

# 1980-2011 Missouri State Track Meet Top 100 Individuals

## Girls 100 Meters

1	Muna Lee	KC Central	11.66p	1999	4A	51	Ecate Lymon	Waynesville	12.17p	2009	4
2	Angie Thacker	Roosevelt	11.67p	1981	4A		Mia Staten	Jackson	12.17	1987	4A
3	Alishea Usery	McCluer S.-Berkeley	11.69	2007	3		Michelle McDaniel	Oak Grove	12.17p	1988	3A
	Tianna Valentine	Hazelwood East	11.69	2011	4	55	Phynice Kelley	KC Center	12.18	1991	3A
5	Kim Edwards	Van Horn	11.80	1985	4A		Shana White	Hickman	12.18	2007	4
6	Melanna Gray	North Kansas City	11.81p	1989	4A		Sheba Clarke	Park Hill	12.18	1998	4A
7	Debra Martin	Sumner	11.82	1980	4A	58	Angie Lalumondier	Crystal City	12.19	1988	2A
8	Kyra Sullivan	Gateway	11.89	2004	4		Joy Walker	McCluer	12.19p	1993	4A
	Lauren Hollingsworth	Villa Duchesne	11.89p	2009	3		Maribeth Crain	Eldon	12.19	1988	3A
10	Alexis Bates	St. Joe Central	11.92	2007	4		Shanita Bledsoe	Holt	12.19p	2005	4
11	Aisha Thomas	Jefferson City	11.93	2004	4	62	Avis Evans	Kirkwood	12.20	1998	4A
12	LaJada Baldwin	St. Louis Central	11.94p	2005	3	63	Kailea Cook	Park Hill South	12.21	2001	4A
	Peyton Chaney	Nerinx Hall	11.94	2011	4		Montenea Roye	Ladue	12.21p	2009	4
14	Shelinda Brackett	Riverview Gardens	11.95	2005	4		Whitney Adams	Francis Howell	12.21p	2011	4
15	A Henderson	Hazelwood Central	11.97	2011	4	66	Lauren Flaker	Rock Bridge	12.22p	2009	4
	Charmaine Forest	Park Hill	11.97	1988	4A		Nika Smith	Wentzville	12.22	1992	4A
17	Crystal Harris	Rockwood Summit	11.99p	2009	4		Rachel Kahle	Jackson	12.22	2007	4
	Kim Prather	Lutheran North	11.99p	2005	3	69	Diona Graves	Kirkwood	12.23	2007	4
	Vicki Word	New Madrid CC	11.99p	1985	3A		Tianna Swinney	Sumner	12.23p	1993	4A
20	Angie Thomas	Riverview Gardens	12.00	1985	4A		Zandrea Wilson	Berkeley	12.23p	1993	3A
	Lorinda Richardson	Hickman	12.00	1981	4A	72	Lauren Fisher	Hazelwood Central	12.24	2005	4
	Olivia Lewis	Gateway	12.00p	2009	4		Raina Martin	Boonville	12.24p	1996	3A
23	Shawntanay Johnson	Fox	12.03p	2009	4		Rose Fulton	North County	12.0	2002	3A
24	Amiris Warren	Raytown South	12.04	2011	4		Sydney Peavy	Pembroke Hill	12.24p	2009	3
25	Dena Lewis	Parkway Central	12.06	2001	4A		Traci Harrison	Bishop Hogan	12.24p	1987	3A
26	Danielle Parrish	Hazelwood Central	12.07	2005	4	77	Carmen Keller	Maplewood-Rich.Hts.	12.25p	1990	2A
	Naomi Williams	KC Northeast	12.07	2001	4A		Erin Narzinski	Oakville	12.25	1994	4A
	Tamika Foster	Hazelwood East	12.07	1984	4A		Heather Jones	Hickman	12.25	1989	4A
29	Shermica Turner	Hickman	12.08p	1987	4A	80	Ebony Vincent	Hickman Mills	12.26p	1993	4A
30	Lauren Cheadle	Lee's Summit West	12.09	2010	4		Tara Mastin	Ritenour	12.26	1980	4A
	Nyisha Porter	Normandy	12.09	2001	4A		Yolanda Alexander	Van Horn	12.26	1987	4A
	Shameika McField	Hazelwood East	12.09	1998	4A	83	Heather Jones	Albany	12.27	1988	1A
33	Lashundra Davis	Berkeley	12.10p	1991	3A		Shakira Thomas	North County Tech	12.27p	2009	3
	Ramona Riley	Oak Park	12.10p	1981	4A	85	Desiree White	Parkway North	12.28p	2010	4
35	Shundrek Smith	KC Lincoln	12.11	1986	3A		Elise Johnson	Jefferson City	12.28	2001	4A
36	Jazmin McCoy	North Kansas City	12.12p	2010	4		Elissa Adaway	Kennett	12.28	1994	3A
	Shanetra Neely	Hickman Mills	12.12	2000	3A		Lawanda Waters	Kirkwood	12.28	1980	4A
38	Brandy Haan	Maysville	12.13	1993	2A	89	Amanda Scullark	KC Center	12.29	1998	3A
	Precious Selmon	Crystal City	12.13p	2008	2		Angie Monroe	Riverview Gardens	12.29	1985	4A
	Tiffani McReynolds	Pembroke Hill	12.13	2010	3		Jennifer Lee	KC Central	12.29	1985	3A
41	Dominique McDonald	KC Central	12.14p	2003	3		Kim Jefferson	Kennett	12.29	1984	3A
	Jeni King	Jefferson City	12.14p	1988	4A		Nataliyah Friar	Holt	12.29p	2011	4
	Miah Leverette	Grandview	12.14	2001	4A	94	Gaisha Gray	Berkeley	12.30p	1999	2A
	Phynice Kelley	Bishop Hogan	12.14	1988	3A		Louise Johnson	New Madrid CC	12.30	1988	3A
	Suzette Gillis	Ladue	11.9p	1999	4A		Tiffany Osborn	KC Northeast	12.30p	1993	4A
46	Brittany Bruce	Lee's Summit West	12.15p	2006	3		Tracie Driver	Caruthersville	12.30p	1990	3A
	Elaine Atkins	Webster Groves	12.15p	1988	4A	98	Diane Gary	Charleston	12.31	1988	3A
48	asia thomas	Cape Central	12.16p	2011	4		Kathryn Coleman	Gateway	12.31	2004	4
	Danita Humphrey	Marshall	12.16	1980	3A		Kenosha Wilson	Webster Groves	12.31	1996	4A
	Dorothy Myers	Kirkwood	12.16	1994	4A		Lisa Like	Jennings	12.31	1984	3A
51	Ciara Jones	Soldan	12.17p	2004	3		Sonja Cornley	KC Lincoln	12.31p	1988	3A

## 1975-2011 Missouri State Track Meet Top 100 Individuals

### Girls 200 Meters & 220 Yards

1	Alishea Usery	McCluer S.-Berkeley	23.78	2007	3	52	Amiris Warren	Raytown South	25.01	2011	4
2	Muna Lee	KC Central	23.83	2000	4A		Dominique McDonald	KC Central	25.01p	2003	3
3	Kyra Sullivan	Gateway	24.03p	2003	4		Nika Smith	Wentzville	25.01p	1992	4A
4	Lauren Hollingsworth	Villa Duchesne	24.07	2009	3		Suzette Gills	Ladue	25.01	1999	4A
5	Angie Thacker	Roosevelt	24.22	1981	4A	56	Diona Graves	Kirkwood	25.03	2007	4
6	Aisha Thomas	Jefferson City	24.27	2004	4	57	Nyisha Porter	Normandy	24.8	2002	4A
	Kim Edwards	Van Horn	24.27	1985	4A	58	Angie Lalumondier	Crystal City	25.05p	1988	2A
8	Angie Thomas	Riverview Gardens	24.33	1985	4A	59	Joy Walker	McCluer	25.06p	1993	4A
9	LaJada Baldwin	St. Louis Central	24.39	2005	3		Kailea Cook	Park Hill South	25.06p	2003	4
10	Debra Martin	Sumner	24.40	1980	4A	61	Shana White	Hickman	25.06	2005	4
11	Donniece Parrish	Hazelwood Central	24.44p	2004	4	62	Sandy Cummings	Smithville	25.07	1985	2A
12	Ciara Jones	Soldan	24.49p	2004	3	63	Montenea Roye	Ladue	25.08p	2010	4
13	Lauren Fisher	Hazelwood Central	24.53p	2004	4		Robin Long	Normandy	25.08	1981	4A
14	Asia Thomas	Cape Central	24.54p	2010	4	65	Danita Humphrey	Marshall	25.10	1980	3A
	Melanna Gray	North Kansas City	24.54p	1990	4A	66	Gabrielle Gibson	Hickman Mills	25.11	2005	4
	Peyton Chaney	Nerinx Hall	24.54	2011	4	67	Meosha Jordan	Berkeley	25.12	1995	3A
17	Olivia Lewis	Gateway	24.55	2008	4		Tara Mastin	Ritenour	25.12	1979	4A
	Paris Daniels	Normandy	24.55	2007	4	69	Avis Evans	Kirkwood	25.13	1998	4A
19	Tiffaney Hargrove	KC Central	24.58	2000	4A		Naomi Williams	KC Northeast	25.13p	2001	4A
20	Lauren Cheadle	Lee's Summit West	24.61	2010	4	71	Heather Jones	Hickman	25.14p	1989	4A
21	Tianna Valentine	Hazelwood East	24.62	2011	4		Jazmin McCoy	North Kansas City	25.14p	2010	4
22	A Henderson	Hazelwood Central	24.64	2011	4		Phynice Kelley	Bishop Hogan	24.9p	1989	3A
23	Sydney Peavy	Pembroke Hill	24.65	2010	3		Yolanda Alexander	Van Horn	25.14p	1987	4A
24	Ramona Riley	Oak Park	24.68	1981	4A	75	Shermica Turner	Hickman	25.15p	1987	4A
25	Kim Prather	Lutheran North	24.72	2005	3	76	Becky Flippin	Parkview	25.16	2004	4
26	Azraa Rounds	Ladue	24.73	2005	3		Larisa Hairston	Eureka	25.16p	1987	4A
26	Charmaine Forest	Park Hill	24.74	1987	4A		Rachel Kahle	Jackson	25.16	2007	4
28	Cara Forte'	KC Center	24.75p	2009	3	79	Raina Martin	Boonville	25.17	1996	3A
29	Anthea Johnson	KC Central	24.77	1981	4A	80	Louise Johnson	New Madrid CC	25.18p	1988	3A
	Bianca Stokes	McCluer S.-Berkeley	24.77	2009	3	81	Channon Haywood	Hazelwood East	25.19	2005	4
31	Lauren Waterbury	MICDS	24.79	2011	3		Lauren Begany	Lindbergh	25.19p	2005	4
32	Shameika McField	Hazelwood East	24.80p	1998	4A	83	Jasmin Hughes	Hartville	25.21	2009	2
33	Nicole Jackson	Cape Central	24.82p	2006	4	84	Felecia Allen	Riverview Gardens	25.22	1986	4A
34	Dorothy Myers	Kirkwood	24.85	1994	4A		Heather Nunnelly	Mexico	25.22	1998	3A
	Lynette Atkinson	Ladue	24.85p	2009	4	86	Angie Monroe	Riverview Gardens	25.24	1985	4A
36	Ayesha Ewing	Cardinal Ritter	24.87	2011	3		Janiece Gatson	Grandview	25.0	2002	4A
37	Brittany Bruce	Lee's Summit West	24.88p	2006	3		Jeni King	Jefferson City	25.24p	1988	4A
38	Sheba Clarke	Park Hill	24.90p	1999	4A	89	Charminique Ray	Waynesville	25.25p	2003	4
39	Jaronica Owens	McCluer	24.92	2011	4		Cherise Harvey	KC Southwest	25.25p	1988	4A
	Zandrea Wilson	Berkeley	24.92p	1993	3A		Gaisha Gray	Berkeley	25.25	1999	2A
41	Erika Sharp	McCluer	24.93	1998	4A	92	Wendy Blocker	Berkeley	25.26	1991	3A
	Shaneatra Neely	Hickman Mills	24.93	2000	3A	93	Dee Holman	Fort Zumwalt North	25.27p	1988	4A
43	Crystal Harris	Rockwood Summit	24.95p	2009	4		Lashundra Davis	Berkeley	25.27	1991	3A
	Phynice Kelley	KC Center	24.95	1990	4A		Michele Cervant	Oak Grove	25.27	1986	3A
	Tamika Foster	Hazelwood East	24.95p	1984	4A		Rose Fulton	North County	25.27p	2000	3A
	Tianna Swinney	Sumner	24.95	1994	4A		Tiffaney Williams	Hazelwood East	25.27	1995	4A
47	Alexis Bates	St. Joe Central	24.96	2007	4	98	Kim Brown	Park Hill South	25.28p	2001	4A
	Alice Bell	Beaumont	24.96	1982	4A		Kim Martin	Jennings	25.28p	2002	3A
	Kendra White	McCluer North	24.96	2010	4	100	Lorinda Richardson	Hickman	25.29	1981	4A
50	Jennie Gorham	North Kansas City	24.98	1977	AA		Miesha Billups	Gateway	25.29	1996	4A
51	Shundrek Smith	KC Lincoln	25.00	1986	3A						

