

Lewis & Clark College Stadium Top Ten Performers High School Boys

100m Dash

1.	10.68	Jordan Polk	Lincoln (OR)	2008
2.	10.79	Attrail Snipes	Rainier Beach (WA)	2006
3.	10.80	Terry Johnson	Bothell (WA)	2004
4.	10.85	Nycole Griffin	Benson (OR)	2008
5.	10.92	Michael Carpenter	Canby (OR)	2006
6.	10.95	Victor Chang	Inglemoor (WA)	2004
7.	10.97	Sam Michener	Barlow (OR)	2005
8.	11.00	Dylan Wells	Regis (OR)	2006
9.	11.03	Kenjamine Jackson	Kentwood (WA)	2005
10.	11.04	Frederick Jackson	Benson (OR)	2008

200m Dash

1.	21.71	Attrail Snipes	Rainier Beach (WA)	2006
2.	21.90	Eric Capelle	Barlow (OR)	2008
3.	21.91	Sam Michener	Barlow (OR)	2005
4.	22.08	Chris Stubbs	Willamette (OR)	2008
5.	22.19	Victor Chang	Inglemoor (WA)	2004
6.	22.20	Jordan Polk	Lincoln (OR)	2008
7.	22.35	Kenjamine Jackson	Kentwood (WA)	2005
8.	22.42	Nate Lightner	Central Catholic (OR)	2008
9.	22.44	Nycole Griffin	Benson (OR)	2008
10.	22.48	Spencer Douglas	West Valley-Yakima (WA)	2006

400m Dash

1.	48.43	Nate Anderson	Benson (OR)	2004
2.	49.08	Michael Dean	Stadium (WA)	2006
3.	49.39	Jon Chittim	Couperville (WA)	2006
4.	49.41	Jeff Gudaitis	Tacoma Baptist (WA)	2004
5.	49.62	Jeff Erb	Sheldon (OR)	2004
6.	49.66	Shane O'Connell	Churchill (OR)	2008
7.	49.69	Josh Jones	Gig Harbor (WA)	2005
8.	49.73	Chris Michaels	Skyview (WA)	2006
9.	49.75	Branden Shimada	Grant (OR)	2008
10.	49.83	Zeke Hill	Curtis (WA)	2006

800m Run

1.	1:51.91	Brian Wall	Tacoma Baptist (WA)	2004
2.	1:52.04	Kevin Hawkins	Sumner (WA)	2004
3.	1:52.27	Austin Abbott	WF West (WA)	2004
4.	1:53.17	Kenny Klotz	Central Catholic (OR)	2006
4.	1:53.29	Jonah Rathbun	Lakeside (WA)	2004
5.	1:53.43	Ryan Waite	St. Helens (OR)	2005
6.	1:53.70	Jimmy Schofield	Bethel (WA)	2004
8.	1:54.34	Charlie Williams	Gig Harbor (WA)	2006
9.	1:55.00	Elijah Greer	Lake Oswego (OR)	2008
10.	1:55.10	Scott Sanders	Brookings-Harbor (OR)	2004

Mile Run

1.	4:14.84	Josh Frazier	Coquille (OR)	2006
2.	4:15.20	Ryan Waite	St. Helens (OR)	2006
3.	4:17.99	Michael Weller	Corvallis (OR)	2006
4.	4:18.49	Michael Maag	Jesuit (OR)	2005
5.	4:18.97	Phil Hinrichs	Pullman (WA)	2004
6.	4:19.30	Dominic Smargiassi	Auburn (WA)	2004
7.	4:19.47	Tommy Betterbed	Gig Harbor (WA)	2005
8.	4:19.80	Abdi Hassan	Nathan Hale (WA)	2006
9.	4:20.61	Paul Limpf	Evergreen (WA)	2005
10.	4:21.41	Saul Hansen	Riverside (WA)	2004

