

1980-2009 Missouri State Track Meet Top 100 Individuals
Girls 100 Meters

1	Muna Lee	KC Central	11.66p	1999	4A		Joy Walker	McCluer	12.19p	1993	4A
2	Angie Thacker	Roosevelt	11.67p	1981	4A		Maribeth Crain	Eldon	12.19	1988	3A
3	Alishea Usery	McCluer S.-Berkeley	11.69	2007	3		Shanita Bledsoe	Wentzville Holt	12.19p	2005	4A
4	Kim Edwards	Van Horn	11.80	1985	4A	54	Avis Evans	Kirkwood	12.20	1998	4A
5	Melanna Gray	North Kansas City	11.81p	1989	4A	55	Kailea Cook	Park Hill South	12.21	2001	4A
6	Debra Martin	Sumner	11.82	1980	4A		Montenea Roye	Ladue	12.21p	2009	4
7	Kyra Sullivan	Gateway Tech	11.89	2004	4	57	Lauren Flaker	Rock Bridge	12.22p	2009	4
	Lauren Hollingsworth	Villa Duchesne	11.89p	2009	3		Nika Smith	Wentzville	12.22	1992	4A
9	Alexis Bates	St. Joe Central	11.92	2007	4		Rachel Kahle	Jackson	12.22	2007	4
10	Aisha Thomas	Jefferson City	11.93	2004	4	60	Tianna Swinney	Sumner	12.23p	1993	4A
11	LaJada Baldwin	St. Louis Central	11.94p	2005	3A		Zandrea Wilson	Berkeley	12.23p	1993	3A
12	Shelinda Brackett	Riverview Gardens	11.95	2005	4	62	Lauren Fisher	Hazelwood Central	12.24	2005	4
13	Charmaine Forest	Park Hill	11.97	1988	4A		Raina Martin	Boonville	12.24p	1996	3A
14	Crystal Harris	Rockwood Summit	11.99p	2009	4		Rose Fulton	North County	12.0	2002	3A
	Kim Prather	Lutheran North	11.99p	2005	3A		Sydney Peavy	Pembroke Hill	12.24p	2009	3
	Vicki Word	New Madrid CC	11.99p	1985	3A		Traci Harrison	Hogan	12.24p	1987	3A
17	Angie Thomas	Riverview Gardens	12.00	1985	4A	67	Carmen Keller	Maplewood-Rich.Hts.	12.25p	1990	2A
	Lorinda Richardson	Hickman	12.00	1981	4A		Erin Narzinski	Oakville	12.25	1994	4A
19	Olivia Lewis	Gateway Tech	12.00p	2009	4		Heather Jones	Hickman	12.25	1989	4A
20	Shawntanay Johnson	Fox	12.03p	2009	4	70	Ebony Vincent	Hickman Mills	12.26p	1993	4A
21	Dena Lewis	Parkway Central	12.06	2001	4A		Lauren Cheadle	Lee's Summit West	12.26p	2009	4
22	Danielle Parrish	Hazelwood Central	12.07	2005	4	72	Tara Mastin	Ritenour	12.26	1980	4A
	Naomi Williams	KC Northeast	12.07	2001	4A		Yolanda Alexander	Van Horn	12.26	1987	4A
	Tamika Foster	Hazelwood East	12.07	1984	4A	74	Heather Jones	Albany	12.27	1988	1A
25	Shermica Turner	Hickman	12.08p	1987	4A	75	Elise Johnson	Jefferson City	12.28	2001	4A
26	Nyisha Porter	Normandy	12.09	2001	4A		Elissa Adaway	Kennett	12.28	1994	3A
27	Shameika McField	Hazelwood East	12.09	1998	4A		Lawanda Waters	Kirkwood	12.28	1980	4A
28	Lashundra Davis	Berkeley	12.10p	1991	3A	78	Amanda Scullark	KC Center	12.29	1998	3A
	Ramona Riley	Oak Park	12.10p	1981	4A		Angie Monroe	Riverview Gardens	12.29	1985	4A
30	Shundrek Smith	Lincoln (KC)	12.11	1986	3A		Jennifer Lee	KC Central	12.29	1985	3A
31	Shaneatra Neely	Hickman Mills	12.12	2000	3A		Kim Jefferson	Kennett	12.29	1984	3A
32	Brandy Haan	Maysville	12.13	1993	2A		Nicole Jackson	Cape Central	12.29	2006	4
	Precious Selmon	Crystal City	12.13p	2008	2	83	Gaisha Gray	Berkeley	12.30p	1999	2A
34	Dominique McDonald	KC Central	12.14p	2003	3A		Louise Johnson	New Madrid CC	12.30	1988	3A
	Jeni King	Jefferson City	12.14p	1988	4A		Tiffany Osborn	KC Northeast	12.30p	1993	4A
	Miah Leverette	Grandview	12.14	2001	4A		Tracie Driver	Caruthersville	12.30p	1990	3A
	Phynice Kelley	Bishop Hogan	12.14	1988	3A	87	Diane Gary	Charleston	12.31	1988	3A
	Suzette Gillis	Ladue	11.9p	1999	4A		Kathryn Coleman	Gateway Tech	12.31	2004	4
39	Elaine Atkins	Webster Groves	12.15p	1988	4A		Kenosha Wilson	Webster Groves	12.31	1996	4A
40	Danita Humphrey	Marshall	12.16	1980	3A		Lisa Like	Jennings	12.31	1984	3A
	Dorothy Myers	Kirkwood	12.16	1994	4A		Sonja Cornley	Lincoln (KC)	12.31p	1988	3A
42	Ekate Lymon	Waynesville	12.17p	2009	4	92	Angela Person	Sumner	12.32	1983	4A
	Mia Staten	Jackson	12.17	1987	4A		Annettee Henderson	University City	12.32p	1987	4A
	Michelle McDaniel	Oak Grove	12.17p	1988	3A		Brianna Marshall	Fort Zumwalt West	12.32	2007	4
45	Diona Graves	Kirkwood	12.18	2006	4		Chastity Young	Holden	12.32p	1990	2A
	Phynice Kelley	KC Center	12.18	1991	3A		Dea Dea Sieckmann	Owensville	12.32	2007	3
	Shana White	Hickman	12.18	2007	4		Larisa Hairston	Eureka	12.32	1985	4A
	Sheba Clarke	Park Hill	12.18	1998	4A		Lynita Bridges	Hickman Mills	12.32	2004	4
49	Angie Lalumondier	Crystal City	12.19	1988	2A		Macia Jackson	Springfield Central	12.32p	1993	4A
	Channon Haywood	Hazelwood East	12.19	2006	4		Shannon Butler	Hickman	12.32	2004	4

1975-2009 Missouri State Track Meet Top 100 Individuals
Girls 200 Meters & 220 Yards

1	Alishea Usery	McCluer S.-Berkeley	23.78	2007	3		Kailea Cook	Park Hill South	25.06p	2003	4A
2	Muna Lee	KC Central	23.83	2000	4A		Shana White	Hickman	25.06	2005	4
3	Kyra Sullivan	Gateway Tech	24.03p	2003	4A	53	Sandy Cummings	Smithville	25.07	1985	2A
4	Lauren Hollingsworth	Villa Duchesne	24.07	2009	3	54	Robin Long	Normandy	25.08	1981	4A
5	Angie Thacker	Roosevelt	24.22	1981	4A	55	Danita Humphrey	Marshall	25.10	1980	3A
6	Aisha Thomas	Jefferson City	24.27	2004	4		Shameika McField	Hazelwood East	25.10	1997	4A
	Kim Edwards	Van Horn	24.27	1985	4A	57	Gabrielle Gibson	Hickman Mills	25.11	2005	4
8	Angie Thomas	Riverview Gardens	24.33	1985	4A	58	Meosha Jordan	Berkeley	25.12	1995	3A
9	LaJada Baldwin	St. Louis Central	24.39	2005	3		Tara Mastin	Ritenour	25.12	1979	4A
10	Debra Martin	Sumner	24.40	1980	4A	60	Avis Evans	Kirkwood	25.13	1998	4A
11	Donniece Parrish	Hazelwood Central	24.44p	2004	4A	61	Heather Jones	Hickman	25.14p	1989	4A
12	Ciara Jones	Soldan	24.49p	2004	3A		Phynice Kelley	Hogan	24.9p	1989	3A
13	Lauren Fisher	Hazelwood Central	24.53p	2004	4A		Yolanda Alexander	Van Horn	25.14p	1987	4A
14	Melanna Gray	North Kansas City	24.54p	1990	4A	64	Shermica Turner	Hickman	25.15p	1987	4A
15	Olivia Lewis	Gateway Tech	24.55	2008	4	65	Becky Flippin	Parkview	25.16	2004	4
	Paris Daniels	Normandy	24.55	2007	4		Channon Haywood	Hazelwood East	25.16	2006	4
17	Tiffany Hargrove	KC Central	24.58	2000	4A		Larisa Hairston	Eureka	25.16p	1987	4A
18	Ramona Riley	Oak Park	24.68	1981	4A		Rachel Kahle	Jackson	25.16	2007	4
19	Kim Prather	Lutheran North	24.72	2005	3	69	Raina Martin	Boonville	25.17	1996	3A
	Olivia Lewis	Gateway	24.72p	2008	4	70	Lorinda Richardson	Hickman	25.18p	1984	4A
21	Azraa Rounds	Ladue	24.73	2005	3		Louise Johnson	New Madrid CC	25.18p	1988	3A
22	Charmaine Forest	Park Hill	24.74	1987	4A	72	Jasmin Hughes	Hartville	25.21	2009	2
23	Cara Forte'	KC Center	24.75p	2009	3	73	Felecia Allen	Riverview Gardens	25.22	1986	4A
24	Anthea Johnson	KC Central	24.77	1981	4A		Heather Nunnely	Mexico	25.22	1998	3A
25	Bianca Stokes	McCluer S.-Berkeley	24.77	2009	3	75	Angie Monroe	Riverview Gardens	25.24	1985	4A
26	Shameikra McField	Hazelwood East	24.80p	1998	4A		Janiece Gatson	Grandview	25.0	2002	4A
27	Dorothy Myers	Kirkwood	24.85	1994	4A		Jeni King	Jefferson City	25.24p	1988	4A
	Lynette Atkinson	Ladue	24.85p	2009	4		Sydney Peavy	Pembroke Hill	25.24	2009	3
29	Brittany Bruce	Lee's Summit West	24.88p	2006	3A	79	Charmonique Ray	Waynesville	25.25p	2003	4A
30	Nicole Jackson	Cape Central	24.90	2006	4		Cherise Harvey	KC Southwest	25.25p	1988	4A
	Sheba Clarke	Park Hill	24.90p	1999	4A		Gaisha Gray	Berkeley	25.25	1999	2A
32	Zandrea Wilson	Berkeley	24.92p	1993	3A	82	Wendy Blocker	Berkeley	25.26	1991	3A
33	Erika Sharp	McCluer	24.93	1998	4A	83	Dee Holman	Fort Zumwalt North	25.27p	1988	4A
	Michelle Gay	Notre Dame (KC)	24.93	2006	4		Lashundra Davis	Berkeley	25.27	1991	3A
	Shaneatra Neely	Hickman Mills	24.93	2000	3A		Michele Cervant	Oak Grove	25.27	1986	3A
36	Crystal Harris	Rockwood Summit	24.95p	2009	4		Rose Fulton	North County	25.27p	2000	3A
	Phynice Kelley	KC Center	24.95	1990	4A		Tiffany Williams	Hazelwood East	25.27	1995	4A
	Tamika Foster	Hazelwood East	24.95p	1984	4A	88	Kim Martin	Jennings	25.28p	2002	3A
	Tianna Swinney	Sumner	24.95	1994	4A	89	Miesha Billups	Gateway Tech	25.29	1996	4A
40	Alexis Bates	St. Joe Central	24.96	2007	4	90	Lauren Cheadle	Lee's Summit West	25.30p	2009	4
	Alice Bell	Beaumont	24.96	1982	4A		Vicki Word	New Madrid CC	25.30	1985	3A
42	Jennie Gorham	North Kansas City	24.98	1977	AA	92	Kali Strother	Metro (SL)	25.31p	2006	2A
43	Shundrek Smith	Lincoln (KC)	25.00	1986	3A	93	Ashley Wysong	Nevada	25.32	1996	3A
44	Dominique McDonald	KC Central	25.01p	2003	3A		Erin Narzinski	Oakville	25.32	1994	4A
	Nika Smith	Wentzville	25.01p	1992	4A	95	Danielle Thomas	Helias	25.34	1998	3A
	Suzette Gills	Ladue	25.01	1999	4A		Heather Jones	Albany	25.34	1988	1A
47	Diona Graves	Kirkwood	25.03	2007	4		Lindsey Kunkel	Fayette	25.34	2009	2
48	Nyisha Porter	Normandy	24.8	2002	4A		Lisa Like	Lutheran North	25.34	1986	3A
49	Angie Lalumondier	Crystal City	25.05p	1988	2A	99	Gaisha Gay	Berkeley	25.35	1996	3A
50	Joy Walker	McCluer	25.06p	1993	4A		Robyn Osborn	KC Center	25.35	1986	4A

1975-2009 Missouri State Track Meet Top 100 Individuals
Girls 400 Meters & 440 Yards

