

## TRACK AND FIELD RECORD BOOK: PAST CHAMPIONS

### MENS TEAMS

<u>Year</u>	<u>Champion</u>	<u>Runner-up</u>	<u>Academic</u>	<u>Outstanding Athlete</u>
1975	EAST			
1976	EAST (116)	Bartlett (89)		
1977	DIMOND	Bartlett		
1978	KODIAK			
1979	BARTLETT			
1980	BARTLETT			
1981	BARTLETT			
1982	BARTLETT			
1983	BARTLETT			
1984	BARTLETT			
1985	BARTLETT (133)	Chugiak (56)		
1986	BARTLETT (78)	Lathrop (64)		
1987	CHUGIAK (101)	Bartlett (90)		
1988	CHUGIAK (86)	Wasilla ( 68)		Corey Moore (Was)
1989	BARTLETT (132)	Chugiak (110)		
1990	BARTLETT (122)	Lathrop (71)	Haines (3.63)	
1991	BARTLETT (135)	Lathrop (106)	ACS (3.60)	Jake Bartholomy(Bart)
1992	BARTLETT (89)	Soldotna (72)	Seward (3.70)	
1993	LATHROP (66)	Soldotna (60)		
1994	SOLDOTNA (84)	Lathrop (64)	Ketchikan (3.65)	
1995	PALMER (76)	Bartlett (50)	Colony (3.29)	
1996	CHUGIAK (680)	Colony (54)	Anderson (3.91)	Kenneth Card (Bart)
1997	PALMER (87.5)	Dimond (82)	Anderson (3.71)	Wilbur Hooks (Dim)
1998	DIMOND (74)	Colony (60)a	Tri-Valley (3.80)	Marairre(E)&Jordon(WV)
1999	COLONY (102)	Bartlett (73)	Seldovia (3.64)	Eric Strabel (Colony)
2000	COLONY (74)	Bartlett (70)	Nikiski (3.92)	Patrick Beattie (Bart)
2001	BARTLETT	Kodiak	Heritage (3.66)	Curtis Mortenson (Kod)
2002	DIMOND (80)	Palmer (57)	W. Valley (3.61)	Ryan Collins (Col)
2003	DIMOND (84)	Palmer (64)	Sitka (3.78)	Aaron Dickson (Pal)
2004	EAST (91)	Dimond ( 58)	Colony (3.50)	Brandon Grant (Dim)
2005	JUNEAU (70)	Lathrop (52.67)	Grace (3.72)	Justin Schwartzbauer (Col)
2006	EAST ( 63)	Dimond ( 60)	Grace (3.56)	Jordan Clarke (Bart)
2007	KODIAK (86)	Kenai ( 51.5)	Grace (3.64)	Jordan Clarke (Bart)
2008 4A	BARTLETT (92)	Palmer (87)	Palmer (3.46)	Jordan Clarke (Bart)
2008 123A	GRACE (122)	Seward (86)	ACS (3.54)	Drew Edwards (Grace)
2009 4A	BARTLETT (86)	South (77)	Colony (3.43)	Trevor Dunbar (Kodiak)
2009 123A	SEWARD (108)	Grace (81)	ACS (3.55)	Travis Price (Seward)

## WOMENS TEAMS

<u>Year</u>	<u>Champion</u>	<u>Runner-up</u>	<u>Academic</u>	<u>Outstanding Athlete</u>
1975	BARTLETT	Dimond		
1976	EAST (116)	Dimond (80)		
1977	DIMOND	East Anchorage		
1978	DIMOND			
1979	DIMOND			
1980	BARTLETT			
1981	BARTLETT			
1982	BARTLETT			
1983	BARTLETT			
1984	BARTLETT			
1985	BARTLETT (105)	Kodiak (60)		
1986	BARTLETT (84)	W. Valley (54)		
1987	BARTLETT (105)	Lathrop (84)		
1988	EAST HIGH (66)	West Valley (65.5)		Sara Gish (Lathrop)
1989	BARTLETT (84)	Dimond (58)		
1990	CHUGIAK (79)	Lathrop (76)	Anderson (3.88)	
1991	DIMOND (89)	West Anch (55)	Homer (3.66)	Beth Ladd (Homer)
1992	CHUGIAK (84)	Bartlett (60)	Homer (3.83)	
1993	CHUGIAK (81)	Soldotna (53)		
1994	CHUGIAK (128)	Dimond (48)	Skyview (3.74)	
1995	EAST ANCH.(64)	Soldotna (57)	Skyview (3.92)	
1996	SOLDOTNA (89)	Nikiski (58)	Tri-Valley (4.00)	Annie Berdahl (Nik)
1997	SOLDOTNA (99)	East Anch. (67)	Nikiski (4.00)	Jenny Luer (Palmer)
1998	EAST ANCH. (99)	Dim & Col (69)	Nikiski (3.94)	Courtney Williams (East)
1999	BARTLETT (71)	East Anch. (64)	Chugiak (3.72)	Courtney Ward (Grace)
2000	BARTLETT (84)	Colony (53)	Petersburg (3.96)	Kikkan Randall (East)
2001	LATHROP	Colony	Su Valley (3.88)	Janay DeLoach (Eiel)
2002	WEST ANCH. (73)	East Anch. (64)	Palmer (3.77)	Kris Smith (West)
2003	EAST ANCH. (72)	Lathrop (71)	Soldotna (3.720)	Kris Smith (West)
2004	EAST ANCH. (91)	Lathrop (78)	Grace ( 3.77)	Ari Goldstein (SOHI)
2005	WEST VALLEY (78)	East Anch. (74.5)	ACS (3.93)	Ashley Smith (East)
2006	WEST VALEY (108)	Bartlett (72)	Grace (3.74)	Andrea Crook (Bart)
2007	BARTLETT (92)	West Valley (83)	Colony (3.81)	Hilarie Putnam (Was)
2008 4A	DIMOND (85.5)	Juneau (70)	South (3.80)	Leah Francis (Juneau)
2008 123A	ACS (115)	Haines (84)	Monroe (4.00)	Kim Wilson (Hutch)
2009 4A	DIMOND (95)	Juneau (49)	West Valley (3.71)	Gabrielle Todd (Bart)
2009 123A	ACS (92)	Grace (86)	Monroe (3.81)	Kailey Wilson (K. Lake)

## RECENT STATE CHAMPIONS IN EACH EVENT

(NOTE: Current State Record is in Bold)

Prior to 1994, times were handheld and, by rule, were rounded up to the next nearest tenth of a second. When Fully Automated Timing (FAT) was incorporated into the state tournament, times could accurately be measured to the hundredth. For state record conversion, the NFHS rules book determined that the difference between a handheld time and automatic time is 0.24 seconds. The old handheld time would be compared to the result with the FAT time by adding this .24. If the recent FAT time is faster, it will then be accepted as the new state record.

