

All-Time Top-Ten Outdoor 6A Girls Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

100m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Mia Brahe-Pedersen	11.00a	Lake Oswego	2023
2	Sophia Beckmon	11.32a	Oregon City	2023
3	Lily Jones	11.41a	Roosevelt	2022
4	Deshae Wise	11.79a	Grants Pass	2017
5	Colleen Uzoekwe	11.86a	Westview	2019
6	Kayla Smith	11.89a	Benson	2009
7	Mandy White	11.90a	Lakeridge	2007
8	Rachel Morris	11.91a	Beaverton	1997
9	Fechi Nmereole	11.92a	Gresham	2018
10	Elise Unruh-Thomas	11.93a	South Eugene	2018
<u>Wind-Aided</u>				
	Mia Brahe-Pedersen	11.01aw	Lake Oswego	2023
	Lily Jones	11.30aw	Roosevelt	2022
	Sophia Beckmon	11.30aw	Oregon City	2023
	Maya Hopwood	11.60aw	Bend	2019
	Kayla Smith	11.77aw	Benson	2009
	Lucy Jolivette	11.82aw	West Salem	2019
	Fechi Nmereole	11.89aw	Gresham	2016
	Sara Turner	11.90aw	Barlow	2016
	Peace Igbonagwan	11.91aw	Reynolds	2016

200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Mia Brahe-Pedersen	22.43a	Lake Oswego	2023
2	Sophia Beckmon	22.99a	Oregon City	2023
3	Lily Jones	23.75a	Roosevelt	2022
4	Kayla Smith	24.01a	Benson	2009
5	Mandy White	24.31a	Lakeridge	2007
6	Deborah Jones	24.34a	Benson	2003
7	Olivia Iverson	24.37a	West Linn	2021
8	Sasha Spencer	24.44c	North Salem	1997
9	Elise Unruh-Thomas	24.49a	South Eugene	2018
10	Dominique Keel	24.51a	Westview	2012
<u>Wind-Aided</u>				
	Maya Hopwood	24.50aw	Bend	2019
	Sophia Beckmon	23.61aw	Oregon City	2023
	Olivia Hicks	24.38aw	Mountainside	2023

RECORDS				
9th	Mia Prahe-Pedersen	23.39a	Lake Oswego	2021
10th	Mia Brahe-Pedersen	22.95a	Lake Oswego	2022
11th	Mia Brahe-Pedersen	22.43a	Lake Oswego	2023
12th	Sophia Beckmon	22.99a	Oregon City	2023

CLASS RECORDS

9th	Mia Brahe-Pedersen	11.57a	Lake Oswego	2021
10th	Mia Brahe-Pedersen	11.25a	Lake Oswego	2022
11th	Mia Brahe-Pedersen	11.00a	Lake Oswego	2023
12th	Sophia Beckmon	11.32a	Oregon City	2023

400m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Sasha Spencer	53.93a	North Salem	1997
2	Josie Donelson	53.94a	Lake Oswego	2023
3	Brandi Probasco-Canda	54.07a	Benson	2003
4	Deborah Jones	54.63a	Benson	2002
5	Sharon Otterstedt	54.71a	Wilson	1984
6	Carolyn Digby	54.94a	Centennial	1976
7	Bianca McNair	55.07a	Lincoln	2002
8	Sophia Castaneda	55.12a	Newberg	2023
9	Schaveyantay Hill	55.53a	Gresham	2007
10	Lauren Paven	55.66a	Tigard	2016

CLASS RECORDS

9th	Carolyn Digby	54.94a	Centennial	1976
10th	Brandi Probasco-Canda	55.08a	Benson	2001
11th	Josie Donelson	53.94a	Lake Oswego	2023
12th	Sasha Spencer	53.93a	North Salem	1997

800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Chloe Foerster	2:05.27a	Jesuit	2021
2	Teri Wierson	2:05.3h	Sunset	1978
3	Maggie Williams	2:08.03a	Summit	2021
4	Molly Grant	2:08.79a	Jesuit	2021
5	Piper Donaghu	2:09.12a	Grant	2014
6	Kelly Makin	2:09.07a	Sunset	2017
7	Bethany Lucas	2:09.14a	South Eugene	1994
8	Brooklyn James	2:09.63a	Clackamas	2018
9	Ella Donaghu	2:10.01a	Grant	2016
10	Tess Michaelson	2:10.11a	Lincoln	2013

CLASS RECORDS

9th	Chloe Foerster	2:09.52a	Jesuit	2019
10th	Molly Grant	2:09.73a	Jesuit	2019
11th	Chloe Foerster	2:05.27a	Jesuit	2021
12th	Teri Wierson	2:05.3h	Sunset	1978

All-Time Top-Ten Outdoor 6A Girls Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

1500m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Ella Donaghu	4:14.11a	Grant	2016
2	Kate Peters	4:17.80a	Lake Oswego	2022
3	Chloe Foerster	4:20.42a	Jesuit	2021
4	Kim Roth	4:24.0h	Sprague	1982
5	Kathy Hayes	4:24.54a	Newberg	1981
6	Claud. Groenendaal	4:24.56a	North Salem	1981
7	Eryn Forbes	4:24.7h	Sunset	1979
8	Kaiya Robertson	4:24.87a	Franklin	2022
9	Paige Rice	4:25.28a	St.Marys Academy	2012
10	Colleen Quam	4:25.4h	South Eugene	1985

3000m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Kate Peters	9:15.14a*	Lake Oswego	2022
2	Ella Donaghu	9:24.86a	Grant	2014
3	Kaiya Robertson	9:28.72	Franklin	2022
4	Charlotte Richman	9:31.43a	Ida B Wells	2022
5	Erin Clark	9:32.08a	South Eugene	2013
6	Kim Roth	9:39.0	Sprague	1982
7	Eryn Forbes	9:40.2	Sunset	1977
8	Jeannie Heltzel	9:42.5	South Salem	1988
9	Makenna Schumacher	9:42.56a	Jesuit	2017
10	Olivia Johnson	9:42.58a	Barlow	2017

CLASS RECORDS

9th	Emma Bennett	4:27.09a	Jesuit	2022
10th	Ella Donaghu	4:21.35a	Grant	2014
11th	Kate Peters	4:17.80a	Lake Oswego	2022
12th	Ella Donaghu	4:14.11a	Grant	2016