1	Alishea Usery	McCluer S.-Berkeley	53.55	2007	3	51	Lauren Hollingsworth	Villa Duchesne	56.74p	2009	3
2	Charmaine Forest	Park Hill	54.85	1987	4A	52	Regina Shouse	Nevada	56.5	1986	3A
3	Olivia Lewis	Gateway Tech	54.95	2009	4	53	Tiffini McNeese	Normandy	56.81p	1988	4A
4	Kianna Ruff	McCluer S.-Berkeley	54.98	2009	3	54	Nicol Hodges	St. Charles West	56.83	1989	4A
5	Azraa Rounds	Ladue	55.03	2005	3	55	Turina Jackson	Charleston	56.85p	1984	3A
6	Tiffaney Williams	Hazelwood East	55.14	1997	4A	56	Becky Flippin	Parkview	56.86	2003	4A
7	LaJada Baldwin	St. Louis Central	55.28	2007	3	57	Kim Jefferson	Kennett	56.90	1985	3A
8	Tianna Swinney	Sumner	55.36	1993	4A		Michelle Green	Rolla	56.90	1997	4A
9	Lauren Fisher	Hazelwood Central	55.42	2004	4	59	Shannon Leinert	Eureka	56.93	2004	4
10	Emilia Galvan	KC Center	55.61	2007	3	60	Sandy Cummings	Smithville	56.7p	1985	2A
	Kendra White	McCluer North	55.61	2009	4	61	Carrie Smith	Excelsior Springs	56.95	1996	3A
12	Jennifer Gardner	Webster Groves	55.62	1997	4A		Lynn Welch	Joplin Memorial	56.95	1981	4A
13	Lynette Atkinson	Ladue	55.72	2009	4	63	Janiece Gatson	Grandview	56.96p	2000	4A
14	Robyn Osborn	KC Center	55.77	1986	4A	64	Tammy Wilson	Hazelwood Central	56.98	1983	4A
15	Tamika Foster	Hazelwood East	55.79	1982	4A	65	Jennifer Gardner	Cardinal Ritter	57.00	1998	2A
16	Debra Martin	Sumner	55.81	1980	4A		LaRonda Ward	North Kansas City	57.00	1983	4A
17	Ramona Spencer	Normandy	55.83	1986	4A	67	Lisa Like	Lutheran North	56.8	1986	3A
18	Ciara Jones	Soldan	55.85p	2004	3A	68	Jennifer McGary	Maryville	57.08	1983	3A
19	Louise Johnson	New Madrid Co. Central	55.87	1987	3A		Joyce Swofford	Maysville	57.08	1984	2A
20	Angie Thacker	Roosevelt	55.91	1981	4A		Renee Elliot	Richmond	57.08	1990	3A
21	Renee Elliot	Chillicothe	55.96	1989	3A		Stacey Fritts	Miami	57.08	1986	1A
22	Sheba Clarke	Park Hill	56.00	1998	4A	72	Felicia James	Normandy	57.09	2000	4A
23	Kim Brown	Park Hill South	56.01p	2001	4A		Trena Cason	Ruskin	57.09	1985	4A
24	Larisa Hairston	Eureka	56.07	1985	4A	74	Brandy Haan	Maysville	57.11	1993	2A
25	Ashley Wysong	Nevada	56.08	1997	3A		Lashayla Bell	University City	57.11p	2003	4A
	Zandrea Wilson	Berkeley	56.08	1993	3A	76	Ann Shealy	Oakville	57.14	1999	4A
27	Paris Daniels	Normandy	56.10	2007	4		Kim Richeson	Festus	56.9	1986	3A
28	Cherise Harvey	KC Southwest	56.12p	1988	4A	78	Lisa Davies	Oak Grove	57.15	1993	3A
29	Val Sauer	Rolla	56.13	1987	4A		Ryana Parks	Ruskin	57.15	1987	4A
30	Erika Sharp	McCluer	56.15	1998	4A	80	Hazaria Washington	Cardinal Ritter	57.16	2008	3
31	Jennie Gorham	North Kansas City	56.16	1978	AA	81	Ann Heffner	Hazelwood Central	57.18p	1992	4A
	Racquell Powell	Raytown South	56.16	2008	4	82	Jeni King	Jefferson City	57.24	1989	4A
33	Aisha Mitchell	Raytown South	56.25p	2003	4A	83	Alisha Rooks	Ritenour	57.27	1987	4A
34	Kaela Rorvig	Hickman	56.28	2003	4A	84	Annette Parker	Whitfield	57.28	2001	2A
35	Angie Thomas	Riverview Gardens	56.30	1983	4A	85	Jocelyn Butcher	Notre Dame (KC)	57.29p	1996	3A
36	Nakeba Thomas	Cape Central	56.35p	1988	4A	86	Nicki Webber	Scotland Co.	57.30	1991	2A
37	Lisa James	Cape Central	56.41	1987	4A		Robin Long	Normandy	57.30	1981	4A
38	Sonja Banks	KC Southwest	56.48	1993	4A		Vanessa James	Osage	57.30	2005	3
39	Frances Harrison	Waynesville	56.49	1979	3A	89	Monica Lewis	Hickman	57.31	1994	4A
40	Kyra Sullivan	Gateway Tech	56.50p	2004	4A		Montenea Roye	Ladue	57.31p	2009	4
41	Tammy Carter	Charleston	56.54	1993	3A	91	Alicia Parks	Jefferson City	57.32	1999	4A
42	Monica Joannes	Blair Oaks	56.61	1999	2A		Jessica Levey	Waynesville	57.32p	2002	4A
43	Juanita Coleman	Gateway Tech	56.65p	2002	4A	93	Michelle McDaniel	Oak Grove	57.36	1988	3A
	Naomi Williams	KC Northeast	56.65p	2000	4A	94	Inemesit Usoroh	Parkway South	57.37	1993	4A
45	Lillian Taylor	McCluer	56.67	1982	4A	95	Cara Cline	Liberty	57.38	1998	4A
46	Heather Jones	Albany	56.70	1986	1A	96	Samantha Levin	Ladue	57.39p	2009	4
47	Donniece Parrish	Hazelwood Central	56.71	2004	4	97	Kristina Payne	Ruskin	57.42	2007	3
	Yolanda Alexander	Van Horn	56.71	1987	4A	98	Kim Martin	Jennings	57.49p	2002	3A
49	Orrianna Rackley	Grandview	56.73p	2006	4A	99	Kelly Raffety	Lawson	57.51	2006	2
	Stephanie Essner	Scott City	56.73	2009	2		Lindsey Kunkel	Fayette	57.51	2009	2

1975-2009 Missouri State Track Meet Top 100 Individuals
Girls 800 Meters & 880 Yards

1	Ann Heffner	Hazelwood Central	2:09.78	1992	4A	51	Emily Baker	Lafayette	2:16.26	2004	4
2	Cydney Ross	Villa Duchesne	2:09.88	2008	3	52	Makenzie Seidel	West Plains	2:16.41	2006	4
3	Shannon Leinert	Eureka	2:09.88	2003	4A	53	Amber Parker	Chillicothe	2:16.46	2004	3
4	Kianna Ruff	McCluer S.-Berkeley	2:09.89	2008	3		Jill Meisenheimer	Blue Springs South	2:16.46	1993	4A
5	Lauren Borduin	Rock Bridge	2:09.98	2006	4	55	Jenny Faunce	Kearney	2:16.48	1985	3A
6	Vonda Hammons	Jefferson City	2:10.15	1985	4A	56	Julie Stupp	MICDS	2:16.49	2004	3
7	Val Sauer	Rolla	2:10.89	1987	4A	57	Jessica Jackson	Neosho	2:16.52	2009	4
8	Kim Gardner	Webster Groves	2:11.23	1993	4A	58	Amy Hall	West Plains	2:16.59	2004	4
9	Krysta Fennewald	Blue Springs	2:12.24	2004	4		Bonji Beard	Clayton	2:16.59	1987	3A
10	Juanita Coleman	Gateway Tech	2:12.48	2002	4A	60	Joyce Swofford	Maysville	2:16.65	1985	2A
11	Alyssa Allison	Festus	2:12.85	2008	3		Lori Tracy	Parkview	2:16.65	1982	4A
	Janel Humphreys	Parkway South	2:12.85	1988	4A	62	Katie McInvale	Hickman	2:16.69	2004	4
13	Hilary Bruening	Center for Law	2:12.88p	1993	2A	63	Ashley Guy	Rock Bridge	2:16.80	2004	4
14	Cara Cline	Liberty	2:12.90	1998	4A	64	Landon Wachter	Jackson	2:16.82	2008	4
15	Jennella Torrence	St. Louis Central	2:13.16	1983	4A	65	Lindsay Pierson	Lee's Summit West	2:16.82	2006	3
16	Chelsea Chrisman	Eureka	2:13.31	2008	4	66	Felicia James	Normandy	2:16.91	1999	4A
17	Cathy Taylor	McCluer North	2:13.39	1982	4A	67	Diane Robinson	Parkway Central	2:17.00	2007	4
18	Samantha Levin	Ladue	2:13.43	2009	4	68	Kelsi Chowning	Mountain View	2:17.05	2007	2
19	Stephani Shockley	Soldan	2:13.6	1986	4A		Taryn Philips	Park Hill South	2:17.05	2001	4A
20	Erin Windler	Blue Springs South	2:13.88	1993	4A	70	Christy Williams	West Plains	2:17.08	1998	4A
21	Kasey Kimball	Eureka	2:14.30	2003	4A	71	Dallis Bailey	Conway	2:17.09	2009	2
22	Kierra Handley	Pattonville	2:14.35	2006	4	72	Regina Williams	Soldan	2:17.12	1984	4A
23	Elizabeth White	Francis Howell	2:14.40	1985	4A		Sheila Potts	Cameron	2:17.12	1981	3A
24	Liga Blyholder	Lee's Summit West	2:14.44	2009	4	74	Elizabeth Robbins	Platte Co.	2:17.13	2000	3A
25	Amy Wiseman	Lee's Summit	2:14.50	1996	4A	75	Paris Daniels	Normandy	2:17.0	2005	4
26	Rachel Nelson	Lee's Summit	2:14.62	2001	4A	76	Breanne Perdue	Osage	2:17.27	2004	3
27	Brooke Woodruff	Francis Howell North	2:14.63	2001	4A	77	Gina Wilbanks	Kickapoo	2:17.33	1985	4A
28	Marci Gray	Blue Springs	2:14.98	1990	4A	78	Rachel York	St. Clair	2:17.38	2006	3
29	Steph Smart	Riverview Gardens	2:14.9	1986	4A	79	Brittany Moreland	Cape Central	2:17.40	2009	4
30	Lauren Collette	Kickapoo	2:15.25	2009	4	80	Asher Kyger	Ava	2:17.42	2004	3
31	Melissa Wilson	Hickman	2:15.28	1981	4A	81	Jana Noel	Park Hill	2:17.2	1980	4A
32	Cyd Thomas	Pattonville	2:15.32	1981	4A		Laura LaVoie	Glendale	2:17.44	2000	4A
33	Sarah Soetebier	Washington	2:15.36	1987	4A	83	Dani Skaggs	Festus	2:17.46	2003	3A
34	Maria Tutu	Oak Park	2:15.40	2007	4	84	Lauren Collette	Fort Zumwalt North	2:17.49	2008	4
35	Rebecca Davis	Parkway West	2:15.50	1990	4A	85	Ali Ross	Rosati-Kain	2:17.52	2008	3
36	Mary Nothum	Washington	2:15.56	2006	4	86	Brittney McCormack	West Plains	2:17.54	2003	4A
37	Alyssa Rebecca	Eureka	2:15.59	2009	4		Robin Putnam	Francis Howell	2:17.54	1988	4A
38	Lynette Morgan	Hannibal	2:15.61	1982	4A	88	Sharonda Watts	Berkeley	2:17.56	1988	3A
39	Goldie Tompkins	Marquette	2:15.62	2000	4A	89	Erin Click	West Plains	2:17.61	2002	4A
40	Gwen Williams	Principia	2:15.67	1993	3A		Katie Crank	Kirkwood	2:17.61	2001	4A
41	Becky Froelker	Owensville	2:15.73	1997	3A	91	Jane Reichard	Kirkwood	2:17.63	1982	4A
42	Anna Boecher	Raytown South	2:15.74	1989	4A		Molly Schlamb	Ladue	2:17.63	2006	3
	Merideth Snow	Eureka	2:15.5	2005	4	93	Stephanie Romero	Principia	2:17.64	2009	2
44	Kelli Oettle	Lindbergh	2:15.81	2007	4		Cathy Hardin	Eureka	2:17.64	1983	4A
45	Missy Moody	Smithville	2:15.87	2003	3A	95	Christy Horn	Francis Howell	2:17.68	1993	4A
46	Jamie Foster	Jefferson City	2:15.90	1993	4A	96	Julie Binder	St. Francis Borgia	2:17.71	2000	3A
47	Colleen Riley	Lindbergh	2:15.92	2009	4	97	Natasha Nazarova	Westport	2:17.73	1999	4A
48	Susan Perry	Rolla	2:16.02	1990	4A	98	Laurie Duemler	Union	2:17.76	1988	3A
49	Laura Piper	Marquette	2:16.03	2001	4A	99	Allison Koplal	MICDS	2:17.80	2000	3A
50	Melissa Childers	Jackson	2:16.08	1993	4A	100	Lindsey Billington	Truman	2:17.82	2004	4

1975-2009 Missouri State Track Meet Top 100 Individuals
Girls 1600 Meters & 1 Mile

