hilary Simmons, Oakland	4:54.9
1987	Sally Maier, Catlin Gabel	4:46.3
1988	Sally Maier, Catlin Gabel	4:49.78
1989	Sally Maier, Catlin Gabel	4:58.47
1990	Katie Malm, Catlin Gabel	4:52.52
1991	Katie Malm, Catlin Gabel	4:49.59
1992	Beth Cline, Glendale	4:57.8
1993	Iris Cripps, Glendale	4:45.24
1994	Iris Cripps, Glendale	4:47.1
1995	Lori Monaco, Weston-McEwen	4:54.61
1996	Marci Madsen, Bonanza	5:06.22
1997	Lori Monaco, Weston-McEwen	4:57.17
1998	Katie Sharff, Catlin Gabel	4:53.72
1999	Mary Anne Miller, Vernonia	4:56.20
2000	Mary Anne Miller, Vernonia	4:38.52
2001	Brooke Urhausen, Harrisburg	5:01.01
2002	Shalene Fine, Oakridge	4:57.50
2003	Jolee Van Lueven, Catlin Gabel	4:48.17
2004	Jolee Van Lueven, Catlin Gabel	4:51.93
2005	Jolee Van Lueven, Catlin Gabel	4:41.55
2006	Krista Stangel, Enterprise	4:40.32

### 3000-METER RUN

1978	Rosa Gutierrez, Glendale	10:53.9
1979	Rosa Gutierrez, Glendale	10:31.1
1980	Rosa Gutierrez, Glendale	10:35.0
1981	Rosa Gutierrez, Glendale	10:12.5
1982	Julie O'Leary, Paisley	10:36.3
1983	Julie O'Leary, Paisley	10:44.29
1984	Kate O'Leary, Paisley	10:56.3
1985	Hilary Simmons, Oakland	10:56.74
1986	Hilary Simmons, Oakland	11:01.8
1987	Sally Maier, Catlin Gabel	10:29.3
1988	Sally Maier, Catlin Gabel	10:54.89
1989	Sally Maier, Catlin Gabel	11:07.35
1990	Katie Malm, Catlin Gabel	10:26.96
1991	Katie Malm, Catlin Gabel	10:38.1
1992	Beth Cline, Glendale	10:52.99
1993	Melissa Lucas, Catlin Gabel	10:09.5
1994	Lori Monaco, Weston-McEwen	10:30.14
1995	Marci Madsen, Bonanza	10:52.87
1996	Marci Madsen, Bonanza	10:49.56
1997	Lori Monaco, Weston-McEwen	10:56.05
1998	Joan Claire Kraufmann, Regis	10:56.00
1999	Joan Claire Kraufmann, Regis	10:41.36
2000	Mariah Kennedy, Oakland	10:46.38
2001	Emill Woody, Imbler	10:59.07
2002	Tosha Baldwin, Amity	11:10.45
2003	Jolee Van Lueven, Catlin Gabel	10:49.28
2004	Jolee Van Lueven, Catlin Gabel	10:33.26
2005	Jolee Van Lueven, Catlin Gabel	10:12.90
2006	Krista Stangel, Enterprise	10:13.13

### 100-METER HIGH HURDLES

1978	Rhonda Day, Lost River	14.6
1979	Rhonda Day, Lost River	15.5
1980	Cynthia Shepherd, Warrenton	14.9
1981	Kristi Montgomery, Glendale	16.4
1982	Leanna Carpenter, Wahntoka	15.5
1983	Leanna Carpenter, Wahntoka	15.95
1984	Leanna Carpenter, Wahntoka	15.2
1985	Julie Van Pelt, Western Mennonite	15.44
1986	Christine Shepherd, Warrenton	15.9
1987	Christine Shepherd, Warrenton	15.3
1988	Marylynn Stenberg, Canyonville Bible	15.92
1989	Marylynn Stenberg, Canyonville Bible	15.46
1990	Drinda Preston, Imbler	16.52
1991	Holly Irvine, Elgin	16.06
1992	Holly Irvine, Elgin	15.0
1993	Sharon Barnett, Salem Academy	15.64
1994	Sharon Barnett, Salem Academy	15.21
1995	Sharon Barnett, Salem Academy	15.75
1996	Sharon Barnett, Salem Academy	16.16
1997	Tiffany Prinslow, Gervais	16.19
1998	Maranda Brownson, Yoncalla	16.29
1999	Maranda Brownson, Yoncalla	15.42
2000	Maranda Brownson, Yoncalla	15.73
2001	Maranda Brownson, Yoncalla	14.75

