

# All-Time Top-Ten Outdoor 3A 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	Megan Miller	12.25a	Pleasant Hill	2017
2	Nicole Brown	12.34c	Creswell	1997
3	Justyce Smith	12.43a	Riverside	2014
4	Natalie Legras	12.43a	Scio	2014
5	Madeline Dinsmore	12.43a	Burns	2010
6	Jadyn Vermillion	12.43a	Sutherlin	2021
7	Andrea Lemus-Cisneros	12.44a	Umatilla	2015
8	Kamiko Kamo	12.44a	Vale	2006
9	Mikaela Bernards	12.44c	Valley Catholic	2014
10	Ashleigh Soltis	12.44c	Cascade Christian	2009
<u>Wind-Aided</u>				
	Nicole Brown	12.03aw	Creswell	1997

## 200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Andrea Lemus-Cisneros	25.32a	Umatilla	2015
2	Nicole Brown	25.35a	Creswell	2000
3	Megan Miller	25.39a	Pleasant Hill	2017
4	Jadyn Vermillion	25.45a	Sutherlin	2021
5	Jaerla Dinsmore	25.49a	Burns	2008
6	Amie Zitterkob	25.52a	Umatilla	2015
7	Ronni VanZant	25.53a	Sheridan	2017
8	Kimiko Kamo	25.63a	Vale	2005
9	Madeline Dinsmore	25.72a	Burns	2010
10	Amber Cave	25.74a	Cascade Christian	2018
	Nanette Talbot	25.74c	Nyssa	1984

CLASS RECORDS				
9th	Nicole Brown	12.34c	Creswell	1997
10th	Megan Miller	12.40a	Pleasant Hill	2015
11th	Megan Miller	12.26a	Pleasant Hill	2016
12th	Megan Miller	12.25a	Pleasant Hill	2017

CLASS RECORDS				
9th	Nicole Brown	25.74c	Creswell	1997
10th	Madeline Dinsmore	25.72a	Burns	2010
11th	Ronni VanZant	25.53a	Sheridan	2017
12th	Andrea Lemus-Cisneros	25.32a	Umatilla	2015

## 400m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Jaela Dinsmore	56.98a	Burns	2008
2	Marnie Branstiter	57.24c	Toledo	1985
3	Joy Dixon	57.34c	Coquille	1995
4	Teri Cooper	57.54c	Valley Catholic	1978
5	Abby Steinsiek	57.73a	St.Marys (Medford)	2011
6	Monica MacQuarrie	57.91a	Coquille	1987
7	Mindy Glazebrook	58.14c	Coquille	1979
8	Jamie Higle	58.19a	Burns	2010
9	Kayla Nagunst	58.23a	Rainier	2010
10	Diane Davis	58.34c	Warrenton	78/79

## 800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Amy Nickerson	2:14.09a	Coquille	1998
2	Maya Rayle	2:14.20a	Catlin Gabel	2016
3	Sophie Schoolmeester	2:14.72a	Banks	2023
4	Maryanne Miller	2:16.32a	Vernonia	2000
5	Kayla Nagunst	2:16.53a	Rainier	2009
6	Holli Dieu	2:16.6h	Coquille	2005
7	Katie Sharff	2:16.85a	Catlin Gabel	1998
8	Mary Arnoldid	2:17.2h	Valley Catholic	1985
9	Jamie Sundvall	2:17.22a	Jefferson (Jefferson)	2002
10	Mindy Rinck	2:17.41a	Rainier	1994

CLASS RECORDS				
9th	Joy Dixon	57.34c	Coquille	1995
10th	Joy Dixon	58.37a	Coquille	1996
11th	Jaela Dinsmore	58.06a	Burns	2007
12th	Jaela Dinsmore	56.98a	Burns	2008

CLASS RECORDS				
9th	Sophie Schoolmeester	2:14.72a	Banks	2023
10th	Maya Rayle	2:14.20a	Catlin Gabel	2016
11th	Amy Nickerson	2:14.09a	Coquille	1998
12th	Amy Nickerson	2:14.89a	Coquille	1999

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## 1500m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Maya Rayle	4:33.32a	Catlin Gabel	2018
2	Amy Nickerson	4:34.4h	Coquille	1999
3	Holli Dieu	4:34.51a	Coquille	2005
4	Maryanne Miller	4:38.52a	Vernonia	2000
5	Marissa Dobry	4:35.86a	St.Marys (Medford)	2016
6	Hayley Ney	4:40.80a	Catlin Gabel	2009
7	Lauren Eyler	4:40.90a	Oregon Episcopal	2006
8	Jolee Van Leuven	4:41.55a	Catlin Gabel	2005
9	Becky Davies	4:42.04a	Catlin Gabel	2005
10	Lila Fenner	4:42.67a	Catlin Gabel	2019

## 3000m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Amy Nickerson	9:45.1h	Coquille	1999
2	Maya Rayle	9:46.90a	Catlin Gabel	2018
3	Jolee Van Leuven	9:49.24a	Catlin Gabel	2005
4	Marissa Dobry	9:51.08a	St.Marys (Medford)	2016
5	Melissa Lucas	10:01.3h	Catlin Gabel	1993
6	Holli Dieu	10:02.06a	Coquille	2005
7	Lauren Tittel	10:12.61a	Oregon Episcopal	2023
8	Stephanie Finley	10:15.24a	Oregon Episcopal	2018
9	Becky Davies	10:15.3a	Catlin Gabel	2005
10	Katie Malm	10:21.1h	Catlin Gabel	1990

### CLASS RECORDS

9th	Amy Nickerson	4:38.39a	Coquille	1996
10th	Amy Nickerson	4:34.93a	Coquille	1997
11th	Holli Dieu	4:34.51a	Coquille	2005
12th	Maya Rayle	4:33.32a	Catlin Gabel	2018

### CLASS RECORDS

9th	Maya Rayle	10:09.89a	Catlin Gabel	2015
10th	Melissa Lucas	10:01.3h	Catlin Gabel	1993
11th	Holli Dieu	10:02.06a	Coquille	2005
12th	Amy Nickerson	9:45.1h	Coquille	1999