1	Megan Thompson	Hazelwood Central	4:47.53	1989	4A	51	Val Sauer	Rolla	5:03.50	1985	4A
2	Andrea Fischer	Hannibal	4:47.56	1981	4A	52	Kim Matthews	Lafayette	5:03.60	1985	4A
3	Merideth Snow	Eureka	4:49.82	2006	4	53	Brittany Moreland	Cape Central	5:03.62	2006	4
4	Susan Bliss	Francis Howell	4:50.85	1988	4A	54	Suzzane Jones	KC Northeast	5:03.73	1981	4A
5	Alyssa Allison	Festus	4:51.70	2008	3	55	Melissa Sapp	Oakville	5:03.88	1996	4A
6	Emily Sisson	Parkway Central	4:52.15	2009	4	56	Katie Singleton	Rolla	5:04.00	1998	4A
7	Liga Blyholder	Lee's Summit West	4:54.36	2009	4	57	Erin Click	West Plains	5:04.16	2002	4A
8	Rebecca Davis	Parkway West	4:55.11	1993	4A		Jill Petersen	Francis Howell	5:04.16	2001	4A
9	Cydney Ross	Villa Duchesne	4:55.23	2008	3	59	Anitra Dabney	Smith-Cotton	5:04.28	1982	4A
10	Diane Robison	Parkway Central	4:56.50	2009	4	60	Kat Oberle	Oakville	5:04.66	2008	4
11	Ashley Sanders	Clinton	4:56.61	2002	3A	61	Ryan Thomas	John Burroughs	5:04.94	1993	3A
12	Amy Wiseman	Lee's Summit	4:56.64	1996	4A	62	Mary Lee Bankhead	Lindbergh	5:04.95	1987	4A
13	Lauren Borduin	Rock Bridge	4:56.68	2008	4	63	Hilary Orf	Marquette	5:04.96	2008	4
14	Chris Ridenour	Kirkwood	4:56.91	1982	4A	64	Elizabeth Reida	Nixa	5:04.97	2009	4
15	Mary Nothum	Washington	4:56.92	2006	4	65	Kelli Schulte	Francis Howell Central	5:05.09	2002	4A
16	Aimee Bonte	Rockwood Summit	4:57.53	2008	4	66	Megan Yohe	Liberty	5:05.10	2009	4
17	Jill Kingsbury	Washington	4:57.66	1983	4A	67	Laura LaVoie	Glendale	5:05.36	2000	4A
18	Stephani Shockley	Soldan	4:58.62	1986	4A	68	Shelly Hill	Lafayette	5:05.37	1990	4A
19	Rachel Newland	Liberty	4:59.13	2005	4	69	Natalie Becker	Parkway West	5:05.38	2009	4
20	Kasey Kimball	Eureka	4:59.26	2003	4A	70	Kim Gardner	Webster Groves	5:05.57	1992	4A
21	Jennifer Harper	West Plains	4:59.38	2005	4	71	Anna Versemann	St. Charles West	5:05.95	1998	4A
22	Aileen Gallagher	Hickman	4:59.71	2005	4	72	Meagan Hudson	Crystal City	5:05.99	2006	2
23	Ann Marie Brooks	St. Joe Central	4:59.86	1996	4A	73	Caitlin Laskowski	Blue Springs	5:06.00	2007	4
24	Nicole Graham	Blue Springs	5:00.04	2000	4A	74	Emily Miles	Clinton	5:06.14	1994	3A
25	Emily Baker	Lafayette	5:00.55	2006	4	75	Cyd Thomas	Pattonville	5:06.22	1981	4A
26	Justa Dahl	De Soto	5:00.60	1997	4A	76	Ashley Scott	St. Clair	5:06.25	2008	3
27	Katherine Bonogli	Francis Howell	5:00.65	2000	4A	77	Courtney Cockerell	Raytown	5:06.26	2003	4A
28	Katherine Hoffman	Notre Dame (KC)	5:00.91	2000	3A	78	Tricia Frisella	Visitation	5:06.34	2004	3
29	Julie Jennings	Crystal City	5:00.7	1975		79	Dana McReynolds	Hazelwood Central	5:06.50	1987	4A
30	Rachael King	Liberty	5:01.02	1998	4A	80	Laura Kennedy	Lafayette	5:06.51	1998	4A
31	Amy Chipman	Blue Springs	5:01.11	1998	4A	81	Kelli Oettle	Lindbergh	5:06.53	2006	4
32	Lisa Brown	West Plains	5:01.45	1992	4A	82	Becca Watt	Webster Groves	5:06.55	1981	4A
33	Erin Hagan	Mexico	5:01.72	2000	3A	83	Jana Noel	Park Hill	5:06.59	1980	4A
34	Amber Warren	Lutheran (St. Peters)	5:01.93	2005	2	84	Jill Smith	Hazelwood Central	5:06.60	1996	4A
35	Melissa Rice	Lafayette	5:02.09	1989	4A	85	Christy Williams	West Plains	5:06.76	1999	4A
36	Courtney Wood	Neosho	5:02.12	2009	4	86	Heather Burroughs	Pembroke Hill	5:06.79	1992	2A
37	Jen Pancoast	Cape Central	5:02.38	2003	4A	87	Joanna McLaughlin	North Kansas City	5:06.84	1991	4A
38	Lindsay Pierson	Lee's Summit West	5:02.51	2006	3	88	Jodi Swyers	Festus	5:06.96	1993	3A
39	Samantha Nightingale	Blue Springs South	5:02.55	2009	4	89	Allison Medlin	Carthage	5:06.98	1995	4A
40	Laura Piper	Marquette	5:02.60	2002	4A	90	Jennella Torrence	St. Louis Central	5:07.04	1983	4A
41	Tammy Townsend	Neosho	5:02.65	1983	4A		Rachel York	St. Clair	5:07.04	2006	3
42	Jackie Pirtle	Francis Howell North	5:02.74	2000	4A	92	Anna Florzak	Notre Dame (KC)	5:07.14	2005	4
43	Krista Menghini	St. Joseph Academy	5:02.97	2009	4	93	Tami Micham	South Shelby	5:07.21	1989	2A
44	Mary Reeves	Kirkwood	5:02.99	1999	4A	94	Sabrina Dornhoefer	Waynesville	5:07.22	1981	4A
45	Gwen Williams	Principia	5:03.00	1992	2A	95	Brittani Johnson	West Plains	5:07.29	2008	3
46	Diane Barlow	Raytown South	5:03.15	1983	4A	96	Terry Phillips	St. Mary's (Ind)	5:07.30	2006	2
47	Amy Johns	Hickman	5:03.01	1979	4A	97	Cammie Ewing	Hannibal	5:07.38	1998	4A
48	Cathy Corpeny	KC Southwest	5:03.07	1979	4A		Elise Jones	KC Northeast	5:07.38	1982	4A
49	Jessica Boyer	Carthage	5:03.38	1992	4A	99	Erica Bell	St. Francis Borgia	5:07.66	1992	3A
50	Amy Hall	West Plains	5:03.43	2004	4		Lydia Newland	Liberty	5:07.66	2006	4

**1981-2009 Missouri State Track Meet Top 100 Individuals
Girls 3200 Meters**

1	Emily Sisson	Parkway Central	10:24.12	2009	4	51	Kelly Fanning	Seneca	11:07.48	2001	3A
2	Megan Thompson	Hazelwood Central	10:25.95	1990	4A		Rebecca Davis	Parkway West	11:07.48	1993	4A
3	Amy Wiseman	Lee's Summit	10:33.41	1997	4A	53	Erin Huddleston	Branson	11:07.97	2007	3
4	Diane Robison	Parkway Central	10:33.91	2009	4	54	Kate Horan	Cor Jesu	11:08.64	2008	4
5	Andrea Fischer	Hannibal	10:35.05	1981	4A	55	Colleen Quigley	Nerinx Hall	11:09.09	2009	4
6	Justa Dahl	De Soto	10:35.92	1997	4A	56	Jenny Noelken	Duchense	11:09.58	1999	3A
7	Merideth Snow	Eureka	10:40.48	2005	4	57	Anna Wright	Oakville	11:09.4	1995	4A
8	Chris Ridenour	Kirkwood	10:44.37	1982	4A	58	Chrissy Owensby	Raytown South	11:09.65	2009	4
9	Jill Kingsbury	Washington	10:45.19	1983	4A	59	Laura Kennedy	Lafayette	11:09.88	1999	4A
10	Alyssa Allison	Festus	10:48.58	2008	3	60	Mary Reed	North Kansas City	11:09.95	1982	4A
11	Susan Bliss	Francis Howell	10:49.70	1988	4A	61	Rachel York	St. Clair	11:10.21	2006	3
12	Ashley Sanders	Clinton	10:50.0	2002	3A	62	Jessica Bollinger	Ste. Genevieve	11:10.54	2007	3
13	Ann Marie Brooks	St. Joe Central	10:50.72	1997	4A	63	Camille Wise	Hickman	11:10.60	1996	4A
14	Allison Medlin	Carthage	10:53.70	1996	4A	64	Ellen Theroff	Hickman	11:10.75	1981	4A
15	Jill Petersen	Francis Howell	10:54.23	2001	4A	65	Maggie Nelson	Kirkwood	11:11.02	1999	4A
16	Aimee Bonte	Rockwood Summit	10:54.81	2008	4	66	Casey Dewitt	Logan-Rogersville	11:11.07	1999	3A
17	Heidi Fischer	Hannibal	10:55.01	1982	4A	67	Lea Garcia	Webster Groves	11:12.02	2005	4
18	Amber Warren	Lutheran (St. Peters)	10:56.82	2005	2	68	Hilary Forman	Pembroke Hill	11:12.18	2005	3
19	Brittani Johnson	West Plains	10:58.25	2008	3	69	Katherine Karagiannis	Parkway West	11:12.39	1989	4A
20	Diane Robinson	Parkway Central	10:58.51	2008	4	70	Brittany Tate	Lee's Summit West	11:12.46	2008	4
21	Melissa Sapp	Oakville	10:59.09	1996	4A	71	Sarah White	Potosi	11:12.51	2008	3
22	Courtney Wood	Neosho	10:59.12	2009	4	72	Ashley Sommer	Lafayette	11:12.57	2005	4
23	Jennifer Harper	West Plains	10:59.57	2005	4	73	Erin Edwards	Raytown South	11:12.58	2008	4
24	Robyn Hopper	Seneca	10:59.70	2001	3A	74	Aileen Gallagher	Hickman	11:12.92	2005	4
25	Sarah Haskins	Parkway South	11:00.50	1997	4A	75	Sandy Thomas	Kickapoo	11:13.23	1993	4A
26	Mary Nothum	Washington	11:01.33	2006	4	76	Stephani Shockley	Soldan	11:13.68	1986	4A
27	Sarah Bliss	Francis Howell	11:01.38	1988	4A	77	Karen Rogers	Kirkwood	11:13.82	1999	4A
28	Heather Burroughs	Pembroke Hill	11:01.51	1994	2A	78	Allison Smith	Pembroke Hill	11:13.88	2001	2A
29	Kasey Kimball	Eureka	11:01.92	2004	4		Ashley Mark	Lee's Summit North	11:13.88	2007	4
30	Katherine Hoffman	Notre Dame (KC)	11:02.09	2000	3A	80	Tara Collins	West Plains	11:14.11	2005	4
31	Ashley Scott	St. Clair	11:02.32	2008	3	81	Caitlin Laskowski	Blue Springs	11:14.30	2007	4
32	Sabrina Dornhoefer	Waynesville	11:02.43	1981	4A	82	Krista Merrill	Potosi	11:14.42	2005	3
33	Terry Phillips	St. Mary's (Ind)	11:02.44	2007	2	83	Veronica Bible	McCluer North	11:14.5	2002	4A
34	Erin Hagan	Mexico	11:02.81	2000	3A	84	Kimi Shank	Rolla	11:14.75	2005	4
35	Krista Menghini	St. Joseph Academy	11:02.86	2009	4	85	Laura Nooter	Lindbergh	11:15.16	1982	4A
36	Megan Yohe	Liberty	11:02.88	2009	4	86	Laura Gosen	Marquette	11:15.18	2005	4
37	Kat Oberle	Oakville	11:02.95	2008	4	87	Courtney Cockerell	Raytown	11:15.74	2001	4A
38	Hilary Orf	Marquette	11:03.34	2008	4	88	Celeste Ramsey	Perryville	11:16.30	1997	3A
39	Tammy Townsend	Neosho	11:03.60	1983	4A	89	Jennifer Reekie	Fort Zumwalt South	11:16.56	2004	4
40	Natalie Becker	Parkway West	11:04.01	2008	4	90	Brianne Gallagher	Hickman	11:16.64	2004	4
41	Amanda Marcak	West Plains	11:05.14	1999	4A	91	Katherine Bonogli	Francis Howell	11:16.74	2000	4A
42	Katie Singleton	Rolla	11:05.50	1997	4A	92	Jessica Hall	Kearney	11:17.00	1997	3A
43	Lisa Brown	West Plains	11:05.55	1992	4A	93	Diane Barlow	Raytown South	11:17.60	1983	4A
44	Jill Smith	Hazelwood Central	11:05.84	1996	4A	94	Stephanie Lavin	Blue Springs	11:17.65	2001	4A
45	Amy Chipman	Blue Springs	11:06.54	1998	4A	95	Kristina Werner	Moberly	11:17.84	2004	3
46	Jackie Pirtle	Francis Howell North	11:07.22	1999	4A		Tami Micham	South Shelby	11:17.84	1989	2A
47	Katie Meehan	Smith-Cotton	11:07.23	1999	4A	97	Ashley McLeod	Hermann	11:18.08	1998	2A
48	Kelli Schulte	Francis Howell Central	11:07.0	2002	4A	98	Auvia Miller	Willard	11:18.34	2005	3
49	Nicole Graham	Blue Springs	11:07.27	2000	4A		Heather Worley	Principia	11:18.34	1993	3A
50	Catherine Wright	Oakville	11:07.2	1995	4A	100	Emily Miles	Clinton	11:18.42	1994	3A

1988-2009 Missouri State Track Meet Top 100 Individuals
Girls 100 Meters High Hurdles

1	Makeatha Cooper	Grandview	13.85p	2003	4A	52	Abra McField	Normandy	14.98	2001	4A
2	Precious Selmon	Crystal City	13.90	2009	2		Amy Fleddermann	Oakville	14.98	2004	4
3	Chloe Davis	Normandy	14.28	2000	4A	54	Kristen Collins	Parkway Central	14.99	2001	4A
4	Terri Counts	Hickman Mills	14.33p	2005	4A		Madison Smith	Lee's Summit North	14.99p	2009	4
	Tiffani McReynolds	Pembroke Hill	14.33p	2009	3	56	Erin Alewine	Jefferson City	15.00	2008	4
6	Shaneatra Neely	Hickman Mills	14.37	1999	3A		Jantelle McNeil	Hazelwood East	15.00	2007	4
7	Tiana Davis	Park Hill	14.39	2007	4	58	Anita King	McCluer North	15.01	1990	4A
8	Michele Cervant	Oak Grove	14.40p	1987	3A		Kristen Pogemiller	Kickapoo	15.01	1998	4A
9	Alana Gray	Hazelwood East	14.46	2007	4		Sarah Noonan	Kirkwood	15.01p	2009	4
	Trace Woods	Mount Vernon	14.46	1988	3A		Tiffany Jackson	Gateway Tech	15.01p	2005	4A
11	Jordan Stiens	Maryville	14.51p	2009	3	62	Aleisha Gilliam	Lutheran North	15.02	2006	3
12	Lindsay Vollmer	Hamilton	14.52	2009	2	63	Kim Frischman	De Soto	15.04	1988	4A
	Whitney Thomas	Hazelwood Central	14.52	2004	4	64	Amy Vanderfilz	Helias	15.05p	1987	3A
14	Tenisha Britton	Poplar Bluff	14.53	1999	4A		Megan Marlborough	Lee's Summit North	15.05p	2005	4A
15	Jemma Archibald	Lafayette	14.54	2000	4A	66	Charmen Jackson	Lafayette	15.06	1988	4A
	Kim Martin	Jennings	14.54p	2002	3A	67	Beth Puttcamp	Rockwood Summit	15.07p	1998	4A
17	Erin Narzinski	Oakville	14.55	1994	4A		Orie Ibe	Ladue	15.07p	2005	3A
18	Kathryn Coleman	Gateway Tech	14.56	2004	4		Stacy Robinson	KC Southeast	15.07p	1997	4A
19	Ty'Risha Chambers	KC Center	14.56p	2009	3	70	Lisa Boyd	Farmington	15.08	2001	4A
20	Katie Wenger	St. Joe Central	14.58p	2005	4A	71	Angela Butcher	Notre Dame (KC)	15.09	1996	3A
21	Briana Isom-Brummer	Villa Duchesne	14.61p	2009	3		Petra Karanikic	North County	15.09p	2000	3A
22	Christine Spence	Lee's Summit North	14.63	2000	4A	73	Leslie Murillo	Ruskin	15.11p	2003	3A
23	Megan Williams	Hickman	14.64p	1998	4A		McKenzie Rhea	Webb City	15.11	2005	3
24	Kerry Hils	Moberly	14.65	1999	3A		Melani Wilson	Rosati-Kain	15.11p	2003	4A
25	Micheala Edwards	Ruskin	14.67p	1993	3A	76	Alicia Bowie	KC Southwest	15.12p	1988	4A
26	Tyrisha Chambers	Lincoln (KC)	14.68	2006	3		Krystle Hatton	Hazelwood East	15.12p	2003	4A
27	Rachel Manning	Normandy	14.70	1994	4A		Sarah Gretzmacher	Seckman	15.12p	2003	4A
28	Ashli Mosby	Raytown South	14.71p	2009	4	79	Ashley Pyle	Palmyra	15.13	1999	2A
	Jan Loussaert	Lafayette	14.71p	1993	4A		Lauren Begany	Lindbergh	15.13p	2005	4A
30	Lashayla Bell	University City	14.72p	2006	3A	81	Abby Nielsen	East Newton	15.15	1999	2A
	Melita Williams	Francis Howell	14.72	1991	4A		Lydia Ginger	Ritenour	15.15	2007	4
32	Andrea Seabaugh	Fredricktown	14.77p	1988	3A	83	Courtney McCartney	Kirkville	15.16	2005	3
	Debbie Massengale	Jefferson City	14.77	1988	4A	84	Ashley Johnson	Parkway Central	15.18	2007	4
	Heather Williams	Aurora	14.77p	1991	3A		Becky Shull	Kearney	15.18	1996	3A
	Lynetta Ragsdale	Normandy	14.77p	2005	4A	86	Shea Groom	Liberty	15.20p	2009	4
36	Dione Person	University City	14.79	1990	4A		Da'Niesha Williams	Ruskin	15.20p	1999	3A
37	Leslie Farmer	Jefferson City	14.81p	2008	4	88	Audrey Bailey	Lathrop	15.21	2004	2
	Tracy Partain	Parkview	14.81	2001	4A	89	Andrea Sykes	Metro (St. Louis)	15.22	1995	2A
39	Brittney Castleberry	Perryville	14.82	2007	3		Angie McCall	Hazelwood East	15.22	1996	4A
40	Cherelle Gray	Oak Park	14.86	2003	4A		Megan Bess	Farmington	15.22	2007	3
41	Kelly O'Brien	Lafayette	14.87	1991	4A		Surhea Mitchell	Lincoln (KC)	15.22p	1990	3A
42	Kelli Smith	Grandview	14.90p	1996	4A	93	Erin League	Lee's Summit North	15.23	2001	4A
43	Asaki Carr	Parkway West	14.92	2004	4	94	Micquell Wallace	Parkway South	15.0	1995	4A
44	Jenny Woodward	Harrisonville	14.7	2002	3A	95	Rosemary Forsyth	John Burroughs	15.26	2006	3
	Shannon O'Dell	Farmington	14.94p	1993	4A	96	Patsy Prouhet	Wentzville	15.28	1989	4A
46	Gracie Prewitt	Bolivar	14.95p	2009	3		Sara Jessen	Brookfield	15.28p	1999	2A
	Nikki Wetstein	Windsor (Imperial)	14.95p	2009	3	98	Donna Little	Riverview Gardens	15.29	1989	4A
48	Kendra Lollis	Blue Springs South	14.95	1997	4A	99	Krystle Hatten	Hazelwood East	15.30	2003	4A
49	Mary Garrett	Carthage	14.96p	1999	4A	100	Nicole James	Excelsior Springs	15.31	1996	3A
50	Ashley Mosby	Raytown South	14.97p	2008	4		Jamie Mathewson	Park Hill South	15.1	2002	4A
51	Emily Loussaert	Lafayette	14.97	1994	4A		Jennifer Graham	Ruskin	15.1	2002	3A