### 300-METER LOW HURDLES

1980	Cynthia Shepherd, Warrenton	45.4
1981	Dustina Jacque, Mapleton	46.4
1982	Laurel McCullough, Chiloquin	46.4
1983	Debbie Green, Paisley	47.06
1984	Debbie Green, Paisley	46.5
1985	Julie Van Pelt, Western Mennon.	46.13
1986	Janet Proebstel, Stanfield	47.2
1987	Kim Penrose, Santiam	45.4
1988	Kim Penrose, Santiam	46.77
1989	Maryliss Stenberg, Canyonville Bible	46.58
1990	Jennifer Harmon, Oakland	46.92
1991	Holly Irvine, Elgin	47.57
1992	Holly Irvine, Elgin	46.8
1993	Chris Hermes, Bonanza	47.2
1994	Chris Hermes, Bonanza	45.72
1995	Sharon Barnett, Salem Academy	47.20
1996	Sharon Barnett, Salem Academy	47.55
1997	Jhana Gilbert, Yoncalla	47.33
1998	Jhana Gilbert, Yoncalla	47.62
1999	Holly Prinslow, Gervais	46.50
2000	Holly Prinslow, Gervais	45.65
2001	Holly Prinslow, Gervais	46.17
2002	Holly Prinslow, Gervais	44.65
2003	Corina Gabbert, Catlin Gabel	47.19
2004	Nikki Smith, Bandon	46.78
2005	Kim Tippett, Portland Christian	47.55
2006	Emily Funkhouser, Sherman	46.59

### 4x100-METER RELAY

1978	WARRENTON	50.5
1979	LOST RIVER	49.8
1980	LOST RIVER	51.8
1981	REGIS	51.6
1982	(Coleman, Lulay, Blades, Silbernagel)	51.6
1983	OAKRIDGE	51.6
1984	(Swedson, Darby, Love, Wilkins)	51.45
1985	COLUMBIA CHRISTIAN	51.45
1986		

