

# 1980-2016 Missouri State Track Meet Top 100 Individuals

## Girls 100 Meters

1	Anglerne Annelus	Grandview	11.64p	2015	4		Precious Selmon	Crystal City	12.13p	2008	2
2	Muna Lee	KC Central	11.66p	1999			Tiffani McReynolds	Pembroke Hill	12.13	2010	3
3	Angie Thacker	Roosevelt	11.67p	1981		53	Dominique McDonald	KC Central	12.14p	2003	3
4	Alishea Usery	McCluer S.-Berkeley	11.69	2007	3		Jeni King	Jefferson City	12.14p	1988	
	Tianna Valentine	Hazelwood East	11.69	2011	4		Miah Leverette	Grandview	12.14	2001	4A
6	Aiesha Irvin-Muhammad	St. Elizabeth (StL)	11.74	2013	2		Phynice Kelley	Bishop Hogan	12.14	1988	3A
7	Kim Edwards	Van Horn	11.80	1985	4A		Suzette Gills	Ladue	11.9p	1999	
8	Peyton Chaney	Nerinx Hall	11.81p	2012	4	58	Brittany Bruce	Lee's Summit West	12.15p	2006	3
9	Debra Martin	Sumner	11.82	1980	4A		Elaine Atkins	Webster Groves	12.15p	1988	
10	Ashley Henderson	Hazelwood Central	11.85p	2012	4		Saenea Williams	Westminster Christian	12.15p	2014	3
11	Jazmin McCoy	North Kansas City	11.86p	2012	4	61	Asia Thomas	Cape Central	12.16p	2011	4
12	Kyra Sullivan	Gateway	11.89	2004	4		Danita Humphrey	Marshall	12.16	1980	3A
	Lauren Hollingsworth	Villa Duchesne	11.89p	2009			Dorothy Myers	Kirkwood	12.16	1994	4A
14	Alexis Bates	St. Joe Central	11.92	2007	4	64	Ciara Jones	Soldan	12.17p	2004	3
15	Aisha Thomas	Jefferson City	11.93	2004	4		Ecate Lymon	Waynesville	12.17p	2009	
16	Kamira Franklin	McCluer S.-Berkeley	11.94	2014	3		Mia Staten	Jackson	12.17	1987	4A
	LaJada Baldwin	St. Louis Central	11.94p	2005	3		Michelle McDaniel	Oak Grove	12.17p	1988	
18	Shelinda Brackett	Riverview Gardens	11.95	2005	4	68	Phynice Kelley	KC Center	12.18	1991	3A
19	Melanna Gray	North Kansas City	11.96	1989	4A		Shana White	Hickman	12.18	2007	4
20	Charmaine Forest	Park Hill	11.97	1988	4A		Sheba Clarke	Park Hill	12.18	1998	4A
21	Lydia Harold	McCluer	11.98	2014	4	71	Angie Lalumondier	Crystal City	12.19	1988	2A
22	Crystal Harris	Rockwood Summit	11.99p	2009			Joy Walker	McCluer	12.19p	1993	
	Kim Prather	Lutheran North	11.99p	2005	3		Maribeth Crain	Eldon	12.19	1988	3A
	Vicki Word	New Madrid CC	11.99p	1985			Shanita Bledsoe	Holt	12.19p	2005	4
25	Angie Thomas	Riverview Gardens	12.00	1985	4A	75	Anthea Johnson	KC Central	12.20p	1981	
	Lorinda Richardson	Hickman	12.00	1981	4A		Avis Evans	Kirkwood	12.20	1998	4A
	Olivia Lewis	Gateway	12.00p	2009			M.C. Landolt	Washington	12.20p	2014	4
28	Octavia Cato	McCluer S.-Berkeley	12.01	2014	3	78	Kailea Cook	Park Hill South	12.21	2001	4A
29	Maya Cody	Lutheran South	12.02	2014	3		Montenea Roye	Ladue	12.21p	2009	