CLASS RECORDS

9th	Ella Donaghu	9:37.22a	Grant	2013
10th	Ella Donaghu	9:24.86a	Grant	2014
11th	Kate Peters	9:15.14a*	Lake Oswego	2022
12th	Ella Donaghu	9:27.13a	Grant	2016

* - time run en route to a longer distance

100m High Hurdles (33")

ALL-TIME TOP-10 PERFORMANCES				
1	Bianca Mathabane	13.57a	Lincoln	2006
2	Harley Daniel	13.95a	Oregon City	2022
3	Skyler Blair	14.17a	Southridge	2018
4	Anna Dean	14.18a	Hillsboro	2014
5	Garmai Gorlorwulu	14.22a	Jesuit	2011
6	Deshae Wise	14.30a	Grants Pass	2017
7	Deni Ledham	14.34c	Sheldon	1985
	Teri Wierson	14.34c	Sunset	1978
9	Mackenzie Mathews	14.37a	Jesuit	2012
10	Madison McHone	14.44a	Centennial	2019
	Dana Collins	14.44c	South Salem	1976
<u>Wind-Aided</u>				
	Deshae Wise	13.96aw	Grants Pass	2017
	Renick Meyer	14.42aw	Barlow	2017

CLASS RECORDS

9th	Ella Thomas	14.76a	Sheldon	2018
10th	Bianca Mathabane	14.58a	Lincoln	2005
11th	Bianca Mathabane	13.57a	Lincoln	2006
12th	Harley Daniel	13.95a	Oregon City	2022

300m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES				
1	Harley Daniel	42.23a	Oregon City	2022
2	Janelle Joy	42.58a	Milwaukie	2001
3	Josie Donelson	42.60a	Lake Oswego	2023
4	Deshae Wise	42.86a	Grants Pass	2017
5	Skyler Blair	42.91a	Southridge	2018
6	Tiarra Pittman	43.51a	Lincoln	2008
7	Chris Klausman	43.54c	Franklin	1981
8	Olivia Allen	43.57a	South Eugene	2022
9	Jazmin Ratcliff	43.58a	Benson	2010
10	Riley Knebes	43.68a	North Salem	2014

RECORDS

9th	Teri Wierson	44.04c	Sunset	1975
10th	Halley Folsom	44.24a	North Medford	2013
11th	Josie Donelson	42.60a	Lake Oswego	2023
12th	Harley Daniel	42.23a	Oregon City	2022

All-Time Top-Ten Outdoor 6A Girls Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

400m (4x100m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	Benson	46.53a	Ashley Taylor, Brandi Probasco-Canda, Sara Callier, Deborah Jones
2	Lake Oswego	46.58a	Quinn Greene, Josie Donelson, Mia Brahe-Pedersen, Dakota Webb-Hawkins
3	Barlow	46.72a	Macie Allen, Renick Meyer, Sara Turner, Danelle Woodcock
4	Lake Oswego	46.90a	Riley Ha, Mia Brahe-Pedersen, Josie Donelson, Marina Turpen
5	Tualatin	47.26a	Ina Winterburn, Maya Loudd, Elizabeth Graham, Isabella Kneeshaw
6	Barlow	47.33a	Macie Allen, Madison Serafini, Sara Turner, Renick Meyer
7	Lake Oswego	47.35a	Chloe Collier, Josie Donelson, Lauren DeGroot, Mia Brahe-Pedersen
8	Bend	47.39a	Charli Stewart, Ruby Bishop, Katelyn Jolley, Maya Hopwood
9	Central Catholic	47.53a	Perri White, Riley Ford, Malika Washington, Olivia Gabriel
10	Barlow	47.61a	Macie Allen, Danelle Woodcock, Meera Niles-Paul, Margaret Paul

1600m (4x400m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	Lake Oswego	3:48.49a	Riley Ha, Marina Trupin, Mai Brahe-Pederson, Josie Donelson
2	Benson	3:49.97a	Alex Jones, Sara Callier, Deborah Jones, Brandi Probasco-Canda
3	Jesuit	3:50.13a	Molly Grant, Ella Nelson, Greta Anderson, Chloe Foerster
4	Lake Oswego	3:50.64a	Quinn Green, Riley Ha, Mia Brahe-Pedersen, Josie Donelson
5	St Mary's Academy	3:51.59a	Chiara Chandlee, Paige Rice, Julia Read, Carly Januzzi
6	Lincoln	3:52.47a	Samara Michaelson, Em.Lambert, Reb.Pearson, Tess Michaelson
7	Grant	3:52.55a	Libby Kokes, Parkes Kendrick, Ella Donaghu, Piper Donaghu
8	Southridge	3:52.56a	Falissa Smith, Alyssa Rife, Chloe Steinbeck, Arianna Edwards
9	Central Catholic	3:52.62a	Deniesha Washington, Maheylya Molinari, Riley Ford, Olivia Gabriel
10	Central Catholic	3:52.67a	Cassidy Coto, Riley Ford, Malika Washington, Olivia Gabriel

Shot Put (4kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Stephanie Horton	52-07	Tigard 2005
2	Alyssa Hasslen	49-04	McMinnville 2009
3	Maddie Rabing	49-00.5	Lakeridge 2016
4	Jaida Ross	48-05	North Medford 2019
5	Emily Strot	48-04.5	Gresham 2004
6	Sydney Brewster	47-01	Sandy 2023
7	Shelby Moran	46-09.75	Sherwood 2018
8	Katie Tuttle	46-06.5	Putnam 1999
9	Kiza Brunner	46-00	Sheldon 1980
10	Haley Crouser	45-11	Gresham 2012

Discus (1kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Shelby Moran	179-07	Sherwood 2018
2	Kyeese Hollands	161-10	Central Catholic 2023
3	Emilee Strot	158-09	Gresham 2004
4	Alyssa Hasslen	158-07	McMinnville 2009
5	Jayda Lee	156-06	Glencoe 2021
6	Ariel Oliver	154-05	McMinnville 2012
7	Karen Hancock	153-10	Tigard 1985
8	Ava David	151-06	Lake Oswego 2019
9	Katie Tuttle	150-11	Putnam 1999
10	Staphenie Horton	150-04	Tigard 2005