### **HIGH JUMP**

<u>Year</u>	<u>Men's Champ</u>	<u>Height</u>	<u>Women's Champ</u>	<u>Height</u>
1985	Rollman (Chugiak)	6' 4"	Caroline Pfeil (Dimond)	5' 4"
1986	West (Palmer)	6' 4"	Caroline Pfeil (Dimond)	5' 2"
1987	Lee Knowles (Wasilla)	6' 4"	Carmen Swartz (Kenai)	5' 0"
1988	Sam Capiello (ACS)	6' 3"	Donner (Juneau)	5' 1"
1989	Sam Capello (ACS)	6' 4"	Kristin Johnson (Su Valley)	5' 1"
1990	Christian (Service)	6' 5"	Cathy Ballensky (Chug)	5' 2"
1991	Gene Schaeffer (North Pole)	6' 2"	Cathy Ballensky (Chug)	5' 3"
1992	Travis Steckel (Soldotna)	6' 6"	Karin Balley (Bartlett)	5' 4"
1993	Burt Wallace (Homer)	6' 6"	Karin Balley (Bartlett)	5' 2"
1994	Tony Simeroth (Chugiak)	6' 6"	Mia Heavener (Chugiak)	5' 2"
1995	Seth Burgan (Bartlett)	6' 4"	Jennifer Rhoads (Palmer)	5' 3"
1996	Tony Simeroth (Chugiak)	6' 6"	Heidi Besse (Soldotna)	5' 4"
1997	Chris Samuels (Palmer)	6' 3"	Heidi Besse (Soldotna)	5' 2"
1998	Jesse Graves (Skyview)	6' 3"	Jessica Nichols (Colony)	5' 1"
1999	Nate Schwartzbauer (Col)	6' 1"	Christina Watson (Bart)	5' 3"
2000	Nate Schwartzbauer (Col)	6' 2"	Christina Wilson (Bart)	5' 3"
2001	Joseph Weber (Bartlett)	6' 5"	Jessica Nichols (Colony)	5' 3"
2002	Joe Weber (Bartlett)	6' 3"	Dallas Baldwin (Kenai)	5' 4"
2003	Ryan Havellana (Dimond)	6' 3"	Dallas Baldwin (Kenai)	5' 3"
2004	Chad Nading (East)	6' 3"	Shelby Beairsto (Colony)	5' 2"
2005	Greg Hunter (Sitka)	6' 4"	Marjorie Rima (Monroe)	5' 0"
2006	Justin Ore (Bartlett)	6' 6"	Phoenix Harlan (East)	5' 0"
2007	Will Egolf (Juneau)	6' 2"	Hannah White (Lathrop)	5' 0"
2008 4A	Ben Jackson (Service)	6' 6"	Kristie Ely (Juneau)	5' 2"
2008 123A	Dylan Beck (Seward)	6' 1"	Caitlin Hunt (Su Valley)	4' 8"
<b>2009 4A</b>	<b>Ben Jackson (Service)</b>	<b>6' 9"</b>	Caroline Cole (South)	5' 1"
2009 123A	Dylan Beck (Seward)	6' 6"	Daisey Morgan (Tok)	5' 1"

### **LONG JUMP**

<u>Year</u>	<u>Men's Champ</u>	<u>Distance</u>	<u>Women's Champ</u>	<u>Distance</u>
1985	Gustalson (Service)	20' 8"	Hertz (Haines)	15' 10.5"

1986		Bruce Jackman (Kenai)	21' 11"	Carlson (West Valley)	17' 8"
1987		Bruce Jackman (Kenai)	21' 6.5"	Kelly Carlson (W. Valley)	16' 4.5"
1988		Bruce Jackman (Kenai)	21' 4"	Dawn King (Lathrop)	16' 5.5"
1989		Jake Glotfelty (Kenai)	21' 2.5"	Dawn King (Lathrop)	17' 0.5"
1990		Kevin Elliott (Bartlett)	21' 9"	Dawn King (Lathrop)	17' 5.5"
1991		Nick McDaniel (Lathrop)	21' 11.25"	Tiffany Weatherton (Dim)	17' 2.5"
1992		Carl Heim (North Pole)	21' 7"	Tiffany Weatherton (Dim)	17' 2"
1993		Joel Mahaffey (Soldotna)	21' 11.25"	Tiffany Weatherton (Dim)	17' 1"
1994		Joel Mahaffey (Soldotna)	21' 8.5"	Tiffany Weatherton (Dim)	16' 6.75"
1995		Christopher Ingham (West)	21' 6.5"	Lani McLane (Soldotna)	16' 7.75"
1996		Derrick Ladson (W. Valley)	22' 03.25"	Rachel Jones (Soldotna)	17' 098.75"
1997		<b>Derrick Ladson (W. V.)</b>	<b>23' 0"</b>	Amina Abdul-Jillil (East)	16' 10.75"
1998		Toa Dunn (West Valley)	21' 02.5"	Courtney Williams (East)	16' 07.25"
1999		Dominic Wilson (Lathrop)	21' 3.75"	Courtney Williams (East)	16' 9.5"
2000		Dominic Wilson (Lathrop)	21' 05.25"	Janay DeLoach (Eielson)	17' 7"
2001		Eugene Oliver (Kodiak)	21' 03.25"	Janay DeLoach (Eielson)	18' 00.5"
2002		Eugene Oliver (Kodiak)	21' 7"	Janay DeLoach (Eielson)	19' 02"
2003		Eugene Oliver (Kodiak)	21' 3.5"	<b>Janay DeLoach (Eielson)</b>	<b>19' 5"</b>
2004		George Kelly (Service)	21' 09.5"	Jasmine Oliver (Kodiak)	16' 08.25"
2005		David Registe (Colony)	21' 09.25"	Marjorie Rima (Monroe)	16' 06.50"
2006		David Registe (Colony)	22' 04.25"	Lillian Bullock (Service)	16' 11"
2007		Tommy Woolf (W. Valley)	20' 03.25"	Aardrienna Everett (Col)	16' 07"
2008	4A	Ben Jackson (Service)	21' 03.50"	Kelsea Johnson (Sitka)	17' 01.25"
2008	123A	Cody Presley (Ninilchik)	18' 05"	Kim Wilson (Hutchison)	15' 09.25"
2009	4A	Ben Jackson (Service)	21' 05"	Jessica Todd (Dimond)	15' 10"
2009	123A	Travis Price (Seward)	20' 00.75"	Gabrielle Serventi (Grace)	15' 7.5"