1984-2009 Missouri State Track Meet Top 100 Individuals
Girls 300 Meter Low Hurdles

1	Shaneatra Neely	Hickman Mills	42.52	2000	3A	51	Becky Schafer	Truman	44.6	1986	4A
2	Makeatha Cooper	Grandview	42.83	2003	4A	52	Fiona Brooks	Francis Howell North	44.87p	2009	4
3	Lauren Begany	Lindbergh	42.93	2006	4	53	Lynette Atkinson	Ladue	44.88	2007	3
4	Tiffany Jackson	Gateway Tech	43.05	2005	4	54	Nicole Williams	Lee's Summit	44.92	2004	4
5	Tiffani McReynolds	Pembroke Hill	43.15	2009	3	55	Stacey Fritts	Miami	44.94	1987	1A
6	Katie Wenger	St. Joe Central	43.35	2006	4	56	LaShonette Andrews	Ruskin	44.97	1989	4A
7	Stephanie Small	Riverview Gardens	43.37p	1988	4A	57	Alexys Plummer	Cardinal Ritter	44.98p	2008	3
8	Danisa Bennett	Ladue	43.38	2007	3		Leslie Farmer	Jefferson City	44.98p	2008	4
9	Tenisha Britton	Poplar Bluff	43.40	1999	4A	59	Natalie Dansberry	Sumner	45.02	1985	4A
10	Christine Spence	Lee's Summit North	43.46	2000	4A		Toniece Williams	Ruskin	45.02	2005	3
11	Danielle Oliver	Ladue	43.54	2006	3	61	Amy Fox	Hannibal	45.04	1997	4A
	Tracy Partain	Parkview	43.3	2002	4A		Kathy Weiss	Helias	45.04	1997	3A
13	Tiffany Hargrove	KC Central	43.59	2000	4A	63	Amy Vanderfilz	Helias	45.05p	1988	3A
14	Chloe Davis	Normandy	43.61	2000	4A		Kerry Hils	Moberly	45.05	1999	3A
15	Aleese Pittman	McCluer S.-Berkeley	43.65	2009	3	65	Megan Williams	Hickman	45.07p	1998	4A
	Candy Mason	Nevada	43.65p	1994	3A		Secelia Winkfield	Blue Springs	45.07p	1988	4A
17	Kristen Pogemiller	Kickapoo	43.67	1999	4A	67	Ashli Mosby	Raytown South	45.11	2009	4
18	Tiera Jones	Hazelwood East	43.72p	2007	4A	68	Angie Smith	St. James	45.12	1997	3A
19	Felecia Allen	Riverview Gardens	43.80	1986	4A	69	Tausha Cooke	Cameron	44.9	2002	3A
20	Precious Selmon	Crystal City	43.82	2009	2	70	Carla Brown	Willow Springs	45.15	1985	3A
21	Lashayla Bell	University City	43.89	2006	3	71	Da'Niesha Williams	Ruskin	45.18	1999	3A
22	Jordan Stiens	Maryville	43.92	2009	3	72	Teresa Dollens	Centralia	45.19	1985	2A
23	NaTasha Blair	McCluer	43.96	2006	4	73	Wendy Kindermann	Fort Zumwalt North	45.21	1992	4A
24	Deanna Adams	Springfield Central	43.99p	1984	4A	74	Jantelle McNeil	Hazelwood East	45.23	2007	4
25	Tierra Jones	Hazelwood East	43.99	2008	4		Sierra Hawkins	Lee's Summit North	45.23	2009	4
26	Tammy Wenkel	Owensville	44.02	1996	3A	76	Mar Lisa Hamlett	Westport	45.24	2005	3
27	Jamie Mathewson	Park Hill South	44.05	2003	4A		Tonya Scott	Hogan	45.24p	1987	3A
28	Lindsay Vollmer	Hamilton	44.08	2008	2	78	Rosemary Forsyth	John Burroughs	45.25	2005	3
29	Andrea Seabaugh	Fredricktown	44.12	1988	3A	79	Chelsea Campbell	Ozark	45.26	2001	3A
	Sommer Lawal	MICDS	44.12	1997	3A	80	Eddrena Littleton	Parkway Central	45.30	2001	4A
31	Briana Isom-Brummer	Villa Duchesne	44.16	2009	3	81	Rachel Minard	Webb City	45.31	2003	3A
32	Sarah Noonan	Kirkwood	44.20p	2009	4	82	Cyarra Prince	Afton	45.35	2008	3
33	Orie Ibe	Ladue	44.22	2005	3	83	Shannon O'Dell	Farmington	45.35	1993	4A
	Valerie Simmons	Normandy	44.22	2003	4A	84	Abra McField	Normandy	45.36	2001	4A
35	Lanie Miller	Ladue	44.24	1998	4A	85	Nicole Thompson	Ruskin	45.41	1987	4A
36	Gracie Prewitt	Bolivar	44.28p	2008	3	86	Domonique King	Lincoln (KC)	45.42	2006	3
37	Michele Cervant	Oak Grove	44.30	1986	3A	87	Gracie Pruitt	Bolivar	45.43	2006	3
38	Micheala Edwards	Ruskin	44.35	1992	4A	88	Carley Herring	Elsberry	45.45p	2009	2
39	Bridgette Morrow	Riverview Gardens	44.42	1987	4A		Michelle Franklin	KC East	45.45	1991	4A
40	Jenny Woodward	Harrisonville	44.2	2002	3A	90	Abby Nielsen	East Newton	45.46p	1997	3A
41	Erin Kramer	Park Hill	44.50	1987	4A	91	Dana Jackson	Lee's Summit	45.47	1995	4A
42	Mary Garrett	Carthage	44.54	1999	4A	92	Maggie Bruggemann	Sullivan	45.50	2000	3A
43	Audrey Bailey	Lathrop	44.56p	2004	2A	93	Christina Winkler	Northwest (HS)	45.51p	2000	4A
44	Deirdre Fortman	Park Hill	44.60	1994	4A	94	Alyssa Carlson	Ray-Pec	45.52p	2009	4
45	Missy Niehaus	Lafayette	44.67p	1999	4A		Jackie McDuffey	McDonald Co.	45.52	2000	3A
46	Kendra Lollis	Blue Springs South	44.71	1997	4A	96	Kristi Morton	Mexico	45.53	1997	3A
47	Vanessa Cunningham	Waynesville	44.79p	1984	3A	97	Talisa Sennie	Normandy	45.3	1986	4A
48	Alana Gray	Hazelwood East	44.82	2007	4	98	Lynetta Ragsdale	Normandy	45.58	2005	4
	Emily Pugh	Lindbergh	44.82p	2000	4A	99	Kasey Meadows	Branson	45.59p	2008	3
50	Angela Butcher	Notre Dame (KC)	44.83	1996	3A		Margaret Ibe	Ladue	45.59p	2000	4A

**1975-2009 Missouri State Track Meet Top 100 Schools
Girls 400 Meter Relay (4 x 100) & 440 Yard Relay (4 x 110)**

1	Grandview	47.54p	2007	4A	51	Parkway North	49.52p	2009	4
2	McCluer S.-Berkeley	47.73p	2009	3	52	John Burroughs	49.53p	2009	3
3	Gateway Tech	47.74	2004	4		Lindbergh	49.53p	1999	4A
4	Hazelwood Central	47.82	2005	4	54	Lee's Summit	49.54p	2009	4
5	Ladue	47.92p	1999	4A	55	Festus	49.56p	2007	3A
6	KC Central	47.93	1997	4A	56	Winnetonka	49.58p	2006	4A
	Riverview Gardens	47.93	2005	4	57	Fulton	49.59	1986	3A
8	Jefferson City	47.95	2004	4		Warrensburg	49.59p	2006	3A
9	Hickman	48.08	1981	4A	59	Soldan	49.63p	2004	3A
10	University City	48.11p	2007	3A	60	Lee's Summit West	49.67	2006	3
11	Hazelwood East	48.14	1995	4A	61	O'Hara	49.69	1995	3A
12	Blue Springs	48.17p	2006	4A	62	Kickapoo	49.71	1989	4A
13	Raytown South	48.18p	2009	4	63	Sikeston	49.74	1991	4A
14	Parkway South	48.21	1996	4A	64	Francis Howell	49.75p	1990	4A
15	Rockwood Summit	48.23p	2009	4	65	St. Francis Borgia	49.77p	1999	3A
16	Van Horn	48.40	1987	4A	66	Rolla	49.78	1993	4A
17	McCluer	48.42	2009	4	67	Blue Springs South	49.84	1995	4A
18	Kirkwood	48.46	1997	4A	68	Farmington	49.89	1989	4A
19	Parkway Central	48.48p	2003	4A	69	Helias	49.91p	1998	3A
20	Hazelwood West	48.56p	1993	4A	70	Camdenton	49.94p	1994	4A
21	Cardinal Ritter	48.58p	2008	3		Francis Howell Central	49.94p	2007	4A
22	Waynesville	48.60	1981	4A	72	Pattonville	49.95p	1991	4A
23	McCluer North	48.63	2007	4	73	Marshall	49.96	1980	3A
24	Berkeley	48.69	1981	4A	74	Blair Oaks	50.00	2009	2
25	Sumner	48.70p	1984	4A		St. Clair	50.00p	1992	3A
26	Normandy	48.77	2001	4A	76	Metro (St. Louis)	50.06p	2009	2
27	Webster Groves	48.79p	2009	4	77	Dexter	50.10p	2004	3A
28	KC Center	48.81	2005	3	78	Warrenton	50.12p	1981	3A
29	Springfield Central	48.86p	1984	4A	79	Southern Boone Co.	50.13	1999	2A
30	North County Tech	48.96p	2009	3	80	Beaumont	49.9	1976	AA
31	Hickman Mills	49.03	2004	4	81	Mehlville	50.15	1993	4A
32	Lutheran North	49.04	2005	3	82	Staley	50.16p	2009	3
33	Cape Central	49.07p	2006	4A	83	Wentzville Holt	50.18	2005	4
34	Lincoln (KC)	49.15	1993	3A	84	MICDS	50.20p	1997	3A
35	North Kansas City	49.16	1989	4A	85	Lexington	50.25	1981	3A
36	Jennings	49.21p	1994	3A	86	St. Louis Northwest	50.29	1983	4A
37	Eureka	49.22p	2006	4A	87	Mexico	50.31	1995	3A
38	Liberty	49.23p	2007	4A	88	Maplewood-Rich.Hts.	50.35	1990	2A
39	Park Hill South	49.0	2002	4A		Rock Bridge	50.35	1979	3A
40	Hogan	49.29p	1989	3A	90	Moberly	50.38p	1990	3A
	Lafayette	49.29p	1999	4A	91	Knob Noster	50.39p	2009	2
42	KC Southeast	49.30p	1987	4A		St. Joe Central	50.39	1981	4A
43	Bishop Hogan	49.34	1989	3A	93	Osage	50.41p	2001	3A
44	Metro (SL)	49.36p	2006	2A	94	Carthage	50.45p	2009	4
45	KC East	49.37p	1996	3A	95	Charleston	50.49	1988	3A
46	Ruskin	49.41	1999	3A	96	Caruthersville	50.50	1990	3A
47	Oak Park	49.42	2003	4A	97	Escondido	50.53	1988	2A
48	Ritenour	49.2	1980	4A	98	KC Southwest	50.54p	1988	4A
49	Parkview	49.51p	2008	4	99	Macon	50.56p	2009	2
50	Jackson	49.52	2005	4	100	Clayton	50.57	2001	3A

