Arizona High School
Track & Field Records

GIRLS

Running Events (Girls)

100 METERS

5A	11.31	Jessica Onyepunuka	Peoria	2002
	11.4 (ht)	Lisa Thompson	Phoenix Maryvale	1977 (jr)
4A	11.66	Christie Winkle	Phoenix Washington	1997
3A	11.82	Eureka Hall	Safford	1992
	11.6 (ht)	Virginia Avent	Eloy Santa Cruz	1979 (so)
2A	12.15	Monica Thomas	Tombstone	1991
1A	12.17	Traci Brown	Williams	1990

100 YARDS

5A	10.6	Mavis Laing	Scottsdale Arcadia	1971
4A	10.9	Wendy Thomas	Safford	1979
3A	10.9	Virginia Avent	Eloy Santa Cruz	1979
2A	11.5	Glenda Barnes	Camp Verde	1975
1A	12.2	Rhonda Mayberry	St. David	1976

200 METERS

5A	23.60	Jessica Onyepunuka	Peoria	2004
	23.2 (ht)	Mavis Laing	Scottsdale Arcadia (USA class record at the time)	1970 (jr)
4A	23.84	Christie Winkle	Phoenix Washington	1997
	23.6 (ht)	Christie Winkle	Phoenix Washington	1997
3A	23.70	Eureke Hall	Safford	1992
2A	26.01	Danni Ned	St. Johns	2005
1A	25.91	Traci Brown	Williams	1990

220 YARDS

5A	23.7	Mavis Laing	Scottsdale Arcadia	1970 (jr)
4A	24.6	Laura Cole	Tucson Canyon del Oro	1980
3A	26.1	Katy Berry	Marana	1976
2A	25.8	Charlotte Reeves	Tombstone	1976
1A	27.6	Lisa Motes	Fort Thomas	1978

400 METERS

5A	54.87	Kristen Stuart	Mesa Westwood	2000 (jr)
	52.6 (ht)	Mavis Laing	Scottsdale Arcadia (USA class record at the time)	1970 (jr)
4A	55.26	Jessica McDonald	Cactus	2005
3A	52.99	Eureka Hall	Safford	1992
2A	57.46	Lauren Michaels	Arizona Lutheran	2006
1A	59.89	Lyssa Diumenti	Grand Canyon	1996

440 YARDS

5A	52.9	Mavis Laing	Scottsdale Arcadia (USA class record at the time)	1970 (jr)
4A	59.0	Kelley Cathey	San Manuel	1978
3A	58.8	Melinda Rascon	Willcox	1979
2A	57.5	Charlette Reeves	Tombstone	1976
1A	62.7	Toby White	Grand Canyon	1979

Arizona High School
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800 METERS

5A	2:07.60 (ht)	Kathy Gibbons	Phoenix Alhambra (USA class record at the time)	1971 (jr)
	2:08.62	Natalie Johnson	Phoenix Xavier	2007
4A	2:13.49	Barbara Wiseman	Scottsdale Chaparral	1980 (so)
3A	2:14.59	Whitney Hardt	Springerville Round Valley	2003 (jr)
2A	2:21.06	Dani Higgins	Benson	2005 (so)
1A	2:16.18	Shannon Eckert	Arizona Lutheran Academy	1993

880 YARDS

5A	2:06.7	Kathy Gibbons	Phoenix Alhambra	1972
4A	2:16.9	Kelley Cathey	San Manuel	1979 (jr)
3A	2:27.1	LaTanya Cortez	Tuba City	1978
2A	2:20.9	Dianna Kirby	Willcox	1976
1A	2:25.4	Scarlett Byers	Tucson ASDB	1980

MILE RUN

5A	4:39.4	Kathy Gibbons	Phoenix Alhambra	1972
4A	4:57.2	Kelley Cathey	San Manuel	1980
3A	5:14.6	Bev Koeber	Bullhead City Mohave	1979
2A	5:27.9	Connie Cox	Williams	1976
1A	5:42.7	Chris Ortleib	Mayer	1979

