

<b>Boys 100 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Anthony Buchanan	University	2000	<b>10.34</b>
Steve Burns	Clarkston	1966	<b>10.34</b>
Tony Pizzillo	Shadle Park	2018	<b>10.50</b>
Charles Johnson	Cheney	2017	<b>10.60</b>
Noland Wick	North Central	2017	<b>10.61</b>
Cor'de Bailey	Rogers	2010	<b>10.64</b>
Wes Bailey	Mead	2012	<b>10.64</b>
Christian Bills/Andre Jennings	Ferris	1991, 2007	<b>10.74</b>
Andre Jennings/Zach Robinson	Lewis and Clark	2004/2007	<b>10.84</b>
Brad Cossette, Tim Giesa, Rob Simpson	Gonzaga Prep	1973, 1973,1984	<b>10.94</b>
Gary Whitmore,Al Bergman, Cory Gammon	West Valley	1957, 1971, 1995	<b>10.94</b>
Craig Schuh	Central Valley	2006	<b>10.94</b>
Chase Naccarato	Mt. Spokane	2010	<b>10.94</b>
Larry Shyvers	East Valley	1978	<b>10.99</b>
<b>State champions-yards</b>			
Paul Swift	Lewis and Clark	1929	<b>10.54</b>
Tom Bradley	Rogers	1945	<b>10.34</b>
Tom Bradley	Rogers	1946	<b>10.34</b>
Erik Krauss	University	1979	<b>10.30</b>
<b>State champions-meters</b>			
Christian Bills	Ferris	1992	<b>11.24</b>
Anthony Buchanan	University	1998	<b>10.75</b>
Anthony Buchanan	University	2000	<b>10.43</b>
Noland Wick	North Central	2017	<b>10.61</b>

<b>Girls 100 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Anna Rogers	Lewis and Clark	2017	<b>11.90</b>
Becca Noble	Rogers	2004	<b>12.04</b>
Jennifer Kennedy	North Central	2000	<b>12.14</b>
Katharine Hough	University	1995	<b>12.14</b>
Shelby Maurer	Cheney	2007	<b>12.14</b>
Catie Schuetzle	Shadle Park	2005	<b>12.24</b>
Whitney Schmaljohn	Central Valley	1997	<b>12.24</b>
Staci Adams	West Valley	1998	<b>12.24</b>
Kelsey Lin	Ferris	2009	<b>12.25</b>
Tymen Grant	Mead	2012	<b>12.31</b>
Maria Johnson	Mt. Spokane	2001	<b>12.34</b>
Terri Givens	Gonzaga Prep	1982	<b>12.44</b>
Shelli McMurray	Clarkston	1982	<b>12.54</b>
Taylor Sellers           *2A	East Valley	2015	<b>12.54</b>
<b>State champions</b>			
Keryn Shines	Rogers	1987	<b>12.37</b>
Anna Rogers	Lewis and Clark	2015	<b>12.13</b>

<b>Boys 200 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Anthony Buchanan	University	2000	<b>20.94</b>
Paul Swift	Lewis and Clark	1929	<b>21.34</b>
Wes Bailey	Mead	2012	<b>21.42</b>
Cor'de Bailey	Rogers	2010	<b>21.66</b>
Charles Johnson	Cheney	2017	<b>21.66</b>
Tony Pizzillo	Shadle Park	2018	<b>21.66</b>
Chase Naccarato	Mt. Spokane	2010	<b>21.80</b>
Case Parker	East Valley	2008	<b>21.84</b>
Noland Wick	North Central	2017	<b>21.92</b>
Craig Givens(w) / Conner Hare	Gonzaga Prep	1981/2006	<b>21.97</b>
Christian Bills	Ferris	1992	<b>21.99</b>
Gary Whitmore	West Valley	1957	<b>22.04</b>
Ron Pasquale	Central Valley	1986	<b>22.24</b>
Scott Williams	Clarkston	1980	<b>22.44</b>
<b>State champions-220 yards straight</b>			
Paul Swift	Lewis and Clark	1929	<b>21.54</b>
Mike Scarpelli	Gonzaga Prep	1944	<b>23.34</b>
Tom Bradley	Rogers	1946	<b>22.64</b>
<b>State champions-220 yards curve</b>			
Rob Peck	University	1968	<b>22.04</b>
Bruce McDowell	Mead	1976	<b>22.34</b>
<b>State champion-200 meters</b>			
Anthony Buchanan	University	2000	<b>21.11</b>