	Whitney Adams	Francis Howell	12.02p	2012	4	80	Lauren Flaker	Rock Bridge	12.22p	2009	
31	Shawntanay Johnson	Fox	12.03p	2009			Nika Smith	Wentzville	12.22	1992	4A
32	Amiris Warren	Raytown South	12.04	2011	4		Rachel Kahle	Jackson	12.22	2007	4
	Angie Monroe	Riverview Gardens	12.04p	1985		83	Diona Graves	Kirkwood	12.23	2007	4
34	Dena Lewis	Parkway Central	12.06	2001	4A		Tianna Swinney	Sumner	12.23p	1993	
35	Danielle Parrish	Hazelwood Central	12.07	2005	4		Zandrea Wilson	Berkeley	12.23p	1993	
	Naomi Williams	KC Northeast	12.07	2001	4A	86	Jaslyn Williams	Springfield Central	12.24p	2015	5
	Tamika Foster	Hazelwood East	12.07	1984	4A		Lauren Fisher	Hazelwood Central	12.24	2005	4
38	Shermica Turner	Hickman	12.08p	1987			Preneicia Ponds	Hazelwood Central	12.24	2013	4
39	Carly Spalding	Monroe City	12.09	2013	2		Raina Martin	Boonville	12.24p	1996	
	Jahliah Clay	Blue Springs South	12.09p	2015	5		Rose Fulton	North County	12.0	2002	3A
	Lauren Cheadle	Lee's Summit West	12.09	2010	4		Syanne Johnston	Fort Zumwalt East	12.24p	2014	4
	Nyisha Porter	Normandy	12.09	2001	4A		Sydney Peavy	Pembroke Hill	12.24p	2009	
	Shameika McField	Hazelwood East	12.09	1998	4A		Traci Harrison	Bishop Hogan	12.24p	1987	
	Tiffaney Hargrove	KC Central	12.09p	2000		94	Carmen Keller	Maplewood-Rich.Hts.	12.25p	1990	
45	Ramona Riley	Oak Park	12.10p	1981			Erin Narzinski	Oakville	12.25	1994	4A
46	Cheyenne Hoerr	Affton	12.11	2012	3		Heather Jones	Hickman	12.25	1989	4A
	Shundrek Smith	KC Lincoln	12.11	1986	3A	97	Ebony Vincent	Hickman Mills	12.26p	1993	
48	Shaneatra Neely	Hickman Mills	12.12	2000	3A		Tara Mastin	Ritenour	12.26	1980	4A
49	Brandy Haan	Maysville	12.13	1993	2A		Tiffeney Cannon	Beaumont	12.26	2012	3
	Jazmin McCoy	Blue Springs	12.13	2013	4		Yolanda Alexander	Van Horn	12.26	1987	4A

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls 200 Meters & 220 Yards

1	Anglerne Annelus	Grandview	23.47p	2015	4	52	Sheba Clarke	Park Hill	24.90p	1999	
2	Maya Cody	Lutheran South	23.76p	2015	4	53	Alexandria Isom	Nerinx Hall	24.92p	2012	4
3	Alishea Usery	McCluer S.-Berkeley	23.78	2007	3		Jaronica Owens	McCluer	24.92	2011	4
4	Muna Lee	KC Central	23.83	2000	4A		Zandrea Wilson	Berkeley	24.92p	1993	
5	Kyra Sullivan	Gateway	24.03p	2003	4	56	Erika Sharp	McCluer	24.93	1998	4A
6	Lauren Hollingsworth	Villa Duchesne	24.07	2009	3		Kelsey Lewis	Lee's Summit North	24.93	2014	4
7	Ashley Henderson	Hazelwood Central	24.12	2014	4		Shaneatra Neely	Hickman Mills	24.93	2000	3A
8	Lydia Harold	McCluer	24.21	2014	4	59	Crystal Harris	Rockwood Summit	24.95p	2009	