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## 100m High Hurdles (33")

ALL-TIME TOP-10 PERFORMANCES				
1	Cynthia Shepherd	15.14c	Warrenton	1980
2	Madeleine Miller	15.19a	Catlin Gabel	2007
3	Trinity Phillips	15.19a	Blanchet Catholic	2019
4	Tina Nieman	15.24a	Clatskanie	1986
	Autumn Murray	15.24a	Cascade Christian	2023
6	Sierra Samhammer	15.37a	Cascade Christian	2023
7	Terra Schumacher	15.41a	Regis	2007
8	Angie Murphy	15.42a	Nyssa	1989
9	Cindy Gaston	15.44c	Rainier	1982
10	Annie Peters	15.46a	Regis	1999

### CLASS RECORDS

9th	Trinity Philpps	15.92a	Blanchet Catholic	2016
10th	Tina Nieman	15.34c	Clatskanie	1985
11th	Tina Nieman	15.24a	Clatskanie	1986
12th	Cynthia Shepherd	15.14c	Warrenton	1980

## 300m Low Hurdles (30")

ALL-TIME TOP-10 PERFORMANCES				
1	Holly Prinslow	44.65a	Gervais	2002
2	Hannah Bates	45.23a	Vale	2015
3	Cynthia Shepherd	45.54c	Warrenton	1980
4	Cammy Edwards	45.65a	Catlin Gabel	2012
5	Emma Bennion	45.74a	St.Marys (Medford)	2019
6	Erin Sullivan	45.78a	Burns	1994
7	Sarah Bennion	46.06a	St.Marys (Medford)	2012
8	Mindy Rinck	46.24c	Rainier	1997
9	Frauke Fuchs	46.27a	Coquille	2008
10	Sara Kaiser	46.34c	Clatskanie	1999

### CLASS RECORDS

9th	Holly Prinslow	46.64c	Gervais	1999
10th	Holly Prinslow	45.65a	Gervais	2000
11th	Holly Prinslow	45.72a	Gervais	2001
12th	Holly Prinslow	44.65a	Gervais	2002

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## 400m (4x100m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	Cascade Christian	49.63a	Haley Reed, Emily Stephens, Zoey Boisen, Amber Cave
2	Valley Catholic	49.80a	Gabby Rosenthal, Sarah Connelly, Makenzee Cleveland, Mikaela Bernards
3	Vale	49.74a	Erin Pugh, Elisa Mooney, Cirbi Anthony, Klmiko Kamo
4	Vale	49.81a	Erin Pugh, Elisa Mooney, Cirbi Anthony, Klmiko Kamo
5	Burns	49.88a	Jaela Dinsmore, Breanna Ribeiro, Jamie Higle, Jen Higle
6	Nyssa	49.94a	Kendee Tucker, Katie Booth, Lacey Jones, Genniel Wagstaff
7	Rainier	50.14c	Joanne Hudson, Dianne Miles, Taujna Berquam, Cindy Gaston
8	Warrenton	50.14c	Cynthia Shepherd, Kaye Hanna, Susan Gramson, Diane Davis
9	Burns	50.15a	Breanna Ribeiro, Madeline Dinsmore, Jen Higle, Jamie Higle
10	Valley Catholic	50.18a	Susi Korinek, Kristina Eclavia, Oksana Levkiv, Candace Rosenthal

## 1600m (4x400m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	St.Marys of Valley*	4:01.1h	Chris Cooper, Leslie Elkins, Melissa Baver, Teri Cooper
2	St.Mary's (Medford)	4:02.59a	Mackenzie Krieser, Abby Steinsiek, Erika Peterson, Sarah Bennion
3	Catlin Gabel	4:02.90a	Linnea Hurst, Eloise Miller, Hayley Ney, Isabelle Miller
4	Burns	4:03.51a	Breanna Ribeiro, Jen Higle, Jamie Higle, Madeline Dinsmore
5	St.Mary's (Medford)	4:04.42a	Meghan Michels, Maddie Wheelock, Aessa Catt, Emma Bennion
6	Vale	4:04.81a	Kami Hawkins, Madison Johnson, Hannah Bates, Kimber Hawkins
7	Coquille	4:04.84a	Hidie King, Laura Gibson, Amy Nickerson, Joy Dixon
8	Burns	4:04.91a	Kendra Attleberger, Maria Clemens, Jess Clemens, Jaela Dinsmore
9	Valley Catholic	4:05.11a	Hannah Rehm, Julia Clark, Reilly Blood, Makenzee Cleveland
10	Valley Catholic	4:05.53a	Katie Brempelis, Kate Emery, Anna Johnson, Sarah Imel

\* St.Marys of Valley is now Valley Catholic

## Shot Put (4kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Emmi Collier	45-06.75	Warrenton
2	Lindsay McShane	44-01	Amity
3	Jacklyn Espinoza	43-00.5	Regis
4	Jennifer DeFroest	42-07	La Pine
5	JoAnne Jessee	42-04	Cascade Christian
6	Jordynn Slater	42-03.5	La Pine
7	Melissa Ausman	41-11	Nyssa
8	Victoria Rodriguez	41-10.75	Nyssa
9	Carley Lannan	41-08.5	Clatskanie
10	Tahari Brosi	41-07	Reedsport

## Discus (1kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Jacklyn Espinoza	158-01	Regis
2	Melissa Ausman	149-06	Nyssa
3	Gina Seals	145-06	Grant Union
4	Lindsey McShane	144-07	Amity
5	Leilani Salang	139-00	Blanchet Catholic
6	Abby Aguiar	137-05	Dayton
7	Hailee Hughes	137-00	Willamina
8	Jessica Thompson	134-11	Toledo
9	Marly Ausman	133-04	Nyssa
10	Paige Lewis	133-03	Portland Christian

### CLASS RECORDS

9th	Jacklyn Espinoza	39-10.5	Regis
10th	Jordynn Slater	41-02	La Pine
11th	Emmi Collier	43-07.5	Warrenton
12th	Emmi Collier	45-06.75	Warrenton

