

## GIRLS STATE TRACK RECORDS

### 5A

100 Meter Hurdles	14.45	Tia Lumpkin	Skyline	2006
300 Meter Hurdles	43.64	McKenzie Walton	Skyline	2004
4 x 100 Meter Relay	48.52		Meridian	1986
4 x 200 Meter Relay	1:42.61		Twin Falls	2005
4 x 400 Meter Relay	3:57.36		Capital	1986
Medley Relay	1:46.87		Jerome	2000
100 Meter Dash	12.07	Julie Briggs	Highland	1989
200 Meter Dash	24.86	Julie Briggs	Highland	1988
400 Meter Dash	56.39	Kristie Bergeson	Borah	1986
800 Meter Run	2:14.66	Breanna Sande	Lake City	2005
1600 Meter Run	4:59.45	Dana Morgan	Boise	2006
3200 Meter Run	10:59.81	Susan Werner	Boise	1997
Pole Vault	12-06.00	Anneise Bertleson	Borah	2005
High Jump	5-10	Corissa Yasen	Coeur d'Alene	1991
Long Jump	18-10.25	Macie Miller	Twin Falls	1983
Triple Jump	38-2.5	Dana Cowen	Twin Falls	1987
Shot Put	45-8	Lisa White	Skyline	1988
Discus	148-7	Lisa White	Skyline	1988

### 4A

100 Meter Hurdles	15.14	Stephanie Barnwell	Kuna	2002
		Mykel Barrie	Mountain Home	2004 prelims
300 Meter Hurdles	45.39	Lauren Symmonds	Bishop Kelly	2004
4 x 100 Meter Relay	49.71		Kuna	2004
4 x 200 Meter Relay	1:45.15		Century	2003
4 x 400 Meter Relay	4:00.98		Bishop Kelly	2003
Medley Relay	1:1:49.61		Bishop Kelly	2004
100 Meter Dash	12.47	Nataucha Lowry	Vallivue	2005
200 Meter Dash	25.28	Nataucha Lowry	Vallivue	2005
400 Meter Dash	57.17	Nataucha Lowry	Vallivue	2005
800 Meter Run	2:14.30	Jackie Carter	Bishop Kelly	2004
1600 Meter Run	5:04.31	Jennifer McPherson	Skyview	2002
3200 Meter Run	11:15.9h	Jennifer McPherson	Skyview	2002
Pole Vault	12-7	Julene Bailey	Skyview	2002
High Jump	5-05.00	Diana Blauer	Burley	2005
Long Jump	18-1	Tammy Stowe	Bishop Kelly	2001
Triple Jump	37-01.50	Tammy Stowe	Bishop Kelly	2001
Shot Put	43-10.50	Kelsey Taylor	Moscow	2006
Discus	153-09	Sarah Cardinal	Blackfoot	2006

### 3A

100 Meter Hurdles	14.99	Sally Vail	Vallivue	1997
300 Meter Hurdles	44.57	Sally Vail	Vallivue	1995
4 x 100 Meter Relay	49.53		Kuna	1995
4 x 200 Meter Relay	1:44.10		Snake River	2003
4 x 400 Meter Relay	4:07.44		Middleton	2006
Medley Relay	1:51.24		Bishop Kelly	2000
100 Meter Dash	12.31	Kara Hatch	Shelley	1983
200 Meter Dash	25.14	Lisa Bernhagen	Wood River	1984
400 Meter Dash	57.37	Tina McCombs	Kuna	1984
800 Meter Run	2:17.45	Karen Packham	Kuna	1987
1600 Meter Run	5:08.46	Ellen Lyons	Bishop Kelly	1980
3200 Meter Run	10:56.80	Ellen Lyons	Bishop Kelly	1980
Pole Vault	11-00	Tennly Bowden	Payette	2006
High Jump	6-1	Lisa Bernhagen	Wood River	1984
Long Jump	18-08.5	Tina McCombs	Kuna	1983
Triple Jump	37-5	Belinda Hogan	Salmon	1992
Shot Put	44-03.75	Heather Owen	Moscow	1993
		Katie Posten	Bonnors Ferry	2005
Discus	149-03	Katie Posten	Bonnors Ferry	2006

