

Lewis & Clark College Stadium Top Ten Performers High School Girls

100m Dash

1.	11.95	Nyema Sims	Benson (OR)	2006
2.	12.01	Kayla Smith	Benson (OR)	2008
3.	12.22	Ashley Taylor	Benson (OR)	2004
4.	12.23	Chanel James	Wilson (WA)	2006
5.	12.29	Tiarra Pittman	Lincoln (OR)	2008
6.	12.32	Hailey Stewart	Lincoln (OR)	2008
7.	12.35	Princess Joy-Griffey	Decatur (WA)	2006
8.	12.40	Krystal Deyo	Castle Rock (WA)	2005
9.	12.41	Germe Poston	Franklin Pierce (WA)	2008
10.	12.51	Anaiah Rhodes	Grant (OR)	2008

200m Dash

1.	24.77	Kayla Smith	Benson (OR)	2008
2.	24.81	Sara Callier	Benson (OR)	2004
3.	25.15	Nyema Sims	Benson (OR)	2006
4.	25.19	Jamie Carver	WF West (WA)	2004
5.	25.34	Germe Poston	Franklin Pierce (WA)	2008
6.	25.37	Hailey Stewart	Lincoln (OR)	2008
7.	25.42	Schaveyantay Hill	Gresham (OR)	2006
8.	25.47	Amanda Stump	Stevenson (WA)	2008
9.	25.53	Brittany Rozier	Central Kitsap (WA)	2004
10.	25.58	BryAnne Wochnick	Central Catholic (OR)	2008

400m Dash

1.	55.95	Brenna Hoffman	Sandy (OR)	2006
2.	56.86	Jenna Haven	Eastmont (WA)	2006
3.	57.41	Kayleen McDowell	Forest Grove (OR)	2004
4.	57.42	Chantea Watson	Port Angeles (WA)	2004
5.	57.79	Becky Horace	Molalla (OR)	2005
6.	57.79	Allison Rue	Central Kitsap (WA)	2008
7.	58.17	Elle Wade	Washougal (WA)	2008
8.	58.38	Christene Jones	Grant (OR)	2008
9.	58.45	Jalen Tims	Cleveland (OR)	2008
10.	58.51	Marcella Ford	(WA)	2004

800m Run

1.	2:11.61	Sheryl Page	Sandy (OR)	2006
2.	2:12.06	Cori Moore	Everett (WA)	2005
3.	2:14.00	Linsie Michels	Sprague (OR)	2005
4.	2:14.14	Ally Romanko	North Bend (OR)	2005
5.	2:14.15	Sara Wild	Grant (OR)	2006
6.	2:14.87	Caroline Austin	WF West (WA)	2008
7.	2:15.93	Alexandra Jones	St. Mary's (OR)	2008
8.	2:16.35	Amber Looslie	Elgin (OR)	2004
9.	2:16.70	Stephanie Sipes	Gig Harbor (WA)	2005
10.	2:17.45	Lynn Tempest	Mercer Island (WA)	2005

Mile Run

1.	4:58.57	Sarah Pearson	South Eugene (OR)	2004
2.	5:02.12	Stephanie Sipes	Gig Harbor (WA)	2005
3.	5:02.90	Chelsea VanDeBrake	Eisenhower (WA)	2006
4.	5:03.95	Jane Larson	Cedar Park Christian (WA)	2005
5.	5:07.25	Madeline O'Meara	Mercer Island (WA)	2005
6.	5:07.28	Sheryl Page	Sandy (OR)	2005
7.	5:07.95	Stephanie Marcy	Sequim (WA)	2006
8.	5:09.65	Alyssa Daw	Redmond (WA)	2006
9.	5:09.89	Jackie Dragitz	Sehome (WA)	2005
10.	5:10.38	Lindsey Stepan	Mountain View (WA)	2004