<b>Girls 200 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Katharine Hough	University	1995	<b>24.14</b>
Alsatta Bakana	Cheney	2017	<b>24.49</b>
Teresa Brooks	Lewis and Clark	1999	<b>24.54</b>
Becca Noble	Rogers	2005	<b>24.62</b>
Anna Fomin	Central Valley	2015	<b>24.80</b>
Jordan Carlson	Shadle Park	2007	<b>24.85</b>
Kelsey Lin	Ferris	2009	<b>25.13</b>
Staci Adams	West Valley	1998	<b>25.24</b>
Maria Johnson	Mt. Spokane	2002	<b>25.34</b>
Lisa Gant	Mead	1980	<b>25.44</b>
Jennifer Kennedy	North Central	2000	<b>25.52</b>
Liz Stefanik	East Valley	1998	<b>25.74</b>
Alex Butler	Gonzaga Prep	2002	<b>25.94</b>
Shelli McMurray	Clarkston	1983	<b>26.14</b>
<b>State champions</b>			
Kellie Gambie	Rogers	1986	<b>25.05</b>
Keryn Shines	Rogers	1987	<b>25.10</b>
Teresa Brooks	Lewis and Clark	1999	<b>25.41</b>
Becca Noble	Rogers	2004	<b>25.12</b>
Alsatta Bakana	Cheney	2017	<b>24.49</b>

<b>Boys 400 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Jim Thompson	North Central	1962	<b>47.84</b>
Wes Bailey	Mead	2012	<b>47.85</b>
Demetrius Scott	Shadle Park	2000	<b>47.97</b>
Rob Simpson	Gonzaga Prep	1984	<b>48.04</b>
Spencer Barrera	Mt. Spokane	2019	<b>48.19</b>
Ryan Karrer	Lewis and Clark	1994	<b>48.20</b>
Ron Pasquale	Central Valley	1985	<b>48.54</b>
Rikk Harris	Ferris	1981	<b>48.54</b>
Case Parker	East Valley	2007	<b>48.62</b>
Al Hodneland	Rogers	1964	<b>48.64</b>
Austin Umpmeyer	University	2013	<b>48.86</b>
Brandon Howell	Clarkston	2003	<b>49.04</b>
Paul Harris	Cheney	1978	<b>49.54</b>
Marc Smith	West Valley	2006	<b>49.61</b>
<b>State champions-440 yards</b>			
Manly Douglass	North Central	1925	<b>52.54</b>
Fred Staunton	Gonzaga Prep	1926	<b>51.54</b>
Jim Triesch	Gonzaga Prep	1935	<b>51.24</b>
Jim Thompson	North Central	1962	<b>48.64</b>
Mark Hund	Mead	1978	<b>49.64</b>
<b>State champions-400 meters</b>			
Case Parker	East Valley	2008	<b>48.65</b>
Tony Pizzillo	Shadle Park	2018	<b>48.72</b>
Spencer Barrera	Mt. Spokane	2019	<b>48.19</b>