## **TRIPLE JUMP**

<u>Year</u>	<u>Men's Champ</u>	<u>Distance</u>	<u>Women's Champ</u>	<u>Distance</u>
1985	Olsen (Palmer)	41' 11.5"	Brockman (Kodiak)	33' 0"
1986	Anthony Schexneyder (NP)	42' 2"	Hertz (Homer)	35' 8.5"
1987	Bruce Jackman (Kenai)	42' 4.25"	Cricket Burlseson (East)	36' 7.25"
1988	Abdul Lewis (Monroe)	44' 2.5"	Dee Shipp (East)	34' 11"
1989	Kevin Elliott (Bartlett)	42' 8.5"	Dee Shipp (East)	35' 3.5"
1990	Kevin Elliott (Bartlett)	45' 9"	Dee Shipp (East)	35' 2.25"
1991	Kevin Elliott (Bartlett)	43' 6.25"	Tiffany Weatherton (Dim)	35' 8.25"
1992	Desmond Clayton (Bart)	44' 5.75"	Tiffany Weatherton (Dim)	36' 10"
1993	<b>Joel Mahaffey (Soldotna)</b>	<b>45' 10.75"</b>	Heidi Freeman (Juneau)	36' 10.5"
1994	Joel Mahaffey (Soldotna)	44' 4"	Tiffany Weatherton (Dim)	36' 3.5"
1995	John Vinette (Wasilla)	43' 0"	Bev Krupa (West Valley)	35' 7.5"
1996	Kevin Bruns (Colony)	43' 02.5"	Rachel Jones (Soldotna)	35' 09.5"
1997	Aaron Bisson (Sitka)	43' 0.5"	Amina Addul-Jillil (East)	35' 11.75"
1998	Arron Bisson (Sitka)	43' 06"	Nikiya Dunmore (East)	35' 03.75"
1999	Barry Slaymaker (Colony)	44' 1.75"	Jessica Moore (Colony)	34' 11.75"

2000		Adrian Calahan (Bartlett)	43' 08.5"	Maja Pedersen (W. Valley)	34' 7.25"
2001		Joseph Weber (Bartlett)	42' 11.5"	Megan Kinnevan (Chugiak)	34' 8.5"
2002		Eugene Oliver (Kodiak)	42' 3"	Lilly Ward (Haines)	34' 4"
2003		Sione Fakasiiekli (Dim)	44' 10.5"	Laura Clemens (Service)	35' 1.25"
2004		Shawn Timmons (Service)	45' 07"	Dianne Chong (Sitka)	35' 06.5"
2005		Derrick Stevenson (Lathrop)	43' 02.75"	Marjorie Rima (Monroe)	35' 03.5"
2006		Derrick Stevenson (Lathrop)	44' 02"	<b>Sylvia Bullock (Service)</b>	<b>37' 04.5"</b>
2007		Tommy Woolf (W. Valley)	44' 05.50"	Ardrienna Everett (Colony)	34' 11.5"
2008	4A	Ben Jackson (Service)	44' 05.25"	Kelsea Johnson (Sitka)	34' 04.5"
2008	123A	Travis Price (Seward)	40' 02.25"	Kim Wilson (Hutchison)	36' 4.75"
2009	4A	Chris Plooy (Dimond)	45' 09.25"	Ambrosia Wilkerson(Chugiak)	33' 11.25"
2009	123A	Travis Price (Seward)	41' 09.25"	Anna Simmers (ACS)	33' 2.75"

## **SHOT PUT**

<u>Year</u>	<u>Men's Champ</u>	<u>Distance</u>	<u>Women's Champ</u>	<u>Distance</u>
1985	Kufel (West Anchorage)	50' 11.5"	Mallett (Soldotna)	37' 7.5"
1986	Armand Ruffin (Chugiak)	53' 2"	Hebert (North Pole)	39' 4"
1987	Armand Ruffin (Chugiak)	53' 6.5"	Lisa Long (Bartlett)	41' 10.25"
1988	Erich Sheunemann (Chugiak)	54' 2.5"	Lisa Long (Bartlett)	38' 00"
1989	Erich Sheunemann (Chugiak)	54' 4.5"	Missy Shipps (East)	39' 6.5"
1990	Howard Harrell (Monroe)	56' 3.75"	Kim Hanson (Dimond)	38' 7.5"
1991	Justin Rogers (Soldotna)	50' 4.25"	Kim Hanson (Dimond)	40' 8"
1992	Galen Brantley (Soldotna)	49' 5"	Mandi Velock (Wasilla)	36' 2"
1993	Galen Brantley (Soldotna)	53' 3.5"	Mandi Velock (Wasilla)	38' 5"
1994	Jason Dorcas (Kenai)	50' 2.25"	Branda Anderson (Chug)	37' 3.5"
1995	Jim Ehmann (Palmer)	52' 10"	Jenny Luer (Palmer)	38' 5.5"
1996	Josh Coleman (Soldotna)	53' 11"	Jennifer Rhodes (Palmer)	37' 08.5"
1997	Jeremiah Richards (Palmer)	53' 9.5"	<b>Jenny Luer (Palmer)</b>	<b>44' 4.75"</b>
1998	Tom Ojala (Colony)	54' 10.25"	Shannon Brunner (SoHi)	36' 10.5"
1999	Joshua Evans (Dimond)	54' 2"	Corena Bell (Bartlett)	36' 10"
2000	Judd Versien (Glennallen)	52' 0.5"	Corena Bell (Bartlett)	37' 05.5"
2001	Tui Alailefaeula (Bartlett)	54' 3.25"	Sasha Cvetkovski (SoHi)	37' 00.5"
2002	Ben Clooten (Lathrop)	52' 10"	Sasha Cvetkovski (SoHi)	37' 0.75"
2003	Ben Clooten (Lathrop)	55' 6"	Alana Clooten (Lathrop)	34' 8.25"
2004	Bobby Dunbar (Bartlett)	55' 01.5"	Alana Clooten (Lathrop)	40' 00.5"
2005	Bobby Dunbar (Bartlett)	55' 05.25"	Alana Clooten (Lathrop)	39' 11"
2006	Jordan Clarke (Bartlett)	59' 09.75"	Shaina Afoa (Dimond)	38' 02.75"
2007	Jordan Clarke (Bartlett)	60' 01"	Paige Blackburn (Soldotna)	40' 04.75"
2008	4A <b>Jordan Clarke (Bartlett)</b>	<b>71' 03"</b>	Paige Blackburn (Soldotna)	41' 02.75"
2008	123A James Hollis (Anderson)	40' 01.25"	Rosie Berg (Grace)	35' 05.75"
2009	4A John Knowles (Wasilla)	49' 09.25"	Crystal Tui (West)	40' 05.25"
2009	123A Kevin Rima (Hutchison)	41' 08"	Anna Simmers (ACS)	33' 2.75"