### 2A

100 Meter Hurdles	14.70	Jessica Zatica	Homedale	1999
300 Meter Hurdles	44.22	Jessica Zatica	Homedale	2000
4 x 100 Meter Relay	50.71		Homedale	2003
4 x 200 Meter Relay	1:45.73		Firth	2000
4 x 400 Meter Relay	4:03.76		Sugar-Salem	1986
Medley Relay	1:50.48		Nampa Christian	2002
100 Meter Dash	12.40	Kirsten Jensen	Kendrick	1982
200 Meter Dash	25.30	Kirsten Jensen	Kendrick	1984
400 Meter Dash	55.98	Danielle Pridgen	Nampa Christian	2000
800 Meter Run	2:13.91	Danielle Pridgen	Nampa Christian	2001
1600 Meter Run	5:11.92	Kristin Galbraith	Sugar-Salem	1987
3200 Meter Run	10:55.19	Angie Mathison	Highland	1993
Pole Vault	11-06	Chelsee Barr	Nampa Christian	2006
High Jump	5-10	Karrie Sue Bates	Murtaugh	1979
Long Jump	18-10 1/2	Kirsten Jensen	Kendrick	1983
Triple Jump	39-2 1/2	Jessica Zatica	Homedale	2000
Shot Put	43-1 3/4	Piper Hope	Orofino	2001
Discus	142-10	Piper Hope	Orofino	2001

### 1A

100 Meter Hurdles	15.40	Darcy Collins	Kootenai	2005
300 Meter Hurdles	45.57	Darcy Collins	Kootenai	2005
4 x 100 Meter Relay	51.63		Raft River	2000
4 x 200 Meter Relay	1:49.7		Nampa Christian	1997
4 x 400 Meter Relay	4:11.98		Kootenai	2003
Medley Relay	1:53.95		Raft River	1999
100 Meter Dash	12.6	Kim Smith	Raft River	1997
200 Meter Dash	25.93	Darcy Collins	Kootenai	2005
400 Meter Dash	57.06	Debbie Ogden	Council	1995
800 Meter Run	2:18.0	Lena Walker	Cambridge	1997
1600 Meter Run	5:14.72	Becky Ward	Richfield	1995
3200 Meter Run	11:17.71	Becky Ward	Richfield	1994
Pole Vault	10-1	Alina Lunsfod	Cambridge	2000
High Jump	5-06	Darcy Collins	Kootenai	2006
Long Jump	18-1.75	Debbie Ogden	Council	1996
Triple Jump	36-9.75	Trista Christensen	Notus	1999
Shot Put	49-5.25	Hollie Tyler	Leadore	2001
Discus	154-4	Hollie Tyler	Leadore	2001

### Overall

100 Meter Hurdles	14.45	Tia Lumpkin	Skyline	2006
300 Meter Hurdles	43.64	McKenzie Walton	Skyline	2004
4 x 100 Meter Relay	48.52		Lake City	2004
4 x 200 Meter Relay	1:42.61		Twin Falls	2005
4 x 400 Meter Relay	3:57.36		Capital	1986
Medley Relay	1:46.87		Jerome	2000
100 Meter Dash	12.07	Julie Briggs	Highland	1989
200 Meter Dash	24.86	Julie Briggs	Highland	1988
400 Meter Dash	55.98	Danielle Pridgen	Nampa Christian	2000
800 Meter Run	2:13.91	Danielle Pridgen	Nampa Christian	2001
1600 Meter Run	4:59.45	Dana Morgan	Boise	2006
3200 Meter Run	10:55.19	Angie Mathison	Highland	1993
Pole Vault	12-7	Julene Bailey	Skyview	2002
High Jump	6-1	Lisa Bernhagen	Wood River	1984
Long Jump	18-10.5	Kirsten Jensen	Kendrick	1983
Triple Jump	39-00.50	Jessica Zatica	Homedale	2000
Shot Put	49-05.25	Hollie Tyler	Leadore	2001
Discus	154-4	Hollie Tyler	Leadore	2001