3,000m Run

1.	10:04.74	Kara Sporrang	Snohomish (WA)	2005
2.	10:06.09	Claire Michel	Clackamas (OR)	2006
3.	10:06.80	Michelly Foley	Crook County (OR)	2008
4.	10:10.89	Bronwyn Crossman	Squalicum (WA)	2005
5.	10:11.31	Sarah Pearson	South Eugene (OR)	2004
6.	10:11.90	Megan Hibner	North Bend (OR)	2005
7.	10:12.31	Keslee Payne	Gig Harbor (WA)	2005
8.	10:15.36	Hayley Belli	Philomath (OR)	2006
9.	10:15.69	Emily Schick	Squalicum (WA)	2005
10.	10:22.85	Noelle VanRyseelberghe	Jesuit (OR)	2008

100m Hurdles

1.	13.97	Bianca Mathabane	Lincoln (OR)	2006
2.	14.96	Jewell Martin	Benson (OR)	2006
3.	15.00	Angelica Flynn	Lincoln (WA)	2005
4.	15.16	Devon Brooks	Holy Names (WA)	2005
5.	15.24	Amber Nash	Lakewood (WA)	2004
6.	15.31	Jenna Malinen	Emerald Ridge (WA)	2006
7.	15.37	Michaela Haggett	Kamiakian (WA)	2005
8.	15.40	Maddie Miller	Catlin Gabel (OR)	2006
9.	15.43	Joyce Oniah	Franklin (OR)	2004
10.	15.50	Kim Tippett	Portland Christian (OR)	2005

300m Hurdles

1.	44.05	Bianca Mathabane	Lincoln (OR)	2006
2.	45.23	Alyssa Rife	Southridge (OR)	2006
3.	45.53	Amber Nash	Lakewood (WA)	2004
4.	45.66	Lindsay Myron	Pullman (WA)	2006
5.	45.87	Katie Kimball	Cheney (WA)	2005
6.	46.08	Megan Macoubray	Lincoln (OR)	2008
7.	46.13	Tiarra Pittman	Lincoln (OR)	2008
8.	46.16	Ashley Bernards	McMinnville (OR)	2004
9.	46.46	Sarahanne Jackson	Stanwood (WA)	2008
10.	46.47	Frauke Fuchs	Couquille (OR)	2008

4x100m Relay

1.	46.51	Team Oregon-A		2006
2.	47.31	Team Washington-B		2006
3.	47.63	Team Oregon-A		2005
4.	47.79	Team Oregon-A		2004
5.	48.54	Team Washington-A		2004
6.	48.70	Lincoln (OR)		2008
7.	48.77	Team Oregon-C		2008
8.	49.01	Team Oregon-B		2004
9.	49.10	Grant (OR)		2008
10.	49.18	Gresham (OR)		2005

4x400m Relay

1.	3:52.46	Team Washington-A		2004
2.	3:52.81	Team Oregon-A		2004
3.	3:54.00	Team Washington-A		2006
3.	3:55.36	Team Washington-A		2005
4.	3:55.93	Team Oregon-A		2005
6.	3:57.75	Team Oregon-B		2006
7.	3:57.93	Team Oregon-A		2006
8.	4:01.14	Lincoln (OR)		2008
9.	4:04.67	Team Washington-B		2004
10.	4:05.13	Grant (OR)		2008

High School Girls

Stadium Top Ten Performers continued:

High Jump

1.	5-07	Kara Bennett	Liberty (WA)	2004
4.	5-06	Jasmine Kelly	Skyview (WA)	2006
2.	5-05	Monica Groves	McNary (OR)	2004
3.	5-04	Ambria Brantner	West Valley-Yakima (WA)	2005
5.	5-04	Sara Klein	Olympia (WA)	2005
6.	5-04	Kelly McNamee	Ferris (WA)	2006
7.	5-04	Amanda Shaw	Grants Pass (OR)	2006
8.	Ten Tied at 5-02			

Pole Vault

1.	12-03	Doria Holbrook	Eisenhower (WA)	2004
2.	11-09	Stephanie Sternagel	RA Long (WA)	2004
3.	11-09	Catherine Street	Wilsonville (OR)	2008
4.	11-08	Melissa Peaslee	Gig Harbor (WA)	2005
5.	11-06	Alexa Huestis	WF West (WA)	2006
6.	11-06	Collen Meas	Stanwood (WA)	2008
7.	11-03	Lara Jones	Lakeside (WA)	2004
8.	11-02	Chelsea Russell	La Pine (OR)	2005
9.	Three Tied at 11-00			