# OSAA Girls Track & Field Championships

## 2A Individual State Champions Through 2006

1983	PAISLEY .....	4:14.33	2000	Maranda Brownson, Yoncalla.....	17-10 ½	1972	Kathy Kesterson, Elkton .....	37-2 ½
1984	KENNEDY .....	4:13.5	2001	Maranda Brownson, Yoncalla.....	18-10 ½	1973	Susan Taylor, Sacred Heart .....	36-10
(Piatz, Fessler, Schiedler, Stewart)			2002	Crystal Josephson, Cascade C.....	16-10 ½	1974	Margaret Bonn, Riddle .....	40-3
1985	KENNEDY .....	4:07.91	2003	Ashley Parker, Regis .....	17-6w	1975	Mary Flande, Scio .....	37-5 ½
(Fessler, Beyer, Piatz, Schiedler)			2004	Kayla Johnson, Weston-McEwen .....	17-1 ½	1976	Tami Wulf, Cotton .....	40-8 ¾
(NOTE: One Mile Relay contested 1986-91)			2005	Libby Morrison, Oregon Episcopal .....	17-0	1977	Bryn Seigner, Crane .....	41-8 ¼
1992	GRANT UNION .....	4:09.47	2006	Jess McClune, Elgin.....	17-1	1978	Bryn Seigner, Crane .....	41-6 ½
(Murray, Robertson, Sowa, Campbell)						1979	Bryn Seigner, Crane .....	41-2 ½
1993	GRANT UNION .....	4:10.4				1980	Andrea Heilman, Enterprise .....	38-3 ¼
(Sowa, Lathrop, Robertson, Murray)						1981	Lona Cook, Echo .....	38-0
1994	BONANZA .....	4:12.09				1982	Dixie McCadden, Joseph .....	41-9
(Harris, Anderson, Allen, Hermes)						1983	Connie Shepherd, Warrenton .....	39-10 ¼
1995	OREGON EPISCOPAL .....	4:11.42				1984	Grace Golden, Bonanza .....	40-8
(Berman, Pevec, Martens, Thorton)						1985	Joi Tipton, Oakridge .....	39-4 ¼
1996	NEAH-KAH-NIE .....	4:12.18				1986	Laura McDaniel, Santiam .....	38-8 ½
(Gallusser, Smith, Baron, Siegal)						1987	Vicki Carroll, Waldport .....	38-3
1997	CATLIN GABEL .....	4:10.69				1988	Jennifer DeForrest, La Pine .....	40-5 ½
(Hare, Tozier, Gorji, Sharff)						1989	Lois Osborne, Vernonia .....	37-7
1998	REGIS .....	4:10.67				1990	Jennifer McClure, Elgin .....	39-3
(Foster, Keudell, Wolf, Myers)						1991	Lisa Holbrook, Dayton .....	39-2 ½
1999	HEPPNER .....	4:11.02				1992	Nicole Sturm, Union .....	40-5
(Adams, Kah, Boyer, Peck)						1993	Nicole Sturm, Union .....	39-10 ¾
2000	HARRISBURG .....	4:09.58				1994	Becky Stahl, Monroe .....	40-11 ½
(Culver, Coppi, A. Urhausen, B. Urhausen)						1995	Jessica Warden, Monroe .....	41-3
2001	IMBLER .....	4:10.55				1996	Jessica Warden, Monroe .....	42-3
(Clerget, E. Woody, Tubbs, L. Woody)						1997	Kelsey Baron, Neah-Kah-Nie .....	35-4 ½
2002	ST. MARY'S .....	4:12.28				1998	Holly Conrad, Regis .....	40-9
(Stout, Lawson, Sawyer, Triplehorn)						1999	Krystal Schneide, Warrenton .....	39-9
2003	PORTLAND CHRISTIAN .....	4:14.53				2000	Tiana Andreeff, Gervais .....	37-3
(Akayama, Tenkley, Fenison, Tippett)						2001	Audra Smalley, Weston-McEwen .....	37-8 ½
2004	AMITY .....	4:06.23				2002	Tiana Andreeff, Gervais .....	38-1
(Coelho, Cooper, Huber, Berkey)						2003	Tahari Brosi, Reedsport .....	40-5 ½
2005	SHERMAN .....	4:12.99				2004	Jaclyn Espinoza, Regis .....	40-5
(Moore, Nogle, Reiten, Funkhouser)						2005	Jaclyn Espinoza, Regis .....	41-1 ¾
2006	SHERMAN .....	4:05.71				2006	Jaclyn Espinoza, Reigs .....	43-0 ½
<b>HIGH JUMP</b>								
1971	Peggy Halloran, Wallowa .....	4-10						
1972	Peggy Halloran, Wallowa .....	5-2						
1973	Sharon Bern, Kennedy .....	5- 3 ½						
1974	Lisa Uppendahl, Dayville .....	5-3						
1975	Sharon Bern, Kennedy .....	5-4						
1976	Teena Montoya, Scio .....	5-4 ¾						
1977	Lisa Nicholson, Lost River .....	5-3						
1978	Maureen Healy, Heppner .....	5-4						
1979	Lisa Nicholson, Lost River .....	5-7						
1980	Shari Collins, Chiloquin .....	5-9						
1981	Shari Collins, Chiloquin .....	5-9 ¾						
1982	Shari Collins, Chiloquin .....	6-0						
1983	Leslie White, Oakridge .....	5-4						
1984	Julie Van Pelt, Western Mennonite .....	5-3						
1985	Julie Van Pelt, Western Mennonite .....	5-5						
1986	Tracy Maupin, Lost River .....	5-5						
1987	Sherry Ott, Cove .....	5-4						
1988	Verona Richards, Mohawk .....	5-6						
1989	Deann Good, Portland Christian .....	5-2						
1990	Lisa Rasmussen, Imbler .....	5-4						
1991	Jenny Joseph, Crow .....	5-3						
1992	Elli Scoubes, Elgin .....	5-4						
1993	Lisa Rasmussen, Imbler .....	5-3						
1994	Mindi Durfee, Elgin .....	5-1						
1995	Mindi Durfee, Elgin .....	5-5						
1996	Jennifer Hailey, Amity .....	5-1						
1997	Traci Dickensken, Heppner .....	5-3						
1998	Talia Sanderson, Sherman .....	5-2						
1999	Maranda Brownson, Yoncalla .....	5-5						
2000	Maranda Brownson, Yoncalla .....	5-6						
2001	Amanda Boice, Gold Beach .....	5-4						
2002	Meghan Townsend, Lowell .....	5-4						
2003	Maya Waldron, Enterprise .....	5-5						
2004	Amanda Boice, Gold Beach .....	5-5						
2005	Rachel Parker, Regis .....	5-3						
2006	Erin Funkhouser, Sherman .....	5-4						