**1975-2009 Missouri State Track Meet Top 100 Schools
Girls 800 Meter Relay (4 x 200) & 880 Yard Relay (4 x 220)**

1	Hazelwood Central	1:38.42p	2004	4A	51	Hickman Mills	1:43.97	1983	4A
2	Gateway Tech	1:39.71	2003	4A	52	KC Southeast	1:43.98	1986	4A
3	KC Central	1:39.72	2000	4A		Poplar Bluff	1:43.98p	1999	4A
4	Hazelwood East	1:39.91	1997	4A	54	Joplin Memorial	1:44.00p	1982	4A
5	Riverview Gardens	1:40.25	1985	4A	55	Liberty	1:44.01	2007	4
6	Ladue	1:40.29p	2009	4	56	KC Center	1:44.18	2006	3
7	Berkeley	1:40.65	1993	3A	57	John Burroughs	1:44.23p	2009	3
8	Van Horn	1:41.02	1985	4A	58	Farmington	1:44.28	1986	3A
9	McCluer S.-Berkeley	1:41.07	2007	3		Osage	1:44.28p	2004	3A
10	Rockwood Summit	1:41.23p	2009	4	60	Beaumont	1:44.29	1977	AA
11	Park Hill South	1:41.39	2001	4A	61	Charleston	1:44.40p	1983	3A
12	University City	1:41.41	2007	3	62	Soldan	1:44.48p	1982	4A
13	Parkway South	1:41.48	1996	4A	63	Bishop Hogan	1:44.63	1987	3A
14	Normandy	1:41.50p	1987	4A	64	MICDS	1:44.64	2009	3
15	Kirkwood	1:41.55p	2009	4	65	Cardinal Ritter	1:44.72p	2008	3
16	Eureka	1:41.67	1985	4A	66	Fulton	1:44.74	1981	3A
17	Lee's Summit North	1:41.96p	2009	4	67	St. Louis Central	1:44.5p	2005	3A
18	Parkway Central	1:42.04	2003	4A	68	Mehlville	1:44.81p	1999	4A
19	Park Hill	1:42.05	1989	4A	69	Southern Boone Co.	1:44.85	1999	2A
20	Webster Groves	1:42.08p	1981	4A	70	KC East	1:44.95	1996	3A
21	Jefferson City	1:42.30p	1987	4A	71	Palmyra	1:44.96	1998	2A
22	Blue Springs	1:42.33	2007	4	72	Jennings	1:44.99p	2003	3A
23	Hazelwood West	1:42.2	1995	4A	73	Marceline	1:45.13	2007	2
24	McCluer	1:42.48	1992	4A	74	Blue Springs South	1:45.14p	1995	4A
25	St. Francis Borgia	1:42.58	1999	3A		Moberly	1:45.14p	1990	3A
26	Waynesville	1:42.63	1981	4A	76	Kennett	1:45.16p	1993	3A
27	Lee's Summit West	1:42.68	2006	3	77	Metro (St. Louis)	1:45.18	2009	2
28	Lindbergh	1:42.69	2004	4	78	Clayton	1:45.19	1989	3A
	Raytown South	1:42.69	2006	4	79	Ritenour	1:45.21	1986	4A
30	Springfield Central	1:42.72	1984	4A	80	Boonville	1:45.34	1996	3A
31	Ruskin	1:42.73p	1990	4A	81	Westport	1:45.39	2004	3
32	McCluer North	1:42.74	2007	4	82	Warrensburg	1:45.40	2006	3
33	Sumner	1:42.6	1979	4A	83	Ozark	1:45.45p	2008	4
34	Cape Central	1:42.95	1988	4A	84	Mexico	1:45.52	1984	3A
35	Lafayette	1:43.14	1998	4A	85	Maryville	1:45.53	1982	3A
36	Grandview	1:43.20	2000	4A	86	Caruthersville	1:45.59	2005	2
37	Kickapoo	1:43.22	1996	4A	87	Warrenton	1:45.61	1981	3A
38	Pattonville	1:43.1	2002	4A	88	Parkview	1:45.4	2002	4A
39	O'Fallon Tech	1:43.41p	1982	4A	89	Camdenton	1:45.67	1984	3A
40	Wentzville	1:43.45	1992	4A	90	New Madrid CC	1:45.73	1989	3A
41	Oak Park	1:43.46	2003	4A	91	O'Hara	1:45.80p	1987	3A
42	Lincoln (KC)	1:43.55	1992	3A	92	Bolivar	1:45.84	2007	3
43	Hickman	1:43.62p	1982	4A	93	Union	1:45.87	1992	3A
44	KC Southwest	1:43.65p	1987	4A	94	St. Dominic	1:45.99	1985	3A
45	Lee's Summit	1:43.69p	2009	4	95	Blair Oaks	1:46.07	2008	2
46	North Kansas City	1:43.80p	2009	4	96	Festus	1:46.11	1985	3A
47	Helias	1:43.89	1996	3A	97	Excelsior Springs	1:45.9	1995	3A
48	Lutheran North	1:43.91p	2004	3A	98	Cor Jesu	1:46.17p	2008	4
49	Sikeston	1:43.94p	2009	3		St. Pius (KC)	1:46.17	1981	3A
50	Francis Howell Central	1:43.96	2007	4	100	St. Louis Northwest	1:46.0	1979	4A

**1975-2009 Missouri State Track Meet Top 100 Schools
Girls 1600 Meter Relay (4 x 400) & Mile Relay (4 x 440)**

1	McCluer S.-Berkeley	3:45.78	2007	3	51	Blair Oaks	4:00.15	1999	2A
2	Normandy	3:51.48	1986	4A	52	Logan-Rogersville	4:00.22	1982	3A
3	Ladue	3:52.25	2006	3	53	Parkview	4:00.25	2001	4A
4	Cardinal Ritter	3:53.09	2008	3	54	St. Joe Central	4:00.27	2006	4
5	Jefferson City	3:53.20	2007	4	55	Clayton	4:00.37	2004	3
6	McCluer	3:53.81	2005	4	56	Villa Duchesne	4:00.40	2008	3
7	Hazelwood East	3:54.55	2007	4	57	KC Southeast	4:00.47	1987	4A
8	Parkway Central	3:54.80	2008	4	58	Bolivar	4:00.57	2005	3
9	Sumner	3:54.98	1981	4A	59	Blue Springs South	4:00.61	2001	4A
10	Parkway South	3:55.12	1987	4A	60	Harrisonville	4:00.95	1986	3A
11	Eureka	3:55.13	2008	4	61	Gateway	4:01.06p	2008	4
12	Park Hill	3:55.27p	1998	4A	62	Paseo	4:01.06	1989	3A
13	McCluer North	3:55.68	2008	4	63	Fatima	4:01.10	1986	3A
14	Hazelwood Central	3:55.79	1981	4A	64	Ozark	4:01.14	2005	3
15	Ruskin	3:55.90	1986	4A	65	Warrensburg	4:01.38	2006	3
16	University City	3:55.7	2002	4A	66	Nevada	4:01.50	1986	3A
17	Webster Groves	3:55.97	1981	4A	67	Pattonville	4:01.57	2001	4A
18	Riverview Gardens	3:56.01	1988	4A	68	Fort Osage	4:01.74p	2007	4A
19	Berkeley	3:56.49	1993	3A		Liberty	4:01.74	1980	4A
20	Poplar Bluff	3:56.54	1999	4A	70	Soldan	4:02.11	1983	4A
21	Osage	3:57.01	2004	3	71	Timberland	4:02.16p	2008	4
22	Helias	3:57.09	1997	3A	72	William Chrisman	4:02.20	1981	4A
23	Joplin Memorial	3:57.11	1981	4A	73	John Burroughs	4:02.31	2001	2A
24	Lindbergh	3:57.13	2005	4	74	West Plains	4:02.35p	1999	4A
25	Center	3:57.15p	2007	3A	75	Jackson	4:02.55	1989	4A
26	Marquette	3:57.34p	1999	4A		North Kansas City	4:02.55p	2009	4
27	KC Southwest	3:57.49	1994	4A	77	Carthage	4:02.64p	1999	4A
28	Waynesville	3:57.53p	1981	4A	78	New Madrid CC	4:02.72	1992	3A
29	KC Center	3:57.64	2007	3	79	Ritenour	4:02.80	1987	4A
	Lee's Summit West	3:57.64	2006	3	80	Hazelwood West	4:02.81p	2009	4
31	Lee's Summit North	3:57.70p	2008	4	81	Marceline	4:03.08	2006	2
32	Parkway West	3:57.73	2003	4A		St. Francis Borgia	4:03.08	1998	3A
33	Park Hill South	3:57.88	2001	4A	83	Kirkwood	4:03.10	1994	4A
34	Cape Central	3:58.05	1996	4A	84	Whitfield	4:03.51	2001	2A
35	Windsor (Imperial)	3:58.20p	2007	3A	85	Principia	4:03.72	2009	2
36	Gateway Tech	3:58.0	2002	4A	86	Lutheran North	4:03.73	1985	3A
37	Raytown South	3:58.25p	2009	4	87	Charleston	4:03.79p	1988	3A
38	Hickman Mills	3:58.44	1999	3A	88	Cor Jesu	4:03.6	2002	3A
39	Oak Grove	3:58.4	1987	3A	89	Rosati-Kain	4:03.87p	2008	3
40	Lee's Summit	3:58.70	2008	4	90	Lawson	4:03.88	2006	2
41	Francis Howell	3:58.73	1987	4A	91	Clinton	4:03.90p	1997	3A
42	Grandview	3:58.81p	2000	4A	92	Branson	4:03.96	1985	3A
43	Hickman	3:58.84	2001	4A	93	Fox	4:03.97	1985	4A
44	Kickapoo	3:59.03	1986	4A	94	Union	4:04.01	1986	3A
45	Neosho	3:59.33	1990	4A	95	Lincoln (KC)	4:04.11	2009	3
46	Blue Springs	3:59.56	1988	4A	96	St. Mary's (Ind)	4:04.27	2009	2
47	Notre Dame (KC)	3:59.67	1997	3A	97	Cameron	4:04.28	1981	3A
48	Truman	3:59.82p	1987	4A	98	Chillicothe	4:04.54p	1989	3A
49	Maryville	3:59.6p	1983	3A	99	Buffalo	4:04.67	1981	3A
50	KC Central	3:59.93	1986	3A	100	Herculaneum	4:04.5p	1983	3A

**1979-2009 Missouri State Track Meet Top 100 Schools
Girls 3200 Meter Relay (4 x 800) & 2 Mile Relay (4 x 880)**

1	Parkway Central	9:06.89	2009	4	51	Rosati-Kain	9:38.56	2008	3
2	Eureka	9:09.09	2004	4	52	Ray-Pec	9:38.4	1995	3A
3	Marquette	9:12.7	2002	4A	53	North Kansas City	9:38.77	1982	4A
4	West Plains	9:16.5	2002	4A	54	Potosi	9:39.0	1995	3A
5	Kirkwood	9:17.21	1981	4A	55	Oak Park	9:39.35	2008	4
6	Neosho	9:18.03	2009	4	56	Lutheran South	9:39.2	1995	3A
7	Francis Howell	9:18.36	1987	4A	57	Smithville	9:39.84	2009	3
8	Liberty	9:19.51	1997	4A	58	Fox	9:39.87	1986	4A
9	Lee's Summit West	9:22.14	2009	4	59	Parkview	9:40.21	1997	4A
10	Lafayette	9:23.03	2005	4	60	Ruskin	9:40.58	2007	3
11	Hickman	9:24.11	2004	4	61	Lincoln (KC)	9:40.99	1986	3A
12	Festus	9:24.44	2009	3	62	Maysville	9:41.08	1983	2A
13	Francis Howell North	9:24.71	2001	4A	63	Kirksville	9:41.13	2009	3
14	Soldan	9:25.09	1985	4A	64	Logan-Rogersville	9:41.61	1996	3A
15	Joplin Memorial	9:25.78	1982	4A	65	Buffalo	9:42.06	1987	3A
16	KC Southwest	9:26.31	1980	4A	66	Notre Dame (KC)	9:42.2	2002	3A
17	Parkway South	9:26.33	1987	4A	67	Union	9:42.79	2003	3A
18	McCluer S.-Berkeley	9:26.42	2007	3	68	Warrensburg	9:42.8	2002	3A
19	McCluer North	9:26.47	1982	4A	69	KC Northeast	9:43.28	1982	4A
20	Lee's Summit	9:26.70	1995	4A	70	O'Hara	9:43.46	1983	3A
21	Kearney	9:26.75	2009	3	71	Duchense	9:43.88	1984	3A
22	Blue Springs South	9:26.95	1994	4A	72	Tarkio	9:43.93	1983	2A
23	Parkway West	9:28.10	1991	4A	73	Normandy	9:43.99	1986	4A
24	Jefferson City	9:28.22	1994	4A	74	St. Charles West	9:44.05	1998	4A
25	Ladue	9:28.26	2008	3	75	Hamilton	9:44.20	2007	2
26	Rolla	9:29.62	1996	4A	76	KC Southeast	9:44.76	1980	4A
27	Jackson	9:29.79	1993	4A	77	Monett	9:45.17	1985	3A
28	Carthage	9:30.30	1996	4A	78	Park Hill	9:45.32	1991	4A
29	Principia	9:30.46	1993	3A	79	Clayton	9:45.40	1998	3A
30	Hazelwood Central	9:30.49	1992	4A		St. Joe Lafayette	9:45.40	1987	3A
31	De Soto	9:30.54	1997	4A	81	Parkway North	9:45.59	1995	4A
32	Lee's Summit North	9:30.81	2007	4	82	Harrisonville	9:45.80	1986	3A
33	Park Hill South	9:31.00	2003	4A	83	Butler	9:46.17	1988	2A
34	Kickapoo	9:31.20	1993	4A	84	St. Teresa's	9:46.40	1993	4A
35	Hazelwood East	9:31.83	1990	4A	85	St. Clair	9:46.74	2006	3
36	Blue Springs	9:31.88	1989	4A	86	Perryville	9:46.76	1984	3A
37	Pattonville	9:31.99	1982	4A	87	Excelsior Springs	9:47.34	1980	4A
38	Washington	9:32.09	2009	4	88	Bolivar	9:47.37	2007	3
39	Helias	9:32.36	1998	3A	89	South Shelby	9:47.43	1988	2A
40	Webster Groves	9:32.39	1980	4A	90	St. Francis Borgia	9:47.77	1997	3A
41	Lindbergh	9:33.42	2007	4	91	Fatima	9:48.10	1985	3A
42	Cape Central	9:34.07	2003	4A	92	Warrenton	9:48.36	2008	3
43	Ste. Genevieve	9:34.27	2007	3	93	Paseo	9:48.50	1987	3A
44	Herculaneum	9:34.33	1983	3A	94	Hannibal	9:48.63	1990	4A
45	MICDS	9:34.63	2004	3	95	John Burroughs	9:49.16	1993	3A
46	Savannah	9:34.4	1995	3A	96	Troy	9:49.37	1985	3A
47	Rock Bridge	9:34.81	2005	4	97	Blair Oaks	9:49.61	2007	2
48	Oakville	9:36.02	1996	4A	98	Mexico	9:49.68	1985	3A
49	Cameron	9:36.24	1981	3A	99	College Hts. Christian	9:49.71	2004	2
50	Fort Zumwalt South	9:37.49	2009	4	100	Nodaway-Holt	9:49.72	1988	1A