## **DISCUS**

<u>Year</u>	<u>Men's Champ</u>	<u>Distance</u>	<u>Women's Champ</u>	<u>Distance</u>
1985	Duffy (Soldotna)	151' 7"	Squib (West Valley)	120' 8"
1986	Malouf (Service)	151' 9"	Long (Bartlett)	123' 2"
1987	John Malouf (Service)	154' 4"	Lisa Long (Bartlett)	130' 3"
1988	Erich Sheunemann (Chugiak)	168' 8"	Lisa Long (Bartlett)	136' 2"
1989	Erich Sheunemann (Chugiak)	175' 5"	Hanko (Kodiak)	108' 7"
1990	Howard Harrell (Monroe)	155' 8"	Kim Moock (Soldotna)	119' 3"
1991	Justin Rogers (Soldotna)	154' 4"	Kim Moock (Soldotna)	122' 2"
1992	Jason Morigeau (Palmer)	154' 1"	Sheila Forty (Ketchikan)	116' 0"
1993	Jimmy Magee (Kenai)	172' 5"	Mandi Velock (Wasilla)	117' 7"
1994	Joel Mahaffey (Soldotna)	147' 5"	Jenny Luer (Palmer)	112' 0"
1995	Jeremiah Richards (Palmer)	157' 2"	Jenny Luer (Palmer)	129' 4"
1996	Jeremiah Richards (Palmer)	169' 7"	Jenny Luer (Palmer)	131' 1"
1997	Austin Sundy (Homer)	159' 9"	<b>Jenny Luer (Palmer)</b>	<b>143' 2"</b>
1998	Joe Samuels (Palmer)	161' 11"	Marian Stevens (ACS)	128' 8"
1999	Judd Viersen (Glennallen)	179' 4"	Karen Parkinson (Homer)	129' 1"
2000	Judd Viersen (Glennallen)	172' 10"	Karen Parkinson (Homer)	123' 9"
2001	John Fillman (Colony)	152' 2"	Loreen Tupou (Juneau)	110' 10"
2002	Zach Pettit (Palmer)	151' 4"	Alana Clooten (Lathrop)	125' 0"
2003	Levi McKay (Skyview)	168' 0"	Alana Clooten (Lathrop)	135' 11"
2004	Bobby Dunbar (Bartlett)	160' 02"	Alana Clooten (Lathrop)	140' 03"
2005	Papapa Nicholas (Kenai)	159' 09"	Alana Clooten (Lathrop)	126' 04"
2006	Jordan Clarke (Bartlett)	179' 01"	Savannah Afoa (Dimond)	122' 03"
2007	<b>Jordan Clarke (Bartlett)</b>	<b>192' 07"</b>	Paige Blackburn (Soldotna)	123' 09"
2008 4A	Jordan Clarke (Bartlett)	176' 03"	Paige Blackburn (Soldotna)	136' 05"
2008 123A	David Lorentz (Haines)	131' 05"	Fran Daly (Haines)	112' 11"
2009 4A	Mitchell Swensen (Dimond)	148' 01"	Crystal Tui (West)	116' 03"
2009 123A	Kevin Rima (Hutchison)	141' 02"	Megan Hansen (Nikiski)	104' 11"

## **3200 METERS**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	Birdsall (Wasilla)	9:34.1	Nina Kempel (West)	11:54.5
1986	Kramer (Lathrop)	9:29.4	<b>Kristi Klinnert (Kodiak)</b>	<b>10:37.7</b>
1987	Leif Kogi (Lathrop)	9:42.4	Kristi Klinnert (Kodiak)	10:52.3
1988	Gilbert (Wasilla)	9:37.9	Sara Gish (Lathrop)	10:48.3
1989	Lee (Chugiak)	9:41.0	Hansen (Chugiak)	11:32.7
1990	David Dyer (Lathrop)	9:37.7	Beth Ladd (Homer)	11:27.1
1991	David Dyer (Lathrop)	9:28.7	Gretchen Klein (Ketch)	11:09.6
1992	David Dyer (Lathrop)	9:36.1	Tricia Satre (Juneau)	11:37.0
1993	David Dyer (Lathrop)	9:27.13	Kerry Dugan (Lathrop)	11:44.30
1994	Miguel Gomez (West)	9:26.26	Stephanie VanTrosa (Col)	11:16.38
1995	Laird Prosser (Dimond)	9:40.39	Christy Virgin (Glennallen)	11:16.02
1996	B.J.Nicolaus (W. Valley)	9:39.65	Christy Virgin (Glennallen)	11:25.97

1997		Tory Dugan (Dimond)	9:51.43	Annie Dougherty (SoHi)	11:06.84
1998		Seth Chappell (East)	9:35.44	Darcy Dugan (Dimond)	11:04.89
1999		Eric Strabel (Colony)	9:40.23	Maria Eley (Juneau)	11:12.63
2000		Patrick Beattie (Bartlett)	9:28.01	Kikkan Randall (East)	10:53.04
2001		Curtis Mortenson (Kodiak)	9:26.13	Kikkan Randall (East)	10:52.62
2002		Ted O'Reilly (Service)	9:36.26	Kris Smith (West)	11:12.84
2003		Stig Yngve (Kodiak)	9:33.35	Morgan Ekemo (Chugiak)	10:53.34
2004		Stig Yngve (Kodiak)	9:27.33	Ari Goldstein (SoHi)	10:59.74
2005		Tristan K-Lombardo (Jun)	9:29.62	Ari Goldstein (SoHi)	10:59.43
2006		David Bondi (South)	9:28.48	Maggie Callahan (W. Valley)	11:09.19
2007		Trevor Dunbar (Kodiak)	9:25.26	Leah Francis (Juneau)	11:06.23
2008	4A	<b>Jake Parisien (Palmer)</b>	<b>9:11.27</b>	Leah Francis (Juneau)	11:02.16
2008	123A	Chandler Kemp (Haines)	9:45.14	J.J. Lende (Haines)	11:23.28
2009	4A	Trevor Dunbar (Kodiak)	9:19.96	Leah Francis (Juneau)	11:13.52
2009	123A	Jacob Kirk (Grace)	9:28.81	Kailey Wilson (Kenny Lake)	11:37.18

### **4X400 RELAY**

<u>Year</u>		<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985		BARTLETT	3:27.6	BARTLETT	4:09.3
1986		BARTLETT	3:26.7	DIMOND	4:09.9
1987		BARTLETT	3:27.7	BARTLETT	4:10.2
1988		CHUGIAK	3:26.4	BARTLETT	4:08.4
1989		LATHROP	3:24.1	DIMOND	4:10.8
1990		LATHROP	3:24.6	CHUGIAK	4:11.3
1991		LATHROP	3:25.5	DIMOND	4:13.9
1992		DIMOND	3:27.9	CHUGIAK	4:11.3
1993		BARTLETT	3:27.05	CHUGIAK	4:08.9
1994		WEST ANCHORAGE	3:26.55	DIMOND	4:04.64
1995		WASILLA	3:27.20	JUNEAU	4:04.71
1996		CHUGIAK	3:29.86	SOLDOTNA	4:09.63
1997		DIMOND	3:29.70	SOLDOTNA	4:08.52
1998		COLONY	3:30.79	SERVICE	4:05.26
1999		COLONY	3:29.13	CHUGIAK	4:06.79
2000		GRACE CHRISTIAN	3:30.83	BARTLETT	4:04.93
2001		WEST VALLEY	3:29.01	EAST ANCHORAGE	4:06.38
2002		NORTH POLE	3:28.30	WEST ANCHORAGE	4:07.61
2003		WEST ANCHORAGE	3:31.50	CHUGIAK	4:09.60
2004		CHUGIAK	3:30.28	SOLDOTNA	4:10.53
2005		EAST ANCHORAGE	3:30.64	WEST VALLEY	4:08.83
2006		DIMOND	3:27.97	WEST VALLEY	4:06.11
2007		KODIAK	3:30.28	BARTLETT	4:05.67
2008	4A	BARTLETT	3:26.51	BARTLETT	4:05.38
2008	123A	GRACE	3:37.40	COOK INLET ACADEMY	4:18.70
2009	4A	BARTLETT	3:29.08	<b>KENAI</b>	<b>4:04.46</b>
2009	123A	SITKA	3:44.16	GRACE	4:27.68