## 1975-2011 Missouri State Track Meet Top 100 Individuals Girls 400 Meters & 440 Yards

1	Alishea Usery	McCluer S.-Berkeley	53.55	2007	3	51	Shayla Lockett	Hazelwood East	56.66	2011	4
2	Montenea Roye	Ladue	53.84	2011	4	52	Lillian Taylor	McCluer	56.67	1982	4A
3	Asia Thomas	Cape Central	54.49	2010	4	53	Heather Jones	Albany	56.70	1986	1A
4	Kendra White	McCluer North	54.55	2011	4	54	Donniece Parrish	Hazelwood Central	56.71	2004	4
5	Charmaine Forest	Park Hill	54.85	1987	4A		Yolanda Alexander	Van Horn	56.71	1987	4A
6	Olivia Lewis	Gateway	54.95	2009	4	56	Orrianna Rackley	Grandview	56.73p	2006	4
7	Kianna Ruff	McCluer S.-Berkeley	54.98	2009	3		Stephanie Essner	Scott City	56.73	2009	2
8	Azraa Rounds	Ladue	55.03	2005	3	58	Lauren Hollingsworth	Villa Duchesne	56.74p	2009	3
9	Tiffany Williams	Hazelwood East	55.14	1997	4A		Regina Shouse	Nevada	56.5	1986	3A
10	Lajada Baldwin	St. Louis Central	55.28	2007	3	60	Tiffini McNeese	Normandy	56.81p	1988	4A
11	Tianna Swinney	Sumner	55.36	1993	4A	61	Nicol Hodges	St. Charles West	56.83	1989	4A
12	Lauren Fisher	Hazelwood Central	55.42	2004	4	62	Ashley Oberdieck	Fort Zumwalt North	56.85p	2010	4
13	Lauren Waterbury	MICDS	55.43	2011	3		Turina Jackson	Charleston	56.85p	1984	3A
14	Emilia Galvan	KC Center	55.61	2007	3	64	Becky Flippin	Parkview	56.86	2003	4A
15	Jennifer Gardner	Webster Groves	55.62	1997	4A	65	Kim Jefferson	Kennett	56.90	1985	3A
16	Lynette Atkinson	Ladue	55.72	2009	4	66	Michelle Green	Rolla	56.90	1997	4A
17	Robyn Osborn	KC Center	55.77	1986	4A	66	Shannon Leinert	Eureka	56.93	2004	4
18	Tamika Foster	Hazelwood East	55.79	1982	4A	68	Sandy Cummings	Smithville	56.7p	1985	2A
19	Debra Martin	Sumner	55.81	1980	4A	69	Carrie Smith	Excelsior Springs	56.95	1996	3A
	Whitney Adams	Francis Howell	55.81	2011	4		Cheyenne Hoerr	Afton	56.95p	2011	3
21	Ramona Spencer	Normandy	55.83	1986	4A		Lynn Welch	Joplin Memorial	56.95	1981	4A
22	Ciara Jones	Soldan	55.85p	2004	3	72	Janiece Gatson	Grandview	56.96p	2000	4A
23	Louise Johnson	New Madrid CC	55.87	1987	3A	73	Tammy Wilson	Hazelwood Central	56.98	1983	4A
24	Angie Thacker	Roosevelt	55.91	1981	4A	74	Jennifer Gardner	Cardinal Ritter	57.00	1998	2A
25	Renee Elliot	Chillicothe	55.96	1989	3A		LaRonda Ward	North Kansas City	57.00	1983	4A
26	Sheba Clarke	Park Hill	56.00	1998	4A	76	Lisa Like	Lutheran North	56.8	1986	3A
27	Kim Brown	Park Hill South	56.01p	2001	4A	77	Jennifer McGary	Maryville	57.08	1983	3A
28	Larisa Hairston	Eureka	56.07	1985	4A		Joyce Swofford	Maysville	57.08	1984	2A
29	Ashley Wysong	Nevada	56.08	1997	3A		Renee Elliot	Richmond	57.08	1990	3A
	Zandrea Wilson	Berkeley	56.08	1993	3A		Stacey Fritts	Miami	57.08	1986	1A
31	Paris Daniels	Normandy	56.10	2007	4	81	Felicia James	Normandy	57.09	2000	4A
32	Cherise Harvey	KC Southwest	56.12p	1988	4A		Trena Cason	Ruskin	57.09	1985	4A
33	Val Sauer	Rolla	56.13	1987	4A	83	Brandy Haan	Maysville	57.11	1993	2A
34	Erika Sharp	McCluer	56.15	1998	4A		Lashayla Bell	University City	57.11p	2003	4
35	Jennie Gorham	North Kansas City	56.16	1978	AA	85	Briana Carter	Warrensburg	57.12p	2011	3
	Racquell Powell	Raytown South	56.16	2008	4	86	Ann Shealy	Oakville	57.14	1999	4A
37	Lexie Oak	St. Pius X (KC)	56.24	2010	3		Kim Richeson	Festus	56.9	1986	3A
38	Aisha Mitchell	Raytown South	56.25p	2003	4	88	Lisa Davies	Oak Grove	57.15	1993	3A
39	Kaela Rorvig	Hickman	56.28	2003	4A		Ryana Parks	Ruskin	57.15	1987	4A
40	Angie Thomas	Riverview Gardens	56.30	1983	4A	90	Hazaria Washington	Cardinal Ritter	57.16	2008	3
41	Nakeba Thomas	Cape Central	56.35p	1988	4A	91	Ann Heffner	Hazelwood Central	57.18p	1992	4A
42	Lisa James	Cape Central	56.41	1987	4A		Kate Rimat	Webster Groves	57.18p	1980	4A
43	Sonya Banks	KC Southwest	56.48	1993	4A	93	Elisa Steele	Kirkwood	57.20p	2011	4
44	Frances Harrison	Waynesville	56.49	1979	3A	94	Jeni King	Jefferson City	57.24	1989	4A
45	Kyra Sullivan	Gateway	56.50p	2004	4	95	Alisha Rooks	Ritenour	57.27	1987	4A
46	Tammy Carter	Charleston	56.54	1993	3A	96	Annette Parker	Whitfield	57.28	2001	2A
46	Monica Joannes	Blair Oaks	56.61	1999	2A	97	Jocelyn Butcher	Notre Dame (KC)	57.29p	1996	3A
48	Ayesha Ewing	Cardinal Ritter	56.64	2011	3	98	Nicki Webber	Scotland Co.	57.30	1991	2A
49	Juanita Coleman	Gateway	56.65p	2002	4A		Robin Long	Normandy	57.30	1981	4A
	Naomi Williams	KC Northeast	56.65p	2000	4A		Vanessa James	Osage	57.30	2005	3

## 1975-2011 Missouri State Track Meet Top 100 Individuals

### Girls 800 Meters & 880 Yards

1	Samantha Levin	Ladue	2:06.74	2011	4	52	Susan Perry	Rolla	2:16.02	1990	4A
2	Ann Heffner	Hazelwood Central	2:09.78	1992	4A	53	Dallis Bailey	Conway	2:16.03	2011	2
3	Cydney Ross	Villa Duchesne	2:09.88	2008	3		Laura Piper	Marquette	2:16.03	2001	4A
	Shannon Leinert	Eureka	2:09.88	2003	4A	55	Melissa Childers	Jackson	2:16.08	1993	4A
5	Kianna Ruff	McCluer S.-Berkeley	2:09.89	2008	3	56	Emily Baker	Lafayette	2:16.26	2004	4
6	Lauren Borduin	Rock Bridge	2:09.98	2006	4	57	Susan Hopson	Parkway Central	2:16.29p	1980	4A
7	Vonda Hammons	Jefferson City	2:10.15	1985	4A	58	Makenzie Seidel	West Plains	2:16.41	2006	4
8	Val Sauer	Rolla	2:10.89	1987	4A	59	Amber Parker	Chillicothe	2:16.46	2004	3
9	Jessica Jackson	Neosho	2:11.08	2011	4		Jill Meisenheimer	Blue Springs South	2:16.46	1993	4A
10	Kim Gardner	Webster Groves	2:11.23	1993	4A	61	Jenny Faunce	Kearney	2:16.48	1985	3A
11	Alyssa Rebecca	Eureka	2:11.39	2011	4	62	Jana Noel	Park Hill	2:16.49p	1980	4A
12	Krysta Fennewald	Blue Springs	2:12.24	2004	4		Julie Stupp	MICDS	2:16.49	2004	3
13	Juanita Coleman	Gateway	2:12.48	2002	4A	64	Amy Hall	West Plains	2:16.59	2004	4
14	Alyssa Allison	Festus	2:12.85	2008	3		Bonji Beard	Clayton	2:16.59	1987	3A
	Janel Humphreys	Parkway South	2:12.85	1988	4A	66	Joyce Swofford	Maysville	2:16.65	1985	2A
16	Hilary Bruening	Center for Law	2:12.88p	1993	2A		Lori Tracy	Parkview	2:16.65	1982	4A
17	Cara Cline	Liberty	2:12.90	1998	4A	68	Katie McInvale	Hickman	2:16.69	2004	4
18	Jennella Torrence	St. Louis Central	2:13.16	1983	4A	69	Ashley Guy	Rock Bridge	2:16.80	2004	4
19	Chelsea Chrisman	Eureka	2:13.31	2008	4	70	Landon Wachter	Jackson	2:16.82	2008	4
20	Cathy Taylor	McCluer North	2:13.39	1982	4A		Lindsay Pierson	Lee's Summit West	2:16.82	2006	3
21	Liz Reid	Springfield Kickapoo	2:13.78p	2011	4	72	Felicia James	Normandy	2:16.91	1999	4A
22	Stephani Shockley	Soldan	2:13.6	1986	4A	73	Sabrina Dornhoefer	Waynesville	2:16.94p	1981	4A
23	Erin Windler	Blue Springs South	2:13.88	1993	4A		Sarah Jacobsen	Potosi	2:16.94p	2011	3
24	Colleen Riley	Lindbergh	2:13.93	2011	4	75	Diane Robinson	Parkway Central	2:17.00	2007	4
25	Hannah Richardson	Kirkwood	2:14.07p	2011	4	76	Dana Roberson	West Plains	2:17.01p	2011	4
26	Kasey Kimball	Eureka	2:14.30	2003	4A	77	Kelsi Chowning	Mountain View	2:17.05	2007	2
27	Kierra Handley	Pattonville	2:14.35	2006	4		Taryn Philips	Park Hill South	2:17.05	2001	4A
28	Elizabeth White	Francis Howell	2:14.40	1985	4A	79	Christy Williams	West Plains	2:17.08	1998	4A
29	Liga Blyholder	Lee's Summit West	2:14.44	2009	4	80	Regina Williams	Soldan	2:17.12	1984	4A
30	Amy Wiseman	Lee's Summit	2:14.50	1996	4A		Sheila Potts	Cameron	2:17.12	1981	3A
31	Rachel Nelson	Lee's Summit	2:14.62	2001	4A	82	Elizabeth Robbins	Platte Co.	2:17.13	2000	3A
32	Brooke Woodruff	Francis Howell North	2:14.63	2001	4A	83	Paris Daniels	Normandy	2:17.0	2005	4
33	Cyd Thomas	Pattonville	2:14.64p	1980	4A	84	Breanne Perdue	Osage	2:17.27	2004	3
34	Marci Gray	Blue Springs	2:14.98	1990	4A	85	Gina Wilbanks	Kickapoo	2:17.33	1985	4A
35	Steph Small	Riverview Gardens	2:14.9	1986	4A	86	Rachel York	St. Clair	2:17.38	2006	3
36	Lauren Collette	Kickapoo	2:15.25	2009	4	87	Brittany Moreland	Cape Central	2:17.40	2009	4
37	Melissa Wilson	Hickman	2:15.28	1981	4A	88	Asher Kyger	Ava	2:17.42	2004	3
38	Sarah Soetebier	Washington	2:15.36	1987	4A	89	Laura LaVoie	Glendale	2:17.44	2000	4A
39	Maria Tutu	Oak Park	2:15.40	2007	4	90	Dani Skaggs	Festus	2:17.46	2003	3A
40	Rebecca Davis	Parkway West	2:15.50	1990	4A	91	Lauren Collette	Fort Zumwalt North	2:17.49	2008	4
41	Mary Nothum	Washington	2:15.56	2006	4	92	Ali Ross	Rosati-Kain	2:17.52	2008	3
42	Valeska Halamicek	Francis Howell	2:15.58p	2010	4	93	Brittney McCormack	West Plains	2:17.54	2003	4A
43	Lynette Morgan	Hannibal	2:15.61	1982	4A		Robin Putnam	Francis Howell	2:17.54	1988	4A
44	Goldie Tompkins	Marquette	2:15.62	2000	4A	95	Sharonda Watts	Berkeley	2:17.56	1988	3A
45	Gwen Williams	Principia	2:15.67	1993	3A	96	Erin Click	West Plains	2:17.61	2002	4A
45	Becky Froelker	Owensville	2:15.73	1997	3A		Katie Crank	Kirkwood	2:17.61	2001	4A
47	Anna Boecher	Raytown South	2:15.74	1989	4A	98	Jane Reichard	Kirkwood	2:17.63	1982	4A
	Merideth Snow	Eureka	2:15.5	2005	4		Molly Schlamb	Ladue	2:17.63	2006	3
49	Kelli Oettle	Lindbergh	2:15.81	2007	4	100	Cathy Hardin	Eureka	2:17.64	1983	4A
50	Missy Moody	Smithville	2:15.87	2003	3A		Stephanie Romero	Principia	2:17.64	2009	2
51	Jamie Foster	Jefferson City	2:15.90	1993	4A						

