

All-Time Top-Ten Outdoor 4A 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	Kerissa D'Arpino	11.94a	North Valley	2014
2	Vanessa D'Arpino	12.00a	North Valley	2014
3	Stephanie Morris	12.00a	Seaside	1983
4	Rachel Vinkamuri	12.02a	Newport	2015
5	Baylee Touey	12.10a	North Valley	2019
6	Jada Hurley	12.11a	Hidden Valley	2021
7	Madelyn Metzler	12.12a	Marshfield	2015
8	Carrie Tobey	12.14c	Cascade	1987
9	Lee Boyd	12.14c	Astoria	1982
10	Ellannee Richardson	12.16a	Gladstone	1998

CLASS RECORDS				
9th	Baylee Touey	12.36a	North Valley	2016
10th	Baylee Touey	12.14a	North Valley	2017
11th	Vanessa D'Arpino	12.04a	North Valley	2013
12th	Kerissa D'Arpino	11.94a	North Valley	2014

200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Baylee Touey	23.84c	North Valley	2019
2	Venessa D'Arpino	24.11a	North Valley	2013
3	Kerissa D'Arpino	24.39a	North Valley	2013
4	Rachel Vinjamuri	24.57a	Newport	2015
5	Stephanie Morris	24.58a	Seaside	1983
6	Genna Settle	24.74a	Estacada	2013
7	Ellannee Richardson	24.75a	Gladstone	1998
8	Nyah Kendall	25.04c	Hidden Valley	2019
9	Madelyn Metzler	25.09a	Marshfield	2015
10	Kelly Grogan	25.24c	Newport	1983

Wind-Aided				
	Karlee Touey	25.17aw	North Valley	2022
	Emma Gates	25.21aw	Cascade	2022

CLASS RECORDS				
9th	Kim Priest	25.54c	North Valley	1985
10th	Baylee Touey	24.77a	North Valley	2017
11th	Venessa D'Arpino	24.11a	North Valley	2013
12th	Baylee Touey	23.84c	North Valley	2019

400m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Venessa D'Arpino	54.68a	North Valley	2013
2	Kerissa D'Arpino	55.63a	North Valley	2014
3	Tish Henes	56.19a	Baker	1995
4	Baylee Touey	56.24a	North Valley	2019
5	Amy Skofstad	56.48a	Gladstone	2004
6	Becky Horace	56.60a	Molalla	2005
7	Stephanie Morris	56.60a	Seaside	1983
8	Kristine Dunn	56.64a	Cottage Grove	2013
9	Kelley Wright	56.70a	Sweet Home	1983
10	Rachel Vinjamuri	56.78a	Newport	2015

CLASS RECORDS				
9th	Amy Skofstad	56.48a	Gladstone	2004
10th	Tish Henes	57.00a	Baker	1993
11th	Venessa D'Arpino	54.68a	North Valley	2013
12th	Kerissa D'Arpino	55.63a	North Valley	2014

800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Taylor Wallace	2:10.57a	Henley	2009
2	Brianna Anderson-Gregg	2:12.04a	Philomath	2003
3	Emily Beaver	2:12.8h	Molalla	2013
4	Ally Romanko	2:13.13a	North Bend	2006
5	Linsie Michels	2:14.00a	Cascade	2005
6	Laura Schmitt	2:14.22a	La Salle	2009
7	Amy Flora	2:14.37a	Myrtle Point	1991
8	Tish Henes	2:14.5h	Baker	1995
9	Heather Miller	2:14.6h	Henley	1995
10	Summer Morris	2:14.7h	Seaside	1993

CLASS RECORDS				
9th	Taylor Wallace	2:15.43a	Henley	2006
10th	Brianna Anderson-Gregg	2:14.00a	Cascade	2005
11th	Linsie Michels	2:12.04a	Philomath	2003
12th	Taylor Wallace	2:10.57a	Henley	2009

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1500m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Taylor Wallace	4:28.79a	Henley	2008
2	Brianna Anderson-Gregg	4:31.92a	Philomath	2003
3	Heather Miller	4:35.0h	Henley	1996
4	Whitney Bushnell	4:35.89a	Philomath	1997
5	Dee Olson	4:36.95a	Estacada	2003
6	Annika Thompson	4:37.6h	Junction City	2020
7	Melinda Campbell	4:37.63a	Newport	1997
8	Sierra Brown	4:37.95a	Hidden Valley	2013
9	Perrin Xthona	4:38.27a	Yamhill-Carlton	2016
10	Brynn Cogdill	4:38.63a	Estacada	2002

3000m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Anika Thompson	9:46.89a	Junction City	2021
2	Melinda Campbell	9:50.58a	Newport	1996
3	Heather Miller	9:50.70a	Henley	1996
4	Taylor Wallace	9:56.64a	Henley	2007
5	Linaea Kavulich	10:05.46a	Scappoose	2018
6	Tassie Norton	10:05.6h	Philomath	1984
7	Sierra Brown	10:06.37a	Hidden Valley	2013
8	Katy Potter	10:09.2h	Siuslaw	2013
9	Lauren Zaludek	10:09.37a	Elmira	2006
10	Briana Anderson-Gregg	10:10.9h	Philomath	2004

CLASS RECORDS

9th	Lisa Flora	4:40.2h	Myrtle Point	1993
10th	Amy Flora	4:39.09a	Myrtle Point	1991
11th	Taylor Wallace	4:28.79a	Henley	2008
12th	Taylor Wallace	4:33.83a	Henley	2009

CLASS RECORDS

9th	Taylor Wallace	10:07.03a	Henley	2006
10th	Taylor Wallace	9:56.64a	Henley	2007
11th	Melinda Campbell	9:50.58a	Newport	1996
12th	Anika Thompson	9:46.89a	Junction City	2021

100m High Hurdles (33")