### CLASS RECORDS

9th	Jaclyn Expinoza	135-00	Regis
10th	Jaclyn Expinoza	151-00	Regis
11th	Jaclyn Expinoza	155-02	Regis
12th	Jaclyn Expinoza	158-01	Regis

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## Javelin (600g,IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Chrissi Grizzel	161-07	Jefferson (Jefferson)	2007
2	Jordynn Slater	153-00	La Pine	2017
3	Hailee Hughes	148-01	Willamina	2022
4	Delany Hall	146-01	Lakeview	2015
5	Kelsey Stolz	145-02	Bandon	2004
6	Mackenzii Phillips	141-09	Douglas	2021
7	Lindsay McShane	141-01	Amity	2015
8	Beth Stam	139-10	Toledo	2008
9	Trudy Burns	138-06	Cascade Christian	2015
10	Ella Knott	137-02	Taft	2018

CLASS RECORDS				
9th	Chrissi Grizzel	136-08	Jefferson (Jefferson)	2004
10th	Chrissi Grizzel	146-05	Jefferson (Jefferson)	2005
11th	Jordynn Slater	153-00	La Pine	2017
12th	Chrissi Grizzel	161-07	Jefferson (Jefferson)	2007

## High Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Sara Almen	5-09	Santiam Christian	2012
2	Kara McManus	5-08	Glide	1999
3	Amanda Boice	5-08	Gold Beach	2004
4	Rachel Kriz	5-07.25	Toledo	2000
5	Caroline Mauro	5-07.25	Catlin Gabel	2023
5	Emma Robertson	5-07	Burns	2013
6	Gloria Zabala	5-06.25	Burns	1975
7	Allie Hueckman	5-06	Burns	2018
8	Anne Fisher	5-06	Amity	1976
9	Jennifer Hailey	5-05.5	Amity	1995
10	Emily Stephens	5-05	Cascade Christian	2017
11	Lindsey Wright	5-05	Reedsport	2010
12	Beth Stam	5-05	Toledo	2007
13	Rachel Parker	5-05	Regis	2004
14	Caitlin Zimbrick	5-05	Willamina	2003
15	Kolette Jensen	5-05	Nyssa	97/98
16	Laura Gibson	5-05	Coquille	1997
17	Gwen Young	5-05	Valley Catholic	1986

CLASS RECORDS				
9th	Allie Hueckman	5-06	Burns	2018
10th	Sara Almen	5-07	Santiam Christian	2010
11th	Emma Robertson	5-07	Burns	2013
12th	Sara Almen	5-09	Santiam Christian	2012

## Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Mckenzie Walker	12-05	St.Marys (Medford)	2022
2	Misty Corwin	12-00	Waldport	2007
3	Jenni Ashcroft	11-07	Sheridan	1998
4	Sami Woodring	11-06	Oregon Episcopal	2019
5	Sailor Hartley	11-04.25	Nyssa	2018
6	Jocelyn Hartley	11-00	Nyssa	2017
7	Ryleigh Crenshaw	11-00	Horizon Christian	2015
8	Linnea Fong	11-00	St.Marys (Medford)	2011
9	Terra Schumacher	11-00	Regis	2006
10	Ashlyn Turnbo	11-00	Elmira	2023

CLASS RECORDS				
9th	Kylee DeLong	9-09	Vale	2012
10th	Grace Tully	10-09	Westside Christian	2019
11th	Misty Corwin	12-00	Waldport	2007
12th	Mckenzie Walker	12-05	St.Marys (Medford)	2022

## Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Stephanie Rodenberg	18-05	Coquille	1982
2	Cynthia Shepherd	18-04.5	Warrenton	1980
3	Pam Snyder	18-03.5	Gold Beach	1980
4	Sidney DeBoer	18-02.5	St.Marys (Medford)	2023
5	Tammy Lesh	18-02	Neah-Kah-Nie	1983
6	Nancy Shupak	18-02	Clatskanie	1972
7	Kim Holliday	18-01.5	Grant Union	2000
8	Autumn Murray	18-01.5	Cascade Christian	2023
9	Beth Stam	18-00.5	Toledo	2007
10	Mariah Morton	18-00.25	Catlin Gabel	2011

CLASS RECORDS				
9th	Cathy Boag	17-11	Creswell	1974
10th	Mariah Morton	18-00	Catlin Gabel	2010
11th	Tammi Lesh	18-02	Neah-Kah-Nie	1983
12th	Stephanie Rodenberg	18-05	Coquille	1982

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## Triple Jump

ALL-TIME TOP-10 PERFORMANCES #				
1	Rebeka Preston	38-11.25	Santiam Christian	2018
2	Kim Holliday	38-10.5	Grant Union	1999
3	Tia Jenkins	38-01	Grant Union	1998
4	Jadyn Vermillion	38-00.5	Sutherlin	2021
5	Amy Jones	37-08.5	Grant Union	2003
6	Kayla Brase	37-04	Westside Christian	2014
7	Beth Stam	37-02	Toledo	2008
8	Maddie Miller	37-02	Catlin Gabel	2007
9	Mariah Morton	37-00.5	Catlin Gabel	2012
10	Sidney DeBoer	37-00.5	St.Marys (Medford)	2023

CLASS RECORDS				
9th	Kim Holliday	37-07	Grant Union	1997
10th	Tia Jenkins	36-11	Grant Union	1996
11th	Kim Holliday	38-10.5	Grant Union	1999
12th	Rebeka Preston	38-11.25	Santiam Christian	2018

# Top-Ten Outdoor Girls 3A Rankings Rarely Contested or Speciality Events

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## Heptathlon (hs impliments)

ALL-TIME TOP-10 PERFORMANCES			
1	Beth Stam	4327	Toledo 2008
2	Ciana Baron	4086	Westside Christian 2011
3	Lindsey Wright	3723	Reedsport 2010
4	Katie Pearmine	3687	Gervais 1993
5	Rachel Lefebvre	3632	Clatskanie 1992
6	Darian Wilson	3588	Coquille 2015
7	Candace Rosenthal	3528	Valley Catholic 2003
8	Kayla Brase	3519	Westside Christian 2013
9	Rachel Parker	3448	Reis 2005
10	Jessi-Ann Michaelson	3413	Westside Christian 2005