<b>LONG JUMP</b>								
1971	Colleen Wigle, Riddle .....	18-1 ¾						
1972	Rose Gilbert, Canyonville Bible .....	18-6 ½						
1973	Vickie Emmons, Wallowa .....	16-10 ½						
1974	Cindy Miller, Huntington .....	16-7 ½						
1975	Terri Decker, Wallowa .....	17-4 ¾						
1976	Julie Moore, Sherman County .....	17-9 ½						
1977	Julie Moore, Sherman County .....	16-3 ¾						
1978	Rhonda Day, Lost River .....	17-3 ½						
1979	Cynthia Shepherd, Warrenton .....	17-0 ½						
1980	Cynthia Shepherd, Warrenton .....	18-4 ½						
1981	Becky Ivers, Santiam Christian .....	16-9 ½						
1982	Kathy Osborn, Adrian .....	18-3 ½						
1983	Mollie Ferguson, Mt. Vernon .....	17-3						
1984	Tammie Lesh, Neah-Kah-Nie .....	17-6 ½						
1985	Jenni Grasley, Portland Christian .....	18-9						
1986	Karen Case, St. Paul .....	17-6 ½						
1987	Aimee Osborne, Ore. State Deaf .....	17-6 ¾						
1988	Jamee Elliott, Salem Academy .....	17-4 ½						
1989	Stacey Jordan, Harper .....	17-9 ½						
1990	Yoshiko Hishida, St. Paul .....	17-4 ¾						
1991	Pia Petersen, Lost River .....	16-3 ¾						
1992	Annika Jenself, Ore. Episcopal .....	17-1 ½						
1993	Jana Ongman, Lost River .....	16-4						
1994	Jill Waldman, Caitlin Gabel .....	17-0 ½						
1995	Cheri Rosenberg, Pilot Rock .....	17-6 ½						
1996	Jackie Lewis, Umatilla .....	16-11 ½						
1997	Amber Matchulat, Crow .....	17-0 ½						
1998	Maranda Brownson, Yoncalla .....	17-6 3/4						
1999	Jhana Gilbert, Yoncalla .....	17-3 ¾						
<b>TRIPLE JUMP</b>								
1990	Jennifer Harmon, Oakland .....	33-8 ½						
1991	Crystal Simon, La Pine .....	35-3						
1992	Jody Graves, ale .....	35-3 ½						
1993	Roxie Eslick, Santiam .....	34-4 ¾						
1994	Andrea Casteneda, Lost River .....	35-6 ½						
1995	Cheri Rosenberg, Pilot Rock .....	34-10 ½						
1996	Andrea Casteneda, Lost River .....	34-11						
1997	Kelsey Baron, Neah-Kah-Nie .....	35-4 ½						
1998	Kelsey Baron, Neah-Kah-Nie .....	36-3 ½						
1999	Maranda Brownson, Yoncalla .....	38-0 ¾						
2000	Katy Sharratt, Union .....	35-0 8						
2001	Maranda Brownson, Yoncalla .....	37-11 ¾						
2002	Leelyn Jobes, Pilot Rock .....	36-6						
2003	Amy Jones, Grant Union .....	37-8w						
2004	Whitney Kolb, Jefferson .....	35-9 ½						
2005	Megan Masterson, Lakeview .....	34-11						
2006	Kelsey Walker, Pilot Rock .....	36-9 ¾						
<b>DISCUS</b>								
1971	Betty Rust, Glide .....	115-9						
1972	Teena Liles, Rogue River .....	118-0						
1973	Peggy Goracke, Monroe .....	108-11						
1974	Mary Ann Stevenson, Lost River .....	119-3						
1975	Mary Ann Stevenson, Lost River .....	129-0						
1976	Mary Ann Stevenson, Lost River .....	137-2						
1977	Sally Lasby, Mapleton .....	113-9						
1978	Andrea Heilman, Enterprise .....	128-7						
1979	Bryn Seigner, Crane .....	116-0						
1980	Andrea Heilman, Enterprise .....	131-4						
1981	Carrie Burgher, Knappa .....	117-0						
1982	Carrie Burgher, Knappa .....	132-3						
1983	Susan White, Nestucca .....	120-4						
1984	Grace Golden, Bonanza .....	119-9						
1985	Donna Schiwe, Weston-McEwen .....	125-0						
1986	Tanya Thompson, Culver .....	128-7						
1987	Brady Crowson, Monroe .....	121-6						
1988	Brady Crowson, Monroe .....	119-3						
1989	Brooke Brown, Pilot Rock .....	125-4						
1990	Summer Langdon, Oakland .....	119-9						
1991	Lisa Holbrook, Dayton .....	125-0						
1992	Mindy Olson, Weston-McEwen .....	114-7						
1993	Paige Lewis, Portland Christian .....	122-0						
1994	Becky Stahl, Monroe .....	138-11						
1995	Becky Stahl, Monroe .....	132-5						
1996	Jessica Warden, Monroe .....	123-6						
1997	Lisa Noble, Bonanza .....	115-11						
1998	Krystal Schneider, Warrenton .....	123-4						
1999	Lyrica Smith, Pine Eagle .....	126-6						
2000	Shannon Talbot, Enterprise .....	110-10						
2001	Tiana Andreeff, Gervais .....	120-11						
2002	Tiana Andreeff, Gervais .....	128-11						
2003	Jaclyn Espinoza, Regis .....	123-10						
2004	Jaclyn Espinoza, Regis .....	144-2						
2005	Jaclyn Espinoza, Regis .....	153-1						
2006	Jaclyn Espinoza, Regis .....	158-0						
<b>JAVELIN</b>								
1971	Linda Ely, Weston .....	105-0						
1972	Julie Angal, Mohawk .....	119-2						
1973	Julie Angal, Mohawk .....	128-9						
1974	Vicki Emmons, Wallowa .....	136-10						
1975	Sharon Bern, Kennedy .....	135-0						
1976	Kim Burger, Scio .....	135-3						
1977	Carla Taylor, Powder Valley .....	136-2						
1978	Kristi Nygaard, Lutheran .....	126-3						
1979	Carla Taylor, Powder Valley .....	129-0						
1980	Kristi Nygaard, Lutheran .....	126-3						
1981	Wendy O'Leary, Pine Eagle .....	134-6						
1982	Carrie Burgher, Knappa .....	152-7						
1983	Charlotta Givens, Oakland							