<b>Girls 400 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Becca Noble	Rogers	2005	<b>53.54</b>
Anna Foman	Central Valley	2015	<b>55.50</b>
Eleanor Siler	Lewis and Clark	2008	<b>55.62</b>
Brianne Brown	Shadle Park	2007	<b>56.07</b>
Nikki Codd	Mead	2007	<b>56.34</b>
Terri Givens	Gonzaga Prep	1983	<b>56.69</b>
Alsatta Bakana	Cheney	2017	<b>56.98</b>
Anna Walters	North Central	2005	<b>57.13</b>
Kristen Parrish	Ferris	1994	<b>57.28</b>
Jeanne Sanders, Michelle Gleason	University	1983, 1989	<b>57.34</b>
Staci Adams	West Valley	1998	<b>57.44</b>
Laura McKinney	East Valley	1990	<b>57.64</b>
Ashlee Pedersen	Mt. Spokane	2013	<b>56.80</b>
Lynne Leighton	Clarkston	1981	<b>60.44</b>
<b>State champions</b>			
Teresa Brooks	Lewis and Clark	1999	<b>56.06</b>
Becca Noble	Rogers	2003	<b>54.90</b>
Becca Noble	Rogers	2004	<b>54.31</b>
Becca Noble	Rogers	2005	<b>54.14</b>
Eleanor Siler	Lewis and Clark	2008	<b>55.62</b>
Alsatta Bakana	Cheney	2017	<b>56.25</b>

<b>Boys 800 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Rich Mesmer	Shadle Park	1966	<b>1:50.94</b>
Justin Zimmerman	Ferris	2009	<b>1:51.69</b>
Vince Collins	West Valley	1984	<b>1:52.21</b>
Bob Bundy	Mead	1977	<b>1:52.54</b>
Wade Ingebritson	North Central	1986	<b>1:52.54</b>
Fred Lake	Rogers	1966	<b>1:52.64</b>
Kris Martin	University	1999	<b>1:52.94</b>
Brad Whitley	Central Valley	2009	<b>1:52.95</b>
Ted Mecham	East Valley	1984	<b>1:53.03</b>
Matt Blaine	Gonzaga Prep	2000	<b>1:53.12</b>
Brad Bauer	Lewis and Clark	1993	<b>1:53.54</b>
Tyler Hartanov	Mt. Spokane	2000	<b>1:53.87</b>
Brandon Howell	Clarkston	2003	<b>1:54.48</b>
Drake Johnson	Cheney	2017	<b>1:54.82</b>
<b>State champions-880 yards</b>			
Bob Dalton	Hillyard	1924	<b>1:59.74</b>
Bob Dalton	Hillyard	1925	<b>1:59.94</b>
Ken Leendersten	Lewis and Clark	1930	<b>2:00.34</b>
Ken Leendersten	Lewis and Clark	1931	<b>1:58.24</b>
Chad Mitchell	Lewis and Clark	1955	<b>1:59.44</b>
Don Durall	Gonzaga Prep	1958	<b>1:56.64</b>
Rich Mesmer	Shadle Park	1966	<b>1:51.54</b>
Doug Beckman	Ferris	1974	<b>1:54.44</b>
Bob Bundy	Mead	1977	<b>1:54.14</b>
<b>State champions-800 meters</b>			
Wayne Ingebritson	North Central	1986	<b>1:53.05</b>
Bryan Talbott	Ferris	1988	<b>1:52.44</b>
Kris Martin	University	1998	<b>1:53.62</b>
Kris Martin	University	1999	<b>1:53.36</b>
Ben Poffenroth	Ferris	2005	<b>1:53.82</b>
Justin Zimmerman	Ferris	2010	<b>1:54.27</b>
Andrew Wordell	North Central	2011	<b>1:54.55</b>