## 1975-2011 Missouri State Track Meet Top 100 Individuals Girls 1600 Meters & 1 Mile

1	Megan Thompson	Hazelwood Central	4:47.53	1989	4A	51	Krista Menghini	St. Joseph's (St. Louis)	5:02.97	2009	4
2	Andrea Fischer	Hannibal	4:47.56	1981	4A	52	Mary Reeves	Kirkwood	5:02.99	1999	4A
3	Merideth Snow	Eureka	4:49.82	2006	4	53	Gwen Williams	Principia	5:03.00	1992	2A
4	Susan Bliss	Francis Howell	4:50.85	1988	4A	54	Taylor Dickerson	Jackson	5:03.13	2011	4
5	Alyssa Allison	Festus	4:51.70	2008	3	55	Diane Barlow	Raytown South	5:03.15	1983	4A
6	Emily Sisson	Parkway Central	4:52.15	2009	4	56	Amy Johns	Hickman	5:03.01	1979	4A
7	Colleen Quigley	Nerinx Hall	4:52.17	2011	4	57	Cathy Corpeny	KC Southwest	5:03.07	1979	4A
8	Liga Blyholder	Lee's Summit West	4:52.26	2010	4	58	Jessica Boyer	Carthage	5:03.38	1992	4A
9	Rebecca Davis	Parkway West	4:55.11	1993	4A	59	Amy Hall	West Plains	5:03.43	2004	4
10	Cydney Ross	Villa Duchesne	4:55.23	2008	3	60	Val Sauer	Rolla	5:03.50	1985	4A
11	Liz Reid	Springfield Kickapoo	4:56.42	2011	4	61	Kim Matthews	Lafayette	5:03.60	1985	4A
12	Diane Robison	Parkway Central	4:56.50	2009	4	62	Brittany Moreland	Cape Central	5:03.62	2006	4
13	Ashley Sanders	Clinton	4:56.61	2002	3A	63	Suzzane Jones	KC Northeast	5:03.73	1981	4A
14	Amy Wiseman	Lee's Summit	4:56.64	1996	4A	64	Melissa Sapp	Oakville	5:03.88	1996	4A
15	Lauren Borduin	Rock Bridge	4:56.68	2008	4	65	Katie Singleton	Rolla	5:04.00	1998	4A
16	Chris Ridenour	Kirkwood	4:56.91	1982	4A	66	Erin Click	West Plains	5:04.16	2002	4A
17	Mary Nothum	Washington	4:56.92	2006	4		Jill Petersen	Francis Howell	5:04.16	2001	4A
18	Aimee Bonte	Rockwood Summit	4:57.53	2008	4	68	Anitra Dabney	Smith-Cotton	5:04.28	1982	4A
19	Jill Kingsbury	Washington	4:57.66	1983	4A	69	Kat Oberle	Oakville	5:04.66	2008	4
20	Liz Reid	Kickapoo	4:58.13	2010	4	70	Ryan Thomas	John Burroughs	5:04.94	1993	3A
21	Jessica Jackson	Neosho	4:58.22	2011	4	71	Mary Lee Bankhead	Lindbergh	5:04.95	1987	4A
22	Chelsey Phoebus	Lee's Summit West	4:58.39	2011	4	72	Hilary Orf	Marquette	5:04.96	2008	4
23	Samantha Nightingale	Blue Springs South	4:58.52	2010	4	73	Elizabeth Reid	Nixa	5:04.97	2009	4
24	Colleen Riley	Lindbergh	4:58.53	2011	4	74	Krista Menghini	St. Joseph's	5:05.02	2010	4
25	Stephani Shockley	Soldan	4:58.62	1986	4A	75	Megan Yohe	Liberty	5:05.06	2010	4
26	Rachel Newland	Liberty	4:59.13	2005	4	76	Kelli Schulte	Francis Howell Central	5:05.09	2002	4A
27	Kasey Kimball	Eureka	4:59.26	2003	4A	77	Laura LaVoie	Glendale	5:05.36	2000	4A
28	Jennifer Harper	West Plains	4:59.38	2005	4	78	Shelly Hill	Lafayette	5:05.37	1990	4A
29	Aileen Gallagher	Hickman	4:59.71	2005	4	79	Natalie Becker	Parkway West	5:05.38	2009	4
30	Ann Marie Brooks	St. Joe Central	4:59.86	1996	4A	80	Kim Gardner	Webster Groves	5:05.57	1992	4A
31	Nicole Graham	Blue Springs	5:00.04	2000	4A	81	Saga Barzowski	Arcadia Valley	5:05.77	2011	3
32	Courtney Wood	Neosho	5:00.50	2011	4	82	Kaitlyn Fischer	Herculaneum	5:05.84	2010	3
33	Emily Baker	Lafayette	5:00.55	2006	4	83	Anna Verseemann	St. Charles West	5:05.95	1998	4A
34	Justa Dahl	De Soto	5:00.60	1997	4A	84	Meagan Hudson	Crystal City	5:05.99	2006	2
35	Katherine Bonogli	Francis Howell	5:00.65	2000	4A	85	Caitlin Laskowski	Blue Springs	5:06.00	2007	4
36	Katherine Hoffman	Notre Dame (KC)	5:00.91	2000	3A	86	Emily Miles	Clinton	5:06.14	1994	3A
37	Julie Jennings	Crystal City	5:00.7	1975	Open	87	Cyd Thomas	Pattonville	5:06.22	1981	4A
38	Krenda McClure	Lebanon	5:00.97	2010	4	88	Ashley Scott	St. Clair	5:06.25	2008	3
39	Rachael King	Liberty	5:01.02	1998	4A	89	Courtney Cockerell	Raytown	5:06.26	2003	4A
40	Amy Chipman	Blue Springs	5:01.11	1998	4A	90	Tricia Frisella	Visitation	5:06.34	2004	3
41	Jocelyn Todd	Ladue	5:01.17	2011	4	91	Dana McReynolds	Hazelwood Central	5:06.50	1987	4A
42	Lisa Brown	West Plains	5:01.45	1992	4A	92	Laura Kennedy	Lafayette	5:06.51	1998	4A
43	Erin Hagan	Mexico	5:01.72	2000	3A	93	Kelli Oettle	Lindbergh	5:06.53	2006	4
44	Amber Warren	Lutheran (St. Peters)	5:01.93	2005	2	94	Becca Watt	Webster Groves	5:06.55	1981	4A
45	Melissa Rice	Lafayette	5:02.09	1989	4A	95	Jana Noel	Park Hill	5:06.59	1980	4A
46	Jen Pancoast	Cape Central	5:02.38	2003	4A	96	Jill Smith	Hazelwood Central	5:06.60	1996	4A
47	Lindsay Pierson	Lee's Summit West	5:02.51	2006	3	97	Christy Williams	West Plains	5:06.76	1999	4A
48	Laura Piper	Marquette	5:02.60	2002	4A	98	Heather Burroughs	Pembroke Hill	5:06.79	1992	2A
49	Tammy Townsend	Neosho	5:02.65	1983	4A	99	Joanna McLaughlin	North Kansas City	5:06.84	1991	4A
50	Jackie Pirtle	Francis Howell North	5:02.74	2000	4A	100	Jodi Swyers	Festus	5:06.96	1993	3A

## 1981-2011 Missouri State Track Meet Top 100 Individuals

### Girls 3200 Meters

1	Emily Sisson	Parkway Central	10:24.12	2009	4	51	Sadie Darnell	Festus	11:03.71	2011	3
2	Megan Thompson	Hazelwood Central	10:25.95	1990	4A	52	Natalie Becker	Parkway West	11:04.01	2008	4
3	Colleen Quigley	Nerinx Hall	10:27.62	2011	4	53	Amanda Marcak	West Plains	11:05.14	1999	4A
4	Amy Wiseman	Lee's Summit	10:33.41	1997	4A	54	Katie Singleton	Rolla	11:05.50	1997	4A
5	Diane Robison	Parkway Central	10:33.91	2009	4	55	Lisa Brown	West Plains	11:05.55	1992	4A
6	Andrea Fischer	Hannibal	10:35.05	1981	4A	56	Jill Smith	Hazelwood Central	11:05.84	1996	4A
7	Justa Dahl	De Soto	10:35.92	1997	4A	57	Amy Chipman	Blue Springs	11:06.54	1998	4A
8	Chelsey Phoebus	Lee's Summit West	10:39.07	2011	4	58	Jackie Pirtle	Francis Howell North	11:07.22	1999	4A
9	Merideth Snow	Eureka	10:40.48	2005	4	59	Katie Meehan	Smith-Cotton	11:07.23	1999	4A
10	Liz Reid	Springfield Kickapoo	10:42.67	2011	4	60	Kelli Schulte	Francis Howell Central	11:07.0	2002	4A
11	Chris Ridenour	Kirkwood	10:44.37	1982	4A	61	Nicole Graham	Blue Springs	11:07.27	2000	4A
12	Samantha Nightingale	Blue Springs South	10:44.87	2011	4	62	Catherine Wright	Oakville	11:07.2	1995	4A
13	Jill Kingsbury	Washington	10:45.19	1983	4A	63	Kelly Fanning	Seneca	11:07.48	2001	3A
14	Alyssa Allison	Festus	10:48.58	2008	3		Rebecca Davis	Parkway West	11:07.48	1993	4A
15	Susan Bliss	Francis Howell	10:49.70	1988	4A	65	Erin Huddleston	Branson	11:07.97	2007	3
16	Ashley Sanders	Clinton	10:50.0	2002	3A	66	Kaitlyn Fischer	Herculaneum	11:08.29	2010	3
17	Jessica Jackson	Neosho	10:50.35	2011	4	67	Kate Horan	Cor Jesu	11:08.64	2008	4
18	Ann Marie Brooks	St. Joe Central	10:50.72	1997	4A	68	Jenny Noelken	Duchesne	11:09.58	1999	3A
19	Courtney Wood	Neosho	10:52.24	2011	4	69	Anna Wright	Oakville	11:09.4	1995	4A
20	Kiersten West	Lee's Summit West	10:53.07	2011	4	70	Chrissy Owensby	Raytown South	11:09.65	2009	4
21	Alyssa Jones	Rockwood Summit	10:53.64	2011	4	71	Eileen Schweiss	Herculaneum	11:09.75	2010	3
22	Allison Medlin	Carthage	10:53.70	1996	4A	72	Samantha Garrett	Rock Bridge	11:09.78	2011	4
23	Jill Petersen	Francis Howell	10:54.23	2001	4A	73	Laura Kennedy	Lafayette	11:09.88	1999	4A
24	Aimee Bonte	Rockwood Summit	10:54.81	2008	4	74	Mary Reed	North Kansas City	11:09.95	1982	4A
25	Heidi Fischer	Hannibal	10:55.01	1982	4A	75	Rachel York	St. Clair	11:10.21	2006	3
26	Amber Warren	Lutheran (St. Peters)	10:56.82	2005	2	76	Jessica Bollinger	Ste. Genevieve	11:10.54	2007	3
27	Brittani Johnson	West Plains	10:58.25	2008	3	77	Camille Wise	Hickman	11:10.60	1996	4A
28	Diane Robinson	Parkway Central	10:58.51	2008	4	78	Ellen Theroff	Hickman	11:10.75	1981	4A
29	Melissa Sapp	Oakville	10:59.09	1996	4A	79	Maggie Nelson	Kirkwood	11:11.02	1999	4A
30	Emma Burditt	Hannibal	10:59.42	2011	3	80	Casey Dewitt	Logan-Rogersville	11:11.07	1999	3A
31	Jennifer Harper	West Plains	10:59.57	2005	4	81	Alex Moase	Lee's Summit West	11:11.35	2011	4
32	Robyn Hopper	Seneca	10:59.70	2001	3A	82	Liz Reid	Kickapoo	11:11.48	2010	4
33	Jocelyn Todd	Ladue	10:59.75	2011	4	83	Lea Garcia	Webster Groves	11:12.02	2005	4
34	Sarah Haskins	Parkway South	11:00.50	1997	4A	84	Hilary Forman	Pembroke Hill	11:12.18	2005	3
35	Mary Nothum	Washington	11:01.33	2006	4	85	Karagiannis	Parkway West	11:12.39	1989	4A
36	Sarah Bliss	Francis Howell	11:01.38	1988	4A	85	Brittany Tate	Lee's Summit West	11:12.46	2008	4
37	Heather Burroughs	Pembroke Hill	11:01.51	1994	2A	87	Sarah White	Potosi	11:12.51	2008	3
38	Kasey Kimball	Eureka	11:01.92	2004	4	88	Ashley Sommer	Lafayette	11:12.57	2005	4
39	Katherine Hoffman	Notre Dame (KC)	11:02.09	2000	3A	89	Erin Edwards	Raytown South	11:12.58	2008	4
40	Jenny Govero	Rockwood Summit	11:02.12	2011	4	90	Aileen Gallagher	Hickman	11:12.92	2005	4
41	Liga Blyholder	Lee's Summit West	11:02.15	2010	4	91	Sandy Thomas	Kickapoo	11:13.23	1993	4A
42	Ashley Scott	St. Clair	11:02.32	2008	3	92	Stephani Shockley	Soldan	11:13.68	1986	4A
43	Sabrina Dornhoefer	Waynesville	11:02.43	1981	4A	93	Karen Rogers	Kirkwood	11:13.82	1999	4A
44	Terry Phillips	St. Mary's (Ind)	11:02.44	2007	2	94	Allison Smith	Pembroke Hill	11:13.88	2001	2A
45	Erin Hagan	Mexico	11:02.81	2000	3A		Ashley Mark	Lee's Summit North	11:13.88	2007	4
46	Krista Menghini	St. Joseph's (St. Louis)	11:02.86	2009	4	96	Tara Collins	West Plains	11:14.11	2005	4
47	Megan Yohe	Liberty	11:02.88	2009	4	97	Caitlin Laskowski	Blue Springs	11:14.30	2007	4
48	Kat Oberle	Oakville	11:02.95	2008	4	98	Krista Merrill	Potosi	11:14.42	2005	3
49	Hilary Orf	Marquette	11:03.34	2008	4	99	Veronica Bible	McCluer North	11:14.5	2002	4A
50	Tammy Townsend	Neosho	11:03.60	1983	4A	100	Kimi Shank	Rolla	11:14.75	2005	4

## 1975-2011 Missouri State Track Meet Top 100 Schools

### Girls 400 Meter Relay & 440 Yard Relay

1	Raytown South	47.48P	2011	4	51	KC East	49.37p	1996	3A
2	Grandview	47.54p	2007	4	52	Ruskin	49.41	1999	3A
3	Hazelwood East	47.70	2011	4	53	Ritenour	49.2	1980	4A
4	McCluer S.-Berkeley	47.73p	2009	3	54	Parkview	49.51p	2008	4
5	Gateway	47.74	2004	4	55	John Burroughs	49.53p	2009	3
6	Hazelwood Central	47.82	2005	4	56	Lee's Summit	49.54p	2009	4
7	Ladue	47.92p	1999	4A	57	Festus	49.56p	2007	3
8	KC Central	47.93	1997	4A	58	Winnetonka	49.58p	2006	4
	Riverview Gardens	47.93	2005	4	58	Fulton	49.59	1986	3A
10	Jefferson City	47.95	2004	4		Warrensburg	49.59p	2006	3
11	Hickman	48.08	1981	4A	61	Soldan	49.63p	2004	3
12	University City	48.11p	2007	3	62	Holt	49.67p	2005	4
13	McCluer	48.15	2010	4		Lee's Summit West	49.67	2006	3
14	Blue Springs	48.17p	2006	4	64	Bishop O'Hara	49.69	1995	3A
15	Parkway South	48.21	1996	4A	65	Staley	49.70p	2010	3
16	Rockwood Summit	48.23p	2009	4	66	Kickapoo	49.71	1989	4A
17	Van Horn	48.40	1987	4A	67	Sikeston	49.74	1991	4A
18	Kirkwood	48.46	1997	4A	68	Francis Howell	49.75p	1990	4A
19	Parkway Central	48.48p	2003	4	69	St. Francis Borgia	49.77p	1999	3A
20	Hazelwood West	48.56p	1993	4A	70	Rolla	49.78	1993	4A
21	Cardinal Ritter	48.58p	2008	3	71	MICDS	49.79	2011	3
22	Waynesville	48.60	1981	4A	72	Blue Springs South	49.84	1995	4A
23	Lee's Summit North	48.62	2011	4	73	Nerinx Hall	49.87P	2011	4
24	Hickman Mills	48.63p	2004	4	74	Farmington	49.89	1989	4A
	McCluer North	48.63	2007	4	75	Helias	49.91p	1998	3A
26	Parkway North	48.67	2011	4	76	Camdenton	49.94p	1994	4A
27	Berkeley	48.69	1981	4A		Francis Howell Central	49.94p	2007	4
28	Sumner	48.70p	1984	4A	78	Pattonville	49.95p	1991	4A
29	Liberty	48.77	2010	4	79	Glendale	49.96p	2006	4
	Normandy	48.77	2001	4A		Marshall	49.96	1980	3A
31	Webster Groves	48.79p	2009	4	81	St. Charles West	49.98p	2010	3
32	Eureka	48.81p	2011	4	82	Blair Oaks	50.00	2009	2
	KC Center	48.81	2005	3		St. Clair	50.00p	1992	3A
34	Springfield Central	48.86p	1984	4A	84	Dexter	50.10p	2004	3
35	North County Tech	48.96p	2009	3	85	Carthage	50.11p	2011	4
36	Pembroke Hill	48.98p	2010	3	86	Warrenton	50.12p	1981	3A
37	Lutheran North	49.04	2005	3	87	Rock Bridge	50.13p	2006	4
38	Cape Central	49.07p	2006	4		Southern Boone Co.	50.13	1999	2A
39	Oak Park	49.10p	2003	4	89	Beaumont	49.9	1976	AA
40	Park Hill South	49.14p	2002	4A	90	Mehlville	50.15	1993	4A
41	KC Lincoln	49.15	1993	3A	91	Raytown	50.19p	2001	4A
42	North Kansas City	49.16	1989	4A	92	Lexington	50.25	1981	3A
43	Lindbergh	49.19p	2004	4	93	St. Louis Northwest	50.29	1983	4A
43	Jennings	49.21p	1994	3A	94	Mexico	50.31	1995	3A
45	Bishop Hogan	49.29p	1989	3A	95	Maplewood-Rich.Hts.	50.35	1990	2A
	Lafayette	49.29p	1999	4A	96	Moberly	50.38p	1990	3A
47	Columbia Hickman	49.30	2011	4	97	Knob Noster	50.39p	2009	2
	KC Southeast	49.30p	1987	4A	98	St. Joe Central	50.39	1981	4A
49	Jackson	49.36p	2005	4	99	Osage	50.41p	2001	3A
	St. Louis Metro	49.36p	2006	2	100	Charleston	50.49	1988	3A