9	Angie Thacker	Roosevelt	24.22	1981	4A		Saenea Williams	Westminster Christian	24.95	2015	4
10	Aisha Thomas	Jefferson City	24.27	2004	4		Tamika Foster	Hazelwood East	24.95p	1984	
	Kim Edwards	Van Horn	24.27	1985	4A		Tianna Swinney	Sumner	24.95	1994	4A
12	Angie Thomas	Riverview Gardens	24.33	1985	4A	63	Alexis Bates	St. Joe Central	24.96	2007	4
	Whitney Adams	Francis Howell	24.33p	2013	4		Alice Bell	Beaumont	24.96	1982	4A
14	Aiesha Irvin-Muhammad	Louis)	24.34p	2013	2		Kendra White	McCluer North	24.96	2010	4
	Tianna Valentine	Hazelwood East	24.34p	2012	4	66	Jennie Gorham	North Kansas City	24.98	1977	AA
16	Jahliah Clay	Blue Springs South	24.38	2015	5	67	Shundrek Smith	KC Lincoln	25.00	1986	3A
17	LaJada Baldwin	St. Louis Central	24.39	2005	3	68	Amiris Warren	Raytown South	25.01	2011	4
18	Debra Martin	Sumner	24.40	1980	4A		Dominique McDonald	KC Central	25.01p	2003	3
19	Madison Fuller	John Burroughs	24.42	2016	3		Nika Smith	Wentzville	25.01p	1992	
20	Syanne Johnston	Ft. Zumwalt East	24.43p	2015	4		Suzette Gills	Ladue	25.01	1999	4A
21	Donniece Parrish	Hazelwood Central	24.44p	2004	4	72	Jaslyn Williams	Springfield Central	25.02p	2015	5
22	Ciara Jones	Soldan	24.49p	2004	3	73	Diona Graves	Kirkwood	25.03	2007	4
23	Lauren Fisher	Hazelwood Central	24.53p	2004	4	74	Gabrielle Hall	Blue Springs	25.04p	2015	5
24	Asia Thomas	Cape Central	24.54p	2010	4		Nyisha Porter	Normandy	24.8	2002	4A
	Melanna Gray	North Kansas City	24.54p	1990		76	Angie Lalumondier	Crystal City	25.05p	1988	
	Peyton Chaney	Nerinx Hall	24.54	2011	4	77	Joy Walker	McCluer	25.06p	1993	
27	Olivia Lewis	Gateway	24.55	2008	4		Kailea Cook	Park Hill South	25.06p	2003	4
	Paris Daniels	Normandy	24.55	2007	4		Shana White	Hickman	25.06	2005	4
29	Tiffany Hargrove	KC Central	24.58	2000	4A	80	Sandy Cummings	Smithville	25.07	1985	2A
30	Lauren Cheadle	Lee's Summit West	24.61	2010	4		Syanne Johnston	Fort Zumwalt East	25.07	2014	4
31	Deja Ingram	Hazelwood Central	24.65	2016	5	82	Montenea Roye	Ladue	25.08p	2010	4
32	Sydney Peavy	Pembroke Hill	24.65	2010	3		Robin Long	Normandy	25.08	1981	4A
33	Jasmine Barge	McCluer North	24.67p	2015	5	84	Danita Humphrey	Marshall	25.10	1980	3A
34	Ramona Riley	Oak Park	24.68	1981	4A		Marissa Gress	Lafayette (Wildwood)	25.10p	2015	5
35	Kim Prather	Lutheran North	24.72	2005	3	86	Gabrielle Gibson	Hickman Mills	25.11	2005	4
36	Azraa Rounds	Ladue	24.73	2005	3		Larisa Hairston	Eureka	25.11p	1985	
37	Charmaine Forest	Park Hill	24.74	1987	4A		Naomi Williams	KC Northeast	25.11p	2000	
38	Cara Forte	KC Center	24.75p	2009		89	Meosha Jordan	Berkeley	25.12	1995	3A