1500 METERS

5A	4:31.50	Sara Gorton	Tempe Mountain Pointe	1999 (jr)
	4:18.9 (ht)	Kathy Gibbons	Phoenix Alhambra	1972
4A	4:42.62	Lisa Aguilera	Peoria Centennial	1997 (jr)
	4:41.0 (ht)	Kelly Bates	Flagstaff Coconino	1979
3A	4:53.96	Whitney Hardt	Payson	2001 (fr)
2A	5:02.49	Alisa Comaduran	Benson	1981
1A	5:18.59	Andrea Klimowski	Flagstaff Northland Prep	2009

1600 METERS

5A	4:49.11	Sara Gorton	Tempe Mountain Pointe	1999 (jr)
4A	4:55.81	Laura Goodwin	Tucson Palo Verde	1986
3A	4:54.44	Whitney Hardt	Payson	2002 (so)
2A	5:08.12	Julie-Anne Bailey	Chandler Valley Christian	2004
1A	5:22.27	Jayme Lauderdal	Tucson Desert Christian	1995

3200 METERS

5A	10:15.94	Sara Gorton	Tempe Mountain Pointe	1999 (jr)
4A	11:05.43	Rory Schmidt	Scottsdale Arcadia	2003
3A	10:50.03	Whitney Hardt	Springerville Round Valley	2003 (jr)
2A	11:38.60	Jillian Klassen	Scottsdale Christian	2004
1A	11:54.40	Andrea Klimowski	Flagstaff Northland Prep	2008

Arizona High School
Track & Field Records

Hurdles (Girls)

100 METER HURDLES (33”)

5A	13.60	Jacquelyn Johnson	Yuma Union	2003
4A	14.36	Adra Hysong	Tolleson	1992
3A	14.71	Nicole Nevitt	Queen Creek	2004
2A	14.01	Jaime Cluff	Scottsdale Christian	2002
1A	16.13	Martha Hernandez	Valley Union	1986

110 YARD HURDLES (33”)

5A	13.6	Jan Glotzer	Phoenix Camelback (National record at the time)	1970
4A	14.6	Genevieve Overstreet	Safford	1979
3A	14.71	Nicole Nevitt	Queen Creek	2004
2A	15.3	Lori Wilson	Benson	1977
1A	16.5	Sherill Antoni	Salome	1977

300 METER HURDLES

5A	42.67	Christy Nore	Scottsdale Chaparral	1985
4A	43.15	Georgeanne Moline	Phoenix Thunderbird	2008
3A	44.44	Nicole Nevitt	Queen Creek	2004
2A	43.45	Jamie Cluff	Scottsdale Christian	2002
1A	47.32	Martha Hernandez	Valley Union	1986

Field Events (Girls)

HIGH JUMP

5A	6-0	Jaquelyn Johnson	Yuma Union	2003
4A	6-0 ½	Jeana McDowell	Gilbert	1996
3A	5-10	Jodi Smith	St. Johns	1999
2A				
1A	5-6	Shannon Kidder	Phoenix Day School/Deaf	1988

LONG JUMP

5A	20-4 ½	Roxanne Keating	Phoenix Cortez	1978 (jr)
4A	19-8 ¼	Anna Vann	Winslow	1980
3A	20-0 ¼	Stephanie Garnett	Winslow	2003 (so)
2A	18-4	Shamesha Smith	Chandler Valley Christian	2007
1A	18-3 ½	Polly Gappmeyer	St. David	1984

POLE VAULT

5A	12-10 ½	Katie Morgan	Tempe Corona del Sol	2004
4A	13-0 ½	April Kubishta	Lake Havasu	2003
3A	11-2	Tara McWorthy	Queen Creek	2002
2A	11-6	Jill Van Weelden	Scottsdale Christian	2000
	11-6	Delainey Rockwell	Scottsdale Christian	2003
1A	9-3	Jessica Bryce	Pima	2005