## **110/100 HURDLES**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	Gilgis (Seward)	15.2	Cusack (East)	15.6
1986	Richard Madison (Bartlett)	15.7	Lisa Summerhayes (Bart)	15.9
1987	Richard Mattison (Bart)	15.0	Lisa Summerhays (Bart)	15.3
1988	Madison (Bartlett)	14.8	Karma Zimmerman (W.V.)	15.5
1989	<b>Massengale (Bartlett)</b>	<b>14.4</b>	Jennifer Chappel (Homer)	16.7
1990	Brian Hooper (Chugiak)	15.2	Jenni Miernyk (Bartlett)	16.1
1991	Chip Robertson (West)	15.3	Lisa Bedminster (Dimond)	15.9
1992	Kyle Klassert (East)	15.3	Cara Mitchell (Chugiak)	15.4
1993	Ralph Beers (Seward)	15.07	Stormy Dyvig (Service)	15.70
1994	Doug Pike (Skyview)	15.02	Lara Kelley (Chugiak)	15.45
1995	Davy Registe (Palmer)	15.09	Lara Kelley (Chugiak)	15.85
1996	Davy Registe (Palmer)	14.76	Lindsey Glaze (Nikiski)	15.98
1997	Wilbur Hooks (Dimond)	14.87	Stephanie Jackson (Eielson)	15.66
1998	Stephen Wackowski (Bart)	16.11	Courtney Williams (East)	15.85
1999	Terry Jesclard (Dimond)	15.65	Megan Kinnevan (Chugiak)	15.77
2000	Geoff Nordlund (Ketch)	15.19	Janna Schaafsma (SoHi)	15.37
2001	Trevor Millar (Heritage)	15.51	<b>Janna Schaafsma (SoHi)</b>	<b>15.03</b>
2002	Joshua Reilly (Nikiski)	15.29	Janna Schaafsma (SoHi)	15.20
2003	Trevor Tompkins (Skyview)	15.63	Zee Zee Young (Dimond)	15.52
2004	Mike Titus (Lathrop)	14.97	Kari Reabold (Lathrop)	15.68
2005	Justin Schwartzbauer (Col)	15.06	Laura Clemson (Service)	15.93
2006	Ceylon Mitchell (East)	15.62	Hallie Huggins (Colony)	15.42
2007	Levi Benning (Juneau)	15.04	Anna Simmers (ACS)	15.54
2008	4A Ceylon Mitchell (East)	15.41	Lauren Laichak (Dimond)	15.58
2008	123A Dylan Beck (Seward)	16.29	Anna Simmers (ACS)	15.51
2009	4A Elliott Bauer (South)	15.20	Keiahnna Engel (Dimond)	15.52
2009	123A Dylan Beck (Seward)	15.99	Anna Simmers (ACS)	15.29

## **100 METERS**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	Williams (Bartlett)	11.0	Adrea Kourametis (Kodiak)	12.9
1986	Easley (West Anchorage)	11.1	Burleson (East Anchorage)	12.6
1987	Corey Moore (Wasilla)	10.9	Ferlesher Jackson (Lathrop)	12.8
1988	Corey Moore (Wasilla)	10.8	King (East)	12.6
1989	Robinson (Bartlett)	11.2	Crawford (Bartlett)	12.3
1990	Orrie Ingram (Bartlett)	11.0	Passion Richardson (Lath)	12.6
1991	DeWayne Ingram (Bartlett)	11.2	Catrina Wright (Lathrop)	12.8
1992	DeWayne Ingram (Bartlett)	10.9	Marlana Hunter (West)	12.4
1993	Sandreklus Robinson (Lat)	10.95	Catrina Wright (Bartlett)	12.5
1994	Ambrose Mazion (Lathrop)	11.09	Farah Griggs (Palmer)	12.91
1995	<b>Joel Knight (Soldotna)</b>	<b>10.90</b>	Nanette Munnlyn (Lathrop)	12.96

1996		Kenneth Card (Bartlett)	11.39	Crystal White (Lathrop)	12.87
1997		Wilbur Hooks (Dimond)	11.07	Laura Ingham (East)	12.87
1998		Robert Ridgeway (Juneau)	11.49	Laura Ingham (East)	12.83
1999		Marvin Jackson (Lathrop)	11.32	Savon Shegog (Bartlett)	12.79
2000		Cedar Gray (West Valley)	10.74	Janay DeLoach (Eielson)	12.30
2001		Joe Robinson (Kodiak)	11.18	Janay DeLoach (Eielson)	12.34
2002		Ryan Collins (Colony)	11.06	Janay DeLoach (Eielson)	12.42
2003		Ernest Morris (Juneau)	11.31	Ashley Smith (East)	12.39
2004		Michael Madrid (East)	11.17	Ashley Smith (East)	12.42
2005		Eric Walsh (Monroe)	11.09	Ashley Smith (East)	12.20
2006		Damar Wilson (East)	11.35	Jessica Jeans (Bartlett)	12.53
2007		Damar Wilson (East)	11.03	Jessica Jeans (Bartlett)	12.68
2008	4A	Wah'fe Granger (Bartlett)	11.26	Gabrielle Todd (Bartlett)	12.90
2008	123A	Drew Edwards (Grace)	11.55	Kim Wilson (Hutchison)	12.88

### **4x200 RELAY**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	BARTLETT	1:30.4	KODIAK	1:48.5
1986	BARTLETT	1:31.7	BARTLETT	1:46.3
1987	WASILLA	1:31.1	BARTLETT	1:45.4
1988	BARTLETT	1:31.1	EAST ANCHORAGE	1:48.9
1989	BARTLETT	1:29.4	LATHROP	1:45.8
1990	BARTLETT	1:28.5	LATHROP	1:45.2
1990	<b>BARTLETT</b>	<b>1:25.5</b>	LATHROP	1:45.2
1991	BARTLETT	1:30.8	LATHROP	1:47.1
1992	DIMOND	1:30.8	WEST ANCHORAGE	1:47.6
1993				
1994	LATHROP	1:30.50	CHUGIAK	1:46.54
1995	LATHROP	1:30.19	EAST ANCHORAGE	1:46.08
1996	SOLDOTNA	1:33.21	SOLDOTNA	1:46.49
1997	PALMER	1:32.35	EAST ANCHORAGE	1:48.15
1998	SERVICE	1:32.13	LATHROP	1:46.71
1999	LATHROP	1:32.13	LATHROP	1:46.37
2000	COLONY	1:31.40	COLONY	1:46.67
2001	BARTLETT	1:32.00	LATHROP	1:46.01
2002	DIMOND	1:30.88	EAST ANCHORAGE	1:47.02
2003	DIMOND	1:32.19	<b>EAST ANCHORAGE</b>	<b>1:44.86</b>
2004	SERVICE	1:31.57	EAST ANCHORAGE	1:45.73
2005	BARTLETT	1:32.03	JUNEAU-DOUGLAS	1:48.46
2006	EAST ANCHORAGE	1:31.40	EAST ANCHORAGE	1:46.49
2007	BARTLETT	1:30.46	BARTLETT	1:46.87
2008	4A DIMOND	1:34.27	DIMOND	1:47.04
2008	123A EIELSON	1:38.42	GRACE	1:54.16
2009	4A BARTLETT	1:31.95	SERVICE	1:47.71
2009	123A HAINES	1:39.08	ACS	1:54.00