ALL-TIME TOP-10 PERFORMANCES				
1	Claire Thomas	14.50a	Molalla	2013
2	Ellanne Richardson	14.51a	Gladstone	1998
3	Shannon Hansell	14.84c	McLoughlin	1979
4	Maria Kropf	14.92a	Sweet Home	2010
5	Joy Goff	14.94c	Cascade	1996
6	Lorrie Emery	14.94c	Cascade	1990
7	Sarah Lyons	14.94c	La Salle	1981
8	Sienna Bauer	14.96a	Phoenix	2019
9	Jenny Boswell	15.01a	Sisters	2005
10	Jessica Ledford	15.08a	Illinois Valley	2002
<u>Wind-Aided</u>				
	Maria Kropf	14.83aw	Sweet Home	2011
	Rhiannon Armson	15.01aw	Stayton	1999

CLASS RECORDS

9th	Sydney Baker	15.33a	Mazama	2023
10th	Ellanne Richardson	14.85a	Gladstone	1996
11th	Claire Thomas	14.67a	Molalla	2012
12th	Claire Thomas	14.50a	Molalla	2013

300m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES				
1	Claire Thomas	43.73a	Molalla	2013
2	Renelle Jeppsen	44.24c	Sweet Home	1989
3	Bethany Gingerich	44.48a	Sweet Home	2018
4	Pam Emery	44.74c	Cascade	1989
5	Sarah Lyons	44.84c	La Salle	1981
6	Julie Skeen	44.84c	Marist	1981
7	Carrie Heuberger	44.94c	Yamhill-Carlton	1994
8	Jenny Boswell	44.99a	Sisters	2005
9	Karlee Touey	45.03a	North Valley	2021
10	Jessica Markham	45.15a	Banks	2011

CLASS RECORDS

9th	Nancy Crouch	45.44c	Elmira	1981
10th	Renelle Jeppsen	45.16a	Sweet Home	1987
11th	Claire Thomas	43.85a	Molalla	2012
12th	Claire Thomas	43.73a	Molalla	2013

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400m (4x100m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1 Hidden Valley	47.61a	Jaaden Steele, Nyah Kendall, Jenelle Hurley, Jada Hurley	2019
2 Siuslaw	48.59a	Kelli Lang, Tammy Courtney, Terri Gortler, Kim Elkins	1985
3 Estacada	48.91a	Alexis Chavez, Tori Johnson, Ashley Teel, Genna Settle	2013
4 North Valley	49.10a	Kerissa D'Arpino, Venessa D'Arpino, Megan Hoback, Haleigh Wagman	2014
5 Siuslaw	49.26a	Kelli Lang, Tammy Courtney, Terri Gortler, Shelly Smith	1984
6 North Valley	49.37a	Kylie Baker, Makayla Sanders, Venessa D'Arpino, Kerissa D'Arpino	2012
7 Marshfield	49.38a	Brittney Cook, Lauren McGowne, Lindsey Devereux, Madelyn Metzler	2013
8 Cascade	49.39a	Ashley Taylor, Danielle Albus, Maygen Rea, Linsie Michels	2006
9 The Dalles	49.43a	Cherrae Evans, Carrie North, Ashley Nichols, Maria North	2004
10 Stayton	49.44c	Laura Lincoln, Erika Roberts, Sarah Hawkins, Raimie Merriman	1995
Marshfield	49.44a	Hannah Beaulieu, Brittney Cook, Adryana Chavez, Madelyn Matzler	2015

1600m (4x400m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1 Henley	3:56.83a	Kailee Poetsch, Stephanie North, Katie Waugh, Taylor Wallace	2008
2 Molalla	3:57.90a	Angelica True, Claire Thomas, Audrey Bever, Emily Bever	2013
3 Henley	3:58.04a	Stephanie North, Melanie Johnson, Katie Waugh, Taylor Wallace	2007
4 Gladstone	3:58.14a	Charlotte King, Rachael Neller-moe, Kim Hutson, Christine Peterson	1986
5 Marist	3:58.81a	Meghan Manwill, Allie Sibole, Tahne Apo, Elena Collins	2008
6 Marist	3:58.98a	Emily Gillespie, Brenn Donnelly, Tahne Apo, Elena Collins	2006
7 Henley	3:59.05a	Stephanie North, Melanie Johnson, Katie Waugh, Taylor Wallace	2006
8 Marist	3:59.22a	Emily Gillespie, Brenn Donnelly, Elena Collins, Emily Collins	2005
9 The Dalles	3:59.48a	Laura North, Carrie North, Heather Fitz-Gustafson, Maria North	2004
10 Cottage Grove	3:59.66a	Chelsey Bottorff, Breanna Wright, Kristine Dunn, Ahsha Mootz	2013
Cascade	3:59.66a	Leslie Welstad, Meagan Kuntz, Erin Anderson, Renee Caln	2001

Shot Put (4kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Gretchen Hoekstre	50-01.5	Seaside 2019
2	Christy Ward	48-07.75	North Valley 1988
3	Laura Bobek	48-07	Astoria 2009
4	Kaiah Fisher	45-09	Hidden Valley 2021
5	Sabine Petry	44-09.25	Gladstone 1996
6	Kam Johnson	44-09	Astoria 1981
7	Cherilyn Bunker	44-08	Newport 2012
8	Rachel Bring	44-00	Molalla 2017
9	Kassi Conditt	43-10.75	La Pine 2010
10	Alexis Reavis	43-10.50	Siuslaw 2010

Discus (1kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Kaiah Fisher	166-10	Hidden Valley 2021
2	Laura Bobek	162-01	Astoria 2009
3	Gretchen Hoekstre	156-11	Seaside 2019
4	Michelle Souder	156-04	Henley 1981
5	Haley Hunt	152-10	Siuslaw 2002
6	Katherine Tripp	151-08	Douglas 2006
7	Lisha Lass	149-10	South Umpqua 1979
8	Kelli Holloway	149-07	Lakeview 1999
9	Rachel Bring	148-09	Molalla 2017
10	Leona Becker	146-08	South umpqua 1985