3,000m Run

1.	8:33.46	Charles Cummings	Eisenhower (WA)	2004
2.	8:34.50	Brian Conrath	Battle Ground (WA)	2004
3.	8:35.76	Jeff Helmer	Jackson (WA)	2004
4.	8:39.70	Taylor Morgan	Central Catholic (OR)	2008
5.	8:40.59	David Morgan	Ashland (OR)	2004
6.	8:43.35	Isaac Stoutenburgh	Crater (OR)	2006
7.	8:47.06	John Maletis	Jesuit (OR)	2004
8.	8:47.10	Travis Stevens	Siuslaw (OR)	2008
9.	8:49.43	Zac Gussin	Ballard (WA)	2005
10.	8:49.61	Vertin Alvarez	Newberg (OR)	2004

110m Hurdles

1.	14.30	Jake Hanson	Yelm (WA)	2004
2.	14.55	Tyler Clarke	Clackamas (OR)	2004
3.	14.56	Eric Capelle	Barlow (OR)	2008
4.	14.64	Tyler McBee	Beaverton (OR)	2006
5.	14.66	TJ Emrich	Chelalis (WA)	2004
6.	14.77	Steven Warner	Kentwood (WA)	2008
7.	14.90	Brandon Thorpe	Ellensburg (WA)	2005
8.	14.95	Peter Tait	Central Kitsap (WA)	2005
9.	15.00	Drew Lackman	Gig Harbor (WA)	2005
10.	15.00	Lloyd Massey	Sprague (OR)	2006

300m Hurdles

1.	37.47	Jake Hanson	Yelm (WA)	2004
2.	37.85	Trevor Rollinger	West Valley-Yakima (WA)	2004
3.	38.65	Tom Ballenger	Wenatchee (WA)	2005
4.	38.69	Lyster Jones	Foss (WA)	2004
5.	38.99	James Ratliff	Lake Oswego (OR)	2008
6.	39.26	Tyler McBee	Beaverton (OR)	2006
7.	39.27	Brian McMaster	Columbia River (WA)	2006
8.	39.28	Jay Komar	Auburn-Riverside (WA)	2004
9.	39.30	Jeremiah Lewman	North Valley (OR)	2004
10.	39.50	Wayne Forthan	Jefferson (OR)	2008

4x100m Relay

1.	42.04	Team Washington-B		2005
2.	42.18	Team Washington-A		2005
3.	42.24	Team Washington-A		2004
4.	42.43	Team Washington-A		2006
5.	42.53	Lincoln (OR)		2008
6.	42.61	Team Washington (Todd Beamer)		2008
7.	42.97	Team Oregon-B		2006
8.	42.99	Benson (OR)		2008
9.	43.01	Team Oregon-A		2004
10.	43.04	Team Oregon (McNary)		2008

4x400m Relay

1.	3:16.34	Team Oregon-A		2006
2.	3:16.78	Team Washington-B		2006
3.	3:17.77	Team Oregon-A		2004
4.	3:18.71	Team Washington-A		2004
5.	3:22.26	Team Oregon-E		2008
6.	3:22.38	Team Oregon-A		2005
7.	3:22.39	Grant (OR)		2008
8.	3:22.91	Team Washington-A		2005
9.	3:23.70	Lincoln (OR)		2008
10.	3:25.34	Team Washington-B		2004

High School Boys

Stadium Top Ten Performers continued:

High Jump

1.	7-00	Spencer Patterson	Tigard (OR)	2008
2.	6-08	Chris Meyer	Astoria (OR)	2008
3.	6-07	Tyler Clarke	Clackamas (OR)	2004
4.	6-07	Norris Frederick	Roosevelt (WA)	2004
5.	6-06	Tyler Poppe	Churchill (OR)	2005
6.	6-06	Jacob Smith	Barlow (OR)	2005
7.	6-06	Jeremy Taiwo	Newport (WA)	2006
8.	6-06	Trent Arrivey	Woodinville (WA)	2006
9.	6-06	Wes Collett	Lake Oswego (OR)	2005
10.	6-05	Paige Sagan	Bethel (WA)	2004

