

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 Florke, Putnam	12.15
1981	Debbie Florke, Putnam	12.30
1982	Patty Baker, Gresham	11.79w
1983	Lajuana Hall, Madison	12.1
1984	Lanette 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	Udemie Elijah, Benson	12.52
1995	Udemie 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	Lanette 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	Suzu 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 Probasco-Canda, Benson	55.08
2002	Brandi Probasco-Canda, Benson	54.64
2003	Brandi Probasco-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 Dohrt, Central Catholic	2:11.72
1990	Lonna Larson, Beaverton	2:13.61
1991	Gracey Pankey, South Salem	2:17.71

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	Nattalie 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 Karnoop, Mountain View	4:43.09
1987	Jamie Fallon, Klamath Union	4:38.39
1988	Jeannie 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
	Sue Martineau, North Eugene	10:09.12
1984	Ann Macklin, Roseburg	9:55.22
1985	Marnie Mason, Klamath Union	9:48.35
1986	Stephanie Wessell, Marshfield	10:13.05
1987	Rose Schneider, Ashland	10:08.40
1988	Jeannie Heltzel, South Salem	9:47.97
1989	Nicole Woodward, West Linn	10:16.65
1990	Jenna Carlson, Grants Pass	10:24.52
1991	Ann Colonna, Sheldon	10:19.96
1992	Marie Davis, Lincoln	10:09.81
1993	Kortney Dunscombe, Bend	10:02.31
1994	Kortney Dunscombe, Bend	9:53.28
1995	Marie Davis, Lincoln	9:53.59
1996	Pamela Johnson, Sandy	10:13.49
1997	Pamela Johnson, Sandy	9:59.45
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

100-METER HIGH HURDLES

1978	Shelly Ransford, Lebanon	14.54
1979	Laurie Schaecher, South Salem	14.59
1980	Laurie Schaecher, South Salem	14.21
1981	Chris Klausman, Franklin	14.69
1982	Janice Giza, North Salem	14.54
1983	Wendy Hart, West Albany	14.63
1984	Bobbie Purdy, South Salem	14.59
1985	Deni Leadham, Sheldon	14.60
1986	Jill Cochran, Thurston	14.81
1987	Kamala Kohlmeier, Parkrose	15.21
1988	Michelle Reynolds, Churchill	14.82
1989	Michelle Reynolds, Oregon City	14.82
1990	Susana Delagarza, South Medford	15.12
1991	Sara Jessie, Willamette	14.75
1992	Lydia Ledgerwood, Klamath Union	15.21
1993	Amy Cameron, Gresham	15.07
1994	Sara Fox, Glencoe	15.24
1995	Katie Rowlett, Cottage Grove	14.86
1996	Erin Kelly, Hillsboro	14.99w
1997	Alisa Bounds, Roseburg	15.40
1998	Erin Kelly, Hillsboro	14.61
1999	Linda Schill, McKay	14.67w
2000	Olivia Callier, Benson	14.92
2001	Julie Elliott, North Eugene	14.66w
2002	Paige Ford, Sheldon	14.91
2003	paige Ford, Sheldon	14.91w
2004	Joan Casey, Crescent Valley	14.79

2005	Bianca Mathabane, Lincoln	14.58
2006	Bianca Mathabane, Lincoln	14.32

300-METER LOW HURDLES

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	44.0
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	Railynn Elliott, Benson	44.74
1998	Hilary Baker, Lincoln	44.64
1999	Kristin Hall, McKay	43.99
2000	Janelle Joy, Milwaukie	44.49
2001	Janelle Joy, Milwaukie	42.58
2002	Dani Maier, Sunset	44.72
2003	Amanda Santana, North Eugene	43.95
2004	Niomi Ridge, Century	44.05
2005	Bianca Mathabane, Lincoln	44.25
2006	Bianca Mathabane, Lincoln	44.07

4x100-METER RELAY

1978	GRANT (DeVore, Berry, Lacaden, Jackson)	48.67
1979	GRANT (Williams, Lacaden, Newton, Jackson)	49.05
1980	SPRINGFIELD (Dailey, Reynolds, Haugen, Wright)	49.05
1981	SPRINGFIELD (Wagner, Dailey, Thomas, Wright)	48.55
1982	NORTH EUGENE (Lori Olsen, Lisa Olsen, Emery, Lowery)	49.58
1983	CHURCHILL (Jacobs, Drouet, Hardin, Ocheda)	48.51
	MARSHFIELD (Schultz, Worthen, Thompson, Goodrich)	48.51
1984	WILSON (Strong, Thirdgill, Baugh, Otterstedt)	48.24
1985	JEFFERSON (Taylor, Phillips, Minnieweather, Lucas)	48.91
1986	BENSON (Madden, James, Hanson, Williams)	48.90
1987	THURSTON (Hill, Bruhn, Cochran, Leslie)	49.68
1988	OREGON CITY (Robarge, Hines, Roberts, Alcorn)	49.04
1989	TIGARD (Swing, Holtzen, Shephard, Neitling)	49.48
1990	GRANT (Milton, Frazier, Esther Colbert, Mary Colbert)	48.89
1991	BENSON (Person, Folk, Warren, Tarver)	48.21
1992	OREGON CITY (Alderman, Hall, Oyen, Layng)	49.11
1993	BENSON (Streeter, Washington, Elijah, Person)	49.29
1994	BENSON (Streeter, Warren, Itoer Elijah, Udemie Elijah)	48.56
1995	BENSON (Shantell Streeter, (Streeter, Glover, Itoer Elijah, Udemie Elijah)	49.48
1996	BENSON (Swafford, Lockett, Glover, Jones)	49.39
1997	BEAVERTON (Tabizon, Eisenberg, Perry, Morris)	45.58
1998	BENSON (Kante, Wincher, Jones, Swafford)	48.57
1999	BENSON (McKenzie, Wincher, Kante, Jones)	48.98
2000	BENSON (McKenzie, Probasco-Canda, Brima, Jones)	48.65
2001	BENSON (McKenzie, Probasco-Canda, Brima, Green)	48.23
2002	BENSON (Taylor, Probasco-Canda, King, Callier)	47.75
2003	BENSON (Taylor, Probasco-Canda, Callier, Jones)	46.57
2004	BENSON (Payne, Parker, Mason, Taylor)	48.59
2005	GRESHAM (Backowski, Muesec, Franklin, Hill)	48.50
2006	GRESHAM (Vrvilo, Backowski, Muesec, Hill)	47.91
4x400-METER RELAY		
1988	BEAVERTON (Gill, Despars, Braithwaite, Larson)	3:57.26
1989	WEST LINN (Lightowler, Johnston, Humrich, Veenker)	4:00.55
1990	WEST LINN (Fisher, Numrich, St. John, Johnston)	3:57.31
1991	BENSON (Woods, Snow, Folk, Warren)	3:56.30
1992	BENSON (Washington, Person, Woods, Snow)	3:58.65
1993	GRESHAM (Rindt, Cameron, Nicholas, Baker)	3:57.83
1994	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	(Elliott, Barnes, Schroeder, Elijah)	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)		

HIGH JUMP

1966	Barb Sicora, Milwaukee	4-8
1967	Karin Wicklund, Sheldon	4-10
1968	Karin Wicklund, Sheldon	5-1 ¾
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 ½
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	Suzu Vidulich, Hillsboro	5-7
2004	Monica Groves, McNary	5-3
2005	Courtney McKinney, Aloha	5-3
2006	Alison Worthen, Marshfield	5-4