CLASS RECORDS

9th	Kaiah Fisher	42-08	Hidden Valley 2018
10th	Kaiah Fisher	43-00.25	Hidden Valley 2019
11th	Christy Ward	48-03	North Valley 1987
12th	Gretchen Hoekstre	50-01.5	Seaside 2019

CLASS RECORDS

9th	Laura Bobek	133-02	Astoria 2006
10th	Laura Bobek	147-08	Astoria 2007
11th	Laura Bobek	146-06	Astoria 2008
12th	Kaiah Fisher	166-10	Hidden Valley 2021

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Javelin (600g,IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Ashley McCrea	158-03	North Bend	2005
2	Sam Young	155-08	Henley	2002
3	Jordan Brunetti	154-07	Cottage Grove	2010
4	Kelsey Shaw	153-09	Elmira	2014
5	Rhiley Fritz	150-04	Corbett	2017
6	Whitney Harris	149-04	Cottage Grove	2005
7	Kindel Bailey	145-03	Banks	2014
8	Bailey Bars	145-01	Hidden Valley	2010
9	Bianca Garcia	144-03	McLoughlin	2018
10	Annie Whitfield	144-02	Sweet Home	2012

CLASS RECORDS				
9th	Mackenzii Phillips	135-06	Douglas	2018
10th	Bailey Bars	145-01	Hidden Valley	2010
11th	Ashley McCrea	149-04	North Bend	2004
12th	Ashley McCrea	158-03	North Bend	2005

High Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Joni Huntley	6-00.75	Sheridan	1974
2	Emma Gates	6-00.25	Cascade	2022
3	Chancey Summers	5-10	Estacada	2011
4	DeShanae Norman	5-10	Gladstone	2021
5	Kelsey Kahle	5-09.25	North Marion	2005
6	Cathy McNeely	5-09	Philomath	1995
7	Donna Brigham	5-09	Henley	1979
8	Tammy Collman	5-09	Henley	78/79
9	Pam Emery	5-08.5	Cascade	1990
10	Sheila Potter	5-08.5	McLoughlin	1980

CLASS RECORDS				
9th	Emma Gates	5-07	Cascade	2019
10th	Tammy Collman	5-08	Henley	1977
10th	Darian Hageman	5-08	Astoria	2016
11th	Emma Gates	5-11	Cascade	2021
12th	Joni Huntley	6-00.75	Sheridan	1974

Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Sammie Clark	12-06	North Bend	2010
2	Chelsea Russell	12-04	La Pine	2005
3	Jennifer Brown	12-03	La Pine	2003
4	McKenna Streed	12-00	Gladstone	2015
5	Muriel Roberge	12-00	Marshfield	2005
6	Shannon Jentszch	12-00	Rogue River	2004
7	Payton Davidson	11-09	Marshfield	2019
8	Abbey Schreiber	11-09	Brookings-Harbor	2017
9	Morgan Annable	11-09	Newport	2013
10	Jennifer Bolton	11-09	Newport	2002

CLASS RECORDS				
9th	Khaley Aguilar	11-04	Marshfield	2016
10th	Sammie Clark	11-09	North Bend	2008
11th	Sammie Clark	12-00	North Bend	2009
11th	Muriel Roberge	12-00	Marshfield	2005
12th	Sammie Clark	12-06	North Bend	2010

Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Amy Skofstad	19-05	Gladstone	2007
2	Claire Thomas	19-01.5	Molalla	2012
3	Ellannee Richardson	19-00	Gladstone	1998
	DeShanae Norman	19-00	Gladstone	2021
5	Suzy Darby	18-10.5	Oakridge	1980
6	Tammy Courtney	18-10	Siuslaw	1986
7	Amy Cretsinger	18-06.5	Sisters	2002
8	Demaris Tucker	18-06	Junction City	2004
9	Kara Weaver	18-05.75	South Umpqua	2003
10	Karlee Touey	18-05	North Valley	2021

CLASS RECORDS				
9th	Tammy Courtney	18-08	Siuslaw	1983
10th	Suzy Darby	18-10.5	Oakridge	1980
11th	Claire Thomas	19-01.5	Molalla	2012
12th	Amy Skofstad	19-05	Gladstone	2007

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Triple Jump

ALL-TIME TOP-10 PERFORMANCES ‡				
1	Kalulusno Ngaida	38-08	Cascade	2018
2	Darian Hageman	38-05.5	Astoria	2017
3	Jaaden Steele	38-04.75	Hidden Valley	2021
4	Elizabeth Weiss	38-01.5	Marist	1999
5	Maya Carnegie	37-09.5	North Valley	1992
6	Cathy McNeely	37-08.25	Philomath	1995
7	Amy Cretsinger	37-06.25	Sisters	2003
8	Zoe Dunn	37-08.25	The Dalles	2023
9	Chancey Summers	37-02.75	Estacada	2011
10	Elizabeth Venzon	37-02	Hidden Valley	2012
10	Sam Moore	37-02	Newport	2011
<u>Wind-Aided</u>				
	Michelle Baxter	37-06.5w	Henley	1994

RECORDS				
9th	Jaaden Steele	37-07.75	Hidden Valley	2019
10th	Jaaden Steele	38-02	Hidden Valley	2020
11th	Darian Hageman	38-05.5	Astoria	2017
12th	Kalulusno Ngaida	38-08	Cascade	2018

Top-Ten Outdoor Girls 4A Rankings Rarely Contested or Speciality Events

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Heptathlon (hs impliments)

ALL-TIME TOP-10 PERFORMANCES				
1	Ellanee Richardson	5104	Gladstone	1998
2	Joy Goff	4715	Cascade	1996
3	Tish Henes	4559	Baker	1995
4	DeShanae Norman	4426	Gladstone	2021
5	Cathy McNeely	4425	Philomath	1996
6	Elizabeth Grandle	41.56	Molalla	2022
7	Stacie Christiansen	3979	Tillamook	1998
8	Becky Roberts	3856	Estacada	1982
9	Shelley Beattie	3851	Central	1983
10	Whitney Haltiner	3823	Tillamook	2004