## Hammer (4kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Kalea Salang	125-07.5	Blanchette Chr 2019
2	Robbi Morrison	116-11	Amity 2017
3	Maddie Shirley	113-06	Dayton 2015
4	Leilani Salong	111-04	Blanchette Chr 2017
5	Haley Vanderzanden	111-00	Amity 2022
6	Taylor Durfey	95-05	Umatilla 2022
7	Ella Knott	93-09.5	Taft 2019
8	Kylie Wilson	93-03	Amity 2023
9	Hannah Hughes	78-05	Willamina 2019
10	Hailee Stewart	77-09	Amity 2023

## 3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Catlin Gabel	9:55.86a	2019
2	Catlin Gabel	9:57.72a	2018
3	Salem Academy	10:01.3h	1987
4	Valley Catholic	10:01.4h	2011
5	Rainier	10:02.8a	2010
6	Nyssa	10:06.70a	2010
7	Kennedy	10:26.9h	1982
8	St.Marys	10:32.0h	2015
9	Oregon Episcopal	10:37.1h	1989
10	Glendale	10:42.0h	1981

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

ALL-TIME TOP-10 PERFORMANCES			
1	Catlin Gabel	12:40.66a	2009
2	St.Marys	12:47.01a	2016
3	Oregon Episcopal	12:47.62a	2023
4	Catlin Gabel	12:50.98a	2017
5	Catlin Gabel	12:51.51a	2015
6	Valley Catholic	13:06.34a	2009
7	Glendale	13:08.0h	1981
8	Catlin Gabel	13:10.02a	2018
9	St.Marys	13:10.02a	2015
10	Glendale	13:13.0h	1993

## Marathon (26.2 miles)

ALL-TIME TOP-5 PERFORMANCES			
1			
2			
3			
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)	Clatskanie	3:29.0h	2010
10k (6.2 miles) roadrun	Marissa Dobry, St.Marys (Medford)	40:33.0h	2012

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## Shuttle Hurdle Relay (3x100m hurdles, 33")

ALL-TIME TOP-5 PERFORMANCES			
1	St.Marys	57.07a	2012
2	Lakeview	57.40a	2017
3	Cascade Christian	57.74a	2013
4	Cascade	59.53a	2014
5	St.Marys	1:00.45a	2010

## 6400m Relay (4x1600m)

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

## 2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Emma Bennion	7:28.2h	St.Marys	2017
2	Lisa Jauch	8:06.01a	Westside Christian	2014
3	Olivia Flack	8:07.16a	La Pine	2019
4	Jaesa Ruchti	8:33.43a	Pleasant Hill	2018
5	McKenzie Bell	8:35.38a	Burns	2012

## 3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Emma Bennion	11:54.05a	St.Marys (Medford)	2017
2				
3				
4				
5				

## 400m Low Hurdles (30")

ALL-TIME TOP-5 PERFORMANCES				
1	Kayla Brase	1:10.34a	Westside Christian	2013
2	Amy Kraemer	1:13.20a	Amity	2017
3	Bree Whitney	1:13.94a	Valley Catholic	2001
4	Terra Schumacher	1:15.8h	Canyonville Christian	1979
5	Sara Nelson	1:16.44a	Rainier	1997

## 800m Sprint Medley (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	Horizon Christian	1:47.33a	2023
2	St.Marys	1:49.0h	2014
3	Westside Christian	1:49.25a	2014
4	Westside Christian	1:49.41a	2013
5	Nyssa	1:50.15a	2015

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

ALL-TIME TOP-5 PERFORMANCES			
1	Vale	1:54.8h	2013
2	Vale	1:57.0h	2008
3	Vale	1:58.9h	2009
4	Crow	1:58.9h	1981
5	Oakridge	1:58.9h	1990

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

ALL-TIME TOP-5 PERFORMANCES			
1	Catlin Gabel	4:35.78a	2009
2	St. Marys	4:42.29a	2018
3	Catlin Gabel	4:50.22a	2015
4	Nestucca	4:55.1h	1988
5	Glide	5:03.96a	2023

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## 5000m (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1	Linsie Michels	18:03.00a	Cascade	2006
2	Marissa Dobry	18:05.59a	St.Marys (Medford)	2015
3	Sanaiya Ayala	19:18.91a	St.Marys (Medford)	2022
4	Bella Fontino	19:45.95a	St.Marys (Medford)	2023
5	Gwendolyn VanWart	20:02.46a	Cascade Christian	2023
6	Sadie Young	20:45.96a	Oregon Episcopal	2022
7	Marren Tignini	21:32.27a	St.Marys (Medford)	2023
8	Reana Crisp	22:54.51a	Cascade Christian	2023
9	Saige Griffin	23:10.79a	Cascade Christian	2022
10	Natalie Hung	24:10.42a	St.Marys (Medford)	2023



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## 100m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Gavin Cogle	10.74a	St.Marys (Medford)	2022
2	Juma Sei	10.80a	Catlin Gabel	2018
3	Dan Cauley	10.85a	Regis	2006
4	Todd Hope	10.91a	Gold Beach	1986
5	Malcolm Grant	10.92a	Catlin Gabel	2023
6	Brady Smith	10.94c	Scio	2013
7	Justin Sandlin	10.94c	Riverside	1999
8	Jim Cheadle	10.94c	Grant Union	1981
9	Seth Wenger	10.95a	Toledo	2011
10	Andrew Curtis	10.95a	Westside Christian	2010
<u>Wind-Aided</u>				
	Juma Sei	10.70aw	Catlin Gabel	2018
	Malcolm Grant	10.86aw	Catlin Gabel	2023
	Dylan Wells	10.82aw	Regis	2006

CLASS RECORDS				
9th	Daryl Dale	11.34c	Vale	1984
10th	Jim Cheadle	10.94c	Grant Union	1981
11th	Dan Cauley	10.85a	Regis	2006
12th	Gavin Cogle	10.74a	St.Marys (Medford)	2022