LONG JUMP

1966	Pam Peterson, Lake Oswego	16-4 ½
1967	Mary Rae Evans, Junction City	17-2
1968	Colleen Wigle, Riddle	16-10 ¾
1969	Jeri Nored, Corvallis	18-2 ¼
1970	Fran Auer, Marshfield	18-7 ¼
1971	Fran Auer, Marshfield	18-8
1972	Fran Auer Sichtung, Marshfield	18-5
1973	Mary Officer, Madison	18-4
1974	Tracie Ranf, Hillsboro	17-7
1975	Dana Collins, South Salem	18-5 ¼
1976	Carolyn Digby, Centennial	18-2
1977	Carolyn Digby, Centennial	19-1
1978	Sandy Thomas, Medford	18-10
1979	Sandy Thomas, Medford	19-7 ½
1980	Robin Marks, Lincoln	18-9 ¾
1981	Debbie Florke, Putnam	17-9 ¾
1982	Patty Baker, Gresham	20-0
1983	Carol Drouet, Churchill	18-10 ½w
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 ¼
1988	Michelle Reynolds, Churchill	20-0 ¼w
1989	Janie Vermeere, Oregon City	18-3 ½w
1990	Janie Vermeere, Oregon City	18-6
1991	Sara Jessie, Willamette	18-2
1992	Misha Looney, Roseburg	18-3 ¾
1993	Melanie Bemis, Canby	17-2 ¾
1994	Nikki Sichtung, Marshfield	17-7 ½
1995	Marci Warnecke, Putnam	18-0 ¼
1996	Amanda Brown, Sheldon	18-3w
1997	Amanda Brown, Sheldon	18-8 ½
1998	Amanda Brown, Sheldon	18-7 ¾
1999	Amanda Brown, Sheldon	18-4w
2000	Jen Haberly, West Albany	18-1 ½
2001	Rachel Gibbs, Gresham	17-10 ¼
2002	Rachel Gibbs, Gresham	18-2
2003	Lexie Viggiano, South Eugene	18-4

2004	Joan Casey, Crescent Valley	17-10 ¼
2005	Sara Callier, Benson	18-4 ¾
2006	Rebecca Rhodes, South Salem	18-0 ½

TRIPLE JUMP

1989	Joell Coltrane, Lake Oswego	37-2 ¾
1990	Liz Fawkes, Lincoln	38-8 ¾w
1991	Wendy Pastor, Sunset	39-0w
1992	Keoma Wardford, Sunset	40-6 ¾
1993	Lisa Oyen, Oregon City	37-1 ½w
1994	Lisa Oyen, Oregon City	37-7 ¾
1995	Julie Phipps, Barlow	37-7 ¾
1996	Julie Phipps, Barlow	37-10w
1997	Erin Kelly, Hillsboro	39-4w
1998	Erin Kelly, Hillsboro	37-9w
1999	Tiana Setser, David Douglas	37-0 ½
2000	Nicole Barber, Clackamas	37-7 ¼
2001	Jennifer Lint, Roseburg	37-6
2002	Sherena Smith, Benson	37-6
2003	Sarajane Rosenberg, Pendleton	38-10
2004	Sarajane Rosenberg, Pendleton	38-5 ½
2005	Sara Callier, Benson	38-4 ¾
2006	Suni Kumar, Summit	37-3 ¾

DISCUS

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 Talley, 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 Lillard, Roseburg	138-9
1990	Molly Duggan, Redmond	149-9
1991	Dina Haselip, 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

JAVELIN

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 Nicholson, North Eugene	153-8
1994	Windy 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

2005	Rachel Yurkovich, Newberg	172-8
2006	Alli Super, West Linn	142-6

SHOT PUT

1966	Lyla Voth, Ashland	42-11 ¾
1967	Melissa Corum, Sheldon	43-1
1968	Beth Smith, Thurston	44-9 ½
1969	Beth Smith, Thurston	44-11 ¼
1970	Beth Smith, Thurston	47-2 ¾
1971	Dottie Barnes, Gresham	48-8 ½
1972	Dottie Barnes, Gresham	44-6
1973	Tracie Juhnke, Lebanon	40-1 ¼
1974	Karen Marshall, South Eugene	44-0
1975	Kathy Elliott, South Eugene	42-11
1976	Becky Moore, Crater	42-0 ¼
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 ½
1981	Karen Hancock, Tigard	42-11 ¾
1982	Karen Hancock, Tigard	43-11 ½
1983	Paige Daugherty, Sandy	43-8 ¾
1984	Diana Requardt, Hillsboro	42-10
1985	Wendy Coleman, Sandy	40-3
1986	Debbie Malueg, Crescent Valley	41-8 ½
1987	Wendy Coleman, Sandy	41-7
1988	Kari Hanscom, Eagle Point	43-4
1989	Kiza Brunner, Sheldon	43-6 ½
1990	Kiza Brunner, Sheldon	43-11 ¾
1991	Amy Branaugh, Redmond	39-11 ½
1992	Tonia Roth, Roseburg	41-10 ¾
1993	Shawnti Moore, Crater	40-4 ¼
1994	Heidi Fisk, Lebanon	43-0 ¼
1995	Heidi Fisk, Lebanon	43-6
1996	Shana Ball, McMinnville	43-3 ½
1997	Amanda Lee, North Bend	42-7 ½
1998	Katie Tuttle, Putnam	42-8 3/4
1999	Katie Tuttle, Putnam	44-1 ¼
2000	Jackie Woods, Ashland	43-1
2001	Jessi Salmela, Sandy	40-2 ¼
2002	Emilee Strot, Gresham	41-0
2003	Emilee Strot, Gresham	43-1 ¼
2004	Emilee Strot, Gresham	46-2 ¼
2005	Stephanie Horton, Tigard	49-8
2006	Martha Hale, David Douglas	43-1 ¾

POLE VAULT

1995	Holly Speight, Springdale	11-0
1996	Karina Elstrom, McMinnville	11-4
1997	Dana Huseby, Hood River Valley	10-2
1998	Dana Huseby, Hood River Valley	11-5
1999	Dana Huseby, Hood River Valley	11-8
2000	Corrie Drakulich, Clackamas	12-0
2001	Kate Soma, Grant	11-9
2002	Celina Roberge, Marshfield	11-3
2003	Ashley Salvino, St. Mary's	12-6 ½
2004	Natalie Todd-Zebell, Grant	11-9
2005	Muriel Roberge, Marshfield	12-0
2006	Emma Piatt, Grant	11-9

EVENTS NO LONGER CONTESTED

100-YARD DASH

1966	Janice Hughes, Pleasant Hill	11.1
1967	Margaret Johnson, Churchill	10.4
1968	Margaret Johnson Bales, 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 Sichtung, 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

220-YARD DASH

1966	Janice Hughes, Pleasant Hill	25.1
1967	Margaret Johnson, Churchill	24.6
1968	Margaret Johnson Bales, Churchill	24.6
1969	Janet Kyle, Estacada	25.3
1970	Fran Auer, Marshfield	25.2
1971	Fran Auer, Marshfield	27.1
1972	Fran Auer Sichtung, 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

400

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	3:59.74
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, Thirdgill, 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	Jacque 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 Tobey, 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	Ellannee Richardson, Gladstone	12.10w
1998	Ellannee 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	Ellannee Richardson, Gladstone	25.01
1997	Ellannee Richardson, Gladstone	25.01
1998	Ellannee 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	25.7w
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 Branstiter, 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 Vandehey, 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 Mulloy, 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	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

1500-METER RUN

1978	Lori Willard, Rogue River	4:49.8
1979	Nancy Reynolds, Illinois Valley	4:48.0
1980	Dawn Wilger, Marist	4:50.9
1981	Linda Becker, St. Mary of Valley	4:50.0
1982	Heather Sullivan, Phoenix	4:52.08
1983	Gretchen Allen, Salem Academy	4:43.36
1984	Alice DeJager, Salem Academy	4:48.58
1985	Michelle McKeown, Coquille	4:46.43
1986	Ronda Groshong, Tillamook	4:48.41
1987	Ronda Groshong, Tillamook	4:46.0
1988	Andrea Garner, Illinois Valley	4:44.97
1989	Jeannine Davis, Pleasant Hill	4:46.05
1990	Amy Flora, Myrtle Point	4:45.35
1991	Amy Flora, Myrtle Point	4:39.09
1992	Jessie Schra, Sweet Home	4:49.65
1993	Jessie Schra, Sweet Home	4:42.03
1994	Heather Miller, Henley	4:41.32
1995	Heather Miller, Henley	4:37.08
1996	Amy Nickerson, Coquille	4:38.39
1997	Amy Nickerson, Coquille	4:34.93
1998	Amy Nickerson, Coquille	4:36.62
1999	Amy Nickerson, Coquille	4:35.87
2000	Mandi Fitz-Gustafson, The Dalles	4:42.02
2001	Jeane Goff, Cascade	4:42.62
2002	Brynn Cogdill, Estacada	4:38.63
2003	Brianna Anderson-Gregg, Philomath	4:31.92
2004	Holli Dieu, Coquille	4:43.50
2005	Holli Dieu, Coquille	4:34.68
2006	Taylor Wallace, Henley	4:43.33