<b>Girls 800 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Becca Noble	Rogers	2005	<b>2:03.73</b>
Nikki Codd	Mead	2007	<b>2:07.51</b>
Missy Blackshire	Ferris	1996	<b>2:10.27</b>
Anna Pecha	Central Valley	2017	<b>2:12.91</b>
Emily Johnson	University	1992	<b>2:13.24</b>
Jamie Rosenquist	Lewis and Clark	1999	<b>2:13.36</b>
Katie Morris	Shadle Park	2011	<b>2:13.66</b>
Micaela KostECKa	Mt. Spokane	2016	<b>2:15.25</b>
Katie Knight	North Central	2010	<b>2:15.44</b>
Corrina O'Brien	Gonzaga Prep	2004	<b>2:16.58</b>
Heather Harmon	West Valley	1996	<b>2:17.49</b>
Ann Marie Adams	East Valley	1995	<b>2:17.84</b>
Sanne Holland	Cheney	2013	<b>2:17.94</b>
Kathy Peckham	Clarkston	1975	<b>2:22.64</b>
<b>State champions</b>			
Sarah Schwald	Mead	1989	<b>2:11.14</b>
Kristen Parrish	Ferris	1994	<b>2:12.63</b>
Missy Blackshire	Ferris	1996	<b>2:10.27</b>
Missy Blackshire	Ferris	1997	<b>2:10.15</b>
Becca Noble	Rogers	2005	<b>2:08.61</b>
Nikki Codd	Mead	2007	<b>2:11.04</b>
Baylee Mires	Mead	2009	<b>2:11.37</b>
Baylee Mires	Mead	2010	<b>2:15.46</b>
Baylee Mires	Mead	2011	<b>2:10.28</b>



<b>Boys 1,600 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Gerry Lindgren	Rogers	1964	<b>4:00.34</b>
Rick Riley	Ferris	1966	<b>4:03.54</b>
Chris Lewis	Mead	1989	<b>4:04.84</b>
Nathan Weitz	Shadle Park	2012	<b>4:05.60</b>
Justin Janke	North Central	2016	<b>4:05.84</b>
Cameron Schwehr	Mt. Spokane	2001	<b>4:09.18</b>
Phil Burkwish	Lewis and Clark	1969	<b>4:09.24</b>
Conor McCandless	Gonzaga Prep	2012	<b>4:09.72</b>
Ryun Cross	University	1993	<b>4:11.64</b>
Scott Kopczynski	East Valley	2015	<b>4:12.36</b>
Sean Coyle	Central Valley	2007	<b>4:15.17</b>
Mark Esvelt	West Valley	1986	<b>4:16.58</b>
Drake Johnson	Cheney	2017	<b>4:18.45</b>
Jason Baerlocher	Clarkston	1993	<b>4:20.04</b>

<b>State champions-mile</b>			
Fred Scherrer	Lewis and Clark	1934	<b>4:41.04</b>
Bill Colwell	Lewis and Clark	1954	<b>4:29.94</b>
Bill Colwell	Lewis and Clark	1955	<b>4:24.54</b>
Paul Schlicke	Gonzaga Prep	1960	<b>4:31.34</b>
Paul Schlicke	Gonzaga Prep	1961	<b>4:19.54</b>
Jerry Leonard	Lewis and Clark	1962	<b>4:21.54</b>
Gerry Lindgren	Rogers	1963	<b>4:18.54</b>
Gerry Lindgren	Rogers	1964	<b>4:06.24</b>
Phil Burkwist	Lewis and Clark	1969	<b>4:10.84</b>
Dave McCarty	East Valley	1970	<b>4:16.74</b>
Tim Riley	Ferris	1975	<b>4:13.44</b>
Mike Brady	North Central	1978	<b>4:15.34</b>
<b>State champions-1,600</b>			
Jon Knight	Ferris	1982	<b>4:11.61</b>
Chris Lewis	Mead	1988	<b>4:09.58</b>
Chris Lewis	Mead	1989	<b>4:08.31</b>
Nathan Davis	Mead	1990	<b>4:10.69</b>
Matt Davis	Mead	1992	<b>4:15.42</b>
Matt Davis	Mead	1993	<b>4:10.77</b>
Greg James	Mead	1994	<b>4:10.06</b>
Skiy DeTray	Mead	1995	<b>4:08.51</b>
Isaac Hawkins	Ferris	1996	<b>4:13.25</b>
Isaac Hawkins	Ferris	1997	<b>4:07.43</b>
Tom Becker	Mt. Spokane	1998	<b>4:18.22</b>
Ian Johnson	University	1999	<b>4:15.32</b>
Cameron Schwehr	Mt. Spokane	2000	<b>4:12.55</b>
Michael Kiter	Shadle Park	2001	<b>4:08.56</b>
Evan Garber	Mead	2004	<b>4:10.72</b>
Ben Poffenroth	Ferris	2005	<b>4:13.11</b>
Ben Johnston	North Central	2010	<b>4:12.96</b>
Kenji Bierig	Lewis and Clark	2011	<b>4:12.56</b>
Keith Williams	North Central	2013	<b>4:14.60</b>
Scott Kopczyński	East Valley	2014	<b>4:15.96</b>
Johnny Dressel	Mt. Spokane	2015	<b>4:15.26</b>
Justin Janke	North Central	2016	<b>4:07.69</b>
Hayden Dressel	Mt. Spokane	2017	<b>4:15.94</b>