Hammer (4kg)

ALL-TIME TOP-10 PERFORMANCES				
1	Rachel Bring	137-10	Molalla	2017
2	Sara Cole	132-07	Central	2007
3	Hannah McClaskey	126-03	Sweet Home	2007
4	Amanda Cole	112-04	Central	2007
5	Brittany Myers	95-08	Stayton	2006
6				
7				
8				
9				
10	MUST THROW OVER 70' TO MAKE THIS LIST			

3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES				
1	Molalla	9:23.0h		2011
2	La Grande	9:50.5h		2008
3	Rogue River	9:52.6h		1977
4	Henley	9:57.8h		2009
5	Henley	9:59.0h		2008
6	Baker	10:04.0h		2008
7	Elmira	10:04.3h		1985
8	Philomath	10:06.28a		2017
9	Scappoose	10:06.36a		2017
10	Phoenix	10:06.8h		2013

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

ALL-TIME TOP-10 PERFORMANCES				
1	Gladstone	12:48.87a		2012
2	La Grande	12:51.11a		2023
3	Cascade	12:52.97a		2001
4	Phoenix	12:53.69a		2015
5	Astoria	12:55.7h		1993
6	Astoria	13:05.0h		1984
7	St. Marys of Valley*	13:07.4h		1983
8	Phoenix	13:11.26a		2014
9	Valley Catholic	13:16.33a		2019
10	Marist	13:21.94a		2022

*This is now Valley Catholic HS

Marathon (26.2 miles)

ALL-TIME TOP-5 PERFORMANCES				
1	Ann Sherry	3:04:10.0	St.Marys (Medford)	1977
2	Kim Trainer	3:58:00.0	Burns	1980
3	Mary Hanson	4:00:26.0	Reedsport	1978
4				
5				

Half Marathon (13.1 miles)

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

Other Top Records

Sprint Medley Relay (100m-300m-600m-200m)

Mololla

3:09.0h

2012 & 2008

Top-Ten Outdoor Girls 4A Rankings Rarely Contested or Speciality Events

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Shuttle Hurdle Relay (3x100m hurdles, 33")

ALL-TIME TOP-5 PERFORMANCES			
1	Henley	51.53a	2011
2	Hidden Valley	54.01a	2011
3	Marshfield	54.10a	2019
4	Henley	54.12a	2014
5	Henley	54.17a	2012

6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	Cascade	25:25.7h	2015
2			
3			
4			
5			

2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Jeane Goff	7:27.0h	Cascade	2001
2	Amanda Welch	7:37.44a	La Grande	2015
3	Hope Bridge	7:42.90a	Stayton	2023
4	Lizzy Regan	7:56.69a	Molalla	2007
5	Heath Keniry	8:05.05a	La Grande	2017

3k Steeplechase

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

400m Low Hurdles (30")

ALL-TIME TOP-5 PERFORMANCES				
1	Claire Thomas	1:05.11a	Molalla	2013
2	Kim Hartman	1:08.2h	Sherwood	1979
3	Krista Schaeffer	1:09.89a	Estacada	2001
4	Dana Scott	1:12.56a	Henley	2022
5	T-Kae Mathes	1:13.2h	Estacada	1982

800m Sprint Medley (4x200m)

ALL-TIME TOP-5 PERFORMANCES				
1	Elmira	1:45.9h		1981
2	St Helens	1:45.94a		2023
3	Siuslaw	1:46.2h		1995
4	Molalla	1:46.23a		2023
5	Gladstone	1:46.3h		1986
5	Siuslaw	1:46.3h		1986
<u>Best auto-timed teams...</u>				
	Baker & La Grande	1:47.55a		both in 2015

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

ALL-TIME TOP-5 PERFORMANCES			
1	Estacada	1:50.7h	2008
2	St.Helens	1:51.8h	1992
3	Astoria	1:53.2h	1981
4	North Valley	1:54.1h	1990
5	Sisters	1:54.3h	2010

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

ALL-TIME TOP-5 PERFORMANCES			
1	St.Marys of Valley*	4:23.2h	1985
2	Gladstone	4:23.8h	1985
3	Cottage Grove	4:24.80a	2014
4	Astoria	4:32.8h	1981
5	Gladstone	4:35.0h	1986

*This is now Valley Catholic HS

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5000m (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1	Kyla Potratz	18:19.59a	Phoenix	2022
2	Tassie Norton	18:30.10h	Philomath	1981
3	Isabela Coffman	19:00.24a	Klamath Union	2023
4	Sophia Stubblefield	19:01.00h	Phoenix	2021
5	Leona Higgins	19:45.36a	Klamath Union	2023
6	Leronica Luccio	19:52.0	Sherwood	1982
7	Aubrey Syrnyk	19:54.00h	Klamath Union	2021
8	Veronica Luccio	19:54.00h	La Salle Prep	1983
9	Heidi Gori	20:03.0	Marist	2010
10	Joey Clark	20:16.49a	Hidden Valley	2022

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100m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Matt Anthony	10.64a	Ontario	2009
2	Rory Coon	10.75a	Tillamook	2017
3	Paris Ramsey	10.78a	Sweet Home	2003
4	Cory McCaffrey	10.81a	Sisters	2008
5	Brandon Galley	10.82a	Mazama	2022
6	Jonathan Chilcote	10.84a	North Bend	2018
7	Matt Trtek	10.84c	Scappoose	2001
8	Keith Franks	10.84c	Junction City	1993
9	Aiden Kindt	10.91a	Mazama	2022
10	Jason Padgett	10.92a	North BEnd	2023
10	Jacob Woods	10.92a	Cottage Grove	2018
<u>Wind-Aided</u>				
	Brandon Galley	10.78aw	Mazama	2022
	Gabe Flores	10.79aw	South Umpqua	2007
	J.J. King	10.81aw	Reedsport	1999
	Adonis Siscoe	10.82aw	Scappoose	2010