# OSAA Girls Track & Field Championships

## 2A Individual State Champions Through 2006

1977 Andrea Glessner, Chiloquin ..... 15.5

### 200-METER HURDLES

1978 Rhonda Day, Lost River ..... 29.5  
1979 Liz Wilson, Wahtonka ..... 29.7

### 440-YARD RELAY

1971 Oakland ..... 53.0  
1972 Oakland ..... 51.2  
1973 Bonanza ..... 51.3  
1974 Echo ..... 52.1  
1975 Scio ..... 51.4  
1976 Lost River ..... 51.4  
1977 Lost River ..... 51.3

### 880-YARD RELAY

1971 Canyonville Bible Academy ..... 1:56.5  
1972 Canyonville Bible Academy ..... 1:53.1  
1973 Riddle ..... 1:52.7  
1974 Chiloquin ..... 1:58.4  
1975 Riddle ..... 1:53.6  
1976 Chiloquin ..... 1:51.0

### ONE MILE RELAY

1977 Harrisburg ..... 4:15.4  
*(NOTE: 4x400-Meter Relay contested 1978-85)*  
1986 OAKLAND ..... 4:10.2  
(Jantz, Harmon, Simmons, Evans)  
1987 SALEM ACADEMY ..... 4:07.4  
(Widby, Elliott, Bulgin, Wilson)  
1988 OAKLAND ..... 4:10.71  
(J. Harman, Jantz, S. Harman, Wickhorst)  
1989 SALEM ACADEMY ..... 4:15.53  
(Bulgin, Johnston, Parker, Behling)  
1990 SALEM ACADEMY ..... 4:11.16  
(Parker, Bulgin, Johnston, Turnidge)  
1991 GRANT UNION ..... 4:10.83  
(Murray, Brant, Woodburg, Sowa)