<b>Girls 1,600 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Jennifer Smith	Ferris	1997	<b>4:43.68</b>
Megan O'Reilly	Mt. Spokane	2006	<b>4:46.58</b>
Katie Knight	North Central	2011	<b>4:46.81</b>
Annette Hand	Central Valley	1983	<b>4:48.44</b>
Sarah Schwald	Rogers	1990	<b>4:48.54</b>
Emily Johnson	University	1992	<b>4:51.49</b>
Kaite Thronson	Lewis and Clark	2018	<b>4:51.56</b>
Kendra Weitz	Shadle Park	2011	<b>4:51.89</b>
Sarah Schwald	Mead	1989	<b>4:52.06</b>
Sanne Holland	Cheney	2012	<b>4:59.24</b>
Brittany Aquino	East Valley	2015	<b>4:59.60</b>
Carly Barnes	Gonzaga Prep	1998	<b>4:59.81</b>
Heidi Valentine	West Valley	1983	<b>5:05.64</b>
Jennifer Rae	Clarkston	1995	<b>5:19.63</b>
<b>State champions</b>			
Annette Hand	Central Valley	1983	<b>4:48.44</b>
Sarah Schwald	Rogers	1990	<b>4:48.54</b>
Jennifer Smith	Ferris	1997	<b>4:50.78</b>
Sarah Schwald	Mead	1989	<b>4:52.06</b>
Kristen Parrish	Ferris	1996	<b>4:52.63</b>
Lisa Corp	Mead	1985	<b>4:59.76</b>
Lisa Dressel	Shadle Park	1988	<b>5:01.39</b>
Jeannette Zimmer	Cheney	1995	<b>5:03.69</b>
Mariah McConnaughey	Ferris	1995	<b>5:04.28</b>
Jamie Rosenquist	Lewis and Clark	1999	<b>5:04.41</b>
Megan O'Reilly	Mt. Spokane	2006	<b>4:46.58</b>
Baylee Mires	Mead	2009	<b>4:56.35</b>
Baylee Mires	Mead	2010	<b>4:53.52</b>
Katie Knight	North Central	2012	<b>4:50.20</b>
Brittany Aquino	*2A state meet East Valley	2015	<b>4:59.60</b>