39	Anthea Johnson	KC Central	24.77	1981	4A		Tara Mastin	Ritenour	25.12	1979	4A
	Bianca Stokes	McCluer S.-Berkeley	24.77	2009	3	91	Avis Evans	Kirkwood	25.13	1998	4A
41	Lauren Waterbury	MICDS	24.79	2011	3	92	Heather Jones	Hickman	24.9p	1989	
42	Shameika McField	Hazelwood East	24.80p	1997			Jazmin McCoy	North Kansas City	25.14p	2010	4
43	Nicole Jackson	Cape Central	24.82p	2006	4		Octavia Cato	McCluer S.-Berkeley	25.14	2016	3
44	Phynice Kelley	KC Center	24.83p	1990			Phynice Kelley	Bishop Hogan	24.9p	1989	
45	Preneicia Ponds	Hazelwood Central	24.84p	2013	4		Yolanda Alexander	Van Horn	25.14p	1987	
	Raheema Westfall	McCluer S.-Berkeley	24.84	2016	3	97	Creshonna Crenshaw	Hazelwood East	25.15p	2015	5
47	Dorothy Myers	Kirkwood	24.85	1994	4A		Shermica Turner	Hickman	25.15p	1987	
	Lynette Atkinson	Ladue	24.85p	2009		99	Becky Flippin	Parkview	25.16	2004	4
49	Ayesha Ewing	Cardinal Ritter	24.87	2011	3		Monique Grant	Smith-Cotton	25.16p	2015	5
50	Brittany Bruce	Lee's Summit West	24.88p	2006	3		Rachel Kahle	Jackson	25.16	2007	4
	Imani Hutchinson	Raytown South	24.88p	2015	4						

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls 400 Meters & 440 Yards

1	Alishea Usery	McCluer S.-Berkeley	53.55	2007	3	51	Sonja Banks	KC Southwest	56.48	1993	4A
2	Montenea Roye	Ladue	53.84	2011	4	52	Frances Harrison	Waynesville	56.49	1979	3A
3	Whitney Adams	Francis Howell	54.37p	2013	4	53	Kyra Sullivan	Gateway	56.50p	2004	4
4	Asia Thomas	Cape Central	54.49	2010	4	54	Nikita Smith	Lawson	56.53	2016	3
5	Kendra White	McCluer North	54.55	2011	4	55	Tammy Carter	Charleston	56.54	1993	3A
6	Charmaine Forest	Park Hill	54.85	1987	4A	56	Kamira Franklin	McCluer S.-Berkeley	56.56	2015	3
7	Olivia Lewis	Gateway	54.95	2009	4	57	Monica Joannes	Blair Oaks	56.61	1999	2A
8	Kianna Ruff	McCluer S.-Berkeley	54.98	2009	3	58	Ayesha Ewing	Cardinal Ritter	56.64	2011	3
9	Azraa Rounds	Ladue	55.03	2005	3	59	Juanita Coleman	Gateway	56.65p	2002	
10	Tiffany Williams	Hazelwood East	55.14	1997	4A		Naomi Williams	KC Northeast	56.65p	2000	
11	Erin Sermons	Lee's Summit West	55.17p	2016	5	61	Shayla Luckett	Hazelwood East	56.66	2011	4
12	LaJada Baldwin	St. Louis Central	55.28	2007	3	62	Lillian Taylor	McCluer	56.67	1982	4A
13	Tianna Swinney	Sumner	55.36	1993	4A	63	Heather Jones	Albany	56.70	1986	1A
14	Ashanti Hutton	Grandview	55.38	2014	3	64	Donniece Parrish	Hazelwood Central	56.71	2004	4
15	Lauren Fisher	Hazelwood Central	55.42	2004	4		Peyton Chaney	Nerinx Hall	56.71p	2012	4
16	Lauren Waterbury	MICDS	55.43	2011	3		Yolanda Alexander	Van Horn	56.71	1987	4A
17	Maya Cody	Lutheran South	55.60	2015	4	67	Orrianna Rackley	Grandview	56.73p	2006	4