## 1975-2011 Missouri State Track Meet Top 100 Schools Girls 800 Meter Relay & 880 Yard Relay

1	Hazelwood Central	1:38.42p	2004	4	51	Sikeston	1:43.94p	2009	3
2	Hazelwood East	1:39.60	2011	4	52	Francis Howell Central	1:43.96	2007	4
3	Raytown South	1:39.64	2011	4	53	Hickman Mills	1:43.97	1983	4A
4	Gateway	1:39.71	2003	4A	54	KC Southeast	1:43.98	1986	4A
5	KC Central	1:39.72	2000	4A		Poplar Bluff	1:43.98p	1999	4A
6	North Kansas City	1:39.90	2010	4	56	Joplin Memorial	1:44.00p	1982	4A
7	Riverview Gardens	1:40.25	1985	4A	57	Liberty	1:44.01	2007	4
8	Ladue	1:40.29p	2009	4	58	KC Center	1:44.18	2006	3
9	Berkeley	1:40.65	1993	3A	59	John Burroughs	1:44.23p	2009	3
10	Van Horn	1:41.02	1985	4A	60	Farmington	1:44.28	1986	3A
11	McCluer S.-Berkeley	1:41.07	2007	3		Osage	1:44.28p	2004	3
12	Rockwood Summit	1:41.23p	2009	4	62	Beaumont	1:44.29	1977	AA
13	Park Hill South	1:41.39	2001	4A	63	Parkview	1:44.35p	2002	4A
14	University City	1:41.41	2007	3	64	Charleston	1:44.40p	1983	3A
15	Parkway South	1:41.48	1996	4A	65	Soldan	1:44.48p	1982	4A
16	Normandy	1:41.50p	1987	4A	66	Bishop Hogan	1:44.63	1987	3A
17	Kirkwood	1:41.55p	2009	4	67	Cardinal Ritter	1:44.72p	2008	3
18	Eureka	1:41.67	1985	4A	68	Fulton	1:44.74	1981	3A
19	Lee's Summit North	1:41.96p	2009	4	68	St. Louis Central	1:44.5p	2005	3
20	Parkway Central	1:42.04	2003	4A	70	Staley	1:44.80p	2010	3
21	Park Hill	1:42.05	1989	4A	71	Mehlville	1:44.81p	1999	4A
22	Webster Groves	1:42.08p	1981	4A	72	Francis Howell	1:44.84p	2003	4
23	MICDS	1:42.24	2011	3	73	Holt	1:44.85p	2005	4
24	Jefferson City	1:42.30p	1987	4A		Southern Boone Co.	1:44.85	1999	2A
25	Blue Springs	1:42.33	2007	4	75	KC East	1:44.95	1996	3A
26	Hazelwood West	1:42.2	1995	4A	76	Palmyra	1:44.96	1998	2A
27	McCluer	1:42.48	1992	4A	77	Jennings	1:44.99p	2003	3
28	St. Francis Borgia	1:42.58	1999	3A	78	Fort Zumwalt West	1:45.02p	2006	4
29	Waynesville	1:42.63	1981	4A	79	Jackson	1:45.09p	2005	4
30	Lee's Summit West	1:42.68	2006	3	80	Marceline	1:45.13	2007	2
31	Lindbergh	1:42.69	2004	4	81	Blue Springs South	1:45.14p	1995	4A
32	Springfield Central	1:42.72	1984	4A		Moberly	1:45.14p	1990	3A
33	Ruskin	1:42.73p	1990	4A	83	Kennett	1:45.16p	1993	3A
34	McCluer North	1:42.74	2007	4	84	St. Louis Metro	1:45.18	2009	2
35	Sumner	1:42.6	1979	4A	85	Clayton	1:45.19	1989	3A
36	Oak Park	1:42.92p	2003	4	86	Ritenour	1:45.21	1986	4A
37	Cape Central	1:42.95	1988	4A	87	Boonville	1:45.34	1996	3A
38	Lafayette	1:43.14	1998	4A	88	Westport	1:45.39	2004	3
39	Grandview	1:43.20	2000	4A	89	Warrensburg	1:45.40	2006	3
40	Kickapoo	1:43.22	1996	4A	90	Ozark	1:45.45p	2008	4
41	Parkway North	1:43.27p	2011	4	91	Mexico	1:45.52	1984	3A
42	Pattonville	1:43.1	2002	4A	92	Maryville	1:45.53	1982	3A
43	O'Fallon Tech	1:43.41p	1982	4A	93	Caruthersville	1:45.59	2005	2
44	Wentzville	1:43.45	1992	4A		Pleasant Hill	1:45.59p	2010	3
45	KC Lincoln	1:43.55	1992	3A	95	Warrenton	1:45.61	1981	3A
46	Hickman	1:43.62p	1982	4A	96	Affton	1:45.65p	2011	3
47	KC Southwest	1:43.65p	1987	4A	97	Camdenton	1:45.67	1984	3A
48	Lee's Summit	1:43.69p	2009	4	98	New Madrid CC	1:45.73	1989	3A
49	Helias	1:43.89	1996	3A	99	Bishop O'Hara	1:45.80p	1987	3A
50	Lutheran North	1:43.91p	2004	3	100	Bolivar	1:45.84	2007	3

## 1975-2011 Missouri State Track Meet Top 100 Schools Girls 1600 Meter Relay & Mile Relay

1	McCluer S.-Berkeley	3:45.78	2007	3	51	Pattonville	3:59.70p	2001	4A
2	Ladue	3:48.00	2011	4	52	Truman	3:59.82p	1987	4A
3	Normandy	3:51.48	1986	4A	53	KC Central	3:59.93	1986	3A
4	Cardinal Ritter	3:53.09	2008	3	54	Blair Oaks	4:00.15	1999	2A
5	Jefferson City	3:53.20	2007	4	55	Logan-Rogersville	4:00.22	1982	3A
6	McCluer North	3:53.57	2011	4	56	Parkview	4:00.25	2001	4A
7	McCluer	3:53.81	2005	4	57	Clayton	4:00.37	2004	3
8	Hazelwood East	3:54.55	2007	4	58	Villa Duchesne	4:00.40	2008	3
9	Parkway Central	3:54.80	2008	4	59	KC Southeast	4:00.47	1987	4A
10	Sumner	3:54.98	1981	4A	60	Bolivar	4:00.57	2005	3
11	Parkway South	3:55.12	1987	4A	61	Blue Springs South	4:00.61	2001	4A
12	Eureka	3:55.13	2008	4	62	Rock Bridge	4:00.94p	2006	4
13	Park Hill	3:55.27p	1998	4A	63	Harrisonville	4:00.95	1986	3A
14	Lindbergh	3:55.40	2011	4	64	Paseo	4:01.06	1989	3A
15	Hazelwood Central	3:55.79	1981	4A		Warrensburg	4:01.06p	2011	3
16	Francis Howell	3:55.86	2011	4	66	KC Lincoln	4:01.08p	2011	3
17	Ruskin	3:55.90	1986	4A	67	Fatima	4:01.10	1986	3A
18	Lee's Summit North	3:55.94	2011	4	68	North Kansas City	4:01.13	2010	4
19	University City	3:55.7	2002	4A	69	Ozark	4:01.14	2005	3
20	Webster Groves	3:55.97	1981	4A	70	Nevada	4:01.50	1986	3A
21	Riverview Gardens	3:56.01	1988	4A	71	Liberty	4:01.62p	2002	4A
22	Berkeley	3:56.49	1993	3A	72	Fort Osage	4:01.74p	2007	4
23	Poplar Bluff	3:56.54	1999	4A	73	St. Charles West	4:01.77	2010	3
24	Kirkwood	3:56.71	2011	4	74	Soldan	4:02.11	1983	4A
25	Park Hill South	3:56.96p	2001	4A	75	Timberland	4:02.16p	2008	4
26	Osage	3:57.01	2004	3	76	William Chrisman	4:02.20	1981	4A
27	Helias	3:57.09	1997	3A	77	John Burroughs	4:02.31	2001	2A
28	Joplin Memorial	3:57.11	1981	4A	78	West Plains	4:02.35p	1999	4A
29	KC Center	3:57.15p	2007	3	79	Jackson	4:02.55	1989	4A
30	Maryville	3:57.26	2010	3	80	Carthage	4:02.64p	1999	4A
31	Marquette	3:57.34p	1999	4A	81	New Madrid CC	4:02.72	1992	3A
32	KC Southwest	3:57.49	1994	4A	82	Ritenour	4:02.80	1987	4A
33	Waynesville	3:57.53p	1981	4A	82	Hazelwood West	4:02.81p	2009	4
34	Hickman	3:57.58p	2004	4	84	Marceline	4:03.08	2006	2
34	Lee's Summit West	3:57.64	2006	3		St. Francis Borgia	4:03.08	1998	3A
36	St. Joe Central	3:57.70p	2006	4	86	Parkway North	4:03.38p	2011	4
37	Parkway West	3:57.73	2003	4A	87	Whitfield	4:03.51	2001	2A
38	Raytown South	3:57.78p	2006	4	88	Rockwood Summit	4:03.61p	2010	4
39	Gateway	3:58.02p	2002	4A	89	Principia	4:03.72	2009	2
40	Cape Central	3:58.05	1996	4A	90	Lutheran North	4:03.73	1985	3A
41	Windsor (Imperial)	3:58.20p	2007	3	91	Charleston	4:03.79p	1988	3A
42	Hickman Mills	3:58.44	1999	3A	92	Cor Jesu	4:03.6	2002	3A
43	Oak Grove	3:58.4	1987	3A	93	Rosati-Kain	4:03.87p	2008	3
44	Lee's Summit	3:58.70	2008	4	94	Lawson	4:03.88	2006	2
45	MICDS	3:58.73p	2011	3	95	Clinton	4:03.90p	1997	3A
46	Grandview	3:58.81p	2000	4A	96	Branson	4:03.96	1985	3A
47	Kickapoo	3:59.03	1986	4A	97	Fox	4:03.97	1985	4A
48	Neosho	3:59.33	1990	4A	98	Union	4:04.01	1986	3A
49	Blue Springs	3:59.56	1988	4A	99	St. Mary's (Ind)	4:04.27	2009	2
50	Notre Dame (KC)	3:59.67	1997	3A	100	Cameron	4:04.28	1981	3A