<b>Boys 3,200 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Rick Riley	Ferris	1966	<b>8:45.54</b>
Chris Lewis	Mead	1989	<b>8:50.65</b>
Gerry Lindgren	Rogers	1966	<b>8:53.84</b>
Johnny Dressel	Mt. Spokane	2014	<b>8:54.98</b>
Michael Kiter	Shadle Park	2001	<b>8:55.36</b>
Justin Janke	North Central	2016	<b>8:55.96</b>
Kenji Bierig	Lewis and Clark	2011	<b>9:01.71</b>
Scott Kopczynski	East Valley	2015	<b>9:03.29</b>
Conor McCandless	Gonzaga Prep	2012	<b>9:03.60</b>
Dan Clark	University	1966	<b>9:05.94</b>
Sean Coyle	Central Valley	2007	<b>9:10.84</b>
Mark Esvelt	West Valley	1986	<b>9:17.24</b>
Ryan Pauling	Cheney	1995	<b>9:29.76</b>
David Rae	Clarkston	1992	<b>9:47.54</b>
<b>State champions-two miles</b>			
Rick Riley	Ferris	1965	<b>9:12.14</b>
Rick Riley	Ferris	1966	<b>8:48.54</b>
Phil Burkwish	Lewis and Clark	1968	<b>9:13.74</b>
Randy James	Ferris	1969	<b>9:10.04</b>
Randy James	Ferris	1970	<b>9:14.74</b>
Jim Coombes	North Central	1980	<b>9:16.64</b>
<b>State champions-3,200</b>			
Britt Brewer	Ferris	1981	<b>9:28.15</b>
Jon Knight	Ferris	1982	<b>9:03.89</b>
Kurt Messersmith	Mead	1984	<b>9:00.25</b>
Chris Lewis	Mead	1989	<b>8:50.65</b>
Stuart Burnham	Ferris	1990	<b>9:02.47</b>
Matt Davis	Mead	1992	<b>9:12.57</b>
Matt Davis	Mead	1993	<b>9:04.37</b>
Rob Aubrey	Mead	1994	<b>9:07.85</b>
Micah Davis	Mead	1995	<b>8:58.34</b>
Isaac Hawkins	Ferris	1996	<b>9:13.04</b>
Isaac Hawkins	Ferris	1997	<b>8:56.57</b>
Matt Lowe	Mead	1998	<b>9:10.62</b>
Ian Johnson	University	1999	<b>9:13.41</b>
Michael Kiter	Shadle Park	2001	<b>8:55.36</b>
Jesse Fayant	Mead	2002	<b>9:01.51</b>

Evan Garber	Mead	2003	<b>9:12.07</b>
Evan Garber	Mead	2004	<b>9:13.41</b>
Andrew Kimple	North Central	2009	<b>9:08.39</b>
Ben Johnston	North Central	2010	<b>8:58.68</b>
Kenji Bierig	Lewis and Clark	2011	<b>9:01.71</b>
Tanner Anderson	North Central	2013	<b>9:01.83</b>
Scott Kopczynski	East Valley	2015	<b>9:08.64</b>
John Dressel	Mt. Spokane	2015	<b>9:00.32</b>
Justin Janke	North Central	2016	<b>8:55.96</b>

<b>Girls 3,200 meters</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Megan O'Reilly	Mt. Spokane	2006	<b>10:05.81</b>
Katie Knight	North Central	2013	<b>10:11.93</b>
Kendra Weitz	Shadle Park	2011	<b>10:20.09</b>
Annette Hand	Central Valley	1983	<b>10:22.52</b>
Jennifer Smith	Ferris	1997	<b>10:25.01</b>
Jessica Fry	Rogers	1994	<b>10:28.64</b>
Katie Thronson	Lewis and Clark	2018	<b>10:35.39</b>
Jamie Geissler	Mead	2003	<b>10:38.31</b>
Amie Dahnke	University	2004	<b>10:41.80</b>
Sanne Holland	Cheney	2012	<b>10:48.40</b>
Carly Barnes	Gonzaga Prep	1998	<b>10:53.24</b>
Stacey Thomson	West Valley	1985	<b>10:58.54</b>
Brittany Aquino	East Valley	2015	<b>11:02.35</b>
Heather Gentry	Clarkston	1991	<b>11:20.65</b>
<b>State champions</b>			
Lisa Dressel	Shadle Park	1987	<b>10:37.34</b>
Lisa Dressel	Shadle Park	1988	<b>10:31.60</b>
Jennifer Smith	Ferris	1996	<b>10:43.64</b>
Jennifer Smith	Ferris	1997	<b>10:39.17</b>
Jamie Geissler	Mead	2002	<b>11:02.56</b>
Megan O'Reilly	Mt. Spokane	2003	<b>10:41.07</b>
Megan O'Reilly	Mt. Spokane	2004	<b>10:58.43</b>
Megan O'Reilly	Mt. Spokane	2006	<b>10:05.81</b>
Sanne Holland	Cheney	2011	<b>10:50.12</b>
Katie Knight	North Central	2012	<b>10:27.49</b>
Sanne Holland.	Cheney	2012	<b>10:48.40</b>
Katie Knight	North Central	2013	<b>10:18.22</b>
Brittany Aquino	East Valley	2016	<b>11:24.83</b>
Katie Thronson	Lewis and Clark	2018	<b>10:35.39</b>