3000-METER RUN

1978	Lori Willard, Rogue River	10:29.1
1979	Lori Willard, Rogue River	10:30.1
1980	Georgann Mitchell, Glide	10:34.1
1981	Jennifer Pade, Gold Beach	10:37.2
1982	Tassie Norton, Philomath	10:21.83
1983	Tassie Norton, Philomath	10:36.52
1984	Tassie Norton, Philomath	10:30.15
1985	Sue Spriggs, La Salle	10:32.77
1986	Angela Sanders, Cascade	10:26.4
1987	Githa Hampson, Rogue River	10:15.03
1988	Andrea Garner, Illinois Valley	10:42.1
1989	Andrea Garner, Illinois Valley	10:26.21
1990	Andrea Garner, Illinois Valley	10:26.9
1991	Jessie Schra, Sweet Home	10:31.72
1992	Jessie Schra, Sweet Home	10:26.6
1993	Lisa Flora, Myrtle Point	10:13.0
1994	Heather Miller, Henley	10:16.88
1995	Heather Miller, Henley	10:11.03
1996	Melinda Campbell, Newport	9:50.58
1997	Melinda Campbell, Newport	10:02.71
1998	Selena Harman, Rogue River	10:26.36
1999	Mandi Fitz-Gustafson, The Dalles	10:17.08
2000	Mandi Fitz-Gustafson, The Dalles	10:18.17
2001	Mandi Fitz-Gustafson, The Dalles	10:25.46
2002	Danielle Jordan, Baker	10:18.18
2003	Heather Fitz-Gustafson, The Dalles	10:27.33
2004	Lauren Zaludek, Elmira	10:28.19
2005	Holli Dieu, Coquille	10:02.26
2006	Taylor Wallace, Henley	10:07.03

100-METER HIGH HURDLES

1972	Nela Ford, Crook County	15.5
1973	Nela Ford, Crook County	14.8
1974	Joni Huntley, Sheridan	14.6
1975	Tracy Martin, South Umpqua	15.45
1976	Linda Lamprecht, North Marion	15.02
1977	Linda Lamprecht, North Marion	15.3
1978	Shannon Hansell, McLoughlin	15.7
1979	Darlene DeShon, Rogue River	15.4
1980	Sarah Lyons, La Salle	15.6
1981	Sarah Lyons, La Salle	15.2
1982	Cindy Gaston, Rainier	15.32
1983	Allison Raymond, Hood River	15.58
1984	Amy Reinebach, Astoria	15.84
1985	Allison Raymond, Hood River	15.98
1986	Tina Neiman, Clatskanie	15.55
1987	Tina Neiman, Clatskanie	15.34
1988	Heidi Bomengen, Lakeview	15.62
1989	Angie Murphy, Nyssa	15.42
1990	Lorrie Emery, Cascade	15.08
1991	Janne Mackin, Hood River Valley	15.79
1992	Kari Slater, South Umpqua	15.44w
1993	Brandy Dunn, Henley	15.18
1994	Michelle Baxter, Henley	15.94
1995	Ellannee Richardson, Gladstone	15.34
1996	Ellannee Richardson, Gladst	14.85w
1997	Ellannee Richardson, Gladstone	15.44
1998	Ellannee Richardson, Gladst	14.57w
1999	Rhiannon Arson, Stayton	15.25w
2000	Christina James, La Pine	15.56

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, Neah-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 (Rudy, Boyles, Toteeto, Hansell)	50.4
1979	CROOK COUNTY (Cardin, Minson, O'Connor, Smalling)	50.5
1980	COQUILLE (Capps, Glazebrook, Myrvold, Crockett)	50.5
1981	ASTORIA (Chiang, Hill, Glackin, Boyd)	50.0
1982	ELMIRA (Crouch, Clairborne, Guldager, Wright)	50.14
1983	SIUSLAW (Lang, Courtney, Gortler, Smith)	49.88
1984	SIUSLAW (Kelli Lang, Tammy (Lang, Courtney, Gortler, Smith)	49.39
1985	MADRAS (Wilkinson, Harrison, Rogers, Williams)	49.90
1986	ST. HELENS (Page, Merwin, Anderson, Griffith)	49.82
1987	CASCADE (Moore, P. Emery, L. Emery, Tobey)	50.60
1988	SEASIDE (Cole, Earl, Ward, Cline)	50.31
1989	CASCADE (Goodwin, P. Emery, Nichol, L. Emery)	50.35
1990	PHILOMATH (Cuttsforth, Rybel, Vandehey, Dover)	50.40
1991	SILVERTON (Edgar, Helm, Lord, Maurer)	50.49
1992	HENLEY (Dunn, Simpson, Juhl, Cowen)	50.19
1993	HOOD RIVER VALLEY (Shalhope, Hess, Kuykendall, Chandler)	50.64
1994	CENTRAL (Cornell, D. Dungey, Altermatt, A. Dungey)	50.29
1995	SEASIDE (Arndt, Truax, Hawken, Morris)	49.98
1996	SIUSLAW (Wilkins, Daniel, McMullan, Worley)	50.85
1997	SIUSLAW (Wilkins, Daniel, McMullan, Worley)	49.86
1998	ST. HELENS (White, Abero, Luttrell, Elliott)	50.17
1999	WILSONVILLE (Hultline, Noe, Fackrell, Sharpe)	50.57
2000	PHILOMATH (K. Gellatly, C. Gellatly, Kelly, Adair)	49.84
2001	PHILOMATH (Miller, Williams, Kelly, Gellatly)	50.32
2002	THE DALLES (Evans, C. North, Colbourne-Eagy, M. North)	49.91
2003	THE DALLES (Evans, C. North, Colbourne-Eagy, M. North)	49.72
2004	THE DALLES (Evans, C. North, Nichols, M. North)	49.64
2005	MARIST (da Silva, Wilkins, Elena Collins, Emily Collins)	49.32
2006	CASCADE (Taylor, Albus, Rea, Michels)	49.39

4x400-METER RELAY

1978	ST. MARY OF THE VALLEY (C. Cooper, Elkins, Bauer, T. Cooper)	4:01.5
1979	NORTH VALLEY (Riggins, Seagoe, Reed, Alexander)	4:01.9
1980	MARIST (Olson, Jones, Skeen, Wilger)	4:06.5
1981	ELMIRA (Davis, Vaughn, Wright, Guldager)	4:06.9
1982	SEASIDE (Beneke, Baty, S. Morris, M. Morris)	4:04.14
1983	SWEET HOME	3:59.94