CLASS RECORDS

9th	Alyssa Hasslen	44-08	McMinnville 2006
10th	Alyssa Hasslen	45-11	McMinnville 2007
11th	Jaida Ross	48-05	North Medford 2019
12th	Stephanie Horton	52-07	Tigard 2005

CLASS RECORDS

9th	Makayla Long	144-03	West Linn 2018
10th	Shelby Moran	156-02	Sherwood 2016
11th	Shelby Moran	170-06	Sherwood 2017
12th	Shelby Moran	179-07	Sherwood 2018

All-Time Top-Ten Outdoor 6A Girls Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Javelin (600g, IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Haley Crouser	181-02	Gresham	2012
2	Rachel Yurkovich	176-05	Newberg	2005
3	Katy Polansky	174-02	South Eugene	2000
4	Kohana Nakato	169-01	Summit	2021
5	Gabrielle Kearney	167-06	Roseburg	2015
6	Sarah Malone	164-07	Newberg	2000
7	Kyeese Hollands	164-05	Central Catholic	2023
8	Brianna Bain	164-01	Aloha	2011
9	Payge Cuthbertson	159-11	Sherwood	2016
10	Justine Rennekamp	159-08	Beaverton	2011

CLASS RECORDS				
9th	Haley Crouser	161-06	Gresham	2010
10th	Haley Crouser	173-00	Gresham	2011
11th	Haley Crouser	181-02	Gresham	2012
12th	Rachel Yurkovich	176-05	Newberg	2005

High Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Laurel Roberts	5-11	Oregon City	1988
2	DeShanae Norman	5-10.25	Clackamas	2022
3	Christine Standley	5-09	McNary	1987
	Dana Collins	5-09	South Salem	1975
5	Lisa Jacobs	5-08.5	Barlow	82/84
	Kyra Bakke	5-08.5	Tualatin	2023
7	Nancy Rissmiller	5-08.25	Tigard	1994
	Victoria Waite	5-08.25	Lincoln	1988
	Colleen Uzoekwe	5-08.25	Westview	2019
10	Shelby Peterson	5-08	Century	2012
	Dyann Stanley	5-08	Tigard	1987
	Brenda Alcorn	5-08	Oregon City	1986
	Wendy Hammer	5-08	Roseburg	1983
	Jenni Bridges	5-08	Forest Grove	1980
	Abby Lions	5-08	Clackamas	75/76

CLASS RECORDS				
9th	Catherine Phillips	5-07	Mountainside	2022
9th	DeShanae Norman	5-07	Benson	2019
9th	Kim Carlisle	5-07	South Eugene	1985
10th	Laurel Roberts	5-09	Oregon City	1986
11th	Laurel Roberts	5-10	Oregon City	1987
12th	Laurel Roberts	5-11	Oregon City	1988

Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Sydney McCann	12-08	St.Marys Academy	2021
	Laura Taylor	12-08	Tualatin	2014
3	Nicole Prall	13-03.5	Lincoln	2023
4	Alexa Anderson	12-09.25	Tigard	2023
5	Rosalie Folger-Vent	12-07	Madison	2019
	Lindsay Beard	12-07	South Eugene	2008
7	Ashley Salvino	12-06.5	St.Marys Academy	2003
8	Corrie Drakulich	12-06.25	Clackamas	2000
9	Lydia Stuart	12-06	South Salem	2022
	Dale Thompson	12-06	Sunset	2021
	Liz Prouty	12-06	Tigard	2015

CLASS RECORDS				
9th	Nicole Prall	11-07.75	Lincoln	2020
10th	Alexa Anderson	12-09.25	Tigard	2023
11th	Nicole Prall	12-06.75	Lincoln	2022
12th	Nicole Prall	13-03.5	Lincoln	2023

Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Sophia Beckmon	22-04	Oregon City	2023
2	Karen Alcorn	19-08.5	Oregon City	1988
3	Carolyn Digby	19-06	Centennial	1978
4	Dana Collins	19-05.5	South Salem	1976
5	Michelle Reynolds	19-04.5	Oregon City	1989
6	Judith Baxter Game	19-01	Grant	2018
	Rebecca Rhodes	19-01	South Salem	2006
	Sandy Thomas	19-01	Medford	1979
9	Danielle Woodcock	19-00.75	Barlow	2013
10	Robin Marks	19-00	Lincoln	1980
	Nicole Barber	19-00	Clackamas	2000
<u>Wind-Aided</u>				
	Patty Baker	20-00w	Gresham	1982
	Karen Alcorn	20-00w	Oregon City	1986
	Kayla Smith	19-00.5w	Benson	2009

CLASS RECORDS				
9th	Amanda Brown	18-07.75	Sheldon	1996
10th	Sophia Beckmon	19-10.25	Oregon City	2021
11th	Sophia Beckmon	20-08	Oregon City	2022
12th	Sophia Beckmon	22-04	Oregon City	2023

All-Time Top-Ten Outdoor 6A Girls Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Triple Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Sara Callier	40-07.25	Benson	2005
2	Keoma Wardford	40-06.75	Sunset	1992
3	Maleigha Canaday-Elliott	40-06.5	McDaniel	2023
4	Anika Sukumar	40-04.25	West Linn	2023
5	Taisha Moore	40-00.25	Aloha	2009
6	Judith Baxter Game	39-07.75	Grant	2018
7	Elizabeth Graham	39-04.5	Tualatin	2023
8	Courtney Vacek	39-04	Glencoe	2015
9	Tyler LyDay	39-00	Benson	2019
10	Ito Elijah	38-10	Benson	1997
<u>Wind-Aided</u>				
	Anika Sukumar	40-0w	West Linn	2022
	Wendy Pastor	39-00w	Sunset	1991

CLASS RECORDS				
9th	Taylor McCarrell	38-00.5	West Salem	2015
10th	Taisha Moore	40-00.25	Aloha	2009
11th	Keoma Wardford	40-06.75	Sunset	1992
12th	Sara Callier	40-07.25	Benson	2005

Top-Ten Outdoor Girls 6A Rankings Rarely Contested or Speciality Events

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Heptathlon (hs impliments)