## 200m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Juma Sei	21.40a	Catlin Gabel	2018
2	Zack Hevner	21.74a	Vale	2007
3	Gavin Cogle	21.84a	St.Marys (Medford)	2022
4	Dan Cauley	21.92a	Regis	2006
5	Malcolm Grant	22.08a	Catlin Gabel	2023
6	Dylan Wells	22.25a	Regis	2007
7	Ben Mainini	22.33a	Lakeview	2011
8	Andrew Curtis	22.33a	Westside Christian	2010
9	John Wulf	22.34a	Gold Beach	1982
10	David Harris	22.36a	Westside Christian	2012

CLASS RECORDS				
9th	Dan Cauley	22.95a	Regis	2004
10th	Dan Cauley	22.22a	Regis	2005
11th	Zack Hevner	21.74a	Vale	2007
12th	Juma Sei	21.40a	Catlin Gabel	2018

## 400m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Juma Sei	47.04a	Catlin Gabel	2018
2	David Harris	48.62a	Westside Christian	2012
3	Andrew Curtis	48.64a	Westside Christian	2010
4	Harrison Leep	48.84a	St.Marys (Medford)	2012
5	Roy Nelson	48.84c	Coquille	1984
6	Dan Hammett	48.94c	Toledo	1978
7	Zack Hevner	48.99a	Vale	2007
8	Ray Pitts	49.12a	Creswell	1994
9	Brian Roesler	49.14c	Westside Christian	2000
10	Malcolm Grant	49.30a	Catlin Gabel	2023

CLASS RECORDS				
9th	Andy Wintersteen	50.94a	Warrenton	1998
10th	Juma Sei	48.68a	Catlin Gabel	2016
11th	Juma Sei	48.15a	Catlin Gabel	2017
12th	Juma Sei	47.04a	Catlin Gabel	2018

## 800m Dash

ALL-TIME TOP-10 PERFORMANCES				
1	Cole Watson	1:52.48a	Rogue River	2009
2	Austin Collins	1:52.68a	Colton	2011
3	Joshua Frasier	1:53.14a	Coquille	2006
4	Ben Dechard	1:53.62a	Catlin Gabel	2000
5	Harry Miller	1:54.52a	Catlin Gabel	2005
6	Erik Heimann	1:54.9	Creswell	1990
7	John Mike McHugh	1:55.15a	Toledo	1984
9	Roy Nelson	1:55.3	Coquille	1982
8	Samuel Ulrich	1:55.20a	Siuslaw	2023
10	Morgan Amano	1:55.84a	Valley Catholic	2023

CLASS RECORDS				
9th	Amin Diani	1:56.46a	Banks	2023
10th	Ben Dechard	1:55.01a	Catlin Gabel	2000
11th	Cole Watson	1:52.48a	Rogue River	2009
12th	Austin Collins	1:52.68a	Colton	2011

# All-Time Top-Ten Outdoor 3A 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	Cole Watson	3:50.84a	Rogue River	2010
2	James Longoria	3:57.7	Nyssa	1995
3	Harry Miller	3:57.94a	Catlin Gabel	2005
4	Fabian Cardenas	3:58.64a	Umatilla	2016
5	Tracy Garrison	3:59.4	Glide	1981
6	Joshua Frasier	3:59.42a	Coquille	2006
7	Austin Collins	4:00.21a	Colton	2011
8	Jon Morse	4:01.0	Coquille	1989
9	Nick Obletz	4:02.18a	Oregon Episcopal	2012
10	Rob Calley	4:03.1	Coquille	1988

## 3000m Run

ALL-TIME TOP-10 PERFORMANCES				
1	Fabian Cardenas	8:30.23a	Umatilla	2016
2	Tracy Garrison	8:37.1	Glide	1981
3	Nick Obletz	8:41.97a	Oregon Episcopal	2012
4	Zach Bellew	8:42.34a	Creswell	2014
5	James Longoria	8:43.9	Nyssa	1995
6	Olin Glister	8:45.01a	Oregon Episcopal	2023
7	Cole Watson	8:45.1	Rogue River	2010
8	Wyatt Montgomery	8:45.80a	La Pine	2023
9	Jack Casalino	8:48.87a	Oregon Episcopal	2018
10	Hudson Eustace	8:49.94a	Cascade Christian	2011

### CLASS RECORDS

9th	Tracy Garrison	3:59.4	Glide	1981
10th	Alec Bromka	4:06.87a	Catlin Gabel	2003
11th	Cole Watson	4:00.36a	Rogue River	2009
12th	Cole Watson	3:50.84a	Rogue River	2010

### CLASS RECORDS

9th	Tracy Garrison	8:37.1	Glide	1981
10th	Fabian Cardenas	8:46.87a	Umatilla	2014
11th	Fabian Cardenas	8:41.23a	Umatilla	2015
12th	Fabian Cardenas	8:30.23a	Umatilla	2016

## 110m High Hurdles (39")

ALL-TIME TOP-10 PERFORMANCES				
1	Jayden Christy	14.69a	Santiam Christian	2023
2	Joe Oulette	14.74c	Colton	1994
3	Keith Baker	14.79a	Riverside	2001
4	Joshua Widdows	14.81a	Catlin Gabel	2023
5	Seth Gretz	14.93a	Rogue River	2013
6	Ryan Watson	14.95a	Clatskanie	2018
7	Marshall Ackley	14.96a	Nyssa	2006
8	Owen McLoud	14.97a	Dayton	2018
9	Jake Gould	15.04c	Myrtle Point	2004
10	Shawn Akin	15.04c	Rainier	1999
<u>Wind-Aided</u>				
	Joshua Widdows	14.70aw	Catlin Gabel	2023