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1984	(Simpson, Erisman, Barthel, Wright)	SWEET HOME	4:05.93
1985	(Meredith, Wolthus, Whitehead, Wright)	GLADSTONE	4:04.33
1986	(King, Nelson, Hutson, Tran)	GLADSTONE	4:01.10
1987	(King, Nellerhoe, Hutson, Peterson)	GLADSTONE	4:07.40
1988	(King, Nellerhoe, Kiley, Hutson)	SEASIDE	4:04.75
1989	(Earl, Ward, Ellingson, Cline)	PHILOMATH	4:07.0
1990	(Rybel, Cutsforth, Dover, Vandehey)	PHILOMATH	4:06.50
1991	(Rybel, Cutsforth, Dover, Vandehey)	PHILOMATH	4:05.40
1992	(Baumann, Cutsforth, Hibner, Vandehey)	SOUTH UMPQUA	4:06.31
1993	(Peterman, Bailey, Hadley, Slater)	BAKER	4:03.54
1994	(Phillips, Brown, A. Henes, T. Henes)	BAKER	4:03.05
1995	(A. Helgerson, J. Helgerson, A. Henes, T. Henes)	BAKER	4:04.30
1996	(King, Gibson, Nickerson, Dixon)	COQUILLE	4:04.84
1997	(Haire, Shirliff, Peterman, Lynch)	SOUTH UMPQUA	4:05.68
1998	(L. Heuberger, Bernstein, Seward, M. Heuberger)	YAMHILL-CARLTON	4:04.02
1999	(Hultline, Fackrell, Wolfram, Noe)	WILSONVILLE	4:05.13
2000	(Mack, Spicer, Mathis, Knox)	HENLEY	4:01.80
2001	(Welstad, Kuntz, Anderson, Cain)	CASCADE	3:59.66
2002	(Welstad, Kuntz, Anderson, Cain)	CASCADE	3:59.91
2003	(Colbourne-Eagy, C. North, Fitz-Gustafson, M. North)	THE DALLES	4:00.56
2004	(L. North, C. North, Fitz-Gustafson, M. North)	THE DALLES	3:59.48
2005	(Gillespie, Donnelly, Elena Collins, Emily Collins)	MARIST	3:59.22
2006	(Gillespie, Donnelly, Apo, Collins)	MARIST	3:58.98
HIGH JUMP			
1969	Shirley Lagestee, Philomath	5-0	
1970	Shirley Lagestee, Philomath	5-4	
1971	Shirley Lagestee, Philomath	5-1	
1972	Joni Huntley, Sheridan	5-5 1/4	
1973	Joni Huntley, Sheridan	5-8	
1974	Joni Huntley, Sheridan	6-0	
1975	Gloria Zabala, Burns	5-4	
1976	Debbie Smith, Wahtonka	5-6	
1977	Linda Norton, Douglas	5-6	
1978	Tammy Collman, Henley	5-8	
1979	Donna Brigham, Henley	5-8	
1980	Sheila Potter, McLoughlin	5-8	
1981	Sarah Lyons, La Salle	5-8	
1982	Kathy Moore, Marist	5-6	
1983	Shannon Baird, Taft	5-3	
1984	Trisha Stevens, Philomath	5-5	
1985	Trisha Stevens, Philomath	5-4	
1986	Trisha Stevens, Philomath	5-6	
1987	Trisha Stevens, Philomath	5-6	
1988	Jen Sauter, Tillamook	5-7	
1989	Pam Emery, Cascade	5-6	
1990	Pam Emery, Cascade	5-8	
1991	Heidi Wilkerson, Sherwood	5-3	
1992	Heidi Wilkerson, Sherwood	5-5	
1993	Tish Henes, Baker	5-6	
1994	Rachel Powell, Cascade	5-6	
1995	Cathy McNeely, Philomath	5-6	
1996	Cathy McNeely, Philomath	5-6	
1997	Laura Gibson, Coquille	5-5	
1998	Erin Sharpe, Wilsonville	5-6	
1999	Erin Sharpe, Wilsonville	5-9	
2000	Rachel Kriz, Toledo	5-6	
2001	Lindsey Schmidlin, Banks	5-6	
2002	Lindsey Schmidlin, Banks	5-8	
2003	Damaris Tucker, Junction City	5-6	
2004	Kelsey Kahle, North Marion	5-6	
2005	Kelsey Kahle, North Marion	5-9	
2006	Emily Gillespie, Marist	5-2	
LONG JUMP			
1969	Terri Truedson, Clatskanie	17-6	
1970	Colleen Wigle, Riddle	18-6 1/2	
1971	Kathy Pirrie, Madras	17-10 1/2	
1972	Kathy Pirrie, Madras	19-1	
1973	Joni Huntley, Sheridan	17-10	
1974	Vicky Padgett, Lakeview	18-4	
1975	Desiree Gauthier, Madras	18-2	
1976	Sandy Huntley, Sheridan	17-8	
1977	Carla Chadwick, Crook County	17-7	
1978	Sindy Sintay, Grant Union	17-7 1/2	
1979	Lisha Sanders, Philomath	17-6 1/2	
1980	Pam Snyder, Gold Beach	18-3 1/2	
1981	Tammi Lesh, Neah-Kah-Nie	17-8	
1982	Steph Rodenburg, Coquille	18-5	
1983	Tammy Courtney, Siuslaw	18-8	
1984	Tammy Courtney, Siuslaw	18-1 3/4	
1985	Cheryl Anderson, St. Helens	18-2 1/4	
1986	Tammy Courtney, Siuslaw	18-10	
1987	Carrie Tobey, Cascade	18-0 3/4	

1988	Shanna Tippin, Elmira	18-1 1/2
1989	Shanna Tippin, Elmira	18-1 1/2
1990	Rande Graham, Rogue River	17-3 1/2
1991	Kelsey Miller, Reedsport	17-0
1992	Trisha Hough, Junction City	17-10
1993	Trisha Hough, Junction City	17-4
1994	Cathy McNeely, Philomath	17-1 1/2
1995	Hilary Holly, Woodburn	18-7
1996	Ellannee Richardson, Gladstone	18-0
1997	Ellannee Richardson, Gladstone	18-10 1/2
1998	Ellannee Richardson, Gladstone	18-2
1999	Cortney Ellis, Sisters	17-9
2000	Alix Daggett, Seaside	17-05 1/4
2001	Elizabeth Weiss, Marist	17-11 1/4
2002	Amy Cretsinger, Sisters	18-4 1/4
2003	Kara Weaver, South Umpqua	18-5 1/4
2004	Danica Bates, Pleasant Hill	17-5
2005	Maria Clemens, Burns	17-7 1/4
2006	Amy Skofstad, Gladstone	17-8 3/4

TRIPLE JUMP

1990	Amy Gail, Henley	34-11 3/4
1991	Trisha Hough, Junction City	35-3
1992	Maya Carnegie, North Valley	36-11 1/4
1993	Maya Carnegie, North Valley	37-2 3/4
1994	Michelle Baxter, Henley	37-6
1995	Cathy McNeely, Philomath	37-3 1/4
1996	Cathy McNeely, Philomath	37-7 3/4
1997	Tia Jenkins, Grant Union	37-2 1/4
1998	Tia Jenkins, Grant Union	38-0 3/4
1999	Kim Holliday, Grant Union	38-8 1/2
2000	Kim Holliday, Grant Union	37-03 3/4
2001	Nicolette Callan, Sisters	36-4 1/4
2002	Amy Jones, Grant Union	37-6 1/4
2003	Amy Cretsinger, Sisters	36-2 1/2
2004	Kelsey Kahle, North Marion	35-11 1/4
2005	Emily Gillespie, Marist	36-9
2006	Lauren Randall, Estacada	37-2 3/4

DISCUS

1969	Mary Jacobson, Siuslaw	134-7
1970	Mary Jacobson, Siuslaw	133-11
1971	Kathy Pete, Phoenix	113-3
1972	Patty Johnson, Pleasant Hill	114-1
1973	Joy Moore, Bandon	115-3
1974	Joy Moore, Bandon	116-2
1975	Liz Hardwick, Burns	132-1
1976	Jean Melson, Tillamook	134-0
1977	Jean Melson, Tillamook	143-1
1978	Lisha Lass, South Umpqua	133-10
1979	Lisha Lass, South Umpqua	147-7
1980	Lori Penland, Burns	130-5
1981	Kam Johnson, Astoria	144-2
1982	Jodie Brown, Toledo	125-0
1983	Linda Boggs, Bandon	130-8
1984	Debbie Blake, Gladstone	118-2
1985	Leona Becker, South Umpqua	138-11
1986	Kim Owensby, Salem Academy	122-4
1987	Lori Jensen, North Valley	128-3
1988	Christy Ward, North Valley	131-2
1989	Kristin Ottman, Lakeview	121-3
1990	Lisa Blacketter, Ontario	131-8
1991	Grace Emanuel, Taft	133-4
1992	Grace Emanuel, Taft	136-2
1993	Michelle Muzachenko, Cascade	132-6
1994	Kortni Murphree, Philomath	128-9
1995	Kortni Murphree, Philomath	141-9
1996	Kelli Holloway, Lakeview	121-6
1997	Tara Lunde, Gladstone	122-6
1998	Kelli Holloway, Lakeview	127-8
1999	Dorothy Kerr, Stayton	125-11
2000	Sarah Zempel, Rogue River	140-07
2001	Rachel Lofting, Madras	123-0
2002	Megan Kriz, Toledo	124-10
2003	Inger Appanaitis, Brookings-Harbor	126-8
2004	Sabrina Freed, Burns	121-10
2005	Sierra Ferguson, Madras	141-1
2006	Katherine Trip, Douglas	144-3