# OSAA Girls Track & Field Championships

## 1A Individual State Champions Through 2006

### 100-METER DASH

1992	Tracy McLean, Huntington	12.7
1993	Kelly Scruton, North Clackamas Christian	12.95
1994	Melissa McElligott, Ione	12.8
1995	Dawn Sherman, Canyonville Bible	13.20
1996	Melissa McElligott, Ione	13.66
1997	Sarah Sasaki, North Clackamas Christian	13.30
1998	Grace Hankins, Umpqua Valley Christian	13.23
1999	Lauraette Beckersteth, Canyonville	12.78
2000	Diana McElligott, Ione	13.03
2001	Diana McElligott, Ione	13.06
2002	Diana McElligott, Ione	13.27
2003	Diana McElligott, Ione	13.26
2004	Kate Ludwig, Days Creek	13.51
2005	Emily Holding, Damascus Christian	12.95
2006	Emily Holding, Damascus Christian	13.06

### 200-METER DASH

1992	Tracy McLean, Huntington	26.7
1993	Kelly Scruton, North Clackamas Christian	26.32
1994	Liz Ward, St. Paul	27.07
1995	Dawn Sherman, Canyonville Bible	26.91
1996	Colya Baker, Dufur	28.58
1997	Christina Mitchell, Canyonville Bible	27.66
1998	Grace Hankins, Umpqua Valley Christian	27.40
1999	Lauraette Beckersteth, Canyonville	26.51
2000	Diana McElligott, Ione	26.97
2001	Emily Peterson, Umpqua Valley Christian	27.19
2002	Diana McElligott, Ione	26.64
2003	Diana McElligott, Ione	26.95
2004	Emily Holding, Damascus Christian	26.52
2005	Emily Holding, Damascus Christian	26.99
2006	Emily Holding, Damascus Christian	26.80

### 400-METER DASH

1992	Liz Ward, St. Paul	1:01.8
1993	Liz Ward, St. Paul	1:01.42
1994	Liz Ward, St. Paul	1:00.51
1995	Liz Ward, St. Paul	1:00.65
1996	Alyson Barrett, Camas Valley	1:02.65
1997	Alyson Barrett, Camas Valley	1:01.42
1998	Kelli Beechy, Oregon School For The Deaf	1:03.02
1999	Lauraette Beckersteth, Canyonville	1:01.80
2000	Jamie Van Nice, Dufur	1:01.18
2001	Emily Peterson, Umpqua Valley	1:00.09
2002	Amanda Bingham, Powder Valley	1:00.00
2003	Emily Peterson, Umpqua Valley Christian	59.54
2004	Katie Aylward, Southwest Christian	1:02.73
2005	Abby Morrison, Pine Eagle	59.64
2006	Sarah Hanchett, McKenzie	1:01.15

### 800-METER DASH

1992	Michelle Curtis, Pine Eagle	2:29.2
1993	Michelle Curtis, Pine Eagle	2:27.97
1994	Alyson Barrett, Camas Valley	2:22.91
1995	Alyson Barrett, Camas Valley	2:25.29
1996	Alyson Barrett, Camas Valley	2:27.89
1997	Alyson Barrett, Camas Valley	2:29.36
1998	Kacy Bendele, Elton	2:29.81
1999	Carrie Banducci, Canyonville Bible	2:28.33
2000	Felix Villagrana, Crane	2:25.17
2001	Felix Villagrana, Crane	2:28.69
2002	Carrie Banducci, Canyonville Christian	2:24.74
2003	Shauna Nelson, Powder Valley	2:29.31
2004	Shauna Nelson, Powder Valley	2:27.44
2005	Abby Morrison, Pine Eagle	2:22.34
2006	Alayna Oleksa, Portland Waldorf	2:25.16