## 1979-2011 Missouri State Track Meet Top 100 Schools

### Girls 3200 Meter Relay & 2 Mile Relay

1	Parkway Central	9:06.89	2009	4	51	Cameron	9:36.24	1981	3A
2	Eureka	9:09.09	2004	4	52	Fort Zumwalt South	9:37.49	2009	4
3	Marquette	9:12.7	2002	4A	53	Rosati-Kain	9:38.56	2008	3
4	Lindbergh	9:14.19	2011	4	54	Ray-Pec	9:38.4	1995	3A
5	Kirkwood	9:15.33	2010	4	55	North Kansas City	9:38.77	1982	4A
6	West Plains	9:16.5	2002	4A	56	Potosi	9:39.0	1995	3A
7	Neosho	9:18.03	2009	4	57	Oak Park	9:39.35	2008	4
8	Francis Howell	9:18.36	1987	4A	58	Lutheran South	9:39.2	1995	3A
9	Liberty	9:19.51	1997	4A	59	Farmington	9:39.69	2011	3
10	Lee's Summit West	9:22.14	2009	4	60	Fox	9:39.87	1986	4A
11	Lafayette	9:23.03	2005	4	61	Parkview	9:40.21	1997	4A
12	Hickman	9:24.11	2004	4	62	Ruskin	9:40.58	2007	3
13	Festus	9:24.44	2009	3	63	KC Lincoln	9:40.99	1986	3A
14	Francis Howell North	9:24.71	2001	4A	64	Maysville	9:41.08	1983	2A
15	Soldan	9:25.09	1985	4A	65	Kirksville	9:41.13	2009	3
16	Joplin Memorial	9:25.78	1982	4A	66	Logan-Rogersville	9:41.61	1996	3A
17	KC Southwest	9:26.31	1980	4A	67	Lutheran (St. Peters)	9:41.83	2011	2
18	Parkway South	9:26.33	1987	4A	68	Buffalo	9:42.06	1987	3A
19	McCluer S.-Berkeley	9:26.42	2007	3	69	Notre Dame (KC)	9:42.2	2002	3A
20	McCluer North	9:26.47	1982	4A	70	Union	9:42.79	2003	3A
21	Lee's Summit	9:26.70	1995	4A	71	Warrensburg	9:42.8	2002	3A
22	Kearney	9:26.75	2009	3	72	KC Northeast	9:43.28	1982	4A
23	Blue Springs South	9:26.95	1994	4A	73	Bishop O'Hara	9:43.46	1983	3A
24	Parkway West	9:28.10	1991	4A	74	Rockwood Summit	9:43.52	2010	4
25	Jefferson City	9:28.22	1994	4A	75	St. Joe Central	9:43.73	2005	4
26	Ladue	9:28.26	2008	3	76	Duchesne	9:43.88	1984	3A
27	Rolla	9:29.62	1996	4A	77	Tarkio	9:43.93	1983	2A
28	Jackson	9:29.79	1993	4A	78	Normandy	9:43.99	1986	4A
29	Lee's Summit North	9:29.95	2011	4	79	St. Charles West	9:44.05	1998	4A
30	Carthage	9:30.30	1996	4A	80	Hamilton	9:44.20	2007	2
31	St. Teresa's	9:30.36	2011	4	81	Seckman	9:44.25	2003	4
32	Principia	9:30.46	1993	3A	82	KC Southeast	9:44.76	1980	4A
33	Hazelwood Central	9:30.49	1992	4A	83	Monett	9:45.17	1985	3A
34	De Soto	9:30.54	1997	4A	84	Park Hill	9:45.32	1991	4A
35	Park Hill South	9:31.00	2003	4A	85	Clayton	9:45.40	1998	3A
36	Smithville	9:31.10	2010	3		St. Joe Lafayette	9:45.40	1987	3A
37	Kickapoo	9:31.20	1993	4A	87	Hannibal	9:45.54	2011	3
38	Hazelwood East	9:31.83	1990	4A	88	Parkway North	9:45.59	1995	4A
39	Blue Springs	9:31.88	1989	4A	89	Harrisonville	9:45.80	1986	3A
40	Pattonville	9:31.99	1982	4A	90	Mark Twain	9:45.92	2011	2
41	Washington	9:32.09	2009	4	91	Hermann	9:46.15	2010	2
42	Helias	9:32.36	1998	3A	92	Butler	9:46.17	1988	2A
43	Webster Groves	9:32.39	1980	4A	93	Fort Zumwalt West	9:46.49	2010	4
44	Cape Central	9:34.07	2003	4A	94	St. Clair	9:46.74	2006	3
45	Ste. Genevieve	9:34.27	2007	3	95	Perryville	9:46.76	1984	3A
46	Herculaneum	9:34.33	1983	3A	96	Excelsior Springs	9:47.34	1980	4A
47	MICDS	9:34.63	2004	3	97	Bolivar	9:47.37	2007	3
48	Savannah	9:34.4	1995	3A	98	South Shelby	9:47.43	1988	2A
49	Rock Bridge	9:34.81	2005	4	99	St. Francis Borgia	9:47.77	1997	3A
50	Oakville	9:36.02	1996	4A	100	Fatima	9:48.10	1985	3A

# 1988-2011 Missouri State Track Meet Top 100 Individuals

## Girls 100 Meters High Hurdles

1	Makeatha Cooper	Grandview	13.85p	2003	4	52	Kendra Lollis	Blue Springs South	14.95	1997	4A
2	Precious Selmon	Crystal City	13.90	2009	2		Nikki Wetstein	Windsor (Imperial)	14.95p	2009	3
3	Tiffani McReynolds	Pembroke Hill	13.92	2010	3	54	Mary Garrett	Carthage	14.96p	1999	4A
4	Lindsay Vollmer	Hamilton	14.16	2010	2	55	Emily Loussaert	Lafayette	14.97	1994	4A
5	Chloe Davis	Normandy	14.28	2000	4A	56	Abra McField	Normandy	14.98	2001	4A
6	Terri Counts	Hickman Mills	14.33p	2005	4		Amy Fleddermann	Oakville	14.98	2004	4
7	Shaneatra Neely	Hickman Mills	14.37	1999	3A	58	Kristen Collins	Parkway Central	14.99	2001	4A
8	Madison Smith	Lee's Summit North	14.38	2011	4	58	Erin Alewine	Jefferson City	15.00	2008	4
9	Tiana Davis	Park Hill	14.39	2007	4		Jantelle McNeil	Hazelwood East	15.00	2007	4
10	Michele Cervant	Oak Grove	14.40p	1987	3A	61	Anita King	McCluer North	15.01	1990	4A
10	Remy Abrought	Lee's Summit North	14.41	2011	4		Kristen Pogemiller	Kickapoo	15.01	1998	4A
12	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	15.01p	2005	4
14	Jordan Stiens	Maryville	14.48	2010	3	65	Aleisha Gilliam	Lutheran North	15.02w	2006	3
15	Whitney Thomas	Hazelwood Central	14.52	2004	4	66	Kim Frischman	De Soto	15.04	1988	4A
16	Tenisha Britton	Poplar Bluff	14.53	1999	4A	67	Amy Vanderfilz	Helias	15.05p	1987	3A
17	Jemima Archibald	Lafayette	14.54	2000	4A		Carley Herring	Elsberry	15.05	2010	2
	Kim Martin	Jennings	14.54p	2002	3A		Megan Marlborough	Lee's Summit North	15.05p	2005	4
19	Erin Narzinski	Oakville	14.55	1994	4A	70	Charmen Jackson	Lafayette	15.06	1988	4A
20	Kathryn Coleman	Gateway	14.56	2004	4	71	Beth Puttcamp	Rockwood Summit	15.07p	1998	4A
21	Ty'Risha Chambers	KC Center	14.56p	2009	3		Orie Ibe	Ladue	15.07p	2005	3
22	Katie Wenger	St. Joe Central	14.58p	2005	4		Stacy Robinson	KC Southeast	15.07p	1997	4A
23	Briana Isom-Brummer	Villa Duchesne	14.61p	2009	3	74	Lisa Boyd	Farmington	15.08	2001	4A
24	Christine Spence	Lee's Summit North	14.63	2000	4A	75	Angela Butcher	Notre Dame (KC)	15.09	1996	3A
25	Megan Williams	Hickman	14.64p	1998	4A		Petra Karanikic	North County	15.09p	2000	3A
26	Kerry Hils	Moberly	14.65	1999	3A	77	Hali Ford	Afton	15.11	2011	3
27	Micheala Edwards	Ruskin	14.67p	1993	3A		Leslie Murillo	Ruskin	15.11p	2003	3
28	Ty'Risha Chambers	KC Lincoln	14.68w	2006	3		McKenzie Rhea	Webb City	15.11	2005	3
29	Lauren Begany	Lindbergh	14.69p	2006	4		Melanie Wilson	Rosati-Kain	15.11p	2003	4
30	Rachel Manning	Normandy	14.70	1994	4A	81	Alicia Bowie	KC Southwest	15.12p	1988	4A
31	Ashli Mosby	Raytown South	14.71p	2009	4		Krystle Hatton	Hazelwood East	15.12p	2003	4
	Jan Loussaert	Lafayette	14.71p	1993	4A		Sarah Gretzmacher	Seckman	15.12p	2003	4
33	Lashayla Bell	University City	14.72p	2006	3	84	Ashley Pyle	Palmyra	15.13	1999	2A
	Melita Williams	Francis Howell	14.72	1991	4A		Lynn Ford	Normandy	15.13	2011	4
35	Andrea Seabaugh	Fredericktown	14.77p	1988	3A	86	Chelsea Luck	Jefferson City	15.14p	2005	4
	Debbie Massengale	Jefferson City	14.77	1988	4A	87	Abby Nielsen	East Newton	15.15	1999	2A
	Heather Williams	Aurora	14.77p	1991	3A		Lydia Ginger	Ritenour	15.15	2007	4
	Lynetta Ragsdale	Normandy	14.77p	2005	4	89	Courtney McCartney	Kirksville	15.16	2005	3
39	Dione Person	University City	14.79	1990	4A	90	Ashley Johnson	Parkway Central	15.18	2007	4
40	Leslie Farmer	Jefferson City	14.81p	2008	4		Becky Shull	Kearney	15.18	1996	3A
	Nicole Douglas	Parkway West	14.81	2011	4		Mallory Short	Rock Bridge	15.18	2011	4
	Tracy Partain	Parkview	14.81	2001	4A	93	Anna Holtermann	Washington	15.19	2010	4
43	Brittney Castleberry	Perryville	14.82	2007	3	94	Courtney Miller	Lee's Summit North	15.20p	2005	4
44	Cherelle Gray	Oak Park	14.86	2003	4A		Da'Niesha Williams	Ruskin	15.20p	1999	3A
45	Kelly O'Brien	Lafayette	14.87	1991	4A		Shea Groom	Liberty	15.20p	2009	4
46	Shanelle Williams	Hazelwood West	14.88p	2010	4	97	Audrey Bailey	Lathrop	15.21	2004	2
47	Victoria Jackson	Columbia Hickman	14.89	2011	4	98	Andrea Sykes	St. Louis Metro	15.22	1995	2A
48	Kelli Smith	Grandview	14.90p	1996	4A		Angie McCall	Hazelwood East	15.22	1996	4A
48	Asaki Carr	Parkway West	14.92	2004	4		Chaquita Watkins	Jefferson City	15.22	2010	4
50	Jenny Woodward	Harrisonville	14.7	2002	3A		Keanna Hagens	Riverview Gardens	15.22p	2005	4
	Shannon O'Dell	Farmington	14.94p	1993	4A		Megan Bess	Farmington	15.22	2007	3
52	Gracie Prewitt	Bolivar	14.95p	2009	3		Surhea Mitchell	KC Lincoln	15.22p	1990	3A

## 1984-2011 Missouri State Track Meet Top 100 Individuals

### Girls 300 Meter Low Hurdles

1	Shaneatra Neely	Hickman Mills	42.52	2000	3A	51	Alana Gray	Hazelwood East	44.82	2007	4
2	Makeatha Cooper	Grandview	42.83	2003	4A	52	Emily Pugh	Lindbergh	44.82p	2000	4A
3	Lauren Begany	Lindbergh	42.93	2006	4	53	Angela Butcher	Notre Dame (KC)	44.83	1996	3A
4	Tiffany Jackson	Gateway	43.05	2005	4	54	Becky Schafer	Truman	44.6	1986	4A
5	Tiffani McReynolds	Pembroke Hill	43.15	2009	3	55	Sienna Trice	Rock Bridge	44.85	2011	4
6	Nicole Douglas	Parkway West	43.21	2011	4	56	Fiona Brooks	Francis Howell North	44.87p	2009	4
7	Katie Wenger	St. Joe Central	43.35	2006	4	57	Lynette Atkinson	Ladue	44.88	2007	3
8	Stephanie Small	Riverview Gardens	43.37p	1988	4A	58	Stacey Fritts	Miami	44.94	1987	1A
9	Danisa Bennett	Ladue	43.38	2007	3	59	LaShonette Andrews	Ruskin	44.97	1989	4A
10	Tenisha Britton	Poplar Bluff	43.40	1999	4A		Whitney Thomas	Hazelwood Central	44.97p	2004	4
11	Christine Spence	Lee's Summit North	43.46	2000	4A	61	Alexys Plummer	Cardinal Ritter	44.98p	2008	3
12	Danielle Oliver	Ladue	43.54	2006	3		Leslie Farmer	Jefferson City	44.98p	2008	4
13	Tracy Partain	Parkview	43.3	2002	4A	63	Natalie Dansberry	Sumner	45.02	1985	4A
14	Tiffany Hargrove	KC Central	43.59	2000	4A		Toniece Williams	Ruskin	45.02	2005	3
15	Chloe Davis	Normandy	43.61	2000	4A	65	Terri Counts	Hickman Mills	45.03p	2005	4
16	Aleese Pittman	McCluer S.-Berkeley	43.65	2009	3	66	Amy Fox	Hannibal	45.04	1997	4A
17	Candy Mason	Nevada	43.65p	1994	3A		Kathy Weiss	Helias	45.04	1997	3A
18	Kristen Pogemiller	Kickapoo	43.67	1999	4A	68	Amy Vanderfilz	Helias	45.05p	1988	3A
19	Tierra Jones	Hazelwood East	43.72p	2007	4		Kerry Hils	Moberly	45.05	1999	3A
20	Felecia Allen	Riverview Gardens	43.80	1986	4A	70	Megan Williams	Hickman	45.07p	1998	4A
21	Precious Selmon	Crystal City	43.82	2009	2		Secelia Winkfield	Blue Springs	45.07p	1988	4A
22	Madison Smith	Lee's Summit North	43.83p	2011	4	72	Ashli Mosby	Raytown South	45.11	2009	4
23	Lashayla Bell	University City	43.89	2006	3	73	Angie Smith	St. James	45.12	1997	3A
24	Jordan Stiens	Maryville	43.92	2009	3	74	Tausha Cooke	Cameron	44.9	2002	3A
25	NaTasha Blair	McCluer	43.96	2006	4	75	Carla Brown	Willow Springs	45.15	1985	3A
26	Deanna Adams	Springfield Central	43.99p	1984	4A	76	Erin Gilliland	Chillicothe	45.16	2011	3
27	Tammy Wenkel	Owensville	44.02	1996	3A	77	Da'Niesha Williams	Ruskin	45.18	1999	3A
28	Jamie Mathewson	Park Hill South	44.05	2003	4A	78	Teresa Dollens	Centralia	45.19	1985	2A
29	Lindsay Vollmer	Hamilton	44.08	2008	2	79	Wendy Kindermann	Fort Zumwalt North	45.21	1992	4A
30	Andrea Seabaugh	Fredericktown	44.12	1988	3A	80	Alona Bryant	Riverview Gardens	45.23p	2004	4
	Sommer Lawal	MICDS	44.12	1997	3A		Jantelle McNeil	Hazelwood East	45.23	2007	4
32	Briana Isom-Brummer	Villa Duchesne	44.16	2009	3		Sierra Hawkins	Lee's Summit North	45.23	2009	4
33	Sarah Noonan	Kirkwood	44.20p	2009	4	83	Mar Lisa Hamlett	Westport	45.24	2005	3
34	Orie Ibe	Ladue	44.22	2005	3		Tonya Scott	Bishop Hogan	45.24p	1987	3A
	Valerie Simmons	Normandy	44.22	2003	4A	85	Rosemary Forsyth	John Burroughs	45.25	2005	3
36	Lanie Miller	Ladue	44.24	1998	4A	86	Chelsea Campbell	Ozark	45.26	2001	3A
37	Gracie Prewitt	Bolivar	44.28p	2008	3	87	Eddrena Littleton	Parkway Central	45.30	2001	4A
38	Michele Cervant	Oak Grove	44.30	1986	3A	88	Rachel Minard	Webb City	45.31	2003	3A
39	Micheala Edwards	Ruskin	44.35	1992	4A	89	Sydia Darker	Ritenour	45.34	2011	4
40	Bridgette Morrow	Riverview Gardens	44.42	1987	4A	90	Cyarra Prince	Afton	45.35	2008	3
41	Jenny Woodward	Harrisonville	44.2	2002	3A		Shannon O'Dell	Farmington	45.35	1993	4A
42	Erin Kramer	Park Hill	44.50	1987	4A	92	Abra McField	Normandy	45.36	2001	4A
43	Sarah Bringer	Hillsboro	44.53	2011	3	93	Amanda Jackson	Ruskin	45.37p	2011	4
44	Mary Garrett	Carthage	44.54	1999	4A	94	Victoria Jackson	Columbia Hickman	45.40	2011	4
45	Audrey Bailey	Lathrop	44.56p	2004	2	95	Nicole Thompson	Ruskin	45.41	1987	4A
46	Deirdre Fortman	Park Hill	44.60	1994	4A	96	Domonique King	KC Lincoln	45.42	2006	3
47	Missy Niehaus	Lafayette	44.67p	1999	4A	97	Carley Herring	Elsberry	45.45p	2009	2
48	Kendra Lollis	Blue Springs South	44.71	1997	4A		Michelle Franklin	KC East	45.45	1991	4A
49	Vanessa Cunningham	Waynesville	44.79p	1984	3A	99	Abby Nielsen	East Newton	45.46p	1997	3A
50	Nicole Williams	Lee's Summit	44.80p	2004	4		McKenzie Rhea	Webb City	45.46p	2005	3