CLASS RECORDS				
9th	Keith Franks	11.04a	Junction City	1992
10th	Keith Franks	10.84c	Junction City	1993
11th	Matt Anthony	10.64a	Ontario	2009
12th	Rory Coon	10.75a	Tillamook	2017

200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Matt Anthony	21.70a	Ontario	2010
2	Rory Coon	21.73a	Tillamook	2017
3	Matt Trtek	21.84c	Scappoose	2001
4	Matt Kragness	21.92a	Sweet Home	2001
5	Paris Ramsey	21.94c	Sweet Home	2003
6	Keith Franks	21.94c	Junction City	1993
7	Joe Hill	21.94c	Siuslaw	1979
8	Jeremy Desrosiers	22.01a	La Pine	2013
9	Gabe Ovgard	22.02a	Klamath Union	2014
10	Tony Machado	22.03a	Phoenix	2001
<u>Wind-Aided</u>				
	Rory Coon	21.62aw	Tillamook	2017
	Gabe Ovgard	21.79aw	South umpqua	2007

CLASS RECORDS				
9th	Matt Anthony	22.45a	Ontario	2007
10th	Keith Franks	21.94c	Junction City	1993
11th	Rory Coon	21.88a	Tillamook	2016
12th	Matt Anthony	21.70a	Ontario	2010

400m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Bodey Lutes	48.09a	Marshfield	2023
2	Jason Dunn	48.64c	Cascade	1992
3	Jay Goff	48.74c	Cascade	1999
4	Charlie Holloway	48.78a	La Salle	1998
5	Nathan Baumgartner	48.85a	Reedsport	2002
6	Grant Lindley	48.87a	Central	2014
7	Danny Staats	48.91a	Henley	2008
8	Rory Coon	48.93a	Tillamook	2017
9	Shane Harrington	48.94a	Estacada	1990
10	Austin Baker	49.06a	Douglas	2012

CLASS RECORDS				
9th	Ben Spurlock	50.01a	Reedsport	1990
10th	Bodey Lutes	48.09a	Marshfield	2023
11th	Nathan Baumgartner	48.85a	Reedsport	2002
12th	Jason Dunn	48.64c	Cascade	1992

800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Brett Willyard	1:52.59a	Seaside	2013
2	Grant Boehannon	1:52.87a	Hidden Valley	2023
3	Lyle Purdue	1:52.9h	Brookings	1979
4	Elwood Hosking	1:53.20a	Phoenix	2022
5	Jeff Schreiner-McGraw	1:53.21a	Philomath	2011
6	Toby Cook	1:53.9h	Gladstone	1983
7	Phil Thompson	1:54.08a	Astoria	1986
8	Henry Tierney	1:54.10a	Valley Catholic	2022
9	Elliott Jantzer	1:54.40a	Phoenix	2009
10	Elvis Harper	1:54.48a	Junction City	1995

CLASS RECORDS				
9th	Matt Hollander	1:56.53a	Marist	2005
10th	Cole Watson	1:54.71a	Rogue River	2008
11th	Brett Willyard	1:52.60a	Seaside	2012
12th	Brett Willyard	1:52.59a	Seaside	2013

All-Time Top-Ten Outdoor 4A 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	Toby Cook	3:52.4h	Gladstone	1983
2	Noel Paulson	3:53.3h	Cascade	2000
3	Henry Tierney	3:53.54a	Valley Catholic	2022
4	Rhy Reynolds	3:54.08a	Newport	1997
5	Billy Harper	3:55.15a	Junction City	1994
6	David Frank	3:55.8h	Gladstone	1980
7	Kirk Nichols	3:55.9h	Cascade	1987
8	Brandon Pollard	3:56.02a	Sisters	2014
9	Brett Willyard	3:56.20a	Seaside	2012
10	Jeremy Matlock	3:56.58a	Astoria	1993

3000m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Noel Paulson	8:18.73a	Cascade	2000
2	Billy Harper	8:26.91a	Junction City	1993
3	Alexander Garcia-Silver	8:27.72a	Marshfield	2023
4	Elliott Jantzer	8:33.45a	Phoenix	2009
5	Rhy Reynolds	8:34.5h	Newport	1997
6	Elwood Hosking	8:34.56a	Phoenix	2022
7	Toby Cook	8:35.7h	Gladstone	1982
8	Dave Frank	8:35.7h	Gladstone	1980
9	Pat Zweifel	8:37.2h	Tillamook	1990
10	Matthew Campbell	8:37.22a	Siuslaw	2012

CLASS RECORDS

9th	Billy Harper	3:58.5h	Junction City	1993
10th	Billy Harper	3:55.15a	Junction City	1994
11th	Toby Cook	3:53.5h	Gladstone	1982
12th	Toby Cook	3:52.4h	Gladstone	1983

CLASS RECORDS

9th	Billy Harper	8:26.91a	Junction City	1993
10th	Billy Harper	8:28.9h	Junction City	1994
11th	Alexander Garcia-Silver	8:35.45a	Marshfield	2022
12th	Noel Paulson	8:18.73a	Cascade	2000

#

110m High Hurdles (39")

ALL-TIME TOP-10 PERFORMANCES				
1	Tim Sim	14.14c	Central Linn	1978
2	Seth Andres	14.33a	Henley	2016
3	Damien Davis	14.39a	Taft	1997
4	Dekotah Keys	14.54a	Sweet Home	2010
5	Jamil Wynn	14.54c	Myrtle Point	2000
6	Terry Harr	14.54c	Douglas	1979
7	Colin Cram	14.57a	Siuslaw	2004
8	Dan O'Brien	14.59a	Henley	1984
9	Ron Foster	14.62a	Lakeview	1988
10	Tyler May	14.64c	Siuslaw	2000
	Ron Brown	14.64c	Sutherlin	1984
	Jeff Southern	14.64c	Hidden Valley	1979
<u>Wind-Aided</u>				
	Nate Dillow	14.44aw	Marist	2007
	Garrett Lewellen	14.59aw	Elmira	2013
	Joe Delgado	14.63aw	Ontario	2013
	Isaiah McLittle	14.63aw	North Valley	2013