### 1500-METER RUN

1992	Danielle Stefan, Ione	5:05.8
1993	Michelle Curtis, Pine Eagle	5:09.77
1994	Tiffany Jenks, Crane	4:59.25
1995	Annette Buyserie, St. Paul	5:08.41
1996	Robyn Butler, Harper	5:15.07
1997	Susan Bowdoin, New Hope	5:21.36
1998	Kacy Bendele, Elton	5:03.33
1999	Carrie Banducci, Canyonville Bible	5:07.26
2000	Felix Villagrana, Crane	4:56.80
2001	Felix Villagrana, Crane	5:03.64
2002	Reyna Quiroz, Canyonville Christian	5:11.37
2003	Hayley Oveson, Wallowa	4:56.55
2004	Hayley Oveson, Wallowa	4:55.39
2005	Hailey Miguez, Powder Valley	5:09.83
2006	Rachael Estabrook, Triad	4:56.09

### 3000-METER RUN

1992	Danielle Stefan, Ione	11:20.5
1993	Christy Gardner, Days Creek	11:42.2
1994	Alyson Barrett, Camas Valley	11:41.34
1995	Alyson Barrett, Camas Valley	11:17.56
1996	Alyson Barrett, Camas Valley	11:36.65
1997	Alyson Barrett, Camas Valley	11:32.30
1998	Daileene Selby, Condon	11:14.09
1999	Garry Bingham, Powder Valley	11:49.05
2000	Callie Knott, Harper	11:30.92
2001	Callie Knott, Harper	11:28.23
2002	Reyna Quiroz, Canyonville Christian	11:29.51
2003	Hayley Oveson, Wallowa	10:46.89
2004	Hayley Oveson, Wallowa	10:32.45
2005	Hailey Miguez, Powder Valley	11:37.35
2006	Rachael Estabrook, Triad	11:17.94

### 100-METER HIGH HURDLES

1992	Tanya Kepplinger, Cove	17.21
1993	Ros Tidwell, Canyonville Bible	16.50
1994	Madeline Ernst, St. Paul	16.37
1995	Corey Henderson, Canyonville Bible	19.17
1996	Sandy Lockett, Harper	17.85

### 1997

1997	Genesa Miller, North Clackamas Christian	16.60
1998	Gail Keely, St. Paul	16.91
1999	Nikki McElligott, Ione	15.53
2000	Nikki McElligott, Ione	15.46
2001	Kasey Jones, Paisley	16.43
2002	Kate Ludwig, Days Creek	16.69
2003	Amanda Anderson, Crane	17.49
2004	Emily Holding, Damascus Christian	15.77
2005	Emily Holding, Damascus Christian	15.90
2006	Emily Holding, Damascus Christian	15.21

### 300-METER LOW HURDLES

1992	Lynn Michaels, Days Creek	49.0
1993	Rose Tidwell, Canyonville Bible	48.6
1994	Madelene Ernst, St. Paul	48.28
1995	Corey Henderson, Canyonville Bible	48.59
1996	Sandy Lockett, Harper	52.34
1997	Genesa Miller, North Clackamas Christian	49.38
1998	Nikki McElligott, Ione	49.17
1999	Nikki McElligott, Ione	45.64
2000	Nikki McElligott, Ione	45.83
2001	Amanda Bingham, Powder Valley	47.81
2002	Amanda Bingham, Powder Valley	46.96
2003	Emily Peterson, Umpqua Valley Christian	48.86
2004	Emily Holding, Damascus Christian	48.20
2005	Heather Volle, Crane	49.08
2006	Ellen Porter, Gilchrist	47.86

### 4x100-METER RELAY

1992	NORTH CLACKAMAS CHRISTIAN	53.2
(Scruton, Nickerson, Vaughn, Miller)		
1993	NORTH CLACKAMAS CHRISTIAN	52.9
(Nickerson, Miller, Vaughan, Scruton)		
1994	CAYONVILLE BIBLE ACADEMY	52.80
(Dunbar, Henderson, Weinstein, Sherman)		
1995	CAMAS VALLEY	54.53
(Levandoski, Weaver, Estrada, Thrush)		
1996	NORTH CLACKAMAS CHRISTIAN	53.57
(Salo, Miller, Sasaki, Cullison)		
1997	CRANE	54.32
(Maaske, Arnold, Ross, Smit)		
1998	UMQUA VALLEY CHRISTIAN	51.4
(Derrick, M. Mitchell, C. Mitchell, Hankins)		
1999	ST. PAUL	53.45
(Hooper, Keeley, Polschneider, Wilson)		
2000	IONE	51.41
(Peck, Thompson, Walters, McElligott)		
2001	IONE	49.56
(Peck, Heagy, N. McElligott, D. McElligott)		
2002	IONE	51.25
(Peck, Heagy, N. McElligott, D. McElligott)		
2003	SOUTHWEST CHRISTIAN	51.7h
(Richwine, Aylward, Stutzman, Watson)		
2004	DAMASCUS CHRISTIAN	51.34
(McCluskey, Tucker, Law, Holding)		
2005	ST. PAUL	52.80
(Britnell, Krahmer, Murphy, Ernst)		
2006	CRANE	51.80
(Stevees, Borelli, Neumann, Deller)		