18	Emilia Galvan	KC Center	55.61	2007	3		Stephanie Essner	Scott City	56.73	2009	2
19	Jennifer Gardner	Webster Groves	55.62	1997	4A	69	Lauren Hollingsworth	Villa Duchesne	56.74p	2009	
20	Lynette Atkinson	Ladue	55.72	2009	4		Regina Shouse	Nevada	56.5	1986	3A
21	Robyn Osborn	KC Center	55.77	1986	4A	71	Nicki Horn	Nerinx Hall	56.76	2016	5
22	Tamika Foster	Hazelwood East	55.79	1982	4A	72	Trena Cason	Ruskin	56.78p	1985	
23	Debra Martin	Sumner	55.81	1980	4A	73	Tiffini McNeese	Normandy	56.81p	1988	
24	Ramona Spencer	Normandy	55.83	1986	4A	74	Nicol Hodges	St. Charles West	56.83	1989	4A
25	Ciara Jones	Soldan	55.85p	2004	3	75	Ashley Oberdieck	Fort Zumwalt North	56.85p	2010	4
26	Louise Johnson	New Madrid CC	55.87	1987	3A		Brady Rodney	St. Joe Central	56.85	2013	4
27	Angie Thacker	Roosevelt	55.91	1981	4A		Turina Jackson	Charleston	56.85p	1984	
28	Renee Elliot	Chillicothe	55.96	1989	3A	78	Becky Flippin	Parkview	56.86	2003	4A
29	Sheba Clarke	Park Hill	56.00	1998	4A	79	Kim Jefferson	Kennett	56.90	1985	3A
30	Kim Brown	Park Hill South	56.01p	2001			Michelle Green	Rolla	56.90	1997	4A
31	Larisa Hairston	Eureka	56.07	1985	4A		Rachel Culberson	McCluer North	56.90	2014	4
32	Ashley Wysong	Nevada	56.08	1997	3A	82	Shannon Leinert	Eureka	56.93	2004	4
	Zandrea Wilson	Berkeley	56.08	1993	3A	83	Sandy Cummings	Smithville	56.7p	1985	
34	Paris Daniels	Normandy	56.10	2007	4	84	Carrie Smith	Excelsior Springs	56.95	1996	3A
35	Jamie Newsome	Lee's Summit West	56.11	2014	4		Cheyenne Hoerr	Afton	56.95p	2011	3
36	Cherise Harvey	KC Southwest	56.12p	1988			Felicia James	Normandy	56.95p	2000	
37	Val Sauer	Rolla	56.13	1987	4A		Lynn Welch	Joplin Memorial	56.95	1981	4A
38	Erika Sharp	McCluer	56.15	1998	4A	88	Janiece Gatson	Grandview	56.96p	2000	
39	Jennie Gorham	North Kansas City	56.16	1978	AA	89	Tammy Wilson	Hazelwood Central	56.98	1983	4A
	Racquell Powell	Raytown South	56.16	2008	4	90	Jennifer Gardner	Cardinal Ritter	57.00	1998	2A
41	Kaitlyn Lewis	Liberty	56.18p	2016	5		LaRonda Ward	North Kansas City	57.00	1983	4A
42	Destiney Nash	Hazelwood Central	56.23p	2016	5	92	Kara Steele	Kirkwood	57.01p	2016	5
43	Lexie Oak	St. Pius X (KC)	56.24	2010	3	93	Lisa Like	Lutheran North	56.8	1986	3A
44	Aisha Mitchell	Raytown South	56.25p	2003	4		Taiya Shelby	Park Hill	57.04p	2016	5
45	Kaela Rorvig	Hickman	56.28	2003	4A	95	Chantel Bethune	University City	57.06p	2012	3
46	Angie Thomas	Riverview Gardens	56.30	1983	4A	96	Jennifer McGary	Maryville	57.08	1983	3A
	Rhema Taylor	Lee's Summit North	56.30p	2016	5		Joyce Swofford	Maysville	57.08	1984	2A