1980-2009 Missouri State Track Meet Top 100 Individuals
Girls Shot Put

1	Valeyta Althouse	Blue Springs	47-07 3/4	1992	4A		Karmyn Clark	McCluer North	41-03	2006	4
2	Jill Rushin	Jackson	47-04 1/2	2009	4		Sarah Hall	Hickman	41-03	2009	4
3	Kendra Green	Boonville	47-00	2005	3	54	Mitzi Noelker	Lexington	41-02	1990	2A
4	Jasmine Boyer	Fort Zumwalt West	46-09 3/4	2008	4	55	Holly Scherder	Bowling Green	41-01 3/4	2000	3A
5	Katie Evans	Putnam Co.	46-07 1/4	2008	2	56	Rachel Galbreath	Jefferson City	41-01 1/4	1999	4A
6	Elisha Hunt	Linn	45-08 1/4	2003	2A	57	Cortni Ervin	Marshall	40-11 1/2	2008	3
7	Rickael Roach	Lutheran South	45-07 1/2	2007	3	58	Yvonne Bentley	Blue Springs	40-10 1/4	1988	4A
8	Krishna Lee	O'Hara	44-05 1/4	2005	3	59	Brianna Egbuka	Cape Central	40-09 3/4	2007	4
9	Denise Buchanan	Glendale	44-11 1/2	1983	4A		Ryan Richardson	Parkway Central	40-09 3/4	2007	4
10	Rachel Travis	Lutheran (St. Peters)	44-01	2007	3	61	Bianca Lockette	McCluer North	40-08 3/4	2007	4
11	Brittany Borman	Festus	44-10 1/4	2007	3	62	Laura Lukens	Cape Central	40-08 1/2	1997	4A
12	Cydne Ryan	Hannibal	44-00 1/4	1985	4A	63	Bridgette Carpenter	Jefferson City	40-07 1/2	2003	4A
13	Amarachi Ukabam	Marquette	43-09 3/4	2000	4A		Cheryl Pouncil	Ruskin	40-07 1/2	1989	4A
14	Lutricia Purham	Marquette	43-04	1996	4A		Stephanie Jackson	St. Joe Benton	40-07 1/2	1996	4A
15	Hope Harris	Clinton	43-03	2007	3	66	Dana Thompson	Grandview	40-06 3/4	2001	4A
16	Cheryl Spradley	Raytown	43-02 3/4	1994	4A	67	Kay Wright	Harrisonville	40-06 1/2	1982	3A
17	Connie Price	St. Charles	43-00 1/2	1980	4A		Onetha Jackson	Maplewood-Rich.Hts.	40-06 1/2	1980	3A
18	Rene Brown	Poplar Bluff	42-10	1981	4A	69	Mariah Fuimaono	Oak Grove	40-06	2001	3A
19	Debbie Kusiak	Wentzville	42-09 3/4	1989	4A	70	Phyllis Lewis	Raytown South	40-05 1/2	1999	4A
20	Julia Russell	Mountain View	41-11 3/4	2006	2		Susan Brueggemann	Sullivan	40-05 1/2	2008	3
21	Kelli McCrary	Hazelwood Central	42-08 1/4	1988	4A	72	Erika Cook	Jefferson City	40-05	1988	4A
22	Wendy Jacobson	KC Center	41-10 1/4	1986	4A	73	Brittany Fields	MICDS	40-03 3/4	2007	3
23	Katie Vanarsdall	Fort Osage	42-07 3/4	2006	4	74	Jeannie Ward	Moberly	40-03 1/2	1981	3A
24	Julie Walker	Truman	42-07 1/2	1980	4A	75	Nancy Rea	Rock Bridge	40-03	1982	4A
25	Jasmine Kassanavoid	Lawson	42-06 1/2	2008	2	76	Lucy Minor	Pacific	40-02 1/2	1992	4A
26	Tamika Lomax	Raytown	42-05 1/2	2000	4A	77	Wendee Brown	Blue Springs	40-02 1/4	1989	4A
27	LeKiesha McKnight	Raytown	42-04 1/4	2008	4	78	Ashlee Shimmin	Joplin	40-01 1/2	2007	4
28	Laura Greenfield	Liberty	42-03 1/2	2008	4		Ashley Poptanycz	Tarkio	40-01 1/2	2001	1A
29	Dixie Wescott	Truman	42-02	1980	4A		Charlene Cortez	Carthage	40-01 1/2	1989	4A
30	Candace Johnson	Hazelwood Central	42-01 3/4	2002	4A	81	Stephanie Wainscott	Bolivar	40-01	1995	3A
31	Traci Werner	Nevada	42-01 1/4	2003	3A	82	Jessica Selby	Reeds Spring	40-00 1/4	2004	3
32	Martha Schnackenberg	Neosho	42-00 1/4	1987	4A	83	Katie Scherer	Crest Ridge	40-00	2000	1A
33	Marion Washington	Bishop Hogan	42-00	1988	3A	84	Ashley Holmes	Hazelwood East	39-11 1/2	2006	4
	Nicole Portell	Herculaneum	42-00	2002	3A	85	Chelsi Rohr	Lee's Summit North	39-11 1/4	2004	4
35	Ashlie Shimmin	Joplin	41-11 1/2	2009	4		Pam Vassar	Parkview	39-11 1/4	1986	4A
36	Jessica Donovan	St. Joe Benton	41-09 3/4	2007	3	87	Heather Whitehead	Truman	39-11	1998	4A
	Stacy Tiefenauer	North County	41-09 3/4	1996	3A	88	Jill Jagers	Marquette	39-10 3/4	1997	4A
38	Carrie Talbot	Jasper	41-09	2006	1	89	Angie Scott	Thomas Jefferson (Jop)	39-10 1/2	2005	1
39	Laura Ortinau	Oakville	41-08 1/4	2003	4A	90	Paula Primus	North Callaway	39-10	1985	2A
40	Lindsey Markworth	Lexington	41-08	2001	2A	91	Luciana Crisp	Stockton	39-09 3/4	1994	2A
41	Marisha Griffen	Normandy	41-07	1999	4A	92	Ashley Brewer	Fort Zumwalt South	39-09 1/2	2006	4
	Tiffanie Jones	Warrensburg	41-07	2001	3A		Camille Shepperd	Ladue	39-09 1/2	2004	3
43	Erin Steffens	Herculaneum	41-06 3/4	2006	3		Elissa Utiss	Duchense	39-09 1/2	1990	3A
	Roxanna Koke	Waynesville	41-06 3/4	2009	4		Rachel Hayes	Oak Park	39-09 1/2	2008	4
45	Julia Smith	Kirkwood	41-06 1/2	1988	4A	96	Lisa Hughes	Orchard Farm	39-09	2004	2
46	Kendra Williams	Kirkwood	41-05 3/4	2004	4	97	Cindy Lewis	Savannah	39-08 1/2	1996	3A
47	Kelly Klusmeyer	Boonville	41-04 1/2	2009	3	98	Alexia Johnson	Monett	39-07 1/2	1994	3A
48	Allison Rosewicz	Cassville	41-04	2000	3A		Kim Jefferson	Kennett	39-07 1/2	1985	3A
	Devyn McPherson	Carl Junction	41-04	2008	3	100	Emily Jones	Joplin	39-07 1/4	2007	4
50	Heather Jenkins	Cape Central	41-03 3/4	2001	4A		Loretta Wilkes	KC Central	39-07 1/4	1985	3A
51	Jeneen Townsend	Jefferson City	41-03	1991	4A						

1975-2009 Missouri State Track Meet Top 100 Individuals
Girls Discus Throw

1	Amarachi Ukabam	Marquette	165-01	2001	4A	51	Amanda Liles	Nevada	132-03	2001	3A
2	Katie Evans	Putnam Co.	160-05	2009	2		Callie Newton	Republic	132-03	1998	3A
3	Denise Buchanan	Glendale	153-04	1983	4A	53	Lekiesha McKnight	Raytown	131-10	2009	4
4	Megan Collins	Lee's Summit North	153-02	2008	4	54	Chel Fletcher	Carl Junction	131-08	1992	3A
5	Rickael Roach	Lutheran South	152-09	2007	3	55	Terri Houchen	Ray-Pec	131-07	1992	3A
6	Heather Jenkins	Cape Central	152-05	2001	4A	56	Rachel McCarroll	Excelsior Springs	131-06	2008	3
7	Becky Haug	Lee's Summit North	151-07	2002	4A		Tomiaann Ahonen	Fox	131-06	1981	4A
	Loren Groves	Scott City	151-07	2004	2	58	Ashley Brewer	Fort Zumwalt South	131-05	2006	4
9	Hope Harris	Clinton	151-04	2005	3	59	Kay Wright	Harrisonville	131-02	1982	3A
10	Brittany Borman	Festus	150-05	2007	3	60	Samantha Espiricueta	Belton	131-00	2006	4
11	Nicole Chester	Parkway West	146-11	1989	4A		Teresa Gaggens	Belton	131-00	2008	4
12	Krishna Lee	O'Hara	146-08	2005	3	62	Alyssa Brock	Parkway North	130-11	2008	4
13	Jill Rushin	Jackson	146-03	2009	4	63	Katie Moorkamp	Lafayette	130-09	2009	4
14	Dion McNeal	Parkway West	146-01	1999	4A	64	Naomi Wigfall	Lafayette	130-08	1997	4A
15	Laura Lukens	Cape Central	145-08	1997	4A	65	Rebecca Kueny	Boonville	130-06	2002	3A
	Lisa Bossch	Parkway North	145-08	1982	4A	66	Cindy Haddock	Hickman	130-04	1998	4A
17	Amanda Newton	Republic	143-06	2002	3A		Kim Weber	Eureka	130-04	1982	4A
18	Jasmine Boyer	Fort Zumwalt West	143-03	2009	4	68	Courtney Johnson	Jefferson City	130-03	1997	4A
19	Danee Jones	Clayton	142-04	2001	3A		Robin Sandbothe	Washington	130-03	1979	3A
20	Kylie Jones	Webb City	141-06	2009	3	70	Debbie Bunch	Northwest (HS)	130-02	1985	4A
21	Efia Walls	Hazelwood East	140-10	2005	4		Laronna Scott	Mexico	130-02	1998	3A
22	Michelle Flowers	Raytown South	140-06	1985	4A	72	Angel Benner	St. Joe Lafayette	129-11	1994	3A
23	Julia Smith	Kirkwood	140-04	1988	4A		Rachel Travis	Lutheran (St. Peters)	129-11	2006	2
24	Sandra Hampton	Lee's Summit North	140-02	2009	4	74	Stephanie Cleave	Ruskin	129-10	2005	3
	Wendee Brown	Blue Springs	140-02	1989	4A	75	Nicole Portell	Herculaneum	129-09	2001	3A
26	Jeneen Townsend	Jefferson City	139-09	1991	4A	76	Stephanie Jackson	St. Joe Benton	129-09	1995	4A
27	Mary Wirt	Liberty	139-01	2000	4A	77	Amy Russell	Branson	129-06	1990	3A
28	Charlene Cortez	Carthage	137-09	1989	4A		Megan Bax	Jefferson City	129-06	2002	4A
29	Carla Grewe	Hillsboro	137-04	1998	4A	79	Melanie Houser	Aurora	129-06	1990	3A
30	Lindsey Markworth	Lexington	137-00	2001	2A	80	Jennifer Phillips	Harrisonville	129-05	1994	3A
31	Marissa Hunter	Hickman Mills	136-09	1999	3A		Jill Jagggers	Marquette	129-05	1997	4A
32	Lutricia Purham	Marquette	136-01	1996	4A	82	Julie Grimes	Jefferson City	129-03	1986	4A
33	Brittany Brown	Lee's Summit West	135-11	2009	4	83	Bekki Turner	Monett	129-01	1984	3A
34	Heather White	Ray-Pec	135-07	1994	3A	84	Carrie Bates	Hickman Mills	128-10	1979	4A
	Kelli McCrary	Hazelwood Central	135-07	1988	4A		Heather Coker	Branson	128-10	1996	3A
36	Gail Peak	Marshfield	135-03	1986	3A	86	Miriah Korokis	Fredericktown	128-08	2009	3
	Rene Brown	Poplar Bluff	135-03	1981	4A	87	Coleen Finnegan	Lafayette	128-06	1986	4A
	Valeyta Althouse	Blue Springs	135-03	1991	4A	88	Alesia Holliday	University City	128-05	1982	4A
39	Genevra Collins	Kickapoo	135-01	1999	4A		Megan Walker	Maryville	128-05	2009	3
40	Colleen Wagner	Camdenton	135-00	1983	3A	90	Amber Hoerner	Lee's Summit	128-04	1996	4A
41	Tiffanie Jones	Warrensburg	134-11	2001	3A	91	Nancy Brandt	Fairfax	128-02	1982	1A
42	Marion Washington	Bishop Hogan	134-10	1988	3A	92	Hannah Reynolds	Pacific	128-01	2001	3A
43	Danielle Grimes	Jefferson City	134-09	2001	4A		Omega Key	Poplar Bluff	128-01	2003	4A
44	Stefani Haag	Brookfield	134-08	1987	2A		Penny Waggener	Truman	128-01	1981	4A
45	Jelani Kelly	Hazelwood Central	134-06	2007	4	95	Angela Leutzinger	Fox	128-00	2000	4A
46	Lisa Hughes	Orchard Farm	134-04	2005	2	96	Lauren Jones	Webb City	127-10	2009	3
47	Katie Vanarsdall	Fort Osage	134-03	2005	4		Morgan Whitson	Moberly	127-10	2009	3
48	Robyn Baker	Mexico	134-01	2006	3	98	Kelly Dixon	Parkway West	127-09	1988	4A
49	Jennifer Tuck	Orchard Farm	133-10	1994	2A	99	Elisha Hunt	Linn	127-08	2004	2
50	Venisha Williams	McCluer	133-08	2001	4A		Theresa Kehr	Jefferson City	127-08	1983	4A