Arizona High School
Track & Field Records

TRIPLE JUMP

5A	40-11	Nina Henson	Tucson Sahuaro	2002
4A	39-9	Takisha Morgan	Marana Mountain View	1997
3A	39-6	Rheanna Martinez	Payson	2000 (jr)
2A	37-2 ½	Jamie Cluff	Scottsdale Christian	2002
1A	35-2 ¼	Robyn Robledo	Tempe Prep	2009

Weight Events (Girls)

SHOT PUT

5A	47-5	Cindy Johnson	Chandler	1980 (so)
4A	45-8 ½	Kristi Lewis	Douglas	1987
3A	42-11 ½	Jennifer Moon	Safford	1997
2A	43-8 ½	Jessica Drake	Bisbee	1995
1A	37-1 ½	Tara Copas	Patagonia	1996

DISCUS

5A	176-4	Cindy Johnson	Chandler	1982
4A	151-9	Kristi Lewis	Douglas	1986 (jr)
3A	152-0	Charissa Bailey	Page	1985
2A	143-9	Jessica Drake	Bisbee	1995
1A	124-9	Ashlee Smith	Seligman	2005 (jr)

Relays (Girls)

400 METERS

5A	45.73	Peoria	2002
4A	47.36	Tolleson Westview	1995
3A	48.37	Safford	1990
2A	49.66	Chandler Valley Christian	2002
1A	51.27	Mayer	1990

1600 METER RELAY

5A	3:51.02	Phoenix South Mountain	2005
4A	3:51.83	Tolleson Westview	1997
3A	3:52.44	Safford	1991
2A	4:02.26	Chandler Valley Christian	2007
1A	4:23.63	Tempe Prep	2008

3200 METER RELAY

5A	9:02.99	Phoenix Xavier	2007
4A	9:33.53	Peoria Centennial	1998
3A	9:38.11	Springerville Round Valley	2003
2A	9:55.53	Chandler Valley Christian	2001
1A	10:39.04	Tempe Prep	2008

Arizona High School
Track & Field Records

BOYS

Running Events (Boys)

100 METERS

5A	10.33	Ryan Milus	Chandler Hamilton	2009
4A	10.58	Dedrick McCartney	Tempe Union	1990 (jr)
3A	10.33	Cricket Marshall	Dysart	1978
2A	10.63	Mark Oliver	Chandler Seton Catholic	1988
1A	10.81	Justin Kramer	Grand Canyon	2006

100 YARDS

5A	9.4 (n)	David Perkins	Mesa Westwood	1969
	9.4	Dwayne Evans	Phoenix South Mountain	1975 (jr)
	9.4	Dwayne Evans	Phoenix South Mountain	1976
4A	9.6	Anthony Polk	Winslow	1978 (jr)
3A	9.4	Cricket Marshall	Dysart	1978
2A	9.8	Reggie Edwards	Page	1972
1A	9.9	George Diggs	Phoenix Carver	1942

200 METERS

5A	20.22	Dwayne Evans	Phoenix South Mountain	1976
4A	21.05	Anthony Pold	Winslow	1978 (jr)
3A	21.16	Cricket Marshall	Dysart	1978
2A	21.61	Jim Howard	Cave Creek Cactus Shadows	1987
	21.61	Quinton McCoy	Chandler Valley Christian	2001 (jr)
1A	21.93	Justin Kramer	Grand Canyon	2006

220 YARDS

5A	20.5	Dwayne Evans	Phoenix South Mountain	1976
4A	21.1	Andhony Polk	Winslow	1978 (jr)
3A	20.9	Cricket Marshall	Dysart	1978
2A	21.5	Reggie Edwards	Page	1974
1A	22.4	Stewart Laird	Gila Bend	1975 (jr)

400 METERS

5A	46.64	Dwight Jones	Phoenix Maryvale	1977 (jr)
4A	47.62	Matt Adler	Scottsdale Chaparral	1999
3A	48.84	Jamie Jones	Apache Junction	1993
2A	48.97	Eddie Cade	Eloy Santa Cruz	1991
1A	47.91	Justin Kramer	Grand Canyon	2006