# 1980-2011 Missouri State Track Meet Top 100 Individuals

## Girls Shot Put

1	Valeyta Althouse	Blue Springs	47-07 3/4	1992	4A	52	Kylie Cornman	Mountain View	41-05 1/2	2010	2
2	Jill Rushin	Jackson	47-04 1/2	2009	4	53	Candi Mueller	Knob Noster	41-05	2011	2
3	Kendra Green	Boonville	47-00	2005	3	54	Skyler Young	Bishop O'Hara	41-04 3/4	2010	3
4	Jasmine Boyer	Fort Zumwalt West	46-09 3/4	2008	4	55	Kelly Klusmeyer	Boonville	41-04 1/2	2009	3
5	Katie Evans	Putnam Co.	46-07 1/4	2008	2	56	Allison Rosewicz	Cassville	41-04	2000	3A
6	Elisha Hunt	Linn	45-08 1/4	2003	2A		Devyn McPherson	Carl Junction	41-04	2008	3
7	Rickeal Roach	Lutheran South	45-07 1/2	2007	3	58	Heather Jenkins	Cape Central	41-03 3/4	2001	4A
8	Krishna Lee	Bishop O'Hara	44-05 1/4	2005	3	59	Dahlia Dyson	Fort Zumwalt West	41-03 1/4	2011	4
9	Denise Buchanan	Glendale	44-11 1/2	1983	4A	60	Jeneen Townsend	Jefferson City	41-03	1991	4A
10	Sarah Hall	Hickman	44-01 1/4	2010	4		Karmyn Clark	McCluer North	41-03	2006	4
11	Rachel Travis	Lutheran (St. Peters)	44-01	2007	3	62	Beth Lewis	Savannah	41-02 1/2	2010	3
12	Brittany Borman	Festus	44-10 1/4	2007	3	63	Hannah Kuenzel	Valle	41-02	2010	2
12	Cydne Ryan	Hannibal	44-00 1/4	1985	4A		Mitzi Noelker	Lexington	41-02	1990	2A
14	Amarachi Ukabam	Marquette	43-09 3/4	2000	4A	65	Holly Scherder	Bowling Green	41-01 3/4	2000	3A
15	Monet Jackson	Blue Springs	43-07 1/4	2011	4	66	Kelsey Benoit	Centralia	41-01 1/2	2011	2
16	Lutricia Purham	Marquette	43-04	1996	4A	67	Rachel Galbreath	Jefferson City	41-01 1/4	1999	4A
17	Hope Harris	Clinton	43-03	2007	3	68	Deanna Price	Troy	40-11 3/4	2011	4
18	Cheryl Spradley	Raytown	43-02 3/4	1994	4A	69	Cortni Ervin	Marshall	40-11 1/2	2008	3
19	Connie Price	St. Charles	43-00 1/2	1980	4A	70	Yvonne Bentley	Blue Springs	40-10 1/4	1988	4A
20	Rene Brown	Poplar Bluff	42-10	1981	4A	71	Brianna Egbuka	Cape Central	40-09 3/4	2007	4
20	Debbie Kusiak	Wentzville	42-09 3/4	1989	4A		Ryan Richardson	Parkway Central	40-09 3/4	2007	4
22	Julia Russell	Mountain View	41-11 3/4	2006	2	73	Bianca Lockette	McCluer North	40-08 3/4	2007	4
22	Kelli McCrary	Hazelwood Central	42-08 1/4	1988	4A	74	Laura Lukens	Cape Central	40-08 1/2	1997	4A
24	Wendy Jacobson	KC Center	41-10 1/4	1986	4A	75	Bridgette Carpenter	Jefferson City	40-07 1/2	2003	4A
25	Katie Vanarsdall	Fort Osage	42-07 3/4	2006	4		Cheryl Pouncil	Ruskin	40-07 1/2	1989	4A
26	Julie Walker	Truman	42-07 1/2	1980	4A		Stephanie Jackson	St. Joe Benton	40-07 1/2	1996	4A
27	Jasmine Kassaravoid	Lawson	42-06 1/2	2008	2	78	Dana Thompson	Grandview	40-06 3/4	2001	4A
28	Ashlie Shimmin	Joplin	42-06	2010	4	79	Kay Wright	Harrisonville	40-06 1/2	1982	3A
29	Asia Cole	Fort Osage	42-05 3/4	2011	4		Onetha Jackson	Maplewood-Rich.Hts.	40-06 1/2	1980	3A
30	Tamika Lomax	Raytown	42-05 1/2	2000	4A	81	Mariah Fuimaono	Oak Grove	40-06	2001	3A
31	LeKiesha McKnight	Raytown	42-04 1/4	2008	4	82	Miriah Korokis	Fredericktown	40-05 3/4	2010	3
32	Laura Greenfield	Liberty	42-03 1/2	2008	4	83	Phyllis Lewis	Raytown South	40-05 1/2	1999	4A
33	Dixie Wescott	Truman	42-02	1980	4A		Susan Brueggemann	Sullivan	40-05 1/2	2008	3
34	Candace Johnson	Hazelwood Central	42-01 3/4	2002	4A	85	Erika Cook	Jefferson City	40-05	1988	4A
35	Traci Werner	Nevada	42-01 1/4	2003	3A	86	Brittany Fields	MICDS	40-03 3/4	2007	3
36	Martha Schnackenberg	Neosho	42-00 1/4	1987	4A	87	Jeannie Ward	Moberly	40-03 1/2	1981	3A
37	Marion Washington	Bishop Hogan	42-00	1988	3A	88	Essence Chalmers	Lee's Summit West	40-03 1/4	2011	4
	Nicole Portell	Herculaneum	42-00	2002	3A	89	Nancy Rea	Rock Bridge	40-03	1982	4A
39	Jessica Donovan	St. Joe Benton	41-09 3/4	2007	3	90	Lucy Minor	Pacific	40-02 1/2	1992	4A
40	Sarah Hall	Columbia Hickman	41-09 3/4	2011	4	91	Wendee Brown	Blue Springs	40-02 1/4	1989	4A
	Stacy Tiefenauer	North County	41-09 3/4	1996	3A	92	Ashlee Shimmin	Joplin	40-01 1/2	2007	4
42	Carie Talbot	Jasper	41-09	2006	1		Ashley Poptanycz	Tarkio	40-01 1/2	2001	1A
42	Laura Ortinau	Oakville	41-08 1/4	2003	4A		Charlene Cortez	Carthage	40-01 1/2	1989	4A
44	Bryanna Pierce	St. Clair	41-08	2011	3		Rachael Monteil	Odessa	40-01 1/2	2011	3
	Lindsey Markworth	Lexington	41-08	2001	2A	96	Stephanie Wainscott	Bolivar	40-01	1995	3A
46	Marisha Griffen	Normandy	41-07	1999	4A	97	Jessica Selby	Reeds Spring	40-00 1/4	2004	3
	Tiffanie Jones	Warrensburg	41-07	2001	3A	98	Katie Scherer	Crest Ridge	40-00	2000	1A
48	Erin Steffens	Herculaneum	41-06 3/4	2006	3	99	Ashley Holmes	Hazelwood East	39-11 1/2	2006	4
	Roxanna Koke	Waynesville	41-06 3/4	2009	4	100	Chelsi Rohr	Lee's Summit North	39-11 1/4	2004	4
50	Julia Smith	Kirkwood	41-06 1/2	1988	4A		Pam Vassar	Parkview	39-11 1/4	1986	4A
51	Kendra Williams	Kirkwood	41-05 3/4	2004	4						

## 1975-2011 Missouri State Track Meet Top 100 Individuals

### Girls Discus

1	Amarachi Ukabam	Marquette	165-01	2001	4A	51	Haley Heuer	Harrisburg	134-06	2011	2
2	Katie Evans	Putnam Co.	160-05	2009	2		Jelani Kelly	Hazelwood Central	134-06	2007	4
3	Denise Buchanan	Glendale	153-04	1983	4A	53	Lisa Hughes	Orchard Farm	134-04	2005	2
4	Megan Collins	Lee's Summit North	153-02	2008	4	54	Katie Vanarsdall	Fort Osage	134-03	2005	4
5	Rickeal Roach	Lutheran South	152-09	2007	3	55	Robyn Baker	Mexico	134-01	2006	3
6	Heather Jenkins	Cape Central	152-05	2001	4A	56	Jennifer Tuck	Orchard Farm	133-10	1994	2A
7	Jill Rushin	Jackson	152-00	2010	4	57	Venisha Williams	McCluer	133-08	2001	4A
8	Becky Haug	Lee's Summit North	151-07	2002	4A	58	Olivia Brand	Springfield Glendale	133-03	2011	4
	Loren Groves	Scott City	151-07	2004	2		Amanda Liles	Nevada	132-03	2001	3A
10	Hope Harris	Clinton	151-04	2005	3		Ashlie Shimmin	Joplin	132-03	2010	4
11	Brittany Borman	Festus	150-05	2007	3		Callie Newton	Republic	132-03	1998	3A
12	Nicole Chester	Parkway West	146-11	1989	4A	62	Lekiesha McKnight	Raytown	131-10	2009	4
13	Krishna Lee	Bishop O'Hara	146-08	2005	3	63	Chel Fletcher	Carl Junction	131-08	1992	3A
14	Dion McNeal	Parkway West	146-01	1999	4A	64	Brooke Swearingin	Odessa	131-07	2010	3
15	Dahlia Dyson	Fort Zumwalt West	145-10	2011	4		Terri Houchen	Ray-Pec	131-07	1992	3A
15	Laura Lukens	Cape Central	145-08	1997	4A	66	Rachel McCarroll	Excelsior Springs	131-06	2008	3
	Lisa Bossch	Parkway North	145-08	1982	4A		Tomian Ahonen	Fox	131-06	1981	4A
18	Jennifer Nicholson	East Prairie	144-06	2010	2	68	Ashley Brewer	Fort Zumwalt South	131-05	2006	4
19	Sandra Hampton	Lee's Summit North	143-09	2010	4	69	Kay Wright	Harrisonville	131-02	1982	3A
20	Amanda Newton	Republic	143-06	2002	3A	70	Samantha Espiricueta	Belton	131-00	2006	4
21	Jasmine Boyer	Fort Zumwalt West	143-03	2009	4		Teresa Gaggens	Belton	131-00	2008	4
22	Danee Jones	Clayton	142-04	2001	3A	72	Alyssa Brock	Parkway North	130-11	2008	4
23	Kylie Jones	Webb City	141-06	2009	3	73	Katie Moorkamp	Lafayette	130-09	2009	4
24	Efia Walls	Hazelwood East	140-10	2005	4	74	Lea Johnson	John Burroughs	130-08	2011	3
25	Michelle Flowers	Raytown South	140-06	1985	4A		Naomi Wigfall	Lafayette	130-08	1997	4A
26	Julia Smith	Kirkwood	140-04	1988	4A	76	Rebecca Kueny	Boonville	130-06	2002	3A
27	Wendee Brown	Blue Springs	140-02	1989	4A	77	Cindy Haddock	Hickman	130-04	1998	4A
28	Jeneen Townsend	Jefferson City	139-09	1991	4A		Kim Weber	Eureka	130-04	1982	4A
29	Mary Wirt	Liberty	139-01	2000	4A	79	Courtney Johnson	Jefferson City	130-03	1997	4A
30	Deanna Price	Troy	138-09	2011	4		Robin Sandbothe	Washington	130-03	1979	3A
31	Lauren Allen	Fatima	137-11	2011	2	81	Debbie Bunch	Northwest	130-02	1985	4A
32	Charlene Cortez	Carthage	137-09	1989	4A		Laronna Scott	Mexico	130-02	1998	3A
33	Carla Grewe	Hillsboro	137-04	1998	4A	83	Angel Benner	St. Joe Lafayette	129-11	1994	3A
34	Lindsey Markworth	Lexington	137-00	2001	2A		Rachel Travis	Lutheran (St. Peters)	129-11	2006	2
35	Marissa Hunter	Hickman Mills	136-09	1999	3A	85	Stephanie Cleave	Ruskin	129-10	2005	3
36	Lucricia Purham	Marquette	136-01	1996	4A	86	Nicole Portell	Herculaneum	129-09	2001	3A
37	Brittany Brown	Lee's Summit West	135-11	2009	4		Stephanie Jackson	St. Joe Benton	129-09	1995	4A
38	Heather White	Ray-Pec	135-07	1994	3A	88	Kelly Klusmeyer	Boonville	129-08	2010	3
	Kelli McCrary	Hazelwood Central	135-07	1988	4A	89	Amy Russell	Branson	129-06	1990	3A
	Michaela Dapprich	Branson	135-07	2010	4		Megan Bax	Jefferson City	129-06	2002	4A
41	Gail Peak	Marshfield	135-03	1986	3A		Melanie Houser	Aurora	129-06	1990	3A
	Rene Brown	Poplar Bluff	135-03	1981	4A	92	D'Andria Blow	Grandview	129-05	2011	3
	Valeyta Althouse	Blue Springs	135-03	1991	4A		Jennifer Phillips	Harrisonville	129-05	1994	3A
44	Genevra Collins	Kickapoo	135-01	1999	4A		Jill Jaggars	Marquette	129-05	1997	4A
45	Colleen Wagner	Camdenton	135-00	1983	3A	95	Julie Grimes	Jefferson City	129-03	1986	4A
46	Tiffanie Jones	Warrensburg	134-11	2001	3A	96	Bekki Turner	Monett	129-01	1984	3A
47	Marion Washington	Bishop Hogan	134-10	1988	3A	97	Carrie Bates	Hickman Mills	128-10	1979	4A
48	Danielle Grimes	Jefferson City	134-09	2001	4A		Heather Coker	Branson	128-10	1996	3A
49	Cydnee Reese	Bishop O'Hara	134-08	2011	3	99	Miriah Korokis	Fredericktown	128-08	2009	3
	Stefani Haag	Brookfield	134-08	1987	2A	100	Coleen Finnegan	Lafayette	128-06	1986	4A