## 300m Intermediate Hurdles (36")

ALL-TIME TOP-10 PERFORMANCES				
1	Marshall Ackley	38.12a	Nyssa	2006
2	Craig Douglas	38.65a	McLoughlin	1996
3	Justin Angove	39.14c	Bandon	2013
4	Wilson McLean	39.20a	Salem Academy	2018
5	Lucas Setere	39.20a	Rainier	2001
6	Trent Shelton	39.22a	Vale	1996
7	Brian Hartenstein	39.23a	Colton	1988
8	Dustin Ziemann	39.24c	Reedsport	2003
9	Brandon Bruce	39.29a	Colton	2003
10	Zach Posch	39.30a	Jefferson (Jefferson)	2005

### CLASS RECORDS

9th	Marco Landeros	41.70a	Riverside	2019
10th	Lucas Setere	39.94c	Rainier	1999
11th	Zach Posch	39.30a	Jefferson (Jefferson)	2005
12th	Marshall Ackley	38.12a	Nyssa	2006

### RECORDS

9th	Jim Cheadle	16.04c	Grant Union	1980
10th	Joshua Widdows	15.27a	Catlin Gabel	2022
11th	Joshua Widdows	14.81a	Catlin Gabel	2023
12th	Jayden Christy	14.69a	Santiam Christian	2023

# All-Time Top-Ten Outdoor 3A Boys Rankings

h = Hand time
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w = Wind-aided mark

## 400m (4x100m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	Santium Christian	43.29a	Owen Gurney, Jayden Christy, Caden Trimmer, John Coiner
2	Clatskanie	43.34a	Crew Blodgett, Kees Tjaarda, Ryan Watson, Cooper Blodgett
3	Scio	43.43a	Nathan Jones, AJ Holmberg, Daniel Harper, Brady Smith
4	Westside Christian	43.52a	Cameron Colby, Andrew Curtis, Ryan Parker, Eric Barton
5	Westside Christian	43.54a	Blake Kingsley, Stephen Nelson, David Harris, Andrew Curtis
6	Regis	43.60a	Brad Lackner, Justin Beggs, Dylan Wells, Dan Cauley
7	Westside Christian	43.63a	Cameron Colby, Nick Meusch, Trevor Hansen, Andrew Curtis
8	Colton	43.71a	Garrett Collins, Malik Knott, Evan Rasor, Zemar Smith
9	Clatskanie	43.80a	Cooper Blodgett, Jacob Bruce, Cedrix Heath, Josh Quevido
10	Rainier	43.84a	Clay Wimmer, Devyn Heflin, Parker Dean, Devon Marshall
10	Colton	43.84c	Todd Stahlnecker, Stan Todd, Scott Kozak, Mike Thornton

## 1600m (4x400m) Relay

ALL-TIME TOP-10 PERFORMANCES			
1	Westside Christian	3:24.90a	Ethan Parker, John Hanscom, Kirk Anderson, David Harris
2	Siuslaw	3:26.00a	Raymundo BritoXilot, Samuel Ulrich, Jacob Blankenship, Hunter Patterson
3	Grant Union	3:26.27a	Eric Coats, Ryne Smith, Marc DesJardin, Miro Zadubeneč
4	Coquille	3:26.86a	Jeff Abbey, Doug Butler, Doug Stover, Roy Nelson
5	Vale	3:26.87a	Luke Skerjanic, Jarrod Tucker, Cam Anthony, Zack Hevner
6	Scio	3:27.06a	Ben Jones, Nathan Jones, AJ Holmberg, Brady Smith
7	Banks	3:27.09a	Omar, Diani, Grayson Voss, Amin Diani, Daevon Vereen
8	Santium Christian	3:27.25a	Brent Gilder, Andy Plaep, Ben Hoffman, Zach Davidson
9	Westside Christian	3:27.59a	Ethan Parker, Mitchell Rettmann, Brandon Thompson, David Harris
10	Sheridan	3:27.6	Ken Hamilton, Richard Mendenhall, John Mendenhall, Mark Brown
10	Vale	3:27.60a	Colton Stepleton, Skyler Cade, Spur Jacobs, Charlie Lamb

## Shot Put (12lbs)

ALL-TIME TOP-10 PERFORMANCES			
1	Curt Denny	64-09.5	Burns
2	Butch Schmidt	62-05.5	Wahtonka
3	Mike Wilson	60-04.5	Waldport
4	Tom Schillinger	59-05.5	Burns
5	Paul Steenkolk	59-03	Toledo
6	Kirk Williams	56-09	Neah-Kah-Nie
7	Omer Inan	55-08.5	Oregon Episcopal
8	Butch Kinder	55-08.25	Burns
9	John Strickland	55-07.5	Nyssa
10	Dan Blackmon	55-07	Neah-Kah-Nie

## Discus (1.6kg)

ALL-TIME TOP-10 PERFORMANCES			
1	Tom Schillinger	194-00	Burns
2	Arnie Swan	188-01	Glide
3	Omer Inan	181-09	Oregon Episcopal
3	Clayton Sexton	181-09	Wahtonka
5	Shane Wood	178-10	Sisters
6	Dillon Towne	178-09	Glide
7	Ismael Osorio	177-07	Reedsport
8	Curt Denny	176-05	Burns
9	Craig Colahan	168-06	Burns
10	Bo Johnson	167-04	Toledo

### CLASS RECORDS

9th	Curt Denny	57-04	Burns
10th	Curt Denny	58-04	Burns
11th	Curt Denny	60-11.5	Burns
12th	Curt Denny	64-09.5	Burns

### CLASS RECORDS

9th	Don Heater	141-07	Creswell
10th	Tom Schillinger	166-09	Burns
11th	Tom Schillinger	182-07	Burns
12th	Tom Schillinger	194-00	Burns

# All-Time Top-Ten Outdoor 3A Boys Rankings

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## Javelin (800g,IAAF)

ALL-TIME TOP-10 PERFORMANCES				
1	Cole Scherer	202-03	Bandon	2009
2	Shane Brooks	199-02	Pleasant Hill	2012
3	Jimmy Cook	193-02	Grant Union	2009
4	Seth Nonnemacher	190-11	Burns	2014
5	Lane Roseberry	189-10	Lakeview	2012
6	Tre Hale-Edmerson	186-09	Sheridan	2011
7	Tyrese Boyd	185-11	Riverside	2023
8	Casey Bochsler	182-06	Regis	2003
9	Matt Buche	182-01	Myrtle Point	2004
10	Derek Tuttle	182-01	Brookings-Harbor	2021