## 1600 METERS

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	<b>Doug Herron (Bartlett)</b>	<b>4:13.0</b>	Bradshaw (Kodiak)	5:10.8
1986	Kramer (Lathrop)	4:15.6	Kristi Klinnert (Kodiak)	5:02.6
1987	Lance Bartlett (Lathrop)	4:25.4	Kristi Klinnert (Kodiak)	5:06.9
1988	Gilbert (Wasilla)	4:22.7	Gish (Lathrop)	5:06.7
1989	Lee (Chugiak)	4:30.6	Hansen (Chugiak)	5:17.6
1990	Norm Rousey (Palmer)	4:22.6	Beth Ladd (Homer)	5:01.2
1991	Jake Bartholomy (Bartlett)	4:17.8	Beth Ladd (Homer)	5:05.9
1992	David Dyer (Lathrop)	4:22.9	Kaarin Knudson (Dimond)	5:13.2
1993	Laird Prosser (Dimond)	4:15.8	Emily Ransom (Seward)	5:12.1
1994	Miguel Gomez (West)	4:21.21	Stephanie VanTroba (Col)	5:09.96
1995	Laird Prosser (Dimond)	4:22.25	Christy Virgin (Glen)	5:12.72
1996	Tyler Keene (Chugiak)	4:25.50	Annie Berdahl (Nikiski)	5:06.30
1997	Tyler Keene (Chugiak)	4:28.31	Annie Berdahl (Nikiski)	5:08.01
1998	Michael Jordan (N. Pole)	4:25.15	Christy Virgin (Glennallen)	5:06.24
1999	Eric Strabel (Colony)	4:29.87	Kikkan Randall (East)	5:20.89
2000	Patrick Beattie (Bartlett)	4:27.24	Kikkan Randall (East)	5:08.49
2001	Curtis Mortenson (Kodiak)	4:21.43	Kikkan Randall (East)	5:00.21
2002	Mike Barth (ACS)	4:24.13	Kris Smith (West)	4:56.78
2003	Aaron Dickson (Palmer)	4:22.67	<b>Kris Smith (West)</b>	<b>4:55.89</b>
2004	Knutsen-Lombardo (Kod)	4:24.19	Ari Goldstein (Soldotna)	5:08.23
2005	Tyler Dinnan (Juneau)	4:22.03	Ari goldstein (Soldotna)	5:04.12
2006	Tyler Dinnan (Juneau)	4:25.24	Maggie Callahan (W. Valley)	5:05.92
2007	Cory Pena (Kodiak)	4:16.85	Leah Francis (Juneau)	5:01.90
2008 4A	Trevor Dunbar (Kodiak)	4:15.78	Leah Francis (Juneau)	5:00.65
2008 123A	Leif Karlberg (Grace)	4:27.53	J.J. Lende (Haines)	5:05.36
2009 4A	Trevor Dunbar (Kodiak)	4:13.32	Leah Francis (Juneau)	5:05.52
2009 123A	Jacob Kirk (Grace)	4:27.95	Kailey Wilson (Kenny Lake)	5:18.10

## 4x100 RELAY

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	BARTLETT	44.2	KODIAK	51.6
1986	WEST ANCHORAGE	44.5	EAST ANCHORAGE	50.7
1987	BARTLETT	42.2	BARTLETT	50.2
1988	WEST ANCHORAGE	45.3	EAST ANCHORAGE	50.7
1989	BARTLETT	44.2	BARTLETT	50.7
1990	BARTLETT	43.8	EAST ANCHORAGE	50.3
1991	LATHROP	43.5	WEST ANCHORAGE	51.3
1992	BARTLETT	44.1	WEST ANCHORAGE	50.8
1993	PALMER	43.5	BARTLETT	51.8
1994	SOLDOTNA	43.95	CHUGIAK	51.16
1995	BARTLETT	43.54	CHUGIAK	50.83

1996		BARTLETT	44.05	LATHROP	51.06
1997		EAST ANCHORAGE	44.50	EAST ANCHORAGE	51.08
1998		WEST VALLEY	44.47	EAST ANCHORAGE	50.78
1999		LATHROP	44.13	LATHROP	49.94
2000		COLONY	43.59	COLONY	50.95
2001		BARTLETT	44.29	COLONY	50.06
2002		COLONY	44.43	EAST ANCHORAGE	51.04
2003		DIMOND	44.17	EAST ANCHORAGE	49.99
2004		EAST ANCHORAGE	44.08	EAST ANCHORAGE	50.18
2005		EAST ANCHORAGE	44.36	<b>EAST ANCHORAGE</b>	<b>49.77</b>
2006		<b>EAST ANCHORAGE</b>	<b>43.50</b>	EAST ANCHORAGE	49.97
2007		BARTLETT	43.90	BARTLETT	50.50
2008	4A	BARTLETT	44.23	DIMOND	51.52
2008	123A	HAINES	47.38	COOK INLET	52.49
2009	4A	BARTLETT	43.80	DIMOND	50.87
2009	123A	GRACE	47.11	ACS	52.83

### **400 METERS**

<u>Year</u>		<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985		Anthony Schexneyder (NP)	50.6	Jill Parrish (Juneau)	59.6
1986		Anthony Schexneyder (NP)	49.6	Zimmerman (W. Valley)	59.2
1987		Everett Simpson (Lathrop)	50.4	Barb Frates (Kenai)	59.0
1988		Corey Moore (Wasilla)	49.9	McDonald (Lathrop)	59.3
1989		McGrew (Bartlett)	48.0	Nikki Thomas (Dimond)	57.4
1990		Reggie Tongue (Lathrop)	49.2	Nikka Thomas (Dimond)	58.0
1991		Jason Reaves (Lathrop)	49.3	Nikki Viersen (Glennallen)	60.6
1992		Leon Cooper (Chugiak)	50.6	Cynthia Morman (Chugiak)	60.7
1993		Lawrence Simpson (West)	50.38	Cynthia Morman (Chugiak)	60.27
1994		Jon Becker (Homer)	49.70	Brit Jacobson (Chugiak)	57.85
1995		James Kenfield (Chugiak)	49.69	Marne Gunderson (Su Val)	58.59
1996		Webb Girard (Chugiak)	50.31	Heidi Johnson (East)	59.30
1997		Wilbur Hooks (Dimond)	50.24	Beatrice Bullock (Service)	59.35
1998		Munya Maraire (Eielson)	49.39	Regina Cambilargui (N.P.)	58.39
1999		Jerry Washington (Bart)	50.58	Courtney Ward (Grace)	58.08
2000		Josh Young (Dimond)	50.76	Mary Pearce (Dimond)	58.88
2001		Brandon Joseph (Dimond)	50.68	Molly Bosick (Ninilchik)	57.94
2002		Chris Stovall (Dimond)	50.97	Mary Pearce (Dimond)	57.74
2003		Olin Bingham (Palmer)	50.48	Eryka Morris (Chugiak)	59.93
2004		Brandon Grant (Dimond)	51.27	Leah Preston (East)	59.36
2005		John Humphries (Chugiak)	51.01	Ashley Smith (East)	59.33
2006		Levi Sutton (Kenai)	51.66	<b>Andrea Crook (Bartlett)</b>	<b>57.14</b>
2007		<b>Ethan Hewitt (Chugiak)</b>	<b>47.78</b>	Andrea Crook (Bartlett)	57.67
2008	4A	Matt Jaronik (Colony)	50.51	Andrea Crook (Bartlett)	57.92
2008	123A	Drew Edwards (Grace)	50.08	Brooke Forsi (CIA)	58.63
2009	4A	Raymond Reid (Bartlett)	50.18	Gabrielle Todd (Bartlett)	57.24