ALL-TIME TOP-10 PERFORMANCES			
1	Vicki Anderson	4837	Tigard 1982
2	Dani Maier	4834	Sunset 2001
3	Alyssa Rife	4588	Southridge 2007
4	Taylor Chocek	4530	South Eugene 2019
5	Amy Wiley	4338	Lakeridge 2010
6	DeShanae Norman	4333	Benson 2019
7	Keira McCarrell	4289	West Salem 2016
8	Arzetta Johnson	4078	Milwaukie 1993
9	Marci Warneke	4019	Putnam 1984
10	Kohana Nakato	3968	Summit 2021

Hammer (4kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Shelby Moran	202-00.5	Sherwood 2018
2	Maddie Rabing	182-02	Lakeridge 2016
3	Ava David	180-2	Lake Oswego 2019
4	Keeley Rasmussen	165-05.5	Sandy 2019
5	Marisa Johnson	157-02	Tigard 2023
6	Madison Speer	148-10.5	Tualatin 2022
7	Jamie Jacobs	148-00	Tualatin 2022
8	Lala Frketich	144-5.5	Newberg 2019
9	Madison Randels	141-08	Tualatin 2022
10	Kiyah Williams	141-05	Sandy 2007

3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Lincoln	9:05.49a	2023
2	Lincoln	9:09.79a	2022
3	Summit	9:12.13a	2019
4	Jesuit	9:13.78a	2018
5	Lincoln	9:18.83a	2012
6	Jesuit	9:19.85a	2019
7	Sprague	9:23.3h	1981
8	Jesuit	9:26.35a	2016
9	Summit	9:26.68a	2022
10	Jesuit	9:28.66a	2017

Distance Medley Relay (1200m-400m-800m-1600m)

ALL-TIME TOP-10 PERFORMANCES			
1	Grant	11:54.74a	2014
2	Summit	11:55.28a	2022
3	Lincoln	11:56.54a	2022
4	Jesuit	11:56.74a	2023
5	Jesuit	11:57.81a	2021
6	Grant	12:00.40a	2016
7	Sunset	12:01.00a	2018
8	Sprague	12:03.2h	1981
9	Grant	12:03.75a	2013
10	South Eugene	12:03.79a	2012

Marathon (26.2 miles)

ALL-TIME TOP-5 PERFORMANCES			
1	Carolyn Walker	3:02:53.0	Grant 1970
2	Mary Hanlon	3:14:02.0	Lincoln 1977
3	Linda Becker	3:17:56.0	Cleveland 1977
4	Lorrie Greve	3:44:29.0	Lincoln 1977
5	Cheryl Glassen	3:50:00.0	North Douglas 1977

Half Marathon (13.1 miles)

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
4			
5			

Other Top Records

Sprint Medley Relay (600m-200m-200m-400m)	Oregon City	5:59.32a	2017
Mile Relay	Sunset	3:53.8	1978

All-Time Top-Ten 6A Girls Rankings Rarely Contested or Speciality Events

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Shuttle Hurdle Relay (3x100m hurdles, 33")

ALL-TIME TOP-5 PERFORMANCES				
1	Benson	50.6h		1997
2	West Linn	50.6h		1996
3	Grants Pass	51.00a		2017
4	Grants Pass	51.36a		2012
5	Grants Pass	52.50a		2022

6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES				
1	Bend	24:07.7h		2002
2	Lincoln	24:51.0h		2006
3	Lincoln	24:51.2h		2006
4	Bend	24:59.4h		2001
5	Centennial	25:08.15a		2006

2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Erin Clark	6:44.70a	South Eugene	2013
2	Paige Kouba	6:57.89a	South Eugene	2012
3	Cameron Gupta	7:14.87a	South Eugene	2023
4	Phacelia Cramer	7:16.47a	South Eugene	2014
5	Kate Bouse	7:18.99a	South Eugene	2021

3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Lauren Morgan	11:41.6h	South Medford	2012
2	Paige Kouba	11:58.78a	South Eugene	2012
3	Maddie Rollins	12:01.56a	McMinnville	2017
4	Emmalyn Lindsey	12:51.63a	South Eugene	2016
5				

400m Low Hurdles (30")

ALL-TIME TOP-5 PERFORMANCES				
1	Teri Wierson	1:00.2h	Sunset	1978
2	Josie Donelson	1:01.25a	Lake Oswego	2023
3	Olviia Allen	1:01.81a	South Eugene	2022
4	Harley Daniel	1:01.87a	Oregon City	2022
5	Patrice Woods	1:03.30a	Benson	1992

800m Sprint Medley (4x200m)

ALL-TIME TOP-5 PERFORMANCES				
1	Oregon City	1:35.77a		2023
2	Lake Oswego	1:39.86a		2023
3	Adrienne Nelson	1:41.00a		2023
4	Benson	1:40.5h		2003
5	West Salem	1:42.70a		2019
	<u>Reported to WW but needs verification</u>			
	Jefferson (Portland)	1:36.2h		2004

Sprint Medley Relay (100m-100m-200m-400m)

ALL-TIME TOP-5 PERFORMANCES				
1	Tualatin	1:48.83a		2023
2	Oregon City	1:49.5h		1990
3	Roosevelt	1:50.03a		2022
4	Clackamas	1:50.60a		2018
5	Tigard	1:50.73a		2010

Sprint Medley Relay (200m-200m-400m-800m)

ALL-TIME TOP-5 PERFORMANCES				
1	South Eugene	4:08.76a		2018
2	Tiagrd	4:10.20a		2022
3	South Eugene	4:11.17a		2013
4	South Eugene	4:11.72a		2010
5	Southridge	4:11.81a		2016

Top-Ten Outdoor Girls 6A Rankings Rarely Contested or Speciality Events

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

5000m (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1	Erin Clark	16:41.36a	South Eugene	2013
2	Charlotte Richman	16:46.45a	Ida B Wells	2022
3	Erin Forbes	16:53.90h	Sunset	1979
4	Peggy Murri	17:31.90h	South Salem	1982
5	Claire Krill	17:34.20h	Lake Oswego	1982
6	Karen Voss	17:47.20h	Wilson	1982
7	Mary Hughes	17:49.30h	Medford	1982
8	Annie Richards	17:51.50h	South Eugene	2016
9	Kathy Nichols	17:56.60h	West Linn	1982
10	Kendall York	17:59.26a	Lincoln	2022