<b>Boys 110-meter high hurdles</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Nick Johnson	Gonzaga Prep	2016	<b>14.03</b>
Dan Vickery	Central Valley	1979	<b>14.04</b>
Dick Olson	Rogers	1963	<b>14.14</b>
Eric Hisaw	Cheney	1991	<b>14.14</b>
Bryan Anderson	Mead	2016	<b>14.18</b>
David Butler	North Central	2008	<b>14.22</b>
Brandon Blize	East Valley	1998	<b>14.24</b>
Willie Gaskins, Roy Givens	Lewis and Clark	1962, 1979	<b>14.34</b>
Chad Berry	University	1992	<b>14.34</b>
Terrance Davis, Tyrone Asterino	Ferris	1990/1998	<b>14.40</b>
Bill Fulton	Shadle Park	1988	<b>14.43</b>
Adam Barkley	Mt. Spokane	2005	<b>14.44</b>
Brad Groh	West Valley	1999	<b>14.54</b>
Dustin Spooner	Clarkston	1993	<b>14.54</b>
<b>State champions-120 yards, 42 inches</b>			
Ray Schrock	North Central	1928	<b>16.74</b>
<b>State champions-120 yards, 39 inches</b>			
Jim McGoldrick	Lewis and Clark	1935	<b>15.94</b>
Alan Torgerson	North Central	1951	<b>15.24</b>
Al Rhodes	Rogers	1959	<b>14.74</b>
Willie Gaskins	Lewis and Clark	1962	<b>14.34</b>
Dick Olson	Rogers	1967	<b>14.14</b>
Syd Lofton	Ferris	1971	<b>14.84</b>
<b>State champions-110 meters, 39 inches</b>			
Brandon Blize	East Valley	1998	<b>14.39</b>
David Butler	North Central	2008	<b>14.22</b>
Casey Monahan	Mead	2010	<b>14.82</b>
Nick Johnson	Gonzaga Prep	2015	<b>14.19</b>
Nick Johnson	Gonzaga Prep	2016	<b>14.05</b>
Joseph Heitman	Mead	2017	<b>14.44</b>

<b>Girls 100-meter intermediate hurdles</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Annette Helling	Central Valley	1981	<b>14.13</b>
Zella Conley	Mead	2017	<b>14.35</b>
Katie Moat	Clarkston	2001	<b>14.74</b>
Emily Dahl	Rogers	2004	<b>14.74</b>
Lori Bourgous	East Valley	2008	<b>14.78</b>
Lisa Bradley	Gonzaga Prep	1997	<b>14.83</b>
K.D. Skillingstad	Cheney	2015	<b>14.86</b>
Kelly McNamee	Ferris	2007	<b>14.94</b>
Brynn DeLong	Shadle Park	2007	<b>14.95</b>
Joanna Luse	Mt. Spokane	2009	<b>15.11</b>
Dani Reid	North Central	2001	<b>15.24</b>
Maddy Fuchs	University	2009	<b>15.32</b>
Rebekah Paulk	Lewis and Clark	1996	<b>15.54</b>
Arin Craig	West Valley	1996	<b>15.74</b>
<b>State champions</b>			
Emily Dahl	Rogers	2004	<b>14.74</b>
Lori Bourgous	East Valley	2008	<b>14.78</b>
KD Skillingstad	Cheney	2015	<b>15.02</b>