2009 123A	Travis Price (Seward)	49.82	Britney Anderson (Eielson)	61.11
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### **300 HURDLES**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	Thomas (Chugiak)	39.2	Kim Cusack (East)	46.6
1986	Richard Madison (Bartlett)	39.7	Brown (Palmer)	47.5
1987	Richard Madison (Bartlett)	39.8	Loretta Humphrey (Lathrop)	47.3
1988	Richard Madison (Bartlett)	39.5	Karma Zimmerman (W.V.)	47.3
1989	<b>Nathan Moffett (Chugiak)</b>	<b>38.9</b>	Olsen (Homer)	47.1
1990	Brian Hooper (Chugiak)	39.8	Cathy Balensky (Chugiak)	47.0
1991	Kyle Klassert (East)	39.9	Heather Napoleone (And)	46.8
1992	Kyle Klassert (East)	39.2	Cara Mitchell (Chugiak)	45.8
1993	Tony Webster (Wasilla)	40.16	Lara Kelley (Chugiak)	45.5
1994	Davy Registe (Palmer)	39.23	<b>Lara Kelley (Chugiak)</b>	<b>44.75</b>
1995	Oscar White (West)	39.67	Lara Kelley (Chugiak)	45.61
1996	Davy Registe (Palmer)	39.39	Mary Glaze (Nikiski)	46.75
1997	Forfest Johnson (Seward)	39.24	Lindsey Glaze (Nikiski)	47.00
1998	Nathaniel Kubus (Chugiak)	40.94	Susan Darling (Dimond)	46.42
1999	Nathaniel Kubus (Chugiak)	40.05	Karessa Fraser (W. Valley)	45.26
2000	Landon Libby (Grace)	40.51	Bianca Dueno (Service)	45.78
2001	Joshua Reilly (Nikiski)	40.39	Janna Schaafsma (SoHi)	45.11
2002	Joshua Reilly (Nikiski)	41.35	Janna Schaafsma (SoHi)	45.98
2003	Justin Schwartzbauer (Col)	40.79	Kari Reabold (Lathrop)	45.52
2004	Justin Schwartzbauer (Col)	40.29	Zee Zee Young (Dimond)	45.49
2005	Justin Schwartzbauer (Col)	39.35	Amber McGlasson (Kenai)	46.30
2006	Shaun Ward (Chugiak)	39.46	Denali Foldager (Seward)	46.50
2007	Jed McGlasson (Kenai)	39.60	Kaylee Hornbeck (Lathrop)	46.50
2008 4A	Ceylon Mitchell (East)	39.88	Lauren Laichak (Dimond)	46.76
2008 123A	Logan Schiler (Delta)	41.63	Denali Foldager (Seward)	48.18
2009 4A	Elliott Bauer (South)	40.05	Keiahnna Engel (Dimond)	46.27
2009 123A	Dylan Beck (Seward)	40.81	Amie Swithwick (CIA)	48.51

### **800 METERS**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	<b>Doug Herron (Bartlett)</b>	<b>1:49.2</b>	Bradshaw (Lathrop)	2:21.9
1986	Peckham (Delta Junction)	1:56.2	Barb Frates (Kenai)	2:18.6
1987	Chip Fudela (Kodiak)	1:56.6	Barb Frates (Kenai)	2:19.7
1988	Heintz (Dimond)	1:58.2	Cheri Jones (Bartlett)	2:17.1
1989	Lee (Chugiak)	1:56.5	Hansen (Chugiak)	2:22.2
1990	Chad Seethaler (Bartlett)	1:58.5	Beth Ladd (Homer)	2:19.0
1991	Jake Bartholomy (Bartlett)	1:57.1	Beth Ladd (Homer)	2:19.0
1992	Grayson (B) & Rousey (P)	1:57.2	Kaarin Knudson (Dimond)	2:18.9
1993	Laird Prosser (Dimond)	1:55.38	Brit Jacobson (Chugiak)	2:21.2
1994	Randy Grayson (Chugiak)	1:56.24	Brit Jacobson (Chugiak)	2:17.60

1995		Laird Prosser (Dimond)	1:57.30	Dayna Hice (Bartlett)	2:22.19
1996		Adam Hartig (Wasilla)	1:59.17	Annie Berdahl (Nikiski)	2:19.31
1997		Neil Karella (West Valley)	1:58.94	Annie Dougherty (SoHi)	2:21.70
1998		Michael Jordan (N.Pole)	1:57.78	Kikkan Randall (East)	2:17.55
1999		Josh Young (Dimond)	1:59.56	Sarah Dimmick (Wasilla)	2:17.67
2000		Eric Strabel (Colony)	1:58.89	Sarah Dimmick (Wasilla)	2:15.55
2001		Sean McMahon (East)	1:58.57	Elisa Bolling (Ketchikan)	2:19.01
2002		Ben Mercer (West Valley)	2:00.52	Kris Smith (West)	2:15.75
2003		Aaron Dickson (Palmer)	1:58.71	<b>Kris Smith (West)</b>	<b>2:14.56</b>
2004		Mick Boyle (Kenai)	2:02.79	Ari Goldstein (Soldotna)	2:18.91
2005		Tyler Dinnan (Juneau)	1:57.27	Christina Gillis (W. Valley)	2:21.24
2006		Tyler Dinnan (Juneau)	1:58.65	Samantha Davis (W. Valley)	2:17.93
2007		Cory Pena (Kodiak)	1:55.34	Samantha Davis (W. Valley)	2:15.38
2008	4A	Kevin Smith (Palmer)	1:59.55	Leah Francis (Juneau)	2:16.94
2008	123A	Travis Price (Seward)	2:02.38	J.J. Lende (Haines)	2:19.79
2009	4A	Ryan Hanley (Dimond)	1:56.15	Ivy O'Guinn (Skyview)	2:16.94
2009	123A	Travis Price (Seward)	1:59.66	Kailey Wilson (Kenny Lake)	2:25.41