1975-2009 Missouri State Track Meet Top 100 Individuals
Girls Long Jump

1	Felecia Allen	Riverview Gardens	19-08 1/4	1986	4A	52	Kim Frischman	De Soto	18-03 1/2	1988	4A
2	Erin Narzinski	Oakville	19-07 1/2	1993	4A	53	Chris Linville	Winnetonka	18-03 1/4	1979	4A
3	Chantae McMillan	Rolla	19-05 1/2	2005	4		Kelly Eubanks	Rock Bridge	18-03 1/4	1979	3A
	Lorinda Richardson	Hickman	19-05 1/2	1981	4A	55	Candy Mason	Nevada	18-03	1994	3A
	Rhonda Paine	Grandview	19-05 1/2	1982	4A	56	Kate Alderson	Park Hill South	18-02 1/2	2002	4A
6	Lisa Davies	Oak Grove	19-05	1994	3A	57	Angie Carter	Hickman Mills	18-02 1/4	1989	4A
7	Sherri Hines	St. Joe Central	19-04 3/4	1986	4A		Ashlee Miller	Osborn	18-02 1/4	2006	1
8	Precious Selmon	Crystal City	19-03 1/4	2009	2	59	Erika Murphy	Hazelwood West	18-02 1/4	1993	4A
9	Mary Smith	Beaumont	19-00 3/4	1976	AA		Shirley Newman	Sumner	18-02 1/4	1984	4A
10	Valarie Lenley	Ruskin	19-00	1992	4A	61	Adayna Upchurch	Metro (St. Louis)	18-02	1990	2A
11	Deirdre Fortman	Park Hill	18-11 1/2	1993	4A		Ameika Hannon	Lexington	18-02	1982	2A
	Dionna Webb	Cape Central	18-11 1/2	1999	4A		Arteshia Williams	Ruskin	18-02	2008	3
	LaToya Williams	Jennings	18-11 1/2	1993	3A		Diane Cummings	Ray-Pec	18-02	1990	3A
	Teresa Thornton	Festus	18-11 1/2	1985	3A		Jennifer Phillips	Fox	18-02	1997	4A
15	Angie Balducci	Wentzville	18-10 1/4	1988	4A		Olivia Koehler	Timberland	18-02	2008	4
	Leandra McGruder	Jefferson City	18-10 1/4	2006	4	67	Annette Wichman	Lee's Summit North	18-01 3/4	2002	4A
17	Angie Thacker	Roosevelt	18-10	1982	4A		Erin Alewine	Jefferson City	18-01 3/4	2009	4
18	Jordan Stiens	Maryville	18-09 1/4	2009	3		Kelly Reardon	Notre Dame (KC)	18-01 3/4	2006	4
	Martina Nichols	Hazelwood West	18-09 1/4	1983	4A		Nina Gooden	Oak Grove	18-01 3/4	2000	3A
	Tracey McCoy	St. Charles West	18-09 1/4	1984	4A		Sheri Pewitte	Blue Springs South	18-01 3/4	1995	4A
21	Jennie Gorham	North Kansas City	18-09	1977	AA	72	Sharon Beverly	Vashon	18-01 1/2	1998	4A
22	Asia Walker	Hickman	18-08 1/2	2006	4		Sylvia Wofford	Joplin	18-01 1/2	1997	4A
	Laveta Cudjo	Waynesville	18-08 1/2	1981	4A	74	Donna Ellerson	Hazelwood East	18-01	1982	4A
24	Kaela Rorvig	Hickman	18-08	2003	4A		Ervette Moore	Berkeley	18-01	1979	3A
25	Abbe Ohneck	Rock Bridge	18-07 3/4	1998	4A		Harie Waffenschmidt	New Madrid CC	18-01	1997	3A
	Frances Harrison	Waynesville	18-07 3/4	1979	3A		Missie Delphia	Lee's Summit	18-01	1992	4A
	Lucretia Rimmer	Ruskin	18-07 3/4	2002	3A	78	Mary Kaboldt	Parkway North	18-00 3/4	1981	4A
28	Lindsay Vollmer	Hamilton	18-07 1/4	2008	2		Melanie McDaniel	Lutheran North	18-00 3/4	1997	2A
29	Kellie Suttle	Francis Howell	18-07	1990	4A	80	Morgan Reid	North Kansas City	18-00 1/2	2009	4
	Shawnte' Middlebrook	Lee's Summit West	18-07	2007	4	81	Angelica Walker	Waynesville	18-00 1/4	1985	3A
31	Eziamaka Okafor	Rolla	18-06 3/4	1999	4A		Jane Kroenke	Warrensburg	18-00 1/4	1977	AA
32	Jade Nalls	Raytown South	18-06 1/2	2008	4		Lakeshia Finch	Rockwood Summit	18-00 1/4	1997	4A
33	Maureen Soetebier	Eureka	18-06 1/4	1985	4A	84	Chris Jones	DeKalb	18-00	1975	
	Samantha Stanley	Oak Grove	18-06 1/4	2000	3A		Kathryn Coleman	Gateway Tech	18-00	2004	4
35	LaRita Hawes	Poplar Bluff	18-06	1981	4A		Kim Catlin	Ladue	18-00	1981	4A
	LaTanya Short	Grandview	18-06	2006	4	87	Anita King	McCluer North	17-11 1/2	1991	4A
	Latrina Weekly	Van Horn	18-06	1988	4A		Tamekia Tipler	New Madrid CC	17-11 1/2	1997	3A
	Muna Lee	KC Central	18-06	1997	4A		Wendy Taylor	Union	17-11 1/2	1992	3A
	Petra Karanikic	North County	18-06	2000	3A	90	Jennifer Rowland	Richmond	17-11 1/4	1982	3A
40	Andrea Coomes	Oak Park	18-05 3/4	2001	4A		Maribeth Crain	Eldon	17-11 1/4	1990	3A
	Iris Walker	Waynesville	18-05 3/4	1981	4A	92	Andrea Seabaugh	Fredricktown	17-11	1988	3A
	Michelle Parker	Ritenour	18-05 3/4	1985	4A		Beverly Slaughter	Cape Central	17-11	1977	AA
43	Erica Calhoun	KC Southeast	18-05 1/4	1987	4A		Stacey Thompson	Soldan	17-11	1982	4A
44	Candice Coleman	Jefferson City	18-04 1/2	1990	4A	95	Jackie Reed	Hayti	17-10 1/2	1981	2A
	Charmen Jackson	Lafayette	18-04 1/2	1987	4A		Tina Reed	Adrian	17-10 1/2	1994	2A
	Cynise Hylton	Hickman Mills	18-04 1/2	2005	4	97	Carla Williams	KC East	17-10 1/4	1980	4A
	Kaitlin Moore	Lafayette	18-04 1/2	2007	4		Kelly Collings	Cape Central	17-10 1/4	1988	4A
48	Alana Gray	Hazelwood East	18-04	2007	4		Lynda Bassa	Raytown South	17-10 1/4	1985	4A
	Robin Howard	St. Joe Lafayette	18-04	1981	4A		Lynn Dettenwanger	Montgomery Co.	17-10 1/4	2002	3A
	Sarah Bowling	Monett	18-04	2003	3A		Regina Barksdale	KC Southeast	17-10 1/4	1987	4A
	Tracie Driver	Caruthersville	18-04	1990	3A						

1978-2009 Missouri State Track Meet Top 100 Individuals
Girls Triple Jump

1	Deirdre Fortman	Park Hill	40-09 1/4	1995	4A	51	Angie Balducci	Wentzville	37-05 1/4	1987	4A
2	Kathryn Coleman	Gateway Tech	40-03 1/4	2004	4		Trina Osborne	Springfield Central	37-05 1/4	1984	4A
3	Pam Cummings	Ray-Pec	40-01	1993	3A	53	Gwen Berry	McCluer	37-05	2007	4
4	Leandra McGruder	Jefferson City	39-09 3/4	2006	4	54	Jelessa Stafford	Lexington	37-04 3/4	2007	2
5	Eziamaka Okafor	Rolla	39-05 3/4	2002	4A	55	Angel Hunsaker	North Andrew	37-04 1/2	1993	1A
6	Andrea Bourland	Clinton	39-00 1/4	1993	3A	56	Shelly Powell	Brunswick	37-04 1/4	1987	1A
7	Lisa Davies	Oak Grove	38-11 3/4	1993	3A		Terri Wallace	Hickman Mills	37-04 1/4	1991	4A
8	Annette Wichman	Lee's Summit North	38-09 1/2	2002	4A	58	Angie McCall	Hazelwood East	37-04	1997	4A
9	Angie Brown	Fulton	38-09	1993	3A		Funtasia Clark	Jefferson City	37-04	2005	4
10	Iris Walker	Waynesville	38-08	1981	4A		Thonesia Saulsbury	Raytown South	37-04	1982	4A
11	Lakeshia Finch	Rockwood Summit	38-07 1/2	1999	4A	61	Katrina Jefferson	Riverview Gardens	37-03 3/4	1988	4A
12	Chantae McMillan	Rolla	38-07	2005	4		LaRita Hawes	Poplar Bluff	37-03 3/4	1981	4A
13	Kayla Booker	Riverview Gardens	38-06 3/4	1990	4A	63	Danielle Oliver	Ladue	37-03 1/2	2006	3
14	Atlivia Spencer	Jefferson City	38-06 1/2	2005	4	64	Patricia Bagby	Aurora	37-03 1/4	1983	3A
15	Ramona Riley	Oak Park	38-05	1981	4A	65	Jennifer Phillips	Fox	37-03	1997	4A
	Shirlie Gibson	Beaumont	38-05	1983	4A		Khara Harmon	McCluer	37-03	2007	4
17	Abbe Ohneck	Rock Bridge	38-04 1/2	1998	4A		Tina Jones	KC Southwest	37-03	1979	4A
	Sherri Hines	St. Joe Central	38-04 1/2	1986	4A	68	Jabarbara Jennings	Hickman	37-02 3/4	2004	4
19	Katie Wenger	St. Joe Central	38-03 1/2	2005	4		Kelly Collings	Cape Central	37-02 3/4	1988	4A
20	Julie Geiger	Boonville	38-03	1987	3A		Sarah Noonan	Kirkwood	37-02 3/4	2007	4
21	Lindsey Miller	Lee's Summit	38-02 3/4	1996	4A	71	Kelly Reardon	Notre Dame (KC)	37-02 1/2	2007	3
22	Stacey Thompson	Soldan	38-02 1/2	1981	4A		Lauren Hollingsworth	Villa Duchesne	37-02 1/2	2009	3
23	Heather West	Jackson	38-02 1/4	2003	4A		Lynn Dettenwanger	Montgomery Co.	37-02 1/2	2002	3A
24	Adonica Williams	Sumner	38-01 1/2	1985	4A		Schreecce Daniels	Beaumont	37-02 1/2	1980	4A
	Sarah Long	O'Hara	38-01 1/2	1999	3A	75	Amy Fleddermann	Oakville	37-02 1/4	2004	4
26	Becki Borg	Rock Bridge	38-00 3/4	1986	4A		Martha Scheer	St. Charles	37-02 1/4	1984	4A
	Katy Thomas	Park Hill South	38-00 3/4	2007	4	77	Donna Lee	Ladue	37-02	1981	4A
	Lucretia Rimmer	Ruskin	38-00 3/4	2002	3A	78	Jamie Siperly	West Plains	37-01 3/4	2004	4
	Missy Haley	Festus	38-00 3/4	1988	3A	79	Karla Jordan	Liberty	37-01 1/2	2000	4A
30	Ahshane Johnson	Moberly	38-00	2009	3	80	Candice Coleman	Jefferson City	37-01	1990	4A
31	Ashley Harris	Riverview Gardens	37-11 1/4	2004	4		Shernell Pinkston	Waynesville	37-01	1984	3A
	Charmen Jackson	Lafayette	37-11 1/4	1988	4A	82	Britney Cludy	Marquette	37-00 3/4	2006	4
	Courtney Shuman	Clark Co.	37-11 1/4	2007	2		Candice Robinson	Grandview	37-00 3/4	2000	4A
34	Frances Harrison	Waynesville	37-11	1978	AA		Obiagli Okafor	Parkway North	37-00 3/4	1997	4A
	Lisa Ellis	Elsberry	37-11	1983	2A		Stephanie Warren	Mehlville	37-00 3/4	1999	4A
36	Donna Ellerson	Hazelwood East	37-10 1/2	1982	4A	86	Maureen Soetebier	Eureka	37-00	1984	4A
37	Andrea Seabaugh	Fredricktown	37-10 1/4	1988	3A		Melanie Wilson	Rosati-Kain	37-00	2003	4A
38	Becca Perry	MICDS	37-10	1999	3A	88	Kim Gladden	Riverview Gardens	36-11 1/2	1984	4A
39	Phabienne Parker	Whitfield	37-09 3/4	2001	2A		Trina Farrow	Fort Zumwalt	36-11 1/2	1986	4A
40	Jaschelle Sasser	Metro (KC)	37-09 1/4	1994	3A	90	Chrystal Waters	KC Northeast	36-11 1/4	2000	4A
41	Andrea Coomes	Oak Park	37-09	2002	4A		Ervette Moore	Berkeley	36-11 1/4	1978	AA
	Cynise Hylton	Hickman Mills	37-09	2005	4		Lori Wan Kum	Jefferson City	36-11 1/4	1985	4A
43	Nashela Holman	Eureka	37-08 1/2	1994	4A		Niki Wisbrock	Lindbergh	36-11 1/4	1994	4A
44	Cassie Bryant	Dixon	37-07 3/4	1988	2A		Tomeika Baker	Parkview	36-11 1/4	1999	4A
	Jill Ferguson	Farmington	37-07 3/4	1995	4A		Vernette Crockette	Health Careers	36-11 1/4	1984	3A
	Shawnte' Middlebrook	Lee's Summit West	37-07 3/4	2007	4	96	Cindy Critten	Gallatin	36-11	1994	2A
47	Natalie Stump	St. Pius (KC)	37-07 1/4	2005	3		Meghan King	Nerinx Hall	36-11	2000	4A
48	Amy Davis	King City	37-07	1998	1A		Tiana Davis	Park Hill	36-11	2007	4
49	Ashane Johnson	Moberly	37-06 1/2	2008	3	99	Jackie Neville	KC East	36-10 3/4	1981	4A
	Nancy Johnson	Roosevelt	37-06 1/2	1985	4A		Sarah Bowling	Monett	36-10 3/4	2003	3A