All-Time Top-Ten Outdoor 6A Boys Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

100m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Micah Williams	10.21a	Benson	2019
2	Thomas Tyner	10.35a	Aloha	2011
3	Ryan Bailey	10.48a	McKay	2007
4	Anthony Gould	10.49a	West Salem	2018
5	Gus Envela	10.49a	McKay	1985
6	Stanley Green	10.54a	West Salem	2018
7	Anthony Albright	10.54a	Beaverton	2017
8	Tyren Wolfe	10.55a	North Medford	2016
9	Kwabena Lynn	10.56a	Tualatin	2019
10	Eli Markstrom	10.57a	South Eugene	2002
<u>Wind-Aided</u>				
	Gus Envela	10.47aw	McKay	1986
	Mihaly Akpamgbo	10.57aw	West Salem	2023
	Arthur Delaney	10.42aw	Barlow	2010
	Ryan Bailey	10.45aw	McKay	2007

CLASS RECORDS				
9th	Thomas Tyner	10.62a	Aloha	2010
10th	Thomas Tyner	10.35a	Aloha	2011
11th	Micah Williams	10.21a	Benson	2019
12th	Ryan Bailey	10.48a	McKay	2007

200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Micah Williams	21.03a	Benson	2019
2	Ryan Bailey	21.13a	McKay	2007
3	Jack Galpin	21.20a	Crater	2011
4	Andrew Walker	21.27a	South Medford	2022
5	Arthur Delaney	21.28a	Barlow	2010
6	Gus Envela	21.33a	Mckay	1985
7	Tyren Wolfe	21.36a	North Medford	2016
8	Korbin Williams	21.41a	Central Catholic	2018
9	Thomas Tyner	21.41a	Aloha	2011
10	Chris Wright	21.44c	South Eugene	1981
<u>Wind-Aided</u>				
	Ryan Bailey	21.11aw	McKay	2007

CLASS RECORDS				
9th	Thomas Tyner	21.63a	Aloha	2010
10th	Micah Williams	21.19a	Benson	2018
11th	Micah Williams	21.03a	Benson	2019
12th	Ryan Bailey	21.13a	McKay	2007

400m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Nate Anderson	46.47a	Benson	2005
2	Gus Envela	46.78a	Mckay	1986
3	Chris Wright	47.38a	South Eugene	1981
4	LeVon Pierce	47.44c	Benson	1990
5	Jacob Miller	47.45a	West Salem	2018
6	Faud Omer	47.46a	Westview	2023
7	Braden Lenzy	47.52a	Tigard	2018
8	Alexander Rhodes	47.65a	Lincoln	2023
9	Arthur Delaney	47.74a	Barlow	2011
10	Jack Galpin	47.75a	Crater	2011

CLASS RECORDS				
9th	Gus Envela	48.74c	Mckay	1983
10th	Gus Envela	47.73a	Mckay	1984
11th	Nate Anderson	46.47a	Benson	2005
12th	Gus Envela	46.78a	Mckay	1986

800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Elijah Greer	1:47.68a	Lake Oswego	2008
2	Mike McGrath	1:48.56a	Lincoln	2003
3	William Heslam	1:49.79a	Roosevelt	2023
4	Seth Wetzel	1:49.94a	Jesuit	1992
5	Alan Foster	1:50.29a	Aloha	1988
6	Wesley Shipley	1:50.40a	Central Catholic	2023
7	Alec Smith	1:50.43a	Westview	2013
8	Joaquin Chapa	1:50.47a	Grant	2003
9	Vincent Mestler	1:50.61a	Sheldon	2021
10	Mike Miller	1:50.73a	Tigard	1979

CLASS RECORDS				
9th	Alan Foster	1:54.76a	Aloha	1988
10th	Elijah Greer	1:51.49a	Lake Oswego	2007
11th	Elijah Greer	1:47.68a	Lake Oswego	2008
12th	Mike McGrath	1:48.56a	Lincoln	2003

All-Time Top-Ten Outdoor 6A Boys Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

1500m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Galen Rupp	3:45.3	Central Catholic	2004
2	Alan Foster	3:47.06a	Aloha	1988
3	Mateo Althouse	3:47.3h	Lincoln	2021
4	Caleb Lakeman	3:47.67a	Tualatin	2022
5	Jeff Hess	3:47.8	South Eugene	1979
6	Charlie North	3:49.25a	Franklin	2022
7	William Heslam	3:49.36	Roosevelt	2023
8	Wesley Shipsey	3:49.47a	Central Catholic	2022
9	Vincent Mestler	3:49.49a	Sheldon	2021
10	Charlie Robertson	3:49.68a	Franklin	2021

3000m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Galen Rupp	8:03.67a	Central Catholic	2004
2	Eric Logsdon	8:10.66a	Canby	2000
3	Caleb Lakeman	8:10.91a	Tualatin	2022
4	James Crabtree	8:11.83a	Sherwood	2022
5	Michael Maiorano	8:13.58a	South Medford	2022
6	Charlie North	8:14.24a	Franklin	2022
7	Aiden Smith	8:14.56a	Lincoln	2022
8	Charlie Robertson	8:14.71a	Franklin	2021
9	Wesley Shipsey	8:15.72a	Central Catholic	2022
10	Jacob Nenow	8:16.45a	Jesuit	2022

CLASS RECORDS

9th	Eugene Roberts	3:59.7	Beaverton	1997
10th	Wes Shipsey	3:51.07a	Central Catholic	2021
11th	Wesley Shipsey	3:49.47a	Central Catholic	2022
12th	Galen Rupp	3:45.3	Central Catholic	2004

CLASS RECORDS

9th	Quincy Norman	8:34.72a	Forest Grove	2017
10th	Joshua Schumacher	8:22.21a	Jesuit	2016
11th	Galen Rupp	8:10.42a	Central Catholic	2003
12th	Galen Rupp	8:03.67a	Central Catholic	2004

110m High Hurdles (39")