## **200 METERS**

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1985	Dely (West Anchorage)	22.5	Adrea Kourametis (Kodiak)	26.5
1986	Max Easley (West)	22.7	Cricket Burluson (East)	26.6
1987	Corey Moore (Wasilla)	21.9	Ferlesher Jackson (Lat)	25.7
1988	Corey Moore (Wasilla)	21.9	Bell (Wasilla)	26.2
1989	McGrew (Bartlett)	22.4	Bell (Wasilla)	25.9
1990	Delvin Myles (Bartlett)	22.4	Passion Richardson (Lat)	25.2
1991	DeWayne Ingram (Bart)	22.6	Catrina Wright (Bartlett)	26.5
1992	DeWayne Ingram (Bart)	22.1	Marlana Hunter (West)	25.7
1993	Sandreklus Robinson (Lat)	22.49	Catrina Wright (Bartlett)	25.9
1994	Joel Knight (Soldotna)	22.01	Farah Griggs (Palmer)	26.30
1995	<b>Joel Knight (Soldotna)</b>	<b>21.99</b>	Janelle Billingslea (Juneau)	26.48
1996	Kenneth Card (Bartlett)	22.46	Lani McLane (Soldotna)	26.59
1997	Wilbur Hooks (Dimond)	22.26	Janelle Billingslea (Juneau)	26.03
1998	Munya Maraire (Eielson)	22.11	Laura Ingham (East)	25.92
1999	Jerry Washington (Bart)	23.36	Aquanita Burras (Lathrop)	25.64
2000	Adrian Calahan (Bartlett)	22.13	Mary Pearce (Dimond)	25.78
2001	Ryan Collins (Colony)	22.67	Aquanita Burras (Lathrop)	25.83
2002	Ryan Collins (Colony)	22.29	Mary Pearce (Dimond)	25.89
2003	Michael Madrid (East)	22.99	Dominique Slater (Lathrop)	25.86
2004	Brandon Grant (Dimond)	22.65	Ashley Smith (East)	25.49
2005	Sid Johnson (Lathrop)	22.80	Ashley Smith (East)	25.53
2006	Eli Shittu (Bartlett)	22.75	Andrea Crook (Bartlett)	25.48
2007	Ethan Hewitt (Chugiak)	22.66	Andrea Crook (Bartlett)	25.92
2008	4A John Daly (Palmer)	22.85	Lierin Flanagan (Kenai)	26.26

2008	123A	Drew Edwards (Grace)	23.22	Kim Wilson (Hutchison0	26.29
2009	4A	Ryan Clay (South0	22.74	Gabielle Todd (Bartlett)	25.74
2009	123A	Shane Cawley (Valdez)	24.35	Lexy Seifert (Barrow)	27.13

**4x800 RELAY** *First included during 1996 State Tournament*

<u>Year</u>	<u>Men's Champ</u>	<u>Time</u>	<u>Women's Champ</u>	<u>Time</u>
1996	COLONY	8:10.78	NIKISKI	9:52.41
1997	CHUGIAK	8:09.58	SOLDOTNA	9:47.05
1998	EAST ANCHORAGE	8:11.65	EAST ANCHORAGE	9:47.14
1999	COLONY	8:16.27	NORTH POLE	9:56.70
2000	PALMER	8:16.38	BARTLETT	9:47.85
2001	WEST VALLEY	8:07.41	KENAI	9:42.00
2002	PALMER	8:12.11	EAST ANCHORAGE	9:49.90
2003	WEST VALLEY	8:14.56	EAST ANCHORAGE	9:42.12
2004	EAST ANCHORAGE	8:10.16	<b>WEST VALLEY</b>	<b>9:35.21</b>
2005	WEST VALLEY	8:03.25	WEST VALLEY	9:40.75
2006	KODIAK	8:08.39	WEST VALLEY	9:38.70
2007	SEWARD	8:08.94	WEST VALLEY	9:42.03
2008	4A PALMER	8:07.88	WEST ANCHORAGE	9:53.39
2008	123A GRACE	8:09.37	SEWARD	10:00.53
<b>2009</b>	<b>4A SERVICE</b>	<b>8:02.77</b>	LATHROP	9:44.89
2009	123A GRACE	8:35.74	GRACE	10:13.57

**RECORDBOOK: STATE RECORDS IN EACH EVENT**

(Note: State Records may only be established or tied at State Championships)

**MENS EVENTS**

<u>Event</u>	<u>Year</u>	<u>Performer</u>	<u>State Best</u>
High Jump	2009	Ben Jackson (Service)	6' 9"
Long Jump	1997	Derrek Ladson (W. Valley)	23' 0"
Triple Jump	1993	Joel Mahaffey (Soldotna)	45' 10.25"
Shot Put	2008	Jordan Clarke (Bartlett)	71' 03"
Discus	2007	Jordan Clarke (Bartlett)	192' 07"
110 Hurdles	1989	Ollie Massingale (Bartlett)	14.4 (h)
300 Hurdles	1989	Nathan Moffett (Chugiak)	38.9 (h)
100 Meters	1995	Joel Knight (Soldotna)	10.90
200 Meters	1995	Joel Knight (Soldotna)	21.90
400 Meters	2007	Ethan Hewitt (Chugiak)	47.78
800 Meters	1985	Doug Herron (Bartlett)	1:49.2 (h)
1600 Meters	1985	Doug Herron (Bartlett)	4:13.0 (h)

3200 Meters	2008	Jake Parisien (Palmer)	9:11.27
2 Mile	1975	Don Clary (East)	9:04.4 (h)
4x100 Relay	2006	East (D.Wilson, Michell, Sosa, D. Wilson)	43.50
4x200 Relay	1990	Bartlett(Ingram, Robinson, Myles, Pennino)	1:28.5 (h)
4x400 Relay	1982	East(Singleton,Perham,Stephens,Brownsberger)	3:23.6
4x800 Relay	2009	Service(Talbot, Lane, Walgren, Phelps)	8:02.77

## **WOMENS EVENTS**

<b><u>Event</u></b>	<b><u>Year</u></b>	<b><u>Performer</u></b>	<b><u>State Best</u></b>
High Jump	1983	Renae Pickarsky (Soldotna)	5' 6"
Long Jump	2003	Janay DeLoach (Eielson)	19' 5"
Triple Jump	2006	Sylvia Bullock (Service)	37' 4.5"
Shot Put	1997	Jenny Luer (Palmer)	44' 4.75"
Discus	1997	Jenny Luer (Palmer)	143' 2"
100 Hurdles	2001	Janna Schaafsma (Soldotna)	15.03
300 Hurdles	1994	Laura Kelley (Chugiak)	44.93
100 Meters	1981	Starlett Jackson (Bartlett)	11.8 (h)
200 Meters	1982	Yvette Ervin (Eielson)	25.1 (h)
400 Meters	2006	Andrea Crook (Bartlett)	57.14
800 Meters	2003	Kris Smith (West)	2:14.56
1600 Meters	2003	Kris Smith (West)	4:55.89
1 Mile	1977	Betsy Haines (East)	4:55.3 (h)
3200 Meters	1986	Kristi Klinnert (Kodiak)	10:37.7(h)
4x100 Relay	2005	East (Black, Preston, Smith, Vanzant)	49.77
4x200 Relay	2003	East (Bailey, Preston, Dollison, A.Smith)	1:44.86
4x400 Relay	2009	Kenai (Louthan, DeVito, Beeson, Flanagan)	4:04.46
4x800 Relay	2004	W.Valley (Johnson, Gillis, Miller, Callahan)	9:35.21