440 YARDS

5A	47.3	Dwight Jones	Phoenix Maryvale	1977 (jr)
4A	48.3	Warren Wilhoite	Winslow	1979
3A	49.4	Pat Abelin	Tucson Canyon del Oro	1968
2A	48.7	Craig Savage	Gilbert	1971
1A	49.5	Stewart Laird	Gila Bend	1976

Arizona High School
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800 METERS

5A	1:51.33	John Kline	Tempe Desert Vista	2008
4A	1:51.46	Steve Ybarra	Glendale Cactus	1992
3A	1:53.30	Mark Hochstettler	Payson	1989
2A	1:55.29	Eric Dall	Scottsdale Christian	2002
1A	2:00.36	Elliot Godzich	Phoenix Veritas Prep	2008

880 YARDS

5A	1:52.5	Scott Lymer	Scottsdale Coronado	1978
4A	1:55.0	Tommy Buzan	San Manuel	1974
3A	1:57.4	Larry Shorty	Eloy Santa Cruz	1970
2A	1:56.8	Ed Felix	Sells Baboquivari	1979
1A	2:01.1.9	Kirby Hoener	Grand Canyon	1970

1600 METERS

5A	4:09.64	Jeff Cannada	Phoenix Greenway	1983 (jr)
4A	4:11:49	Sherod Hardt	Queen Creek	2010
3A	4:19.52	John Tenakhongva	Monument Valley	1991
2A	4:18.22	Eric Dall	Scottsdale Christian	2002
1A	4:30.33	Alex Barnard	Flagstaff Northland Prep	2005

MILE RUN

5A	4:09.9	Don Janicki	Mesa	1978
4A	4:15.0	Orlando Valenzuela	Globe	1979
3A	4:18.4	Glenn Hoppe	Ajo	1974
2A	4:19.5	Will Bribiescas	Superior	1980
1A	4:24.3	Kirby Hoener	Grand Canyon	1971

3200 METERS

5A	8:50.24	Jeff Canada	Phoenix Greenway	1984
4A	8:53.09	Brian Shrader	Flagstaff Sinagua	2010
3A	9:21.90	Ricky Bedonie	Many Farms	1987
2A	9:26.65	Eric Dall	Scottsdale Christian	2002
1A	9:33.05	Tanner Carothers	Flagstaff Northland Prep	2007

TWO MILES

5A	8:53.2	Jeff Cannada	Phoenix Greenway	1984
4A	9:19.5	Phil Nielson	Tolleson	1977
3A	9:07.6	Herman Sahneyah	Tuca City	1978
2A	9:22.58	William Bribiescas	Superior	1980
1A	9:54.3	Kirby Hoener	Grand Canyon	1971

Arizona High School
Track & Field Records

Hurdles (Boys)

110 METER HURDLES

5A	13.70	Michael Bates	Tucson Amphi	1988 (jr)
4A	14.16	Brandon Sproat	Tolleson	1998
3A	13.69	Mossey Cade	Eloy Santa Cruz	1980
2A	13.93	Armon Williams	Chandler Vallely Christian	1991 (jr)
1A	14.89	Dillon Goodman	Pima	2009

120 YARDS HIGH HURDLES

5A	13.8	Dale Frederick	Tucson Pueblo	1964
4A	14.0	Bill Taylor	Bisbee	1974
3A	13.9	Mossy Cade	Eloy Santa Cruz	1978 (so)
	13.9	Mossy Cade	Eloy Santa Cruz	1978 (jr)
	13.9	Mossy Cade	Eloy Santa Cruz	1980
2A	14.4	Larry Gray	Wellton Antelope	1965
1A	15.00	Ray Mason	Maricopa	1976

300 INTERMEDIATE HURDLES

5A	37.01	Cylend Simmons	Mesa Westwood	2006
4A	37.19	Colin Fuel	Phoenix Washington	1994
3A	37.95	Todd Reid	Payson	1988
2A	38.77	Alberto Fernandez	Camp Verde	1989
1A	40.62	Mark Bellingradt	Scottsdale Christian	1992