ALL-TIME TOP-10 PERFORMANCES				
1	Bob Gray	13.73a	David Douglas	1988
2	Micah Perry	13.95a	Barlow	2023
3	Mark Herbert	14.04c	Sheldon	1983
4	Rourke Lowe	14.04c	Aloha	1978
5	Julian Body	14.10a	Jesuit	2016
6	Eric Capelle	14.13a	Barlow	2008
7	J.J.Birden	14.14c	Lakeridge	1983
8	Carter Brachen	14.23a	Lake Oswego	2017
9	Brennan Garrelts	14.23a	Roseburg	2002
10	Simon Thompson	14.27a	West Salem	2018
10	Connon McLean	14.27a	Clackamas	2014

300m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES				
1	Ken Scott	36.10a	Aloha	1979
2	Julian Body	36.68a	Jesuit	2016
3	Bob Gray	36.84c	David Douglas	1988
4	Jerry Abdie	37.14c	Sunset	1981
5	Max Dordevic	37.15a	Jesuit	2013
6	Nolan Malcomson	37.48a	Ida B Wells	2022
7	Jaylen Russell	37.61a	Benson	2019
8	Antonio Angel	37.68a	Tigard	2018
9	Eric Zechenelly	37.68a	Sunset	2013
10	Seth Monson	37.72a	Westview	2010

CLASS RECORDS

9th	Chance Sparks	15.15a	Century	2017
10th	Julian Body	14.52a	Jesuit	2014
11th	Micah Perry	14.08a	Barlow	2022
12th	Bob Gray	13.73a	David Douglas	1988

CLASS RECORDS

9th	Keyvaun Eady	39.80a	Southridge	2016
10th	Hunter Gilbert	38.16a	Tigard	2018
11th	Max Dordevic	37.15a	Jesuit	2013
12th	Ken Scott	36.10a	Aloha	1979

All-Time Top-Ten Outdoor 6A Boys Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

400m (4x100m) Relay

ALL-TIME TOP-10 PERFORMANCES				
1	Sheldon	41.19a	Adam Starnes, Nathan Starnes, Tyus Kuykendall, Mitch Horning	2014
2	Aloha	41.45a	Christian Wood, Sheldon Prince, Ryan Russo, Thomas Tyner	2011
3	McKay	41.51a	Reese Smith, Ryan Bailey, Deeric Crockett, Tony Gonzalez	2007
4	Grant	41.56a	Terrell Brandon, Michael Hall, Marcel Brame, Bill Shephard	1988
5	Sheldon	41.58a	Adam Starnes, Nathan Starnes, Tyus Kuykendall, Mitch Horning	2013
6	Aloha	41.64a	Zach Gilbertson, Sheldon Prince, Isareal Inge, Christian Wood	2012
7	Westview	41.67a	Evan Brehm, Richwill Duru, Dante Smith, Samori Toure'	2016
8	Tigard	41.68a	Josh Burns, Antonio Angel, Skylar Holloway, Braden Lenzy	2018
9	Canby	41.71a	Devon Fortier, Timothy Johnson, Dominic Shorter, Noah Walker	2014
10	South Eugene	41.74c	Kevin Vixie, Curtis Cole, J.P. Holland, Chris Wright	1981

1600m (4x400m) Relay

ALL-TIME TOP-10 PERFORMANCES				
1	Benson	3:16.82a	Vince Watson, Andre Jamison, Jay Miles, Lavon Pierce	1990
2	Wilson	3:17.10a	Sol Sallos, Mike Boyd, Adam King, Damien Smith	1990
3	Benson	3:17.62a	Shepan Dillion, Derek Baldwin, Jay Miles, Lavon Pierce	1989
4	Central Catholic	3:17.87a	Austin Hill, Eric Brecht, Korbin Williams, William Mundy	2018
5	Jesuit	3:18.04a	Jonathan Ulrich, Jack Kelley, Michael Brittingham, Sam Baricevic	2019
6	Tigard	3:18.11a	Skylar Holloway, Hunter Gilbert, Antonio Angel, Braden Lenzy	2018
7	Benson	3:18.34a	Jesse Brown, Curran Williams, Nate Anderson, Thomas Tillery	2004
8	Grant	3:18.35a	Karl Acker, Kenneth Acker, Paul McCoy, Branden Shimada	2008
9	Benson	3:18.39a	Mark Duplessi, Walter Bailey, Derek Baldwin, Jay Miles	1988
10	Beaverton	3:18.67a	Butch Jones, Chris Cota, Jason Baseden, Brent White	1988

Shot Put (12lbs)

ALL-TIME TOP-10 PERFORMANCES				
1	Ryan Crouser	73-05	Barlow	2011
2	Chris Sprague	67-11	South Eugene	1998
3	Rian Ingram	66-00	Lakeridge	1997
4	Sam Crouser	64-05.5	Gresham	2010
5	Edgar Mitchell	63-02	Central Catholic	1982
6	Scott Meyers	62-11	North Medford	2001
7	Heath Howington	62-11	Roseburg	1990
8	Noah Culbertson	62-05	Sherwood	2021
9	Matt Mitchell	62-00	Central Catholic	1986
10	Eric Bergreen	61-08.25	South Eugene	1986

Discus (1.6kg)

ALL-TIME TOP-10 PERFORMANCES				
1	Ryan Crouser	237-06	Barlow	2011
2	Sam Crouser	205-10	Gresham	2010
3	Brent Patera	197-11	Sprague	1985
4	Jim Miller	193-10	Reynolds	1972
5	Joe Newton	193-08	Roseburg	2002
6	Derek Andriesian	193-02	Sandy	2003
6	Elijah Jackman	193-02	Tigard	2022
8	Bryant Strot	191-05	Gresham	1999
8	Chris Sprague	191-05	South Eugene	1997
10	Steve Bates	188-02	South Eugene	1981

CLASS RECORDS

9th	Ryan Crouser	60-02	Barlow	2008
10th	Ryan Crouser	67-07	Barlow	2009
11th	Ryan Crouser	69-08.75	Barlow	2010
12th	Ryan Crouser	73-05	Barlow	2011

CLASS RECORDS

9th	Ryan Crouser	180-03	Barlow	2008
10th	Ryan Crouser	202-06	Barlow	2009
11th	Ryan Crouser	201-06	Barlow	2010
12th	Ryan Crouser	237-06	Barlow	2011