# 1975-2011 Missouri State Track Meet Top 100 Individuals

## Girls Long Jump

1	Felecia Allen	Riverview Gardens	19-08 1/4	1986	4A	52	Alana Gray	Hazelwood East	18-04	2007	4
2	Erin Narzinski	Oakville	19-07 1/2	1993	4A		Robin Howard	St. Joe Lafayette	18-04	1981	4A
3	Chantae McMillan	Rolla	19-05 1/2	2005	4		Sarah Bowling	Monett	18-04	2003	3A
	Lorinda Richardson	Hickman	19-05 1/2	1981	4A		Tracie Driver	Caruthersville	18-04	1990	3A
	Rhonda Paine	Grandview	19-05 1/2	1982	4A	56	Kim Frischman	De Soto	18-03 1/2	1988	4A
6	Lisa Davies	Oak Grove	19-05	1994	3A	57	Chris Linville	Winnetonka	18-03 1/4	1979	4A
7	Sherri Hines	St. Joe Central	19-04 3/4	1986	4A		Kelly Eubanks	Rock Bridge	18-03 1/4	1979	3A
8	Precious Selmon	Crystal City	19-03 1/4	2009	2	59	Candy Mason	Nevada	18-03	1994	3A
9	Mary Smith	Beaumont	19-00 3/4	1976	AA	60	Kate Alderson	Park Hill South	18-02 1/2	2002	4A
10	Valerie Lenley	Ruskin	19-00	1992	4A	61	Angie Carter	Hickman Mills	18-02 1/4	1989	4A
11	Deirdre Fortman	Park Hill	18-11 1/2	1993	4A		Ashlee Miller	Osborn	18-02 1/4	2006	1
	Dionna Webb	Cape Central	18-11 1/2	1999	4A		Erika Murphy	Hazelwood West	18-02 1/4	1993	4A
	LaToya Williams	Jennings	18-11 1/2	1993	3A		Shirley Newman	Sumner	18-02 1/4	1984	4A
	Nataliyah Friar	Wentzville Holt	18-11 1/2	2011	4	65	Adayna Upchurch	St. Louis Metro	18-02	1990	2A
	Teresa Thornton	Festus	18-11 1/2	1985	3A		Ameka Hannon	Lexington	18-02	1982	2A
16	Angie Balducci	Wentzville	18-10 1/4	1988	4A		Arteshia Williams	Ruskin	18-02	2008	3
	Leandra McGruder	Jefferson City	18-10 1/4	2006	4		Diane Cummings	Ray-Pec	18-02	1990	3A
18	Angie Thacker	Roosevelt	18-10	1982	4A		Jennifer Phillips	Fox	18-02	1997	4A
19	Jordan Stiens	Maryville	18-09 1/4	2009	3		Olivia Koehler	Timberland	18-02	2008	4
	Martina Nichols	Hazelwood West	18-09 1/4	1983	4A	71	Annette Wichman	Lee's Summit North	18-01 3/4	2002	4A
	Tracey McCoy	St. Charles West	18-09 1/4	1984	4A		Erin Alewine	Jefferson City	18-01 3/4	2009	4
22	Jennie Gorham	North Kansas City	18-09	1977	AA		Kelly Reardon	Notre Dame (KC)	18-01 3/4	2006	4
23	Asia Walker	Hickman	18-08 1/2	2006	4		Nina Gooden	Oak Grove	18-01 3/4	2000	3A
	Laveta Cudjo	Waynesville	18-08 1/2	1981	4A		Sheri Pewitte	Blue Springs South	18-01 3/4	1995	4A
25	Kaela Rorvig	Hickman	18-08	2003	4A	76	Sharon Beverly	Vashon	18-01 1/2	1998	4A
26	Abbe Ohneck	Rock Bridge	18-07 3/4	1998	4A		Sylvia Wofford	Joplin	18-01 1/2	1997	4A
	Cassie Bryant	Dixon	18-07 3/4	1990	2A	78	Erika Miller	Mexico	18-01 1/4	2010	3
	Frances Harrison	Waynesville	18-07 3/4	1979	3A	79	Donna Ellerson	Hazelwood East	18-01	1982	4A
	Lucretia Rimmer	Ruskin	18-07 3/4	2002	3A		Ervette Moore	Berkeley	18-01	1979	3A
30	Lindsay Vollmer	Hamilton	18-07 1/4	2008	2		Harie Waffenschmidt	New Madrid CC	18-01	1997	3A
31	Kellie Suttle	Francis Howell	18-07	1990	4A		Missie Delphia	Lee's Summit	18-01	1992	4A
	Shawnte' Middlebrook	Lee's Summit West	18-07	2007	4	83	Mary Kaboltd	Parkway North	18-00 3/4	1981	4A
33	Eziamaka Okafor	Rolla	18-06 3/4	1999	4A		Melanie McDaniel	Lutheran North	18-00 3/4	1997	2A
34	Jade Nalls	Raytown South	18-06 1/2	2008	4	85	Morgan Reid	North Kansas City	18-00 1/2	2009	4
35	Maureen Soetebier	Eureka	18-06 1/4	1985	4A	86	Angelica Walker	Waynesville	18-00 1/4	1985	3A
	Samantha Stanley	Oak Grove	18-06 1/4	2000	3A		Jane Kroenke	Warrensburg	18-00 1/4	1977	AA
37	LaRita Hawes	Poplar Bluff	18-06	1981	4A		Lakeshia Finch	Rockwood Summit	18-00 1/4	1997	4A
	LaTanya Short	Grandview	18-06	2006	4	89	Chris Jones	DeKalb	18-00	1975	Open
	Latrina Weekly	Van Horn	18-06	1988	4A		Kathryn Coleman	Gateway	18-00	2004	4
	Muna Lee	KC Central	18-06	1997	4A		Kim Cattin	Ladue	18-00	1981	4A
41	Petra Karanikic	North County	18-06	2000	3A	92	Anita King	McCluer North	17-11 1/2	1991	4A
42	Andrea Coomes	Oak Park	18-05 3/4	2001	4A		Tamekia Tipler	New Madrid CC	17-11 1/2	1997	3A
	Iris Walker	Waynesville	18-05 3/4	1981	4A		Wendy Taylor	Union	17-11 1/2	1992	3A
	Michelle Parker	Ritenour	18-05 3/4	1985	4A	95	Jazmin McCoy	North Kansas City	17-11 1/4	2011	4
45	Erica Calhoun	KC Southeast	18-05 1/4	1987	4A		Jennifer Rowland	Richmond	17-11 1/4	1982	3A
46	Lauren Waterbury	MICDS	18-05	2011	3		Maribeth Crain	Eldon	17-11 1/4	1990	3A
47	Lauren Cheadle	Lee's Summit West	18-04 3/4	2010	4	98	Andrea Seabaugh	Fredericktown	17-11	1988	3A
48	Candice Coleman	Jefferson City	18-04 1/2	1990	4A		Beverly Slaughter	Cape Central	17-11	1977	AA
	Charmen Jackson	Lafayette	18-04 1/2	1987	4A		Ekate Lymon	Waynesville	17-11	2010	4
	Cynise Hylton	Hickman Mills	18-04 1/2	2005	4		Stacey Thompson	Soldan	17-11	1982	4A
	Kaitlin Moore	Lafayette	18-04 1/2	2007	4						

## 1978-2011 Missouri State Track Meet Top 100 Individuals

### Girls Triple Jump

1	Deirdre Fortman	Park Hill	40-09 1/4	1995	4A	52	Brynn Williamson	Staley	37-06 1/2	2011	4
2	Kathryn Coleman	Gateway	40-03 1/4	2004	4		Nancy Johnson	Roosevelt	37-06 1/2	1985	4A
3	Ahshane Johnson	Moberly	40-02 3/4	2010	3	54	Angie Balducci	Wentzville	37-05 1/4	1987	4A
4	Pam Cummings	Ray-Pec	40-01	1993	3A		Trina Osborne	Springfield Central	37-05 1/4	1984	4A
5	Nataliyah Friar	Wentzville Holt	39-11 1/4	2011	4	56	Gwen Berry	McCluer	37-05	2007	4
6	Leandra McGruder	Jefferson City	39-09 3/4	2006	4	57	Jelessa Stafford	Lexington	37-04 3/4	2007	2
7	Eziamaka Okafor	Rolla	39-05 3/4	2002	4A	58	Amber White	Cuba	37-04 1/2	2011	2
8	Jade Nalls	Raytown South	39-04	2010	4		Angel Hunsaker	North Andrew	37-04 1/2	1993	1A
9	Andrea Bourland	Clinton	39-00 1/4	1993	3A		Eboni Moore	Lee's Summit North	37-04 1/2	2011	4
10	Lisa Davies	Oak Grove	38-11 3/4	1993	3A	61	Shelly Powell	Brunswick	37-04 1/4	1987	1A
11	Annette Wichman	Lee's Summit North	38-09 1/2	2002	4A		Terri Wallace	Hickman Mills	37-04 1/4	1991	4A
12	Angie Brown	Fulton	38-09	1993	3A	63	Angie McCall	Hazelwood East	37-04	1997	4A
13	Iris Walker	Waynesville	38-08	1981	4A		Funtasia Clark	Jefferson City	37-04	2005	4
14	Lakeshia Finch	Rockwood Summit	38-07 1/2	1999	4A		Thonesia Saulsbury	Raytown South	37-04	1982	4A
15	Chantae McMillan	Rolla	38-07	2005	4	66	Katrina Jefferson	Riverview Gardens	37-03 3/4	1988	4A
16	Kayla Booker	Riverview Gardens	38-06 3/4	1990	4A		LaRita Hawes	Poplar Bluff	37-03 3/4	1981	4A
17	Atlivia Spencer	Jefferson City	38-06 1/2	2005	4	68	Danielle Oliver	Ladue	37-03 1/2	2006	3
18	Ramona Riley	Oak Park	38-05	1981	4A	69	Patricia Bagby	Aurora	37-03 1/4	1983	3A
	Shirlie Gibson	Beaumont	38-05	1983	4A	70	Jennifer Phillips	Fox	37-03	1997	4A
20	Abbe Ohneck	Rock Bridge	38-04 1/2	1998	4A		Khara Harmon	McCluer	37-03	2007	4
21	Sherri Hines	St. Joe Central	38-04 1/2	1986	4A		Tina Jones	KC Southwest	37-03	1979	4A
22	Katie Wenger	St. Joe Central	38-03 1/2	2005	4	73	Jabarbara Jennings	Hickman	37-02 3/4	2004	4
23	Julie Geiger	Boonville	38-03	1987	3A		Kelly Collings	Cape Central	37-02 3/4	1988	4A
24	Lindsey Miller	Lee's Summit	38-02 3/4	1996	4A		Sarah Noonan	Kirkwood	37-02 3/4	2007	4
25	Stacey Thompson	Soldan	38-02 1/2	1981	4A	76	Kelly Reardon	Notre Dame (KC)	37-02 1/2	2007	3
26	Heather West	Jackson	38-02 1/4	2003	4A		Lauren Hollingsworth	Villa Duchesne	37-02 1/2	2009	3
27	Adonica Williams	Sumner	38-01 1/2	1985	4A		Lynn Dettenwanger	Montgomery Co.	37-02 1/2	2002	3A
	Kim Moye	Hazelwood Central	38-01 1/2	2011	4		Schreece Daniels	Beaumont	37-02 1/2	1980	4A
	Sarah Long	Bishop O'Hara	38-01 1/2	1999	3A	80	Amy Fleddermann	Oakville	37-02 1/4	2004	4
30	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	82	Donna Lee	Ladue	37-02	1981	4A
	Lauren Cheadle	Lee's Summit West	38-00 3/4	2010	4	83	Jamie Siperly	West Plains	37-01 3/4	2004	4
	Lucretia Rimmer	Ruskin	38-00 3/4	2002	3A	84	Briana Carter	Warrensburg	37-01 1/2	2010	3
34	Missy Haley	Festus	38-00 3/4	1988	3A		Karla Jordan	Liberty	37-01 1/2	2000	4A
35	Ashley Harris	Riverview Gardens	37-11 1/4	2004	4	86	Candice Coleman	Jefferson City	37-01	1990	4A
	Charmen Jackson	Lafayette	37-11 1/4	1988	4A		Shernell Pinkston	Waynesville	37-01	1984	3A
	Courtney Shuman	Clark Co.	37-11 1/4	2007	2	88	Britney Cloudy	Marquette	37-00 3/4	2006	4
38	Frances Harrison	Waynesville	37-11	1978	AA		Candice Robinson	Grandview	37-00 3/4	2000	4A
	Lisa Ellis	Elsberry	37-11	1983	2A		Holly Wilmarth	Maryville	37-00 3/4	2011	3
40	Donna Ellerson	Hazelwood East	37-10 1/2	1982	4A		Obiagli Okafor	Parkway North	37-00 3/4	1997	4A
41	Andrea Seabaugh	Fredericktown	37-10 1/4	1988	3A		Stephanie Warren	Mehlville	37-00 3/4	1999	4A
42	Becca Perry	MICDS	37-10	1999	3A	93	Maureen Soetebier	Eureka	37-00	1984	4A
43	Phabienne Parker	Whitfield	37-09 3/4	2001	2A		Melanie Wilson	Rosati-Kain	37-00	2003	4A
43	Jaschelle Sasser	KC Metro	37-09 1/4	1994	3A	95	Kim Gladden	Riverview Gardens	36-11 1/2	1984	4A
45	Andrea Coomes	Oak Park	37-09	2002	4A		Trina Farrow	Fort Zumwalt	36-11 1/2	1986	4A
	Cynise Hylton	Hickman Mills	37-09	2005	4	97	Chrystal Waters	KC Northeast	36-11 1/4	2000	4A
47	Nashela Holman	Eureka	37-08 1/2	1994	4A		Ervette Moore	Berkeley	36-11 1/4	1978	AA
48	Cassie Bryant	Dixon	37-07 3/4	1988	2A		Lori Wan Kum	Jefferson City	36-11 1/4	1985	4A
	Jill Ferguson	Farmington	37-07 3/4	1995	4A		Niki Wisbrock	Lindbergh	36-11 1/4	1994	4A
	Shawnte' Middlebrook	Lee's Summit West	37-07 3/4	2007	4		Tomeika Baker	Parkview	36-11 1/4	1999	4A