JAVELIN

1969	Bev Dage, Sutherlin	132-1
1970	Laura Thompson, Creswell	134-7
1971	Donna Smith, Gervais	122-7
1972	Bonnie Souers, Madras	121-3
1973	Joy Moore, Bandon	123-6
1974	Joy Moore, Bandon	136-2
1975	Renne Lambrecht, Cascade	142-6
1976	Kitsy Hall, Rogue River	139-2
1977	Kitsy Hall, Rogue River	139-2
1978	Sandy Bean, Phoenix	134-6
1979	Shari Brock, Nestucca	149-0
1980	Sandy Bean, Phoenix	144-2
1981	Connie Peterka, Gervais	149-5
1982	Shannon Gates, Siuslaw	143-1
1983	Shannon Gates, Siuslaw	155-11
1984	Brenda Boyles, Sutherlin	138-9
1985	Beth Nygren, Henley	140-4
1986	Amy Reinebach, Astoria	134-5
1987	Leslie Luttrell, St. Helens	135-1
1988	Nikki Becker, Brookings-Harbor	130-10
1989	Nikki Becker, Brookings-Harbor	131-0
1990	Nancy Reidman, Silverton	131-7
1991	Bridget Vellutini, Seaside	133-10
1992	Leslie Adank, Elmira	138-1
1993	Stacie Fournier, Cottage Grove	135-7
1994	Amy Dobson, Burns	131-10
1995	Gina Shaner, Gladstone	130-6
1996	Tristan Sharp, Molalla	146-11

1997	Kellie Kathman, Philomath	133-4
1998	Lindsey Johnson, The Dalles	140-10
1999	Lindsey Johnson, The Dalles	147-0
2000	Lindsey Johnson, The Dalles	143-0
2001	Lindsey Johnson, The Dalles	163-0
<i>(NOTE: change to 2002 Rule Javelin)</i>		
2002	Sam Young, Henley	155-8
2003	Emily Kindie, Cascade	132-9
2004	Ashley McCrea, North Bend	140-8
2005	Ashley McCrea, North Bend	143-11
2006	Jessica Clemens, Burns	131-11

SHOT PUT

1969	Mary Jacobson, Siuslaw	47-9 3/4
1970	Mary Jacobson, Siuslaw	47-10 3/4
1971	Mildred Daugherty, Douglas	46-6 1/2
1972	Cheryl Greer, Junction City	37-3
1973	Mary Solomon, Chemawa	37-1
1974	Joy Moore, Bandon	39-5 3/4
1975	Jean Melson, Tillamook	42-1
1976	Jean Melson, Tillamook	43-7
1977	Jean Melson, Tillamook	43-8
1978	Sandy Huntley, Sheridan	38-10 3/4
1979	Kathy Hoy, Reedsport	40-4
1980	Brenda Landon, Brookings-Harbor	38-11
1981	Kam Johnson, Astoria	44-2 1/2
1982	Tina Parshall, St. Helens	39-0 1/4
1983	Nancy Terherst, Sweet Home	38-11
1984	Lois Curtis, Taft	38-5
1985	Shannon Wagner, Tillamook	40-0
1986	Christy Ward, North Valley	41-10 1/2
1987	Christy Ward, North Valley	48-2 1/2
1988	Christy Ward, North Valley	48-7
1989	Melissa Christoff, Woodburn	41-8 3/4
1990	Shanda Bair, St. Helens	38-1 1/2
1991	Ilene Penas, Estacada	42-5 1/2
1992	Misty Barney, Henley	40-7 3/4
1993	Crissey Franklin, The Dalles	40-10 1/4
1994	Misty Barney, Henley	42-10
1995	Kari Brown, North Valley	40-3 1/2
1996	Sabine Petry, Gladstone	44-9 1/4
1997	Rachel Samor, Burns	38-10 1/2
1998	Kelli Holloway, Lakeview	41-1 1/4
1999	Dorothy Kerr, Stayton	42-11 1/2
2000	Sarah Zempel, Rogue River	40-03 1/4
2001	Haley Hunt, Siuslaw	40-0 1/2
2002	Joni Claypool, Stayton	42-6
2003	Chevonna Lynch, Douglas	39-11 1/4
2004	Charlene Moody, Madras	38-1 1/4
2005	Katherine Tripp, Sutherlin	40-1 1/4
2006	Katherine Tripp, Sutherlin	43-5 1/4

POLE VAULT

1995	Melissa Mellein, Philomath	10-9
1996	Kerry Teamey, Henley	10-2
1997	Erica Boren, Philomath	10-6
1998	Niki Reed, Newport	11-8
1999	Rhiannon Armon, Stayton	11-6
2000	Jennifer Brown, La Pine	10-6
2001	Lacy Pederson, Henley	10-6
2002	Jennifer Bolton, Newport	11-3
2003	Jennifer Brown, La Pine	11-9
2004	Shannon Jentsch, Rogue River	12-0
2005	Chelsea Russell, La Pine	12-4
2006	Ally Romanko, North Bend	11-6

EVENTS NO LONGER CONTESTED

100-YARD DASH

1969	Margaret George, Central Linn	11.2
1970	Susan George, Central Linn	11.1
1971	Susan George, Central Linn	11.2
1972	Katie Kero, Seaside	11.4
1973	Katie Kero, Seaside	11.4
1974	Joni Huntley, Sheridan	11.3
1975	Karen Beckler, Central Linn	11.81
1976	Karen Beckler, Central Linn	11.42
1977	Karen Beckler, Central Linn	11.5

220-YARD DASH

1969	Margaret George, Central Linn	26.0
1970	Susan George, Central Linn	26.0
1971	Susan George, Central Linn	26.6
1972	Kathy Mendenhall, Sutherlin	26.0
1973	Kathy Mendenhall, Sutherlin	26.1
1974	Katie Kero, Seaside	26.6
1975	Karen Beckler, Central Linn	27.12
1976	Karen Beckler, Central Linn	26.83
1977	Karen Beckler, Central Linn	26.4

440-YARD DASH

1969	Colleen Wigle, Riddle	1:01.0
1970	Colleen Wigle, Riddle	59.9
1971	Janice Shaw, Eagle Point	1:03.7
1972	Kim Conner, Seaside	59.8
1973	Laura Hensley, Crook County	1:00.1
1974	Desiree Gauthier, Madras	1:00.2
1975	Elaine Kostrikian, Gervais	1:00.30
19		

OSAA Girls Track & Field Championships

3A Individual State Champions Through 2006

1975 Lisa Nickel, La Salle2:20.19
1976 Shirley Gregerson, Junction City2:15.88
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 Salle5:09.83
1976 Lisa Nickel, La Salle5:03.85
1977 Diana Salyer, Rogue River 4:55.7

TWO-MILE RUN

1977 Caryl Lillie, Rogue River.....11:36.1

80-METER HURDLES

1969 Yvonne Richardson, Central Linn 12.2

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 Linn50.88
1976 Central Linn50.29
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 County1:52.75
1976 Sutherlin1:51.88

ONE MILE RELAY

1977 St. Mary of Valley 4:03.4

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	Devon 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 Bremdal, 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	Arieta Reese, Echo	1:01.51
1984	Dawn Madsen, Prairie City	1:00.9
1985	Faith Larmar, Ukiah	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, Ukiah	2:21.3
1987	Melissa Wilson, Salem Academy	2:25.2
1988	Urlene Dick, Portland Christian	2:26.60