All-Time Top-Ten Outdoor 6A Boys Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Javelin (800g,IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Sam Crouser	255-04	Gresham	2010
2	Art Skipper	227-07	Sandy	1988
3	John Nizich	222-09	Central Catholic	2014
4	Austin Milton	219-00	Sherwood	2023
5	Casey Kaufmann	218-05	West Linn	2001
6	Joseph Nizich	215-07	Central Catholic	2020
7	Alex Wolff	213-05	Newberg	2005
8	Mike Simmons	213-00	Clackamas	2005
9	Jordan Senn	212-10	Beaverton	2003
10	Mike Hieb	211-02	Oregon City	1988

CLASS RECORDS				
9th	Ryan Crouser	185-08	Barlow	2008
10th	Casey Kaufmann	218-05	West Linn	2001
11th	Sam Crouser	239-00	Gresham	2009
12th	Sam Crouser	255-04	Gresham	2010

High Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Ben Milligan	7-01.5	Sherwood	2015
2	Tim Hagen	7-00	Newberg	1986
3	Tom Yaeger	6-11	Barlow	1984
4	Steve Bates	6-11	South Eugene	1981
5	Mike Ehlers	6-11	West Linn	1981
6	Eric King	6-11	South Eugene	1980
7	David Schiffer	6-10.75	Forest Grove	1988
8	Matt Brown	6-10.5	Roseburg	1998
9	Todd Towers	6-10.5	Sprague	1986
10	Jordan Bishop	6-10.25	West Salem	2007
	Andy Young	6-10.25	Sheldon	1984
	Jody King	6-10.25	Grants Pass	1980

CLASS RECORDS				
9th	Greg Ferguson	6-06.5	Gresham	1995
10th	Tom Yaeger	6-11	Barlow	1984
11th	Jordan Bishop	6-10.5	West Salem	2007
12th	Ben Milligan	7-01.5	Sherwood	2015

Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Tom Skipper	18-03	Sandy	2003
2	Jay Davis	17-04.5	South Eugene	1985
3	J.J. Juilfs	17-02.75	Sheldon	2011
4	Simon Seung Park	17-00	South Eugene	2018
5	Jared Hippler	16-06	Oregon City	2009
6	Charlie Beard	16-05	South Eugene	2009
7	Kevin Swindler	16-04.75	Tigard	2023
8	Brandon Hooper	16-04	South Medford	2011
9	Craig Brigham	16-04	South Eugene	1972
10	Ray Livingston	16-02	Barlow	1992

CLASS RECORDS				
9th	Tom Skipper	16-00	Sandy	2000
10th	Tom Skipper	16-10	Sandy	2001
11th	Tom Skipper	17-07.5	Sandy	2002
12th	Tom Skipper	18-03	Sandy	2003

Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Harrison Schrage	25-03.25	Grant	2016
2	Ryan Brown	24-09	Tigard	2000
3	Scott Stauch	24-04.5	Grants Pass	1977
4	Kanon Vanderhoff	24-04.25	South Eugene	1990
5	Wiley King	24-04	Benson	2001
6	Latin Berry	24-02.75	Milwaukie	1985
#7	J.J. Birden	24-02.5	Lakeridge	1983
#8	Mel Renfro Jr	24-01.5	Reynolds	1982
9	Dean Jolley	24-01	Benson	1990
10	Chris Bolden	24-00	South Eugene	1983

Wind-Aided				
	Chris Bolden	24-10.5w	South Eugene	1983
	J.J. Birden	24-09.75w	Lakeridge	1983
	Kevin Dickson	24-06.5w	Tualatin	2004
	Ray Livingston	24-03.5w	Barlow	1992
	Mike Ehlers	24-01.5w	West Linn	1984

CLASS RECORDS				
9th	Latin Berry	23-05	Milwaukie	1982
10th	Harrison Schrage	24-01.5	Grant	2014
11th	Latin Berry	24-01.5	Milwaukie	1984
12th	Harrison Schrage	25-03	Grant	2016

All-Time Top-Ten Outdoor 6A Boys Rankings

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Triple Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Latin Berry	51-00	Milwaukie	1985
2	Mike Yoeman	49-11.5	South Eugene	1975
3	Richard Owens	49-09.5	Gresham	2003
4	Harrison Schrage	49-08	Grant	2016
5	Jeff Luty	49-03.25	Central Catholic	1977
6	Tristan James	49-02	West Salem	2015
7	J.J. Birden	49-01	Lakeridge	1983
8	J.P. Holland	48-10	South Eugene	1981
9	Kasin Pendergas-Anderson	48-07	Jesuit	2015
10	Jay Miles	48-04	Benson	1989
<u>Wind-Aided</u>				
	Willie Kemp	49-03w	Grant	1992

CLASS RECORDS				
9th	Latin Berry	46-01.5	Milwaukie	1982
10th	Latin Berry	49-10.5	Milwaukie	1983
11th	Latin Berry	50-08.5	Milwaukie	1984
12th	Latin Berry	51-00	Milwaukie	1985

Top-Ten Outdoor Boys 6A Rankings Rarely Contested or Speciality Events

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Decathlon (hs impliments)

ALL-TIME TOP-10 PERFORMANCES				
1	Chase Dalton	6988	Tigard	2007
2	Nathanael Franks	6905	Barlow	2010
3	Craig Brigham	6778	South Eugene	1971
4	Ray Livingston	6715	Barlow	1992
5	Trcy Abernathy	6668	Franklin	1980
6	John Reed	6639	Sheldon	1972
7	Timothy Johnson	6594	Canby	2014
8	Tommy Skipper	6588	Sandy	2000
9	Grant Shurtiff	6587	Thurston	2015
10	Brian Bernard	6538	Willamette	2001

Hammer (12 lbs)

ALL-TIME TOP-10 PERFORMANCES				
1	Greg Skipper	229-05	Oregon City	2011
2	Lander Marak	209-07.75	Sandy	2023
3	Ian Crawson	193-01.75	South Salem	2022
4	Joe Denniston	191-08	Cleveland	2016
5	Hap Frketich	191-02	Newberg	2016
6	Jacob Foutz	186-01	Sheldon	2012
7	Mariano Kis	185-03	Tualatin	2019
8	Grayson Wright	180-03	Cleveland	2019
9	Tony Aldridge	175-01.5	Milwaukie	1982
10	Austin Tharp	174-07	Sheldon	2015