# 1975-2011 Missouri State Track Meet Top 100 Individuals

## Girls High Jump

1	Jennifer Drum	Smith-Cotton	5-09	2000	4A	29	Sherry Spears	Kickapoo	5-06	1989	4A
2	Alicia Cannady	McCluer North	5-08	2001	4A		Stacy Roberts	Rock Bridge	5-06	1987	4A
	Emily Hess	Carthage	5-08	2000	4A		Stephanie Warren	Mehlville	5-06	1999	4A
	Sydney Winslow	Farmington	5-08	2006	4		Sydney Deeken	California	5-06	2011	2
5	Donna Ellerson	Hazelwood East	5-07 1/2	1983	4A		Tierney Eaton	Worth Co.	5-06	2003	1A
	Jana Tillman	Lutheran North	5-07 1/2	1997	2A		Tyse Samani	North Kansas City	5-06	2006	4
	Valarie Summa	Smithville	5-07 1/2	2000	3A	63	Angela Boland	Wentzville	5-05	1990	4A
8	Angela Beckett	Monett	5-07 1/4	1986	3A		Angie Harned	Kickapoo	5-05	1982	4A
	Funtasia Clark	Jefferson City	5-07 1/4	2005	4		Anna Holtermann	Washington	5-05	2009	4
	Suzanne Nyander	McDonald Co.	5-07 1/4	1983	3A		Betsy Borgsmiller	Sikeston	5-05	2011	3
11	Amy Duncan	Hickman	5-07	1993	4A		Breanne Borman	Festus	5-05	2011	3
	Ashley Taylor	Oak Park	5-07	2007	4		Brittany Kallenberger	Lee's Summit West	5-05	2011	4
	Briana Isom-Brummer	Villa Duchesne	5-07	2009	3		Cathy Hardin	Eureka	5-05	1983	4A
	DeShaci Barrickman	Spokane	5-07	1996	2A		Cindy Critten	Gallatin	5-05	1994	2A
	Erin Burns	Wellington-Napoleon	5-07	1993	1A		Cindy Critten	Gallatin	5-05	1995	1A
	Heather Fisher	Jefferson City	5-07	1993	4A		Connie Teaberry	Lutheran North	5-05	1987	3A
	Jenny Bybee	Hillcrest	5-07	2000	4A		Connie Teaberry	Lutheran North	5-05	1988	2A
	LaTonya Tatum	William Chrisman	5-07	1985	4A		Cori Anderson	Carthage	5-05	2005	3
	Lauren Begany	Lindbergh	5-07	2006	4		Crissy Poynter	Lebanon	5-05	1988	4A
	Leslie White	Chillicothe	5-07	1991	3A		Cynthia Jefferson	Springfield Central	5-05	1982	4A
	Lindsay Vollmer	Hamilton	5-07	2009	2		Deanna Clemment	St. Joe Central	5-05	1988	4A
	Michelle Moran	Lafayette	5-07	1996	4A		Diane Cummings	Ray-Pec	5-05	1990	3A
	Morgan Whitson	Moberly	5-07	2010	3		Emily Duschon	Notre Dame (KC)	5-05	2007	3
	Tara Phillips	Fort Osage	5-07	2000	4A		Erin Alewine	Jefferson City	5-05	2009	4
	Ty'Risha Chambers	KC Center	5-07	2009	3		Jammie Ahrens	Cape Central	5-05	1982	4A
26	Mary Nan Chapman	Chillicothe	5-06 1/2	1981	3A		Jan Lenox	Duchesne	5-05	1984	3A
27	Jan Hawk	Oak Park	5-06 1/4	1980	4A		Jan Meyer	Jefferson City	5-05	1996	4A
	Katie Kinney	Parkway West	5-06 1/4	1980	4A		Janeen Medellin	Fort Osage	5-05	1987	4A
29	Abbe Ohneck	Rock Bridge	5-06	1998	4A		Janene McDaniel	Kirkwood	5-05	1988	4A
	Allison Krumme	Mid-Buchanan	5-06	1995	2A		Jasmine Reynolds	Waynesville	5-05	2009	4
	Amanda Albrecht	Herculaneum	5-06	2005	3		Jessica Field	Hermann	5-05	1995	2A
	Anessa Alexander	Strafford	5-06	2009	2		Jessie Wood	Washington	5-05	2006	4
	Anne Powell	Princeton	5-06	1998	1A		Jill Stanley	Princeton	5-05	1994	1A
	Ashlee Johns	Nixa	5-06	1999	3A		Katy Thomas	Park Hill South	5-05	2005	4
	Camille Hackmack	Hannibal	5-06	2010	3		Kayla Schultz	Hallsville	5-05	2005	2
	Candy Mason	Nevada	5-06	1994	3A		Kelli Newkirk	Warsaw	5-05	1994	2A
	Cara Harbstreet	Sherwood	5-06	2007	2		Kelli Newkirk	Warsaw	5-05	1997	3A
	Carrie Fletcher	Lafayette	5-06	1989	4A		Kelly McNett	Truman	5-05	1992	4A
	Chanell Charapata	Notre Dame (KC)	5-06	2002	3A		Kim Nagy	Oakville	5-05	2009	4
	Christie Myers	Raytown South	5-06	1999	4A		Lisa Vengels	Dixon	5-05	2007	2
	Christine Spence	Lee's Summit North	5-06	2000	4A		Maci Wood	Skyline	5-05	2007	2
	Devonna Smith	Kirkwood	5-06	2007	4		Marisha Brown	KC Center	5-05	2007	3
	Erin McCuan	Lindbergh	5-06	1996	4A		Maryann Hamm	Camdenton	5-05	1982	3A
	Haley Morrissey	Macon	5-06	2004	3		Michele Rupp	Duchesne	5-05	1985	3A
	Jessica Hartman	Springfield Catholic	5-06	1993	2A		Mirjam Albrecht	Oak Park	5-05	2008	4
	Jodi Donovan	St. Joe Benton	5-06	2003	3A		Myrna Asberry	West Plains	5-05	1983	4A
	Karen Davis	Francis Howell	5-06	1979	4A		Nicki Allen	Raytown	5-05	1981	4A
	Keely Harding	Carthage	5-06	1990	4A		Nikki Larson	Troy	5-05	2010	4
	Kim Finke	Montgomery Co.	5-06	1991	3A		Rachel Larson	Fox	5-05	1992	4A
	Lisa Beard	Rolla	5-06	1984	4A		Rhiannon Kendrick	California	5-05	2009	3
	Lisa Black	Park Hill	5-06	1984	4A		Rosemary Semke	Orchard Farm	5-05	2010	2
	Lisa Davies	Oak Grove	5-06	1993	3A		Sheri Edwards	Hannibal	5-05	1983	4A
	Lisa Forchee	Windsor (Imperial)	5-06	2004	3		Steph Douglas	Harrisonville	5-05	1984	3A
	Liz Young	Helias	5-06	2000	3A		Sydney Winslow	Lexington	5-05	2005	2
	Paula Kirk	North Kansas City	5-06	1978	AA		Taylor Alumbaugh	El Dorado Springs	5-05	2011	2
	Shawn Corwin	North Kansas City	5-06	1977	AA						

# 1999-2011 Missouri State Track Meet Top 100 Individuals

## Girls Pole Vault

1	Tara Diebold	Branson	12-05	2007	3		Skylar Ragland	Park Hills Central	10-06	2011	3
2	Bethany Buell	Rockwood Summit	12-02	2009	4	67	Jessica Borey	Worth Co.	10-04	2009	1
3	Vera Neuenswander	Jefferson City	12-01	2006	4	68	Bridget Shields	Lathrop	10-03	2001	2A
4	Brittany Kallenberger	Lee's Summit West	12-00	2011	4		Erin Carver	Cass Midway	10-03	2003	1A
	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
7	Abby Garlich	Lee's Summit	11-09	2007	4		Katie Kennedy	Lindbergh	10-03	2011	4
	Breanna Bussel	Jefferson City	11-09	2007	4		Lindsey Tait	Jefferson City	10-03	1999	4A
	Susan Stroud	Farmington	11-09	2002	4A		Lucy Givens	Branson	10-03	2011	4
10	Sara Page	Liberty	11-07	2010	4		Skyler Woodriddle	Adrian	10-03	2011	2
11	Hannah Cooper	Excelsior Springs	11-06	2007	3		Stephanie Miller	Pierce City	10-03	2001	2A
	Michelle Lange	Ladue	11-06	2008	3	77	Acacia Hays	Monroe City	10-00	2007	2
	Natalee Allen	Excelsior Springs	11-06	2001	3A		Alison Crawford	MICDS	10-00	2004	3
14	Christina Gilpin	Jefferson City	11-04	2001	4A		Alyssa Shaw	Lafayette	10-00	2010	4
15	Maggie Givens	Branson	11-03	2009	4		Amber Howard	Osage	10-00	2007	3
	Megan Wright	Blue Springs	11-03	2011	4		Amelia Aubuchon	Hazelwood West	10-00	2009	4
	Molly Barnes	Farmington	11-03	2009	3		Amy Kennison	Moberly	10-00	2006	3
	Shelby Markum	Fort Zumwalt North	11-03	2011	4		Amy West	Jackson	10-00	2005	4
	Sydney Haase	Kearney	11-03	2010	3		Andrea Stark	Pleasant Hill	10-00	2008	3
20	Andrea Fuhrer	Mexico	11-00	2005	3		Ashley Davidson	Joplin	10-00	2008	4
	Anna Gigliotti	St. Teresa's	11-00	2010	4		Cara Gerke	Versailles	10-00	2004	3
	Anna Koons	Warrensburg	11-00	2002	3A		Danielle Giesler	Ste. Genevieve	10-00	2002	3A
	Cara Grinde	Monroe City	11-00	2006	2		Desera Reece	McDonald Co.	10-00	2009	3
	Kelli Hines	South Shelby	11-00	2011	2		Emma Porter	Cape Central	10-00	2006	4
	MacKenzee Roberts	Joplin	11-00	2010	4		Erica Grajales	Parkway North	10-00	2010	4
	Megan Long	Lafayette	11-00	2006	4		Galit Rudelson	Hickman	10-00	2010	4
	Rachel Ederle	Affton	11-00	2010	3		Galit Rudelson	Hickman	10-00	2011	4
28	Abby Stanley	Lee's Summit North	10-09	2011	4		Haley Pryor	MICDS	10-00	2011	3
	Amy Heidbreder	Fort Zumwalt West	10-09	2003	4A		Heather Palmer	Truman	10-00	2001	4A
	Darcy Chase	Hannibal	10-09	2005	3		Jayne Kristmann	Parkway West	10-00	2003	4
	Erin Shryock	North Callaway	10-09	2003	2A		Jennifer Simonin	Lee's Summit	10-00	2004	4
	Heather Wohlleber	Lee's Summit	10-09	2004	4		Jenny Simmons	Excelsior Springs	10-00	1999	3A
	Jessica Clark	Blair Oaks	10-09	2011	2		Jess Walter	Osage	10-00	2002	3A
	Nichole Manning	Winnetonka	10-09	2006	4		Jessica McCullough	Hannibal	10-00	2008	3
	Shauna Eldringhoff	West Plains	10-09	2005	4		Jillian Ohrman	William Chrisman	10-00	2003	4A
	Tara Turnbull	Marquette	10-09	2007	4		Joanna Sparks	Northwest	10-00	2004	4
37	Ally Bergh	Marceline	10-06	2008	2		Kacie Gelvin	Lee's Summit West	10-00	2008	4
	Amber Meyers	Lee's Summit	10-06	2001	4A		Katie Zitko	Cor Jesu	10-00	2006	4
	Ashley Schwarzer	Helias	10-06	2007	4		Kiindall Carleton	Lafayette	10-00	2001	4A
	Cailey Wilkinson	Jefferson City	10-06	2008	4		Kristen Klesh	Lafayette	10-00	2005	4
	Cheyenne Adams	Osage	10-06	2001	3A		Laura Heiman	MICDS	10-00	1999	3A
	Christal Arnall	McDonald Co.	10-06	2002	3A		Lauren McRae	Carl Junction	10-00	2010	3
	Courtney Palmer	MICDS	10-06	2007	3		Leslie Oliaro	Lexington	10-00	2007	2
	Dee Dee Bryant	Fox	10-06	2002	4A		Lindsey Vleisidies	Lee's Summit	10-00	2000	4A
	Denise Knaebel	Moberly	10-06	2001	3A		Lisa Moore	Lee's Summit	10-00	2006	4
	Erica Naeger	Ste. Genevieve	10-06	2007	3		Liz Gilman	Principia	10-00	2011	2
	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		Mariah Sanders	Joplin	10-00	2011	4
	Jennifer Sturgeon	Northwest (Cedar Hills)	10-06	2011	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
	Kaitlyn Callahan	Herculaneum	10-06	2010	3		Melanie Bowers	McDonald Co.	10-00	2005	3
	Kayla Irwin	Pleasant Hill	10-06	2005	3		Michelle Jett	Northwest	10-00	2001	4A
	Kelsey Dietrich	Winnetonka	10-06	2010	4		Morgan Wuch	Lindbergh	10-00	2008	4
	Latisha Brooks	Poplar Bluff	10-06	2002	4A		Nicole Korman	Parkway West	10-00	2002	4A
	Leah Drennan	Jefferson City	10-06	2003	4A		Rachael Waresheim	Francis Howell	10-00	2000	4A
	Leah Morehead	Kirksville	10-06	2007	3		Samantha Figg	Chillicothe	10-00	2008	3
	Lisa Petty	Excelsior Springs	10-06	2011	3		Samee Schram	Winnetonka	10-00	2009	4
	Melanie Bower	Linn	10-06	2011	2		Sarah Zarembo	St. Clair	10-00	2005	3
	Mikayla Hoffman	Smithville	10-06	2010	3		Summer Dean	Osage	10-00	2011	3
	Nicole Kofron	Farmington	10-06	2004	4		Sydney Schram	Winnetonka	10-00	2011	4
	Nikki Buchheit	Rockwood Summit	10-06	2008	4		Sydney Wortman	McDonald Co.	10-00	2011	3
	Nikki Pilla	Hazelwood West	10-06	2007	4		Tina Audsley	Warrensburg	10-00	2007	3
	Nikkie Buchheit	Rockwood Summit	10-06	2009	4		Zia Luehrman	Warrensburg	10-00	2005	3
	Rachel Mincemeyer	Sullivan	10-06	2011	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