48	Nakeba Thomas	Cape Central	56.35p	1988			Renee Elliot	Richmond	57.08	1990	3A
49	Lisa James	Cape Central	56.41	1987	4A		Stacey Fritts	Miami	57.08	1986	1A
	Margaret Sliney	MICDS	56.41	2016	4	100	Madison Barker	Ladue	57.09	2013	4

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls 800 Meters & 880 Yards

1	Samantha Levin	Ladue	2:06.74	2011	4	51	Melissa Wilson	Hickman	2:15.28	1981	4A
2	Hannah Long	Eureka	2:08.87	2015	5	52	Hannah Deines	Villa Duchesne	2:15.34	2015	4
3	Ann Heffner	Hazelwood Central	2:09.78	1992	4A	53	Sarah Soetebier	Washington	2:15.36	1987	4A
4	Cydney Ross	Villa Duchesne	2:09.88	2008	3	54	Maria Tutu	Oak Park	2:15.40	2007	4
	Shannon Leinert	Eureka	2:09.88	2003	4A		Rebecca Davis	Parkway West	2:15.50	1990	4A
6	Kianna Ruff	McCluer S.-Berkeley	2:09.89	2008	3	56	Mary Nothum	Washington	2:15.56	2006	4
7	Lauren Borduin	Rock Bridge	2:09.98	2006	4	57	Saga Barzowski	Arcadia Valley	2:15.60	2013	3
8	Allison Bailey	Kickapoo	2:10.02	2016	5	58	Lynette Morgan	Hannibal	2:15.61	1982	4A
9	Vonda Hammons	Jefferson City	2:10.15	1985	4A	59	Goldie Tompkins	Marquette	2:15.62	2000	4A
10	Val Sauer	Rolla	2:10.89	1987	4A	60	Gwen Williams	Principia	2:15.67	1993	3A
11	Jessica Jackson	Neosho	2:11.08	2011	4	61	Sara Ruckman	Truman	2:15.68p	2012	4
12	Kim Gardner	Webster Groves	2:11.23	1993	4A	62	Brooke Guiot	Warrensburg	2:15.70	2013	3
13	Paityn Howat	St. Joe Central	2:11.31	2016	5	63	Becky Froelker	Owensville	2:15.73	1997	3A
14	Alyssa Rebecca	Eureka	2:11.39	2011	4	64	Anna Boecher	Raytown South	2:15.74	1989	4A
15	Krysta Fennewald	Blue Springs	2:12.24	2004	4		Kate White	Ladue	2:15.74	2014	4
16	Juanita Coleman	Gateway	2:12.48	2002	4A		Merideth Snow	Eureka	2:15.5	2005	4
17	Anna West	Lafayette (Wildwood)	2:12.53	2016	5	67	Emily Grahl	St. Francis Borgia	2:15.79p	2013	3
18	Valeska Halamicek	Francis Howell	2:12.56	2013	4	68	Kelli Oettle	Lindbergh	2:15.81	2007	4
19	Jana Shawver	Lee's Summit West	2:12.79	2016	5	69	Missy Moody	Smithville	2:15.87	2003	3A
20	Alyssa Allison	Festus	2:12.85	2008	3	70	Jamie Foster	Jefferson City	2:15.90	1993	4A
21	Janel Humphreys	Parkway South	2:12.85	1988	4A	71	Sarah Madsen	Parkway Central	2:16.00	2016	4
22	Lane Maguire	St. Teresa's	2:12.86	2013	4	72	Susan Perry	Rolla	2:16.02	1990	4A
23	Hilary Bruening	Center for Law	2:12.88p	1993		73	Dallis Bailey	Conway	2:16.03	2011	2
24	Cara Cline	Liberty	2:12.90	1998	4A		Laura Piper	Marquette	2:16.03	2001	4A
25	Kami Tabor	Raymore-Peculiar	2:13.01	2016	5	75	Sassie Matzen	Brookfield	2:16.04	2013	2
26	Taylor Werner	Ste. Genevieve	2:13.12	2013	3	76	Melissa Childers	Jackson	2:16.08	1993	4A