Pole Vault

1.	16-00	Ryan Vu	Interlake (WA)	2006
2.	16-00	Thomas Juhala	Canby (OR)	2008
3.	15-06	Ben Cogdill	Estacada (OR)	2006
4.	15-06	Lane Davison	North Bend (OR)	2008
5.	15-03	Mike Uhlenkott	North Central (WA)	2004
6.	15-02	Bron Tomeo	Mead (WA)	2005
7.	15-00	Sam Sampson	Squaticum (WA)	2006
8.	15-00	Adam Brink	Roseburg (OR)	2006
9.	15-00	JJ Juilfs	Sheldon (OR)	2008
10.	Two Tied at 14-09			

Long Jump

1.	23-03.50	Norris Frederick	Roosevelt (WA)	2004
2.	23-01.25	Jeremy Lovell	Columbia River (WA)	2006
3.	23-00.75	Joshua Waller	Todd Beamer (WA)	2008
4.	22-07.00	Magaiva Herman	Hudson's Bay (WA)	2006
5.	22-03.00	Frederick Jackson	Benson (OR)	2008
6.	22-02.50	Ashton Eaton	Mountain View (OR)	2005
7.	22-02.50	Dakotah Keys	Sweet Home (OR)	2008
8.	22-02.00	Brian Schaudt	Philomath (OR)	2008
9.	22-01.25	Julian Bardwell	Franklin Pierce (WA)	2008
10.	22-01.00	Tony Henderson	Gig Harbor (WA)	2005

Triple Jump

1.	48-03.50	Jeremy Taiwo	Newport (WA)	2006
2.	47-05.75	Brian Schaudt	Philomath (OR)	2008
3.	46-11.00	Miles Coats	River Ridge (WA)	2008
4.	46-08.75	Mantrelle Adams	River Ridge (WA)	2004
5.	46-05.25	David Holman	River Ridge (WA)	2004
6.	45-09.50	Jonier West	Foss (WA)	2004
7.	45-05.75	Evan Jordan	Mt. Vernon (WA)	2006
8.	45-05.25	Jeff Kaune	Gig Harbor (WA)	2005
9.	45-03.00	Sean Rice	Life Christian (WA)	2005
10.	44-06.00	Kaden Andrews	Dayton (OR)	2006

Shot Put

1.	62-07.00	Ryan Crouser	Barlow (OR)	2009
2.	60-01.00	Kenny Alfred	Gig Harbor (WA)	2005
3.	60-00.00	Korion Morris	Renton (WA)	2006
4.	59-11.00	Cameron Elisara	Ferris (WA)	2006
5.	58-03.25	Ndamukong Suh	Grant (OR)	2005
6.	58-00.75	Nick Cole	Beaverton (OR)	2004
7.	57-09.25	Chase Sexton	West Salem (OR)	2008
8.	57-05.50	Bob Wilske	Cheney (WA)	2006
9.	57-01.50	Matt Eichelberger	Sehome (WA)	2004
10.	56-08.00	Steven Ayers	Sehome (WA)	2006

Discus Throw

1.	191-01	Nate Rolfe	Inglemoor (WA)	2004
2.	187-03	Ryan Crouser	Barlow (OR)	2009
3.	185-08	Chase Mancuso	Kamiak (WA)	2005
4.	181-01	Chase Sexton	West Salem (OR)	2008
5.	178-08	Korion Morris	Renton (WA)	2006
6.	171-09	Corey Yates	Newberg (OR)	2005
7.	170-02	Kai Brown	O'Dea (WA)	2004
8.	168-05	Bob Wilske	Cheney (WA)	2006
9.	168-04	Steven Ayers	Sehome (WA)	2006
10.	163-11	Kevin Weise	Estacada (OR)	2005

Javelin Throw

1.	210-08	Michael Davis	King's (WA)	2006
2.	202-11	Ryan Young	North Kipsap (WA)	2005
3.	201-01	Jason Harris	Renton (WA)	2006
3.	199-08	Alex Wolff	Newberg (OR)	2005
5.	195-02	Ray Rozell	Estacada (OR)	2006
6.	191-11	Mike Simmons	Clackamas (OR)	2005
7.	191-07	Cameron Schwisow	Olympia (WA)	2005
8.	191-01	Sam Crouser	Gresham (OR)	2008
9.	190-03	Sean Mackelvie	Wilsonville (OR)	2008
10.	Two Tied at 189-01			