300m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES				
1	Joe Delgado	37.96a	Ontario	2013
2	Jay Goff	38.14c	Cascade	1999
3	Dylan Castle	38.19a	Henley	2016
4	Jeremiah Lewman	38.30a	North Valley	2003
5	Larry Ragsdale	38.49a	Illinois Valley	2008
6	Jordan Reeher	38.59a	Crook County	2011
7	Dennis Olstedt	38.68a	Seaside	2007
8	Dan O'Brien	38.74c	Henley	1984
9	Hunter Comyford	38.92a	North Valley	2016
10	Nate Dillow	38.97a	Marist	2007

CLASS RECORDS

9th	Joe Delgado	39.47a	Ontario	2010
10th	Joe Delgado	38.93a	Ontario	2011
11th	Joe Delgado	38.24a	Ontario	2012
12th	Joe Delgado	37.96a	Ontario	2013

CLASS RECORDS

9th	Resean Jones	14.85a	Baker	2023
10th	Jereme Richardson	14.80a	Gladstone	1998
11th	Terry Harr	14.54c	Douglas	1979
12th	Tim Sim	14.14c	Central Linn	1978

#

All-Time Top-Ten Outdoor 4A 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	Banks	42.73a	Matt Cutone, Nick Turner, Colby Seyferth, Linus Norgren 2010
2	North Valley	42.79a	Jordan Hannah, Tristan Burke, Isaiah McLittle, Austin Neill 2013
3	North Bend	42.93a	Luke Lucero, Cameron Lucero, Drew Matthews, Drae Stark 2015
4	La Pine	42.93a	Justin Wilson, Jeremy Desrosiers, Joseph Swayze, Kole Kimmel 2013
5	Mazama	42.98a	Leighton Alexander, Chad Remstedt, Aidan Kindt, Ben Carringer 2019
6	La Salle	43.01a	Sterling Akles, Michael Swain, David Leslie, Toi Jones 2010
7	Scappoose	43.04a	Jarrett White, Nick Rust, Matt Shoun, Justice Oman 2014
8	Seaside	43.04c	Casey Jackson, Jason Bartlett, Scott Reilly, Jake Brown 1995
9	Henley	43.08a	Lake Peterson, Bryce Norris, Conner Noonan, Seth Andres 2015
10	Madras	43.01a	Andres Aguilar, Damian Fuentes, Michael Picard, Nathaniel Folsom 2023

1600m (4x400m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	Scappoose	3:22.27a	Mychal Hortert, Nick Rust, Matt Shoun, Justice Oman 2014
2	Sutherlin	3:22.39a	Kevin Wells, Greg Stillwell, Ron Brown, Paul Vilagran 1984
3	Banks	3:22.42a	Linus Morgren, Colby Seyferth, Colton Underhill, Chris Decarlo 2010
4	Cascade	3:23.2h	Dan Chichester, Chris Ciampi, Mark Nolan, Jason Dunn 1991
5	Junction City	3:23.35a	Derrick Miles, Justin Wilcox, Billy Harper, Elvis Harper 1995
6	Central	3:23.4h	Bill Sherrod, Kelly McArthur, Bret Brouse, Rich Sanchez 1979
7	Junction City	3:23.42a	Elvis Harper, Justin Wilcox, Billy Harper, Keith Franks 1994
8	Seaside	3:23.68a	Eric Bergerson, Don Mespelt, Andrew Starling, Benjamin Starling 1986
9	Central Linn	3:23.7h	Perry Privratsky, Mike Koontz, Carl Romines, Rick Jantzi 1981
10	Philomath	3:23.79a	Tim Peterson, David Rybel, Tyler Bushnell, Abe Brown 1994

Shot Put (12lbs)

ALL-TIME TOP-10 PERFORMANCES			
1	Mike Hortsch	61-08	Cascade 1981
2	Jefferson Jarvis	61-03	Hidden Valley 2012
3	Elliot Osborn	60-05	Cascade 1990
4	Colton McMaster	60-04.25	Astoria 2022
5	Justin Naegle	60-00	Cottage Grove 1991
6	Jon Granby	59-08	Phoenix 1964
7	Clint Rust	58-11.5	North Valley 1991
8	Jason Thiel	58-09.75	Astoria 1990
9	Scott Thornhill	58-03	North Valley 1988
10	Jeff McMillian	58-00.5	Banks 1983

Discus (1.6kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Jefferson Jarvis	194-09	Hidden Valley 2012
2	Colton McMaster	192-10	Astoria 2021
3	Dick Heard	186-06	Douglas 1971
4	John Thomas	182-09	Philomath 1983
5	Jordan Aldredge	179-10	Gladstone 2007
6	Dallin Shurts	179-04	Banks 2015
7	Scott Rotock	178-01	Estacada 2000
8	Will Beaudry	177-07	Newport 2017
9	Mark Cumer	176-06	Elmira 1983
10	Elliott Osborn	176-05	Cascade 1990

CLASS RECORDS

9th	Elliot Osborn	50-03	Cascade	1987
10th	Jefferson Jarvis	55-04.25	Hidden Valley	2010
11th	Jefferson Jarvis	59-08.5	Hidden Valley	2011
12th	Mike Hortsch	61-08	Cascade	1981

CLASS RECORDS

9th	Jordan Aldredge	160-10	Gladstone	2004
10th	Colton McMaster	173-06	Astoria	2020
11th	Colton McMaster	192-10	Astoria	2021
12th	Jefferson Jarvis	194-09	Hidden Valley	2012