3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Central Catholic	7:40.68a	2006
2	Springfield	7:47.4h	1984
3	Beaverton	7:47.89a	1989
4	Beaverton	7:48.03h	1989
5	Wilson	7:50.11a	1984
6	Beaverton	7:50.54a	1990
7	Lincoln	7:50.69a	2014
8	Thurston	7:52.0h	1981
9	South Eugene	7:55.79a	2008
10	Wilson	7:55.7h	1983

Distance Medley Relay (1200m-400m-800m-1600m)

ALL-TIME TOP-10 PERFORMANCES			
1	South Eugene	9:58.2hc	1977
2	Lincoln	10:02.80a	2022
3	Tualatin	10:03.46a	2022
4	Central Catholic	10:03.89a	2022
5	Thurston	10:07.6h	1981
6	Central Catholic	10:09.82a	2014
7	Lincoln	10:10.23	2022
8	Jesuit	10:11.01a	2023
9	Wilson	10:15.51a	2017
10	Central Catholic	10:16.53a	2006

South Eugene's 1977 mark is converted from yards per official national rankings

Marathon (26.2 miles)

ALL-TIME TOP-5 PERFORMANCES			
1	Clancy Devery	2:23:05.0	South Salem 1977
2	Chris Lattig	2:32:47.0	Central Catholic 1977
3	Greg Gustafson	2:38:51.0	David Douglas 1973
4	Joe Manning	2:44:22.0	Central Catholic 1977
5	Jim Hayden	2:49:00.0	Putnam 1977

Half Marathon (13.1 miles)

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
4			
5			

Other Top Records

Sprint Medley Relay (600m-200m-200m-400m)	Oregon City	5:17.16a	2017
10k (6.2 miles) on the track	Drew Jordan, North Medford	33:35.0	2010

All-Time Top-Ten 6A Boys Rankings Rarely Contested or Speciality Events

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

Shuttle Hurdle Relay (3x110m hurdles, 39")

ALL-TIME TOP-5 PERFORMANCES			
1	Madison	45.3h	1990
2	Centennial	45.3h	1979
3	Wilson	46.2h	1981
4	Madison	46.6h	1988
5	Benson	46.8h	1988
<u>Best auto-timed team</u>			
	Grants Pass	48.28a	2023

6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	South Eugene	17:06.6h	1976
2	Central Catholic	17:22.43a	2014
3	Jesuit	17:26.31a	2022
4	Central Catholic	17:26.65a	2022
5	Centennial	17:54.0h	1979

ALSO: 4xMile Relay: Lincoln, 17:36.02a 2022

2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Jeff Hess	5:47.0h	South Eugene 1978
2	Benjamin Balazs	5:47.14a	Sunset 2022
3	Taylor Morgan	5:57.47a	Central Catholic 2008
4	Joe Holvey	6:01.45a	South Eugene 2012
5	Garrett Markey	6:00.00a	Central Catholic 2023

3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Jeff Hess	8:50.1h	South Eugene 1979
2	John Gustafson	9:06.2h	South Eugene 1976
3	Chris Lattig	9:12.2h	Central Catholic 1978
4	Jim Smith	9:21.2h	Tigard 1982
5	Steve Laughlin	9:25.2h	Jesuit 1998

400m Intermediate Hurdles (36")

ALL-TIME TOP-5 PERFORMANCES			
1	Ken Scott	52.1h	Aloha 1979
2	Nolan Malcomson	52.47a	Ida B Wells 2022
3	Max Dordevic	52.59a	Jesuit 2014
4	Julian Body	52.62a	Jesuit 2016
5	Ryan Cavinta	53.35a	Tualatin 2017

800m Sprint Medley (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	McKay	1:28.25a	2007
2	Tigard	1:28.36a	2015
3	Benson	1:28.3h	1989
4	Grant	1:28.3h	1965
5	Tualatin	1:28.47a	2019

Sprint Medley Relay (100m-100m-200m-400m)

ALL-TIME TOP-5 PERFORMANCES			
1	McKay	1:32.02a	2007
2	Tigard	1:34.13a	2010
3	Benson	1:34.4h	1990
4	Westview	1:34.57a	2019
5	Grant	1:34.64a	2023

Sprint Medley Relay (200m-200m-400m-800m)

ALL-TIME TOP-5 PERFORMANCES			
1	Medford	3:31.0h	1981
2	Centennial	3:36.2h	1981
3	South Eugene	3:36.56a	2015
4	South Eugene	3:36.64a	2013
5	Southridge	3:36.98a	2015

Top-Ten Outdoor Boys 56 Rankings Rarely Contested or Speciality Events

h = Hand time
a = Automatic time
c = Hand-converted-to-Auto
w = Wind-aided mark

5000m (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Galen Rupp	13:37.91a	Central Catholic 2004
2	Bill McChesney	14:12.50h	South Eugene 1977
3	Dan Fulton	14:24.60h	Benson 1974
4	Joshua Schumacher	14:29.42a	Jesuit 2017
5	Eric Heinonen	14:36.00h	South Eugene 2000
6	Michael Maiorano	14:37.65a	South Medford 2021
7	Steve McChesney	14:40.30h	South Eugene 1975
8	Jack Meier	14:44.74a	West Salem 2023
9	Dan Mazo	14:46.10h	South Eugene 1980
10	Tom Sera	14:47.95	Beaverton 1984

10000m (on the track)

ALL-TIME TOP-10 PERFORMANCES			
1	Bill McChesney	29:06.80h	South Eugene 1976
2	Galen Rupp	29:09.56a	Central Catholic 2004
3	Clancy Devery	30:31.9h	South Salem 1997
4	Will Kimball	31:28.9h	South Eugene 1982
5	Pete Warner	31:30.4h	South Eugene 1980
6	Ken McChesney	32:00.8h	South Eugene 1982
7	Joe Fulton	32:50.0h	Central Catholic 1972
8	Drew Jordan	33:35.56a	North Medford 2010
9	Matt Cantrell	34:28.6h	South Eugene 1978
10			