1975-2009 Missouri State Track Meet Top 100 Individuals Girls High Jump

1	Jennifer Drum	Smith-Cotton	5-09	2000	4A		Liz Young	Helias	5-06	2000	3A
2	Alicia Cannady	McCluer North	5-08	2001	4A		Paula Kirk	North Kansas City	5-06	1978	AA
	Emily Hess	Carthage	5-08	2000	4A		Shawn Corwin	North Kansas City	5-06	1977	AA
	Sydney Winslow	Farmington	5-08	2006	4		Sherry Spears	Kickapoo	5-06	1989	4A
5	Donna Ellerson	Hazelwood East	5-07 1/2	1983	4A		Stacy Roberts	Rock Bridge	5-06	1987	4A
	Jana Tillman	Lutheran North	5-07 1/2	1997	2A		Stephanie Warren	Mehlville	5-06	1999	4A
	Valarie Summa	Smithville	5-07 1/2	2000	3A		Tierney Eaton	Worth Co.	5-06	2003	1A
8	Angela Beckett	Monett	5-07 1/4	1986	3A		Tyse Samani	North Kansas City	5-06	2006	4
	Funtasia Clark	Jefferson City	5-07 1/4	2005	4	60	Angela Boland	Wentzville	5-05	1990	4A
	Suzanne Nyander	McDonald Co.	5-07 1/4	1983	3A		Angie Harned	Kickapoo	5-05	1982	4A
11	Amy Duncan	Hickman	5-07	1993	4A		Anna Holtermann	Washington	5-05	2009	4
	Ashley Taylor	Oak Park	5-07	2007	4		Cathy Hardin	Eureka	5-05	1983	4A
	Briana Isom-Brummer	Villa Duchesne	5-07	2009	3		Cindy Critten	Gallatin	5-05	1995	1A
	DeShaci Barrickman	Spokane	5-07	1996	2A		Connie Teaberry	Lutheran North	5-05	1987	3A
	Erin Burns	Wellington-Napoleon	5-07	1993	1A		Connie Teaberry	Lutheran North	5-05	1988	2A
	Heather Fisher	Jefferson City	5-07	1993	4A		Cori Anderson	Carthage	5-05	2005	3
	Jenny Bybee	Hillcrest	5-07	2000	4A		Crissy Poynter	Lebanon	5-05	1988	4A
	Latonya Tatum	William Chrisman	5-07	1985	4A		Cynthia Jefferson	Springfield Central	5-05	1982	4A
	Lauren Begany	Lindbergh	5-07	2006	4		Deanna Clemment	St. Joe Central	5-05	1988	4A
	Leslie White	Chillicothe	5-07	1991	3A		Diane Cummings	Ray-Pec	5-05	1990	3A
	Lindsay Vollmer	Hamilton	5-07	2009	2		Emily Duschen	Notre Dame (KC)	5-05	2007	3
	Michelle Moran	Lafayette	5-07	1996	4A		Erin Alewine	Jefferson City	5-05	2009	4
	Tara Phillips	Fort Osage	5-07	2000	4A		Jammie Ahrens	Cape Central	5-05	1982	4A
	Ty'Risha Chambers	KC Center	5-07	2009	3		Jan Lenox	Duchense	5-05	1984	3A
25	Mary Nan Chapman	Chillicothe	5-06 1/2	1981	3A		Jan Meyer	Jefferson City	5-05	1996	4A
26	Jan Hawk	Oak Park	5-06 1/4	1980	4A		Janeen Medellin	Fort Osage	5-05	1987	4A
	Katie Kinney	Parkway West	5-06 1/4	1980	4A		Janene McDaniel	Kirkwood	5-05	1988	4A
28	Abbe Ohneck	Rock Bridge	5-06	1998	4A		Jasmine Reynolds	Waynesville	5-05	2009	4
	Allison Krumme	Mid-Buchanan	5-06	1995	2A		Jessica Field	Hermann	5-05	1995	2A
	Amanda Albrecht	Herculaneum	5-06	2005	3		Jessie Wood	Washington	5-05	2006	4
	Anessa Alexander	Strafford	5-06	2009	2		Jill Stanley	Princeton	5-05	1994	1A
	Anne Powell	Princeton	5-06	1998	1A		Katy Thomas	Park Hill South	5-05	2005	4
	Ashlee Johns	Nixa	5-06	1999	3A		Kayla Schultz	Hallsville	5-05	2005	2
	Candy Mason	Nevada	5-06	1994	3A		Kelli Newkirk	Warsaw	5-05	1997	3A
	Cara Harbstreet	Sherwood	5-06	2007	2		Kelly McNett	Truman	5-05	1992	4A
	Carrie Fletcher	Lafayette	5-06	1989	4A		Kim Nagy	Oakville	5-05	2009	4
	Chanell Charapata	Notre Dame (KC)	5-06	2002	3A		Lisa Vengels	Dixon	5-05	2007	2
	Christie Myers	Raytown South	5-06	1999	4A		Maci Wood	Skyline	5-05	2007	2
	Christine Spence	Lee's Summit North	5-06	2000	4A		Marisha Brown	KC Center	5-05	2007	3
	Devonna Smith	Kirkwood	5-06	2007	4		Maryann Hamm	Camdenton	5-05	1982	3A
	Erin McCuan	Lindbergh	5-06	1996	4A		Michele Rupp	Duchense	5-05	1985	3A
	Haley Morrissey	Macon	5-06	2004	3		Mirjam Albrecht	Oak Park	5-05	2008	4
	Jessica Hartman	Springfield Catholic	5-06	1993	2A		Myrna Asberry	West Plains	5-05	1983	4A
	Jodi Donovan	St. Joe Benton	5-06	2003	3A		Nicki Allen	Raytown	5-05	1981	4A
	Karen Davis	Francis Howell	5-06	1979	4A		Rachel Larson	Fox	5-05	1992	4A
	Keely Harding	Carthage	5-06	1990	4A		Rhiannon Kendrick	California	5-05	2009	3
	Kim Finke	Montgomery Co.	5-06	1991	3A		Rosemary Semke	Orchard Farm	5-05	2009	2
	Lisa Beard	Rolla	5-06	1984	4A		Sheri Edwards	Hannibal	5-05	1983	4A
	Lisa Black	Park Hill	5-06	1984	4A		Steph Douglas	Harrisonville	5-05	1984	3A
	Lisa Davies	Oak Grove	5-06	1993	3A		Sydney Winslow	Lexington	5-05	2005	2
	Lisa Forchee	Windsor (Imperial)	5-06	2004	3						

1999-2009 Missouri State Track Meet Top 100 Individuals

Girls Pole Vault

1	Tara Diebold	Branson	12-05	2007	3	51	Jessica Borey	Worth Co.	10-04	2009	1
2	Bethany Buell	Rockwood Summit	12-02	2009	4	52	Bridget Shields	Lathrop	10-03	2001	2A
3	Vera Neuenswander	Jefferson City	12-01	2006	4		Erin Carver	Cass Midway	10-03	2003	1A
4	Lindsey Bourne	Joplin	12-00	2000	4A		Ginny Akre	MICDS	10-03	2000	3A
	Shelby Franklin	Monroe City	12-00	2007	2		Jessi Kirkman	Excelsior Springs	10-03	2000	3A
6	Abby Garlich	Lee's Summit	11-09	2007	4		Lindsey Tait	Jefferson City	10-03	1999	4A
	Breanna Bussel	Jefferson City	11-09	2007	4		Stephanie Miller	Pierce City	10-03	2001	2A
	Susan Stroud	Farmington	11-09	2002	4A	58	Acacia Hays	Monroe City	10-00	2007	2
9	Hannah Cooper	Excelsior Springs	11-06	2007	3		Alison Crawford	MICDS	10-00	2004	3
	Michelle Lange	Ladue	11-06	2008	3		Amber Howard	Osage	10-00	2006	3
	Natalee Allen	Excelsior Springs	11-06	2001	3A		Amelia Aubuchon	Hazelwood West	10-00	2009	4
12	Christina Gilpin	Jefferson City	11-04	2001	4A		Amy Kennison	Moberly	10-00	2006	3
13	Maggie Givens	Branson	11-03	2009	4		Amy West	Jackson	10-00	2005	4
	Molly Barnes	Farmington	11-03	2009	3		Andrea Stark	Pleasant Hill	10-00	2008	3
15	Andrea Fuhrer	Mexico	11-00	2005	3		Ashley Davidson	Joplin	10-00	2008	4
	Anna Koons	Warrensburg	11-00	2002	3A		Cara Gerke	Versailles	10-00	2004	3
	Cara Grinde	Monroe City	11-00	2006	2		Danielle Giesler	Ste. Genevieve	10-00	2002	3A
	Megan Long	Lafayette	11-00	2006	4		Desera Reece	McDonald Co.	10-00	2009	3
19	Amy Heidbreder	Fort Zumwalt West	10-09	2003	4A		Emma Porter	KC Central	10-00	2006	4
	Darcy Chase	Hannibal	10-09	2005	3		Heather Palmer	Truman	10-00	2001	4A
	Erin Shryock	North Callaway	10-09	2003	2A		Jayne Kristmann	Parkway West	10-00	2003	4A
	Heather Wohlleber	Lee's Summit	10-09	2004	4		Jennifer Simonin	Lee's Summit	10-00	2004	4
	Nichole Manning	Winnetonka	10-09	2006	4		Jennifer Sturgeon	Northwest (Cedar Hill)	10-00	2009	4
	Shauna Eldringhoff	West Plains	10-09	2005	4		Jenny Simmons	Excelsior Springs	10-00	1999	3A
	Tara Turnbull	Marquette	10-09	2007	4		Jess Walter	Osage	10-00	2002	3A
26	Ally Bergh	Marceline	10-06	2008	2		Jessica McCullough	Hannibal	10-00	2008	3
	Amber Meyers	Lee's Summit	10-06	2001	4A		Jillian Ohrman	William Chrisman	10-00	2003	4A
	Ashley Schwarzer	Helias	10-06	2007	4		Joanna Sparks	Northwest (HS)	10-00	2004	4
	Cailey Wilkinson	Jefferson City	10-06	2008	4		Kacie Gelvin	Lee's Summit West	10-00	2008	4
	Cheyenne Adams	Osage	10-06	2001	3A		Katie Zitko	Cor Jesu	10-00	2006	4
	Christal Arnall	McDonald Co.	10-06	2002	3A		Kiindall Carleton	Lafayette	10-00	2001	4A
	Courtney Palmer	MICDS	10-06	2007	3		Kristen Klesh	Lafayette	10-00	2005	4
	Dee Dee Bryant	Fox	10-06	2002	4A		Laura Heiman	MICDS	10-00	1999	3A
	Denise Knaebel	Moberly	10-06	2001	3A		Leslie Oliaro	Lexington	10-00	2007	2
	Erica Naeger	Ste. Genevieve	10-06	2007	3		Lindsey Vleisidies	Lee's Summit	10-00	2000	4A
	Heather Green	Jefferson City	10-06	2008	4		Lisa Moore	Lee's Summit	10-00	2006	4
	Heather Green	Jefferson City	10-06	2009	4		Madeline Cline	Excelsior Springs	10-00	2002	3A
	Heather Hathaway	Monroe City	10-06	2003	2A		Mandy Masters	McDonald Co.	10-00	2003	3A
	Holly Stewart	Lee's Summit West	10-06	2008	4		Marissa Shelton	Winnetonka	10-00	2007	4
	Jill Schnurbusch	Notre Dame (Cape)	10-06	2009	3		Meagan O'Donnell	Oak Park	10-00	2004	4
	Kayla Irwin	Pleasant Hill	10-06	2005	3		Melanie Bowers	McDonald Co.	10-00	2005	3
	Latisha Brooks	Poplar Bluff	10-06	2002	4A		Michelle Jett	Northwest (HS)	10-00	2001	4A
	Leah Drennan	Jefferson City	10-06	2003	4A		Morgan Wuch	Lindbergh	10-00	2008	4
	Leah Morehead	Kirkville	10-06	2007	3		Nicole Korman	Parkway West	10-00	2002	4A
	Mackenzie Roberts	Joplin	10-06	2009	4		Rachael Waresheim	Francis Howell	10-00	2000	4A
	Nicole Kofron	Farmington	10-06	2004	4		Samantha Figg	Chillicothe	10-00	2008	3
	Nikki Buchheit	Rockwood Summit	10-06	2008	4		Samee Schram	Winnetonka	10-00	2009	4
	Nikki Pilla	Hazelwood West	10-06	2007	4		Sarah Zarembo	St. Clair	10-00	2005	3
	Nikkie Buchheit	Rockwood Summit	10-06	2009	4		Tina Audsley	Warrensburg	10-00	2007	3
	Rachel Ederle	Affton	10-06	2009	3		Zia Luehrman	Warrensburg	10-00	2005	3

1927-2009 Missouri State Track Meet Boys Top Individuals

75 M LH/80 M LH (1975-1980)

880 Y Medley (1975-1978)

1	Lawanda Waters	Kirkwood	10.45	1980	4A	1	Sumner	1:51.02	1978	AA
2	Linda Weekly	Beaumont	10.52	1977	AA	2	Soldan	1:51.10	1977	AA
3	Barbara Veasley	Sumner	10.57	1979	4A	3	Lindbergh	1:52.79	1978	AA
4	Renita Anderson	Hazelwood West	10.61	1977	AA	4	Joplin Memorial	1:52.95	1977	AA
5	Denise Nalton	KC East	10.64	1979	4A	5	North Kansas City	1:53.17	1977	AA
6	Mary Harvis	Jefferson City	10.65	1979	4A	6	KC Southeast	1:53.35	1977	AA
7	Candice Williams	St. Louis Southwest	10.68	1980	4A	7	Oak Park	1:53.71	1977	AA
8	Jackie Johnson	Charleston	10.69	1980	3A	8	Warrensburg	1:53.83	1977	AA
9	Mary Smith	Beaumont	10.5	1976	AA	9	KC Central	1:54.01	1978	AA
10	Connie Shewmaker	Buffalo	10.78	1980	3A	10	Lawson	1:54.5	1977	A

100 Y HH (1981-1987)

165 M LH/180 Y LH (Curve) (1968-1979)

1	Felecia Allen	Riverview Gardens	14.06	1986	4A	1	Patty Rakers	Montgomery Co.	222-01	1976	A
2	Stephani Thomas	Sumner	14.12	1982	4A	2	LeAnn Wilcox	St. Mary's (Ind)	218-10	1976	A
3	Rhonda Paine	Grandview	14.14	1982	4A	3	Judy Vaughn	North Callaway	216-05	1977	A
4	Becky Schafer	Truman	14.36	1986	4A	4	Sis Sigman	Cabool	212-08	1977	A
	Nancy Thomas	Parkway North	14.36	1984	4A	5	Sandy Imhoff	Jamestown	210-11	1977	A
6	Dorothy Young	University City	14.39	1985	4A	6	Renee Skaggs	Clopton	206-01	1977	A
7	Michele Cervant	Oak Grove	14.41	1986	3A	7	Valerie Brown	Clinton	204-10	1976	AA
8	Stephanie Cameron	Clayton	14.45p	1983	3A	8	Becky Bollinger	Jackson	202-09	1977	AA
9	Angie Harned	Kickapoo	14.56	1982	4A	9	Cindy Wilson	Kickapoo	202-06	1975	
10	Deanna Adams	Springfield Central	14.57	1984	4A	10	Kay James	Jefferson City	202-01	1977	AA

200 Y LH (1981-1983)

Shot Put (8 LB) (1975-1979)

1	Anthea Johnson	KC Central	28.10	1981	4A	1	Cindy Kiser	Branson	44-09 1/2	1976	A
2	Stephanie Thomas	Sumner	28.16p	1982	4A	2	Sekeli Salina	William Chrisman	44-04 1/4	1976	AA
3	Sylvia Grant	Webster Groves	28.22	1981	4A	3	Valerie Brown	Clinton	44-01 1/2	1977	AA
4	Regina Minnus	Blue Springs	28.29p	1981	4A	4	Sue Brown	Waynesville	43-09	1977	AA
5	Stephani Thomas	Sumner	28.34	1982	4A	5	Tammie Romsted	Truman	42-10	1977	AA
6	Rhonda Paine	Grandview	28.38p	1982	4A	6	Shirley Knight	Springfield Central	42-05	1975	
7	Regina Minis	Blue Springs	28.49	1981	4A	7	Linda Dill	Webster Groves	42-04 3/4	1977	AA
8	Mary Kaboldt	Parkway North	28.50	1981	4A	8	Stephanie Hudson	Knob Noster	42-02	1977	A
9	Karen Cooper	McCluer	28.60p	1982	4A	9	Connie Price	St. Charles	42-01 1/2	1979	4A
10	Carmen Gordon	Lexington	28.75	1981	3A	10	Shirley Knight	Springfield Central	41-11 1/2	1976	AA