All-Time Top-Ten Outdoor 4A Boys Rankings

h = Hand time
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w = Wind-aided mark

Javelin (800g,IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Ethan Powell	211-11	Douglas	2009
2	Ty Hampton	208-09	North Bend	2017
3	Tyler Callahan	204-09	Estacada	2010
4	Pancho Saldana	203-06	McLoughlin	2012
5	Skyler MacDonald	202-07	La Grande	2003
6	Kerrick Roach	200-07	Philomath	2011
7	Tim Urista	198-06	Douglas	2009
8	Ray Rozell	198-06	Estacada	2006
9	Dakotah Keys	197-09	Sweet Home	2009
10	Adam Nassalroad	197-07	Marist	2010
	Jordan Aldridge	197-07	Gladstone	2007

CLASS RECORDS				
9th	Dakotah Keys	193-10	Sweet Home	2007
10th	Ty Hampton	208-09	North Bend	2017
11th	Dakotah Keys	197-09	Sweet Home	2009
12th	Ethan Powell	211-11	Douglas	2009

High Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Kyley Johnson	7-00	North Valley	1997
2	Wyatt Cunningham	6-10	North Bend	2014
3	Danny Staats	6-10	Henley	2008
4	Stan Campfield	6-10	Central Linn	1983
5	Mike Roe	6-10	Siuslaw	1979
6	Jim James	6-09.75	Tillamook	1979
7	Chris Meyer	6-09.25	Astoria	2008
8	Tommy Savage	6-09.25	Sweet Home	1989
9	Jawan Davis	6-09	Sisters	2004
	Nate Dillon	6-09	Seaside	1999
	Allen Stokes	6-09	Scappoose	1982
	Rick Ashworth	6-09	Rogue River	81/82

CLASS RECORDS				
9th	Wyatt Cunningham	6-08	North Bend	2011
10th	Rick Ashworth	6-09	Rogue River	1981
11th	Jim James	6-09.75	Tillamook	1979
12th	Kyley Johnson	7-00	North Valley	1997

Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Matt Petz	16-07	La Pine	1997
2	Greg Likens	16-06	Junction City	1983
3	Hunter Drops	16-04.75	Marshfield	2016
4	Austin Ouderkirk	16-01	Newport	2008
5	Justin Petz	16-00.5	La Pine	2014
6	Boot Clark	16-00	Henley	2016
7	Matt Hidalgo	16-00	Banks	2011
8	Lane Davison	16-00	North Bend	2008
9	Ben Cogdill	16-00	Estacada	2005
10	Caleb Krantz	16-00	Myrtle Point	1998

CLASS RECORDS				
9th	Justin Petz	14-06	La Pine	2013
10th	Justin Petz	16-00.5	La Pine	2014
11th	Matt Petz	16-01	La Pine	1996
12th	Matt Petz	16-07	La Pine	1997

Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Jamil Wynn	24-00	Myrtle Point	2000
2	Ron Foster	23-08.5	Lakeview	1989
3	Mike Foltz	23-05.5	Lakeview	1979
4	Dan O'Brien	23-05.25	Henley	1984
5	Paul Ackerman	23-04.5	Lakeview	1981
6	Cory McCaffrey	23-04	Sisters	2008
7	Ray Jay Richardson	23-03.25	Gladstone	1994
8	David Huling	23-03	South Umpqua	2011
9	A.J. Dutra	23-02.75	Sherwood	2005
10	George May	23-02.5	Marist (St.Francis)	1965
<u>Wind-Aided</u>				
	Jamil Wynn	24-06w	Myrtle Point	2000
	Dakotah Keys	23-08.5w	Sweet Home	2009
	Jody Mortimore	23-05.25w	Pleasant Hill	1995

CLASS RECORDS				
9th	Dakotah Keys	21-04	Sweet Home	2007
9th	Zachary Guthrie	21-04	Crook County	2018
10th	Dakotah Keys	23-00.5	Sweet Home	2008
11th	Ron Foster	23-05	Lakeview	1989
12th	Jamil Wynn	24-00	Myrtle Point	2000

All-Time Top-Ten Outdoor 4A 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	Ryan Nash	48-11	Lakeview	2003
2	Brian Schaudt	48-09	Philomath	2008
3	Tim Snyder	47-07.75	Elmira	1982
4	Jamil Wynn	47-03.25	Myrtle Point	2000
5	Douglas Dahl	46-11.5	North Valley	2014
6	Carl Romines	46-11	Central Linn	1982
7	Derek Strubel	46-10.5	Lakeview	2001
8	Jeff Southern	46-10	Hidden Valley	1979
9	Jeff Riggs	46-09	Henley	1995
10	Dave Crume	46-08.5	Rogue River	1982

CLASS RECORDS				
9th	Aaidyn Bokuro	43-07.25	Newport	2023
10th	Carl Romines	46-08	Central Linn	1981
11th	Ryan Nash	48-11	Lakeview	2003
12th	Brian Schaudt	48-09	Philomath	2008

Top-Ten Outdoor Boys 4A Rankings Rarely Contested or Speciality Events

h = Hand time
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w = Wind-aided mark

Decathlon (hs impliments)

ALL-TIME TOP-10 PERFORMANCES				
1	Dakotah Keys	7204	Sweet Home	2008
2	Jay Goff	7029	Cascade	1998
3	Dan O'Brien	6882	Henley	1984
4	Oshay Dunmore	6634	Newport	2010
5	Dan Sheets	6554	La Salle	1984
6	Brendan Thurber-Blaser	6541	Newport	2016
7	Joe Delgado	6510	Ontario	2011
8	Tim Sim	6460	Central Linn	1977
9	Kevin Godfrey	6362	Douglas	2008
10	Nick Till	6337	Junction City	1983

Hammer (12 lbs)