## High Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Matt Owen	6-11.5	Dayton	1986
2	Lance Aldrich	6-10	Sheridan	2005
3	Peter McMurrin	6-09.75	Catlin Gabel	1972
4	Marcus Cooper	6-09	Toledo	1999
5	Shane Hargett	6-09	Harrisburg	1983
6	A.J. Acker	6-08	Rainier	1995
7	Matt Aalto	6-08	Willamina	1994
8	Scott Carmichael	6-08	Creswell	1987
9	Jeff Goyins	6-08	Regis	1979
10	Keith Talbott	6-07.5	Nyssa	2001

### CLASS RECORDS

9th	Jimmy Cook	172-11	Grant Union	2006
10th	Jimmy Cook	182-06	Grant Union	2007
11th	Daniel Kinney	180-05	Cascade Christian	2008
12th	Cole Scherer	202-03	Bandon	2009

### CLASS RECORDS

9th	Mike Schmid	6-02	Catlin Gabel	1989
10th	Matt Owen	6-06	Dayton	1984
11th	Matt Owen	6-09	Dayton	1985
12th	Matt Owen	6-11.5	Dayton	1986

## Pole Vault

ALL-TIME TOP-10 PERFORMANCES				
1	Justin Petz	17-02	La Pine	2016
2	Mike Thornton	16-07	Colton	1984
3	Marshall Ackley	15-04	Nyssa	2006
4	Kyle Hughes	15-00	Siuslaw	2023
5	Caden Harris	14-11.25	Banks	2023
6	Ben Logan	14-10.5	Harrisburg	1997
7	Robby Fegles	14-09	Reedsport	2007
8	Jeff Beck	14-08	Nyssa	2002
9	Zach Greenleaf	14-06	Catlin Gabel	2015
10	Dylan Hopper	14-05	Pleasant Hill	2019

## Long Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Rick Lewis	23-09	St.Marys (Medford)	1968
2	Chris Patterson	23-02	Catlin Gabel	1984
3	Jon McNeil	22-09	Horizon Christian	2010
4	Justin Simpson	22-08.5	Nyssa	2016
5	Malik Knott	22-08	Colton	2016
6	Brad Breen	22-07.75	Toledo	1975
7	Scout Labhart	22-07.25	La Pine	2017
8	Don Davis	22-07	Creswell	66/67
9	John Moonen	22-06.5	La Pine	1987
10	Harold Brice	22-05.75	Coquille	1966

### CLASS RECORDS

9th	Luke Ray	14-00	Warrenton	1993
10th	Luke Ray	14-00	Warrenton	1994
11th	Justin Petz	16-09	La Pine	2015
12th	Justin Petz	17-02	La Pine	2016

### CLASS RECORDS

9th	Dean Sanchez	21-05	Dayton	1982
10th	Steve Hammer	21-11	Coquille	1975
11th	Malik Knott	22-05	Colton	2015
12th	Rick Lewis	23-09	St.Marys (Medford)	1968

# All-Time Top-Ten Outdoor 3A Boys Rankings

h = Hand time
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## Triple Jump

ALL-TIME TOP-10 PERFORMANCES				
1	Jeremy Wilson	46-06.5	Dayton	1997
2	Marcellus Ramos	46-03.50	Nyssa	2012
3	Jake Llado	46-01.5	Regis	1988
4	Nick Wilson	46-00.50	Grant Union	2012
5	Kaden Andrews	45-09.25	Dayton	2006
6	Brian McKinnis	45-07	Grant Union	1978
7	Gene Bates	45-06	Burns	1994
8	Chris Patterson	45-06	Catlin Gabel	1984
9	Csaba Radics	45-05	Rainier	1975
10	CJ Mitchell-Utton	45-04.25	Horizon Christian	2010

CLASS RECORDS				
9th	Lucas White Moon*	42-7.75	Catlin Gabel	2013
10th	Kaden Andrews	45-09.25	Dayton	2006
11th	Marcellus Ramos	45-01.75	Nyssa	2011
12th	Jeremy Wilson	46-06.5	Dayton	1997

\* at the time of competition, his name appears as Lucas Swift Arm  
His name was changed while in high school, and appears as requested

There is a reported mark for Rick Stellier of Gervais at 47-07 in 1973.  
This mark is deemed suspicious and we have not been able to locate its origin.  
We think it is a mistaken typo which was then reported

# Top-Ten Outdoor Boys 3A Rankings Rarely Contested or Speciality Events

h = Hand time
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## Decathlon (hs impliments)

ALL-TIME TOP-10 PERFORMANCES			
1	Marshall Ackley	6188	Nyssa 2006
2	Dan Berkey	5747	Amity 1993
3	Carsen Volle	5472	Burns 2023
4	Davis Harris	5450	Westside Christian 2011
5	Justin Devine	5418	Regis 2001
6	Eric Jensen	5409	Nyssa 2010
7	T.J. Hafner	5393	Regis 2001
8	Jerome Scovell	5308	Neah-Kah-Nie 1994
9	Travis Webb	5284	Dayton 1994
10	Colin Riviere	5250	Catlin Gabel 1989

## Hammer (12 lbs)

ALL-TIME TOP-10 PERFORMANCES			
1	Luis Campos	164-04	Umatilla 2023
2	Mason Strunk	161-04	Salem Academy 2019
3	Bo Johnson	146-10	Toledo 2008
4	Nick Hermes	127-02	Amity 2023
5	Robby Scharf	123-00	Amity 2019
6	Kiyan Vrell	122-05	Amity 2023
7	Jaxson Howard	121-10	Amity 2023
8	Bo Sims	115-00.75	Amity 2023
9	Jordan Mode	106-04	Willamina 2019
10	Mason Rosenast	97-06	Amity 2022