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 Looslie, Elgin	2:15.90
2005	Erlin Funkhouser, Sherman	2:20.61
2006	Genniell 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 Kaufmann, Regis	10:56.00
1999	Joan Claire Kaufmann, Regis	10:41.36
2000	Mariah Kennedy, Oakland	10:46.38
2001	Emili 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, Wahtonka	15.5
1983	Leanna Carpenter, Wahtonka	15.95
1984	Leanna Carpenter, Wahtonka	15.2
1985	Julie Van Pelt, Western Mennonite	15.44
1986	Christine Shepherd, Warrenton	15.9
1987	Christine Shepherd, Warrenton	15.3
1988	Mariyssa Stenberg, Canyonville Bible	15.92
1989	Mariyssa 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

2002	Trinity Krosting, Pilot Rock	15.70
2003	Nikki Smith, Bandon	15.91
2004	Nikki Smith, Bandon	15.86
2005	Kim Tippett, Portland Christian	15.52
2006	Kim Tippett, Portland Lutheran	15.32

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	Mariyssa 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 (Shepherd, Hanna, Gramson, Davis)	50.5
1979	LOST RIVER (Wannamaker, O'Neil, Day, Nicholson)	49.8
1980	LOST RIVER (Reynolds, Wannamaker, Day, Nicholson)	51.8
1981	REGIS (Coleman, Lulay, Blades, Silbernagel)	51.6
1982	OAKRIDGE (Swedson, Darby, Love, Wilkins)	51.6
1983	COLUMBIA CHRISTIAN (Partlow, Booth, Seal, Alexander)	51.45
1984	SHERMAN COUNTY (Thompson, Rolfe, Nerdin, Burnett)	52.3
1985	KENNEDY (A. Schiedler, Beyer, R. Schiedler, Fessler)	50.01
1986	IMBLER (Kilgore, Hafer, Huffman, Campbell)	50.9
1987	OAKLAND (Conte, K. Wickhorst, D. Wickhorst, Evans)	51.2
1988	OAKLAND (Harman, Jantz, Wickhorst, Conte)	51.53
1989	SALEM ACADEMY (Bulgin, Turnidge, Parker, Reynolds)	51.82
1990	SALEM ACADEMY (Hollenbeck, Bulgin, Turnidge, Reynolds)	51.06
1991	SALEM ACADEMY (Parker, Oelrich, Johnston, Turnidge)	51.68
1992	SALEM ACADEMY (Parker, Reynolds, Turnidge, Oelrich)	51.58
1993	SALEM ACADEMY (Steiniker, Stewart, Barnett, Oelrich)	51.46
1994	SALEM ACADEMY (Oelrich, Dunn, Stewart, Barnett)	51.76
1995	NEAH-KAH-NIE (Gallusser, Plyley, Smith, Siegal)	52.00
1996	GERVAIS (Van Dyke, Davidson, Armstrong, Bashaw)	50.87
1997	NEAH-KAH-NIE (Smith, Plyley, Baron, Gallusser)	51.48
1998	GLENDAL (Jensen, Peavyhouse, Banning, Harrison)	51.34
1999	SALEM ACADEMY (Schuchardt, McCammon, Ditchen, Gleason)	51.95
2000	CATLIN GABEL (Tozier, Sisk, Williams, Maxwell)	51.65
2001	PILOT ROCK (Lien, Mitchell, Jobs, Krosting)	51.45
2002	PILOT ROCK (Lien, Mitchell, Jobs, Krosting)	50.86
2003	GLENDAL (Causey, Kent, Miller, Burkhalter)	50.9h
2004	AMITY (Coelho, Berkey, Cooper, Smoker)	51.33
2005	DE LA SALLE NORTH CATHOLIC (Covington, Carline, Owen, Saunders)	50.39
2006	DE LA SALLE NORTH CATHOLIC (Caren Sims, Carline, Owen, Catherine Sims)	50.81
4x400-METER RELAY		
1978	REGIS (Bender, Moll, Lulay, Goyins)	4:11.6
1979	GILCHRIST (Poncil, Nalley, Hibbs, Allen)	4:08.8
1980	KENNEDY (Seiler, Grosjacques, Kraemer, Schiedler)	4:07.6
1981	KENNEDY (Stewart, Grosjacques, Kraemer, Schiedler)	4:07.6
1982	KENNEDY (D. Schiedler, R. Schiedler, Beyer, Kraemer)	4:08.8

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1983	PAISLEY	4:14.33
	(T. O'Leary, Brattain, J. O'Leary, Greene)	
1984	KENNEDY	4:13.15
	(Piatz, Fessler, Schiedler, Stewart)	
1985	KENNEDY	4:07.91
	(Fessler, Beyer, Piatz, Schiedler)	
(NOTE: One Mile Relay contested 1986-91)		
1992	GRANT UNION	4:09.47
	(Murray, Robertson, Sowa, Campbell)	
1993	GRANT UNION	4:10.4
	(Sowa, Lathrop, Robertson, Murray)	
1994	BONANZA	4:12.09
	(Harris, Anderson, Allen, Hermes)	
1995	OREGON EPISCOPAL	4:11.42
	(Berman, Pevec, Martens, Thorton)	
1996	NEAH-KAH-NIE	4:12.18
	(Gallusser, Smith, Baron, Siegal)	
1997	CATLIN GABEL	4:10.69
	(Hare, Tozier, Gorji, Sharff)	
1998	REGIS	4:10.67
	(Foster, Keudell, Wolf, Myers)	
1999	HEPPNER	4:11.02
	(Adams, Kahl, Boyer, Peck)	
2000	HARRISBURG	4:09.58
	(Culver, Coppi, A. Urharusen, B. Urhausen)	
2001	IMBLER	4:10.55
	(Clerget, E. Woody, Tubbs, L. Woody)	
2002	ST. MARY'S	4:12.28
	(Stout, Lawson, Sawyer, Tribblehorn)	
2003	PORTLAND CHRISTIAN	4:14.53
	(Akiyama, Tenkley, Fenison, Tippet)	
2004	AMITY	4:06.23
	(Coelho, Cooper, Huber, Berkey)	
2005	SHERMAN	4:12.99
	(Moore, Nogle, Reiten, Funkhouser)	
2006	SHERMAN	4:05.71
	(Nogle, vonBorstel, Emily Funkhouser, Erin Funkhouser)	
HIGH JUMP		
1971	Peggy Halloran, Wallowa	4-10
1972	Peggy Halloran, Wallowa	5-2
1973	Sharon Berni, Kennedy	5-3 1/4
1974	Lisa Uppendahl, Dayville	5-3
1975	Sharon Berni, Kennedy	5-4
1976	Teena Montoya, Scio	5-4 3/4
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 3/4
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	Elle 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 Dickenson, 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
LONG JUMP		
1971	Colleen Wigle, Riddle	18-1 3/4
1972	Rose Gilbert, Canyonville Bible	18-6 1/2
1973	Vickie Emmons, Wallowa	16-10 1/2
1974	Cindy Miller, Huntington	16-7 1/2
1975	Terri Decker, Wallowa	17-4 3/4
1976	Julie Moore, Sherman County	17-9 1/2
1977	Julie Moore, Sherman County	16-3 3/4
1978	Rhonda Day, Lost River	17-3 1/4
1979	Cynthia Shepherd, Warrenton	17-0 1/2
1980	Cynthia Shepherd, Warrenton	18-4 1/2
1981	Becky Ivers, Santiam Christian	16-9 1/2
1982	Kathy Osborn, Adrian	18-3 1/2
1983	Molle Ferguson, Mt. Vernon	17-3
1984	Tammie Lesh, Neah-Kah-Nie	17-6 1/2
1985	Jenni Grasley, Portland Christian	18-9
1986	Karen Case, St. Paul	17-6 1/2
1987	Aimee Osborne, Ore. State Deaf	17-6 3/4
1988	Jamee Elliott, Salem Academy	17-4 1/2
1989	Stacey Jordan, Harper	17-9 1/4
1990	Yoshiko Hishada, St. Paul	17-4 3/4
1991	Pia Petersen, Lost River	16-3 3/4
1992	Annika Jensfelt, Ore. Episcopal	17-1 1/4
1993	Jana Ongman, Lost River	16-4
1994	Jill Waldman, Catlin Gabel	17-0 1/4
1995	Cheri Rosenberg, Pilot Rock	17-6 1/4
1996	Jackie Lewis, Umatilla	16-11 1/2
1997	Amber Matchulat, Crow	17-0 1/4
1998	Maranda Brownson, Yoncalla	17-6 3/4
1999	Jhana Gilbert, Yoncalla	17-3 3/4