<b>Boys 300-meter intermediate hurdles</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Clint Morton	Ferris	1990	<b>37.14</b>
Joseph Heitman	Mead	2017	<b>37.61</b>
Josh Leyk	Central Valley	2002	<b>37.74</b>
Chad Berry	University	1992	<b>37.77</b>
Travis Allen	Rogers	1992	<b>37.89</b>
Greg Forni	Shadle Park	1999	<b>38.00</b>
Eric Hisaw	Cheney	1991	<b>38.14</b>
Brandon Blize	East Valley	1998	<b>38.14</b>
Nick Johnson	Gonzaga Prep	2016	<b>38.48</b>
John McKinnon	Lewis and Clark	2000	<b>38.59</b>
Brent Herbert	Clarkston	1991	<b>38.74</b>
Justin Gaston	Mt. Spokane	1999	<b>38.74</b>
Spencer Wordell	North Central	2009	<b>39.01</b>
Brad Groh	West Valley	1999	<b>39.14</b>
<b>State champions-220 yards, 33 inches</b>			
Frank Whitaker	Gonzaga Prep	1928	<b>26.44</b>
<b>State champions-200 yards straight</b>			
Eugene Wilson	Rogers	1937	<b>21.64</b>
Jack Kriebel	Lewis and Clark	1944	<b>23.64</b>
Ned Stickel	North Central	1947	<b>22.94</b>
Don Shaw	North Central	1951	<b>23.04</b>
<b>State champions-180 yards straight</b>			
Denny Driskill	Rogers	1956	<b>19.64</b>
Sam Parker	Rogers	1957	<b>20.04</b>
Sam Parker	Rogers	1958	<b>19.64</b>
Al Rhodes	Rogers	1959	<b>19.24</b>
Willie Gaskins	Lewis and Clark	1962	<b>19.64</b>
<b>State champions-180 yards curve</b>			
Dick Olson	Rogers	1967	<b>19.14</b>
<b>State champions-300 meters</b>			
Mike Kinney	Ferris	1980	<b>37.44</b>
<b>State champions-300 meters, 36 inches</b>			
Clint Morton	Ferris	1990	<b>37.18</b>
Chad Berry	University	1992	<b>37.77</b>
Greg Forni	Shadle Park	1999	<b>38.44</b>
Josh Leyk	Central Valley	2002	<b>37.90</b>
Wes Bailey	Mead	2010	<b>38.20</b>

Wes Bailey	Mead	2011	<b>38.89</b>
David Blue	North Central	2013	<b>39.10</b>
Joseph Heitman	Mead	2017	<b>37.61</b>

<b>Girls 300-meter low hurdles</b>			
<b>Name</b>	<b>School</b>	<b>Year</b>	<b>Time</b>
Annette Helling	Central Valley	1981	<b>43.12</b>
Staci Adams	West Valley	1998	<b>43.94</b>
Kendall Dunn	Cheney	2013	<b>44.15</b>
Autumn Wood	Mead	1996	<b>44.40</b>
Shayle Dezellem	Shadle Park	2010	<b>44.56</b>
Deja Svastisalee	North Central	2014	<b>44.56</b>
Shelli McMurray	Clarkston	1982	<b>44.64</b>
Emily Dahl	Rogers	2004	<b>44.65</b>
Maddy Fuchs	University	2009	<b>44.68</b>
Tami Durham	East Valley	1987	<b>45.14</b>
Aly Spear	Ferris	2006	<b>45.55</b>
Rebekah Paulk	Lewis and Clark	1996	<b>45.59</b>
Lisa Bradley	Gonzaga Prep	1997	<b>45.75</b>
Amy Keppler	Mt. Spokane	2002	<b>46.24</b>
<b>State champions</b>			
Annette Helling	Central Valley	1981	<b>43.12</b>
Sydney Armstead	Cheney	1981	<b>44.44</b>
Emily Dahl	Rogers	2004	<b>44.66</b>
Deja Svastisalee	North Central	2014	<b>44.79</b>
K.D. Skillingstad	Cheney	2015	<b>44.40</b>
Katie Kimball	Cheney	2017	<b>45.36</b>