## 3200m Relay (4x800m)

ALL-TIME TOP-10 PERFORMANCES			
1	Canyonville Christian	8:14.3h	1977
2	Catlin Gabel	8:18.98a	2018
3	Valley Catholic	8:20.38a	2012
4	Valley Catholic	8:25.46a	2011
5	Nyssa	8:30.69a	2011
6	Canyonville Christian	8:31.9h	1980
7	Canyonville Christian	8:45.2h	1978
8	Catlin Gabel	8:46.5h	1986
9	Nyssa	8:48.95a	2009
10	Westside Christian	8:49.93a	2019

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

ALL-TIME TOP-10 PERFORMANCES			
1	Riverside	10:18.90a	2017
2	Catlin Gabel	10:44.85a	2016
3	Salem Academy	10:51.0h	1990
4	Canyonville Christian	10:52.1h	1985
5	Salem Academy	10:54.5h	1990
6	Catlin Gabel	10:57.05a	2015
7	Oakridge	11:05.5h	2005
8	Oakridge	11:05.7h	2006
9	Catlin Gabel	11:05.73a	2019
10	Oakridge	11:06.6h	2004

## Marathon (26.2 miles)

ALL-TIME TOP-5 PERFORMANCES			
1	Joe Dasso	2:48:16.0	Gervais 1977
2	Vince Whatley	3:31:00.0	Rainier 1980
3	Yake Smith	3:57:00.0	Rainier 1978
4	Wayne Patterson	4:12:04.0	Reedsport 1978
5			

## Half Marathon (13.1 miles)

ALL-TIME TOP-5 PERFORMANCES			
1	Chris Van Cauteren	1:17:33.0	Regis 1980
2	Dan Nix	1:23:10.0	Heppner 1978
3	Randy Bentz	1:30:30.0	Regis 1980
4			
5			

## Other Top Records

Sprint Medley Relay (100m-300m-600m-200m)	Rainier	2:48.0h	2012
10k (6.2 miles) on the track	Nick Obletz, Oregon Episcipal	32:36.2a	2012

# Top-Ten Outdoor Boys 3A Rankings Rarely Contested or Speciality Events

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## Shuttle Hurdle Relay (3x110m hurdles, 39")

ALL-TIME TOP-5 PERFORMANCES			
1	Regis	56.3h	1991
2	Lakeview	56.36a	2023
3	Santiam	1:01.0h	1991
4	Santiam	1:16.8h	1990
5	Regis	1:22.6h	1990

## 6400m Relay (4x1600m)

ALL-TIME TOP-5 PERFORMANCES			
1	Canyonville Christian	18:55.7h	1977
2	Canyonville Christian	19:07.0h	1980
3	Canyonville Christian	19:22.8h	1981
4	Canyonville Christian	19:32.7h	1982
5	Regis	20:39.5h	1978

## 2k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Andy Holstrom	6:26.26a	Valley Catholic	2012
2	Samuel Ulrich	6:26.45a	Siuslaw	2023
3	Ryan Maag	6:56.72a	Nyssa	2011
4	Ryan Robles	7:08.4h	St.Marys (Medford)	1995
5	Callan Stowell	7:10.15a	Pleasant Hill	2018

## 3k Steeplechase

ALL-TIME TOP-5 PERFORMANCES				
1	Troy Lieuallen	9:58.8h	Salem Academy	1981
2	Mike Yartzoff	10:10.2h	Salem Academy	1981
3	Jon Dasso	10:36.2h	Gervais	1978
4	Brad Sutter	10:42.9h	Salem Academy	1981
5	Dale McConnell	11:36.0h	Gervais	1979

## 400m Intermediate Hurdles (36")

ALL-TIME TOP-5 PERFORMANCES				
1	Brandt Bannister	54.1h	Weston	1979
2	Carsen Volle	59.55a	Burns	2023
3	Greg Dasso	1:00.74c	Gervais	1975
4	Adam Lulay	1:02.44c	Regis	1997
5	Mark VanDenHazel	1:03.54c	Sheridan	1980

## 800m Sprint Medley (4x200m)

ALL-TIME TOP-5 PERFORMANCES			
1	St. Mary's	1:35.1h	1981
2	Catlin Gabel	1:35.4h	1985
3	Rainier	1:35.4h	2012
4	Catlin Gabel	1:35.5h	1986
5	Westside Christian	1:36.0h	2010
<u>Best auto-timed team...</u>			
	Grant Union	1:35.80a	2006

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

ALL-TIME TOP-5 PERFORMANCES			
1	Mapleton	1:37.2h	1982
2	Gervais	1:38.8h	1985
3	Westside Christian	1:39.29a	2010
4	Salem Academy	1:40.3h	1991
5	Portland Christian	1:41.06a	2017

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

ALL-TIME TOP-5 PERFORMANCES			
1	Catlin Gabel	3:49.23a	2012
2	Catlin Gabel	3:51.7h	1986
3	Catlin Gabel	3:52.1h	1984
4	Horizon Christian	3:55.42a	2010
5	Catlin Gabel	3:56.3h	1989

# Top-Ten Outdoor Boys 3A Rankings Rarely Contested or Speciality Events

h = Hand time
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w = Wind-aided mark

## 5000m (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1	Garth Ellenberg	15:17.20h	Rogue River	1985
2	Jake Sorani	15:22.32a	Cascade Christian	2000
3	Nick Obletz	15:32.05a	Oregon Episcopal	2012
4	Brian Hibdon	16:30.70h	Gervais	1984
5	Adam Siltala	16:33.29a	Clakstanie	2012
6	Jerry Pierce	16:36.20h	Reedsport	1983
7	Michael Ragen	16:39.23a	Cascade Christian	2023
8	Ben Bristol	16:51.90h	Harrisburg	2001
9	Nathan White	17:14.50a	Valley Catholiuc	2023
10	Ryan Alcantara	17:30.00h	Cascade Christian	2011

## 10000m (on the track)

ALL-TIME TOP-10 PERFORMANCES				
1	Steve Hatter	37:49.9h	Regis	1988
2	Randy Bentz	38:48.9h	Regis	1981
3				
4				
5				
6				
7				
8				
9				
10				