2000	Maranda Brownson, Yoncalla	17-10 1/2
2001	Maranda Brownson, Yoncalla	18-10 1/2
2002	Crystal Josephson, Cascade C.	16-10 1/2
2003	Ashley Parker, Regis	17-6w
2004	Kayla Johnson, Weston-McEwen	17-1 1/2
2005	Libby Morrison, Oregon Episcopal	17-0
2006	Jess McClune, Elgin	17-1
TRIPLE JUMP		
1990	Jennifer Harmon, Oakland	33-8 1/2
1991	Crystal Simon, La Pine	35-3
1992	Jody Graves, ale	35-3 1/2
1993	Roxie Eslick, Santiam	34-4 1/4
1994	Andrea Casteneda, Lost River	35-6 1/2
1995	Cheri Rosenberg, Pilot Rock	34-10 1/4
1996	Andrea Casteneda, Lost River	34-11
1997	Kelsey Baron, Neah-Kah-Nie	35-4 1/2
1998	Kelsey Baron, Neah-Kah-Nie	36-3 1/2
1999	Maranda Brownson, Yoncalla	38-0 3/4
2000	Katy Sharratt, Union	35-08 1/2
2001	Maranda Brownson, Yoncalla	37-11 3/4
2002	Leelyn Jobs, Pilot Rock	36-6
2003	Amy Jones, Grant Union	37-8w
2004	Whitney Kolb, Jefferson	35-9 1/2
2005	Megan Masterson, Lakeview	34-11
2006	Kelsey Walker, Pilot Rock	36-9 3/4
DISCUS		
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 Schiewe, Weston-McEwen	125-0
1986	Tanya Thompson, Culve	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 Talbott, 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	153-01
2006	Jaclyn Espinoza, Regis	158-01
JAVELIN		
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 Berni, 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	Charlotte Givens, Oakland	128-2
1984	Paula Berry, Dayville	140-5
1985	Paula Berry, Dayville	157-6
1986	Paula Berry, Dayville	143-4
1987	Paula Berry, Dayville	150-4
1988	Michelle Musia, Joseph	127-0
1989	Jessica Puckett, Mt. Hood Christ.	137-2
1990	Jessica Puckett, Mt. Hood Christ.	134-2
1991	Katie Pearmine, Gervais	132-0
1992	Cami Comstock, Salem Academy	132-1
1993	Katie Pearmine, Gervais	135-8
1994	Tiffany Lydick, Mapleton	136-2
1995	Tiffany Lydick, Mapleton	135-10
1996	Amber Weatherspoon, Weston-Mc.	123-9
1997	Monica Scott, Nestucca	134-3
1998	Heather Schumacher, Regis	132-3
1999	Lyrica Smith, Pine Eagle	131-1
2000	Jennifer Dionne, Central Linn	133-04
2001	Jennifer Dionne, Central Linn	147-0
(NOTE: change to 2002 Rule Javelin)		
2002	DeeDee Arnall, Warrenton	130-10
2003	Renee Evans, Knappa	134-7 1/2
2004	Kelsey Stolz, Bandon	139-2
2005	Chrissi Grizzel, Jefferson	145-11
2006	Chrissi Grizzel, Jefferson	132-6
SHOT PUT		
1971	Betty Rust, Glide	35-8

1972	Kathy Kesterson, Elkton	37-2 1/2
1973	Susan Taylor, Sacred Heart	36-10
1974	Margaret Bonn, Riddle	40-3
1975	Mary Flande, Scio	37-5 1/2
1976	Tami Wulf, Colton	40-8 3/4
1977	Bryn Seigner, Crane	41-8 1/4
1978	Bryn Seigner, Crane	41-6 1/2
1979	Bryn Seigner, Crane	41-2 1/2
1980	Andrea Heilman, Enterprise	38-3 3/4
1981	Lona Cook, Echo	38-0
1982	Dixie McCadden, Joseph	41-9
1983	Connie Shepherd, Warrenton	39-10 1/4
1984	Grace Golden, Bonanza	40-8
1985	Joi Tipton, Oakridge	39-4 1/4
1986	Laura McDaniel, Santiam	38-8 1/2
1987	Vicki Carroll, Waldport	38-3
1988	Jennifer DeForrest, La Pine	40-5 1/2
1989	Lois Osborne, Vernonia	37-7
1990	Jennifer McClure, Elgin	39-3
1991	Lisa Holbrook, Dayton	39-2 1/2
1992	Nicole Sturm, Union	40-5
1993	Nicole Sturm, Union	39-10 1/4
1994	Becky Stahl, Monroe	40-11 1/2
1995	Jessica Warden, Monroe	41-3
1996	Jessica Warden, Monroe	42-3
1997	Kelsey Baron, Neah-Kah-Nie	35-4 1/2
1998	Holly Conrad, Regis	40-9
1999	Krystal Schneider, Warrenton	39-9
2000	Tiana Andreeff, Gervais	37-3
2001	Audra Smalley, Weston-McEwen	37-8 1/2
2002	Tiana Andreeff, Gervais	38-1
2003	Tahari Brosi, Reedsport	40-5 1/2
2004	Jaclyn Espinoza, Regis	40-5
2005	Jaclyn Espinoza, Regis	41-1 3/4
2006	Jaclyn Espinoza, Reigs	43-0 1/2
POLE VAULT		
1995	Sara Woody, Imbler	9-2
1996	Anna Allen, Gilchrist	9-0
1997	Heather Hunt, Salem Academy	10-9 1/2
1998	Jenni Ashcroft, Sheridan	11-7
1999	Abrienne Wiles, Elgin	10-6
2000	Ashley Rysdam, Elgin	9-2
2001	Melissa Abbott, Gervais	10-0
2002	Ashley Rysdam, Elgin	10-10 1/2
2003	Christa vonBehren, Oregon Episcopal	10-0
2004	Erin Borland, East Linn Christian	9-3
2005	Terra Schumacher, Regis	10-0
2006	Terra Schumacher, Regis	10-6
EVENTS NO LONGER CONTESTED		
100-YARD DASH		
1971	Rose Gilbert, Canyonville Bible	11.6
1972	JoAnne Shipley, Sherman County	11.4
1973	Rosanna Cahill, Bonanza	11.4
1974	Vickie Emmons, Wallowa	11.7
1975	Rosanna Cahill, Bonanza	11.5
1976	Julie Nicholson, Chiloquin	11.6
1977	Rose Traeger, Kennedy	11.6
220-YARD DASH		
1971	Rose Gilbert, Canyonville Bible	26.3
1972	Rose Gilbert, Canyonville Bible	25.8
1973	Gail Wigle, Riddle	26.0
1974	Gail Wigle, Riddle	26.1
1975	Gail Wigle, Riddle	25.6
1976	Gail Wigle, Riddle	25.3
1977	Linda Baxter, Union	26.5
440-YARD DASH		
1971	Colleen Wigle, Riddle	1:01.9
1972	Kathy Carlson, Sacred Heart	1:01.8
1973	Ann Kuhl, Catlin Gabel	1:01.8
1974	Teresa Peck, Heppner	1:02.3
1975	Gail Wigle, Riddle	59.6
1976	Gail Wigle, Riddle	57.8
1977	Dianne Davis, Warrenton	59.1
880-YARD DASH		
1971	Robin Baxley, Canyonville Bible	2:33.6
1972	Rose Gilbert, Canyonville Bible	2:26.4
1973	Kit Sundling, Concordia Lutheran	2:24.2
1974	Kit Sundling, Concordia Lutheran	2:21.8
1975	Kit Sundling, Concordia Lutheran	2:27.0
1976	Fawn Durr, Pine Eagle	2:24.7
1977	Ronda Burnette, Long Creek	2:22.2
ONE-MILE RUN		
1971	Marina Dooge, Chiloquin	5:58.4
1972	Leslie Hilman, Catlin Gabel	5:42.1
1973	Sheri Kauffman, Western Menn.	5:40.5
1974	Lessa Smith, Crow	5:38.2
1975	Ronda Burnette, Long Creek	5:31.7
1976	Maxine Dumire, Siletz	5:15.3
1977	Ronda Burnette, Long Creek	5:20.1
TWO-MILE RUN		
1977	Tasha Wahl, Pacific	12:24.8
100-METER HURDLES		
1971	Sandy Doster, Mapleton	16.2
1972	Rosanna Cahill, Bonanza	15.9
1973	Lori Hildebrandt, Salem Academy	15.4
1974	Rosanna Cahill, Bonanza	15.6
1975	Rosanna Cahill, Bonanza	14.9
1976	Sue Lancaster, Canyonville Bible	15.2