180 YARD LOW HURDLES

5A	18.5	John Pfersdorf	Tucson Catalina	1972
4A	19.1	Bill Taylor	Bisbee	1974
3A	18.7	Art Malone	Eloy Santa Cruz	1966
2A	19.2	Jim LaVelle	Kearny Ray	1968
1A	19.7	Joe Mitchell	Maricopa	1976

Weight Events (Boys)

SHOT PUT

5A	69-3	Dallas Long	Phoenix North	1958
4A	62-9	Chris Mammen	Tucson Flowing Wells	1995
3A	61-10 ½	Chris Tsosie	Page	1982 (jr)
2A	58-3	D.J. Tucker	Florence	1978
1A	52-5	Nephi Judd	St. David	1984

DISCUS

5A	212-11	Dwight Johnson	Tempe Union	1987
4A	200-9	Doug Reynolds	Phoenix Greenway	1993
3A	187-7	Mike Turner	Safford	1988
2A	165-0	Steve Kuykendall	Kearny Ray	1966
1A	161-3	Travis Carter	Orme School	1999

Arizona High School
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Jumping Events (Boys)

LONG JUMP

5A	25-3 ½	Larry Reed	Yuma Union	1967
4A	25-2 ¾	Warren Wilhoite	Winslow	1979
3A	25-9 ¾	Lamong King	Dysart	1977
2A	23-2 ½	Quinton McCoy	Chandler Valley Christian	2001 (jr)
1A	23-1 ¼	Bernard Rock	Orme School	1996

HIGH JUMP

5A	7-1 ½	Donovan Fields	Mesa	1981 (jr)
4A	7-2	Gabriel Beecham	Casa Grande	1989
3A	7-0 ¼	Marty Williams	Show Low	1994
2A	6-10	Dakoda John	Thatcher	2007
1A	6-7	Seth Dittrich	Arizona Lutheran	1999

POLE VAULT

5A	16-8 ¾	Brandon Glenn	Tolleson Westview	2003
4A	17-4 ¾	Nick Hysong	Tolleson	1990
3A	16-5 ¾	Bo Altof	Payson	1992
2A	14-10 ½	Dniel Fanelli	Valley Christian	2007
1A	13-7	Wes Conners	Pima	2004

TRIPLE JUMP

5A	52-6	Bryce Lamb	Chandler	2009
4A	49-1	Aaron Fox	Flagstaff Sinagua	1994
3A	48-8 ¾	Darren Reid	Payson	1991
2A	46-9	J.R. Harrison	Tombstone	1999
1A	43-9 ¾	Ryan Eck	Grand Canyon	2005

Relays (Boys)

400 METER RELAY

5A	41.33	Phoenix Maryvale	1992
4A	41.61	Phoenix North	1987
3A	42.24	Dysart	1988
2A	43.05	Phoenix Northwest Christian	2003
1A	44.58	Grand Canyon	2005

440 YARD RELAY

5A	41.5	Phoenix South Mountain	1975
4A	41.9	Dysart	1977
3A	42.1	Dysart	1976
2A	43.6	Benson	1979
1A	45.0	Bowie	1977
	45.0	Tucson ASDB	1976

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1600 METER RELAY

5A	3:13.50	Tempe Desert Vista	2008
4A	3:17.49	Glendale Cactus	1987
3A	3:22.07	Arizona Boys Ranch	1997
2A	3:23.44	Chandler Valley Christian	2007
1A	3:32.02	St. David	1999

MILE RELAY

5A	3:15.9	Phoenix Washington	1977
4A	3:22.3	Nogales	1975
3A	3:23.4	Eloy Santa Cruz	1978
2A	3:26.6	Benson	1979
1A	3:33.6	Maricopa	1974

3200 METER RELAY

5A	7:45.40	Tempe Desert Vista	2008
4A	7:52.68	Tucson Catalina Foothills	2002
3A	8:03.59	Safford	1996
2A	8:12.02	Bisbee	1994
1A	8:40.07	Flagstaff Northland Prep	2007

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