Long Jump

1.	18-01.75	Antonette Payne	Benson (OR)	2004
2.	18-01.00	Rebecca Rhodes	South Salem (OR)	2006
3.	18-00.00	Trinna Miranda	Southridge (OR)	2008
4.	17-09.50	Mandy White	Lakeridge (OR)	2006
5.	17-09.50	Jade Langstrom	Redmond (WA)	2006
6.	17-09.00	Amirah Karim	Franklin (WA)	2006
7.	17-06.50	Chanel James	Wilson (WA)	2006
8.	17-05.75	Kayle Greer	Grant (OR)	2008
9.	17-05.00	Krystal Deyo	Castle Rock (WA)	2005
10.	17-05.00	Kately Choukalos	Klamath Union (OR)	2008

Triple Jump

1.	38-02.25	Sarah Callier	Benson (OR)	2004
2.	37-08.75	Lindsay Myron	Pullman (WA)	2006
3.	37-01.25	Shene Davis	Selah (WA)	2006
4.	37-00.75	Erika Hughes	Decatur (WA)	2006
5.	37-00.50	Kara Bennett	Liberty (WA)	2004
6.	36-07.50	Rebecca Rhodes	South Salem (OR)	2006
7.	36-06.00	Antonette Payne	Benson (OR)	2004
8.	36-05.75	Danielle Ferguson	Barlow (OR)	2007
9.	36-04.75	Jessica Yates	Snohomish (WA)	2005
10.	36-03.50	Samantha Berryman	Lakeridge (OR)	2008

Shot Put

1.	51-01.50	Whitney Hooks	Cascade (WA)	2006
2.	49-07.25	Steahanie Horton	Tigard (OR)	2005
3.	44-05.00	Jaclyn Espinoza	Regis (OR)	2006
4.	43-10.00	Katherine Tripp	Douglas (OR)	2006
5.	43-06.25	Emilee Strot	Gresham (OR)	2004
6.	41-10.00	Alyssa Hasslen	McMinnville (OR)	2006
7.	40-00.00	Mollie Frolich	Sehome (WA)	2004
8.	39-11.75	MyKael Bothum	Hermiston (OR)	2004
9.	39-11.25	Alesha Trattner	Glencoe (OR)	2008
10.	39-04.50	Rachel Perry	Hood River Valley (OR)	2008

Discus Throw

1.	155-08	Jaclyn Espinoza	Regis (OR)	2005
2.	147-09	Katherine Tripp	Douglas (OR)	2006
3.	144-02	Emilee Strot	Gresham (OR)	2004
4.	142-09	Anna Hess	Bickleton (WA)	2005
5.	140-05	Kimery Hern	South Whidbey (WA)	2005
6.	137-11	Laura Bobeck	Astoria (OR)	2006
7.	131-08	Alyssa Hasslen	McMinnville (OR)	2006
8.	125-03	Rachelle Buck	Cascade Chistian (OR)	2008
9.	124-07	Melinda Fahey	McKay (OR)	2004
10.	123-00	LaRae Heater	Eisenhower (WA)	2004

Javelin Throw

1.	151-05	Rachel Yurkovich	Newerg (OR)	2005
2.	149-04	Ashley McCrea	North Bend (OR)	2004
3.	142-04	Kara Patterson	Skyview (WA)	2004
4.	142-00	Lauren Sexton	Forest Grove (OR)	2004
5.	139-04	Andea Hopkins	Lakeridge (OR)	2008
6.	137-09	Ali Super	West Linn (OR)	2006
7.	132-00	Rita Santibanez	Cascade (OR)	2005
8.	131-04	Whitney Harris	Cottage Grove (OR)	2004
9.	130-07	Jennifer Hamilton	Mark Morris (WA)	2008
10.	130-05	Elise Knutzen	Nathan Hale (WA)	2006