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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)

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100-METER DASH

1992	Tracy McLean, Huntington.....	12.7
1993	Kelly Scrutton, 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	Lauretta 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 Scrutton, North Clackamas Christian.....	26.32
1994	Liz Ward, St. Paul.....	27.07
1995	Dawn Sherman, Canyonville Bible.....	26.91
1996	Coiya Baker, Dufur.....	28.58
1997	Christina Mitchell, Canyonville Bible.....	27.66
1998	Grace Hankins, Umpqua Valley Christian.....	27.40
1999	Lauretta 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 Beechey, Oregon School For The Deaf.....	1:03.02
1999	Lauretta 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, Elkton.....	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 Stefani, 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	Susann Bowdoin, New Hope.....	5:21.36
1998	Kacy Bendele, Elkton.....	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 Stefani, 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	Dalene Selby, Condon.....	11:14.09
1999	Garrity 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 Keppinger, 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	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	Madeline 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 (Scrutton, Nickerson, Vaughn, Miller).....	53.2
1993	NORTH CLACKAMAS CHRISTIAN (Nickerson, Miller, Vaughn, Scrutton).....	52.9
1994	CAYONVILLE BIBLE ACADEMY (Dunbar, Henderson, Weinstein, Sherman).....	52.80
1995	CAMAS VALLEY (Levandoski, Weaver, Estrada, Thrush).....	54.53
1996	NORTH CLACKAMAS CHRISTIAN (Salo, Miller, Sasaki, Cullison).....	53.57
1997	CRANE (Maaske, Arnold, Ross, Smit).....	54.32
1998	UMPUQA VALLEY CHRISTIAN (Durrick, M. Mitchell, C. Mitchell, Hankins).....	51.4
1999	ST. PAUL (Hopfer, Keeley, Polschneider, Wilson).....	53.45
2000	IONE (Peck, Thompson, Walters, McElligott).....	51.41
2001	IONE (Peck, Heagy, N. McElligott, D. McElligott).....	49.56
2002	IONE (Peck, Heagy, N. McElligott, D. McElligott).....	51.25
2003	SOUTHWEST CHRISTIAN (Richwine, Aylward, Stutzman, Watson).....	51.7h
2004	DAMASCUS CHRISTIAN (McCluskey, Tucker, Law, Holding).....	51.34
2005	ST. PAUL (Britnell, Krahmer, Murphy, Ernst).....	52.80
2006	CRANE (Steeves, Borelli, Neumann, Dellera).....	51.80

4x400-METER RELAY

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

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	Amanda Merovich, Perrydale.....	31-8 3/4
1993	Tara Clyne, Prairie City.....	31-9 1/2
1994	Melissa McElligott, Ione.....	34-10
1995	Melissa McElligott, Ione.....	35-11 1/4
1996	Melissa McElligott, Ione.....	36-9
1997	Camie Burright, Ione.....	33-8
1998	Camie Burright, Ione.....	34-11 1/2
1999	Jean Doherty, Spray.....	35-2 1/4
2000	Gail Keely, St. Paul.....	36-1
2001	Jean Doherty, Spray.....	36-1
2002	Natalie McElligott, Ione.....	35-1
2003	Lisa Scheele, Cove.....	36-3 1/2
2004	Vereena Grossjohann, Ukiah.....	36-4w
2005	Lindsay Maher, Lowell.....	33-8w
2006	Natalie Harbour, Mohawk.....	33-4

DISCUS

1992	Tera Pendergraft, Elkton.....	108-6
1993	Jamie Lovett, Ione.....	117-2
1994	Jamie Lovett, Ione.....	117-7
1995	Audry Carr, Griswold.....	110-5
1996	Stephanie Irvin, Adrian.....	114-5
1997	Marcie Kowalski, Powder Valley.....	117-10
1998	Joy Jordan, Alsea.....	106-11
1999	Candace Weaver, Camas Valley.....	115-2
2000	Candace Weaver, Camas Valley.....	119-8
2001	Lauren Wyllie, St. Paul.....	122-4
2002	Kelly Conroe, Jordan Valley.....	127-5
2003	Kelcie Robinson, Cove.....	124-9
2004	Jessica Zita, Echo.....	136-3
2005	Jamie Levellyn Crow.....	115-0 1/4
2006	Angela Larsen, Jordan Valley.....	119-2

JAVELIN

1992	Emily Pohlschneider, St. Paul.....	126-0
1993	Emily Pohlschneider, St. Paul.....	139-3
1994	Becky Brown, Days Creek.....	118-3
1995	Sally Weisenfluh, Long Creek.....	122-0
1996	Sally Weisenfluh, Long Creek.....	109-1
1997	Suzie Heideman, Ione.....	131-10
1998	Stephanie Shaffer, Condon.....	119-7
1999	Tara Stearns, North Clackamas Christian.....	124-4
2000	Bridget Buyserie, St. Paul.....	129-8
2001	Jessica Cherrington, Umpqua Valley Christian.....	127-11
<i>(NOTE: change to 2002 Rule Javelin)</i>		
2002	Nicole Jones, Life Christian.....	127-1
2003	Jessica Zita, Echo.....	121-3
2004	Trisha Hernandez, Adrian.....	124-11
2005	Mollie Lee, Jewell.....	121-11
2006	Mollie Lee, Jewell.....	127-9

SHOT PUT

1992	Tera Pendergraft, Elkton.....	38-4 1/2
1993	Chrystal Prince, Wallowa.....	34-8
1994	Ginny Udey, Wasco County.....	37-3
1995	Stephanie Ervin, Adrian.....	38-7 1/2
1996	Stephanie Irvin, Adrian.....	40-11
1997	Marcie Kowalski, Powder Valley.....	36-10
1998	Heather Ervin, Adrian.....	37-11
1999	Heather Ervin, Adrian.....	36-6 1/2
2000	Candace Weaver, Camas Valley.....	35-10
2001	Shana Smith, Condon.....	36-6
2002	Chelsey Hauser, South Wasco County.....	37-0
2003	Jessica Zita, Echo.....	38-1
2004	Jessica Zita, Echo.....	383-10
2005	SheilAnne Davis, Elkton.....	36-5 1/2
2006	Lauren Cuvelier, Jordan Valley.....	38-5

POLE VAULT

1995	Raelynn Carns, Prairie City.....	7-2
1996	Stephanie Lemieux, Ione.....	7-7
1997	Fiona Lee, Alsea.....	8-2
1998	Deveny West, Hosanna Christian.....	8-9
1999	Sarah Sasaki, North Clackamas Christian.....	12-5
2000	Sarah Sasaki, North Clackamas Christian.....	12-0
2001	Kathy Mann, Cove.....	8-8
2002	Kathy Mann, Cove.....	9-4
2003	Amanda Anderson, Crane.....	8-9
2004	Amanda Anderson, Crane.....	9-0
2005	Hailee Bingham, Powder Valley.....	8-9
2006	Heidi Morehouse, Hosanna Christian.....	9-6