ALL-TIME TOP-10 PERFORMANCES				
1	Ty Bettinger	165-06	North Marion	2021
2	Scott Polen	144-10	Marist	1981
3	Jeremy Olson	139-09	Molalla	2011
4	Brett Burbee	137-02	Pleasant Hill	2010
5	John Thomas	132-11	Philomath	1983
6	Samuel Cole	126-05	Central	2014
7	Dan Gorman	119-02	Central	1985
8	Ayden Gulseth	116-09	Crook County	2023
9	Ryan Ness	107-07	Cascade	1995
10	John McClenny	102-10	Molallo	2012

3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES				
1	Brookings-Harbor	8:04.8h		1979
2	Brookings-Harbor	8:07.6h		1979
3	Cascade	8:08.91a		1984
4	Scappoose	8:12.1h		1982
5	Gladstone	8:12.75a		1984
6	Gladstone	8:14.2h		1981
7	Hidden Valley	8:14.5h		2009
8	Yamhill-Carlton	8:16.2h		1983
9	Tillamook	8:17.1h		1989
10	Elmira	8:17.4h		1979

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

ALL-TIME TOP-10 PERFORMANCES				
1	South Umpqua	10:20.6h		2009
2	Astoria	10:25.3h		1993
3	Elmira	10:38.3h		1977
4	Philomath	10:41.5h		1988
5	Seaside	10:41.76a		2017
6	Siuslaw	10:42.3h		2004
7	Scappoose	10:45.0h		1982
8	Tillamook	10:47.5h		1989
9	Cascade	10:48.11a		1984
10	Tillamook	10:50.65a		2008

Marathon (26.2 miles)

ALL-TIME TOP-5 PERFORMANCES				
1	Curt Knott	3:07:02.0	Sherwood	2015
2	Josh Seekatz	3:11:41.0	Philomath	2011
3	Dan Thorpe	3:15:00.0	Cascade	1977
4	Steve Kuski	3:22:05.0	Seaside	1980
5	Doug Lorenz	3:56:08.0	Reedsport	1978

Half Marathon (13.1 miles)

ALL-TIME TOP-5 PERFORMANCES				
1	Andrew Damitio	1:29:00.0	Philomath	2013
2	Dilan Matheau	1:35:33.0	Phoenix	2020
3				
4				
5				

Other Top Records

Sprint Medley Relay (100m-300m-600m-200m)	Molalla	2:43.8h	2012
"Swedish" S.Medley Relay (100m-200m-300m-400m)	Brookings Harbor	2:11.97a	2013
62.1 mile (trail race)	Justin Ball, North Valley	10:51:00.0	2022

Top-Ten Outdoor Boys 4A 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	Henley	48.39a	2015
2	Hidden Valley	51.38a	2014
3	North Valley	51.68a	2015
4	Hidden Valley	52.20a	2015
5	Hidden Valley	52.29a	2017

6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	Brookings-Harbor	18:15.6h	1979
2	Elmira	18:31.6h	1979
3	Elmira	18:42.3h	1978
4	Elmira	18:47.4h	1980
5	Brookings-Harbor	18:55.0h	1980

2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Billy Harper	5:59.02a	Junction City 1996
2	Bryon Sanders	6:07.0h	Sweet Home 2008
3	Joel Haarstad	6:09.1h	Rainier 1998
4	Jorge Gil Juarez	6:11.96a	Phoenix 2011
5	Antonio Gil Juarez	6:21.53a	Phoenix 2012

3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES			
1	Mike Miner	9:16.7h	Philomath 1982
2	Nathan Morris	9:26.2h	Pleasant Hill 1981
3	Jared Swehosky	9:31.53a	Stayton 2005
4	Billy Harper	9:35.12a	Junction City 1994
5	David Holmes	9:38.2h	Elmira 1977

400m Intermediate Hurdles (36")

ALL-TIME TOP-5 PERFORMANCES			
1	Jay Goff	54.74c	Cascade 1998
2	Jeremiah Lewman	56.17a	North Valley 2004
3	Eric Bergerson	58.24c	Seaside 1987
4	Jake Noriega	59.34a	Stayton 2004
5	Jim Hibler	59.34c	Elmira 1981

800m Sprint Medley (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	Hidden Valley	1:32.72a	2014
2	Sutherlin	1:33.1c	1985
3	North Valley	1:33.29a	2014
4	Scappoose	1:33.38a	2023
5	Elmira	1:33.2h	1982

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

ALL-TIME TOP-5 PERFORMANCES			
1	Scappoose	1:37.1h	1983
2	Seaside	1:35.5h	1990
3	Silverton	1:36.4h	1992
4	Central Linn	1:36.2h	1983
5	Cascade	1:37.0h	1999

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

ALL-TIME TOP-5 PERFORMANCES			
1	Gladstone	3:36.8h	1983
2	Gladstone	3:39.2h	1985
3	Marist	3:46.31a	2022
4	Tillamook	3:46.78a	2013
5	Gladstone	3:46.8h	1982

Top-Ten Outdoor Boys 4A 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	Billy Harper	14:29.70h	Junction City	1996
2	Alexander Garcia-Silver	14:40.23a	Marshfield	2022
3	Rhy Reynolds	15:02.00h	Newport	1996
4	Bruce Davidson	15:09.20h	Cottage Grove	1984
5	Mitchell Butler	15:23.20a	Siuslaw	2013
6	Elwood Hosking	15:32.90h	Phoenix	2021
7	Mike Payne	15:33.20h	Sweet Home	1994
8	Will Hewson	15:39.60h	Estacada	1984
9	Pake Benthin	15:53.00a	Molalla	2013
10	Kael Feeley	15:54.96a	Phoenix	2023

10000m (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1	Mike Miner	31:52.9h	Philomath	1982
2	Chris Mariman	34:40.9h	Philomath	1981
3				
4				
5				
6				
7				
8				
9				
10				

Note: WW-1991 (1990 season) reports 6 Tillamook athletes with times from 14:35-15:37. We have spoken to a member of that team, and their times are confirmed to have been on a cross country all-terrain course and not on a track.