### 4x400-METER RELAY

1992	ST. PAUL	4:19.7
(Buyserie, Ward, Pohlschneider, Veeman)		
1993	PINE EAGLE	4:23.5
(Butler, Gulick, Elquezabel, Curtis)		
1994	CANYONVILLE BIBLE	4:19.75
(Weinstein, S. Sherman, D. Sherman, Henderson)		
1995	CAYONVILLE BIBLE ACADEMY	4:20.39
(Sherman, Daperina, Peterson, Henderson)		
1996	NORTH CLACKAMAS CHRISTIAN	4:32.06
(Salo, Miller, Sasaki, Hamilton)		
1997	CAYONVILLE BIBLE ACADEMY	4:24.78
(C. Mitchell, M. Mitchell, Ansley, Banducci)		
1998	CRANE	4:24.04
(Villagrana, Cheyenne, Ross, Smit)		
1999	CAYONVILLE BIBLE ACADEMY	4:14.46
(Jackson, Arias, Banducci, Beckersteth)		
2000	IONE	4:16.66
(Heagy, McElligott, Burright, Thompson)		
2001	POWDER VALLEY	4:16.97
(Bingham, Russell, Nelson, Bain)		
2002	CANYONVILLE CHRISTIAN	4:19.68
(Plumb, Bernard, Quiroz, Banducci)		
2003	WALLOWA	4:16.85
(Silveira, Oveson, Josi, Wilson)		
2004	SOUTHWEST CHRISTIAN	4:16.12
(Lile, Stutzman, Richwine, Aylward)		
2005	JOSEPH	4:22.25
(Shear, Yost, Patton, Moro)		
2006	CRANE	4:12.30
(Stevees, Volle, Borelli, Neumann)		

### HIGH JUMP

1992	Heather Jordan, Harper	5-3
1993	Heather Jordan, Harper	5-2
1994	Mandi Rutledge, Crane	5-1
1995	Tammie Hamper, Christ's Center	5-1
1996	Ashlynn Terry, Triangle Lake	4-10
1997	Ashlynn Terry, Triangle Lake	5-0
1998	Ashlynn Terry, Triangle Lake	5-1
1999	Nikki McElligott, Ione	5-3
2000	Nikki McElligott, Ione	5-2
2001	Emily Peterson, Umpqua Valley Christian	5-2
2002	Kate Ludwig, Days Creek	5-4
2003	Emily Peterson, Umpqua Valley Christian	5-6
2004	Kate Ludwig, Days Creek	5-2
2005	Lacey Tibbets, Dufur	5-2
2006	Lacey Tibbets, Dufur	5-1

### LONG JUMP

1992	Joeane Cook, Eddyville	15-5
1993	Heather Jordan, Harper	16-1
1994	Dawn Sherman, Canyonville Bible	16-0 3/4
1995	Melissa McElligott, Ione	16-4 1/4
1996	Melissa McElligott, Ione	17-10 1/2
1997	Camie Burright, Ione	16-3 3/4
1998	Camie Burright, Ione	17-6 1/2
1999	Jean Doherty, Spray	15-7 1/4
2000	Kasey Jones, Paisley	16-10 1/4
2001	Kasey Jones, Paisley	17-3
2002	Amanda Bingham, Powder Valley	16-9
2003	Lisa Scheele, Cove	16-6 1/2
2004	Katie Ludwig, Days Creek	16-10w
2005	Emily Holding, Damascus Christian	16-0
2006	Angie Miller, Alsea	17-6

### TRIPLE JUMP

1992	Amelia Mervich, Perrydale	31-8 3/4



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