27	Jennella Torrence	St. Louis Central	2:13.16	1983	4A	77	Kylie Frank	Helias	2:16.12	2015	4
28	Chelsea Chrisman	Eureka	2:13.31	2008	4	78	Annalise Wagner	John Burroughs	2:16.20	2014	3
29	Cathy Taylor	McCluer North	2:13.39	1982	4A	79	Emily Baker	Lafayette (Wildwood)	2:16.26	2004	4
30	Liz Reida	Kickapoo	2:13.78p	2011	4	80	Kayla Fallis	Moberly	2:16.27	2013	3
31	Stephani Shockley	Soldan	2:13.6	1986	4A	81	Susan Hopson	Parkway Central	2:16.29p	1980	
32	Erin Windler	Blue Springs South	2:13.88	1993	4A	82	Abigail Brown	Washington	2:16.30	2014	4
33	Sabrina Monsees	Winnetonka	2:13.89	2014	4	83	Makenzie Seidel	West Plains	2:16.41	2006	4
34	Colleen Riley	Lindbergh	2:13.93	2011	4	84	Amber Parker	Chillicothe	2:16.46	2004	3
35	Hannah Richardson	Kirkwood	2:14.07p	2011	4		Jill Meisenheimer	Blue Springs South	2:16.46	1993	4A
36	Kasey Kimball	Eureka	2:14.30	2003	4A	86	Jenny Faunce	Kearney	2:16.48	1985	3A
37	Kierra Handley	Pattonville	2:14.35	2006	4	87	Jana Noel	Park Hill	2:16.49p	1980	
38	Hanna Miller	Savannah	2:14.36p	2013	3		Julie Stupp	MICDS	2:16.49	2004	3
39	Elizabeth White	Francis Howell	2:14.40	1985	4A	89	Sophia Holmes	Rolla	2:16.57	2016	4
40	Liga Blyholder	Lee's Summit West	2:14.44	2009	4	90	Amy Hall	West Plains	2:16.59	2004	4
41	Melissa Menghini	Rockwood Summit	2:14.45	2016	4		Bonji Beard	Clayton	2:16.59	1987	3A
42	Amy Wiseman	Lee's Summit	2:14.50	1996	4A	92	Joyce Swofford	Maysville	2:16.65	1985	2A
43	Rachel Nelson	Lee's Summit	2:14.62	2001	4A		Lori Tracy	Parkview	2:16.65	1982	4A
44	Brooke Woodruff	Francis Howell North	2:14.63	2001	4A	94	Sarah Jacobsen	Potosi	2:16.67	2012	3
45	Cyd Thomas	Pattonville	2:14.64p	1980		95	Katie McInvale	Hickman	2:16.69	2004	4
46	Marci Gray	Blue Springs	2:14.98	1990	4A	96	Madelynn Hill	Liberty	2:16.71	2016	5
47	Steph Small	Riverview Gardens	2:14.9	1986	4A	97	Ashley Guy	Rock Bridge	2:16.80	2004	4
48	Meghan Kearney	Notre Dame de Sion	2:15.15	2015	4		Carolyn White	Festus	2:16.80	2015	4
49	Annika Sisson	Lee's Summit West	2:15.20	2014	4	99	Landon Wachter	Jackson	2:16.82	2008	4
50	Lauren Collette	Kickapoo	2:15.25	2009	4		Lindsay Pierson	Lee's Summit West	2:16.82	2006	3

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls 1600 Meters & 1 Mile

1	Hannah Long	Eureka	4:40.15	2015	5	52	Rachael King	Liberty	5:01.02	1998	4A
2	Taylor Werner	Ste. Genevieve	4:44.26	2014	3	53	Claire Workman	New Covenant	5:01.09	2016	1
3	Anna West	Lafayette (Wildwood)	4:45.61	2016	5	54	Amy Chipman	Blue Springs	5:01.11	1998	4A
4	Megan Thompson	Hazelwood Central	4:47.53	1989	4A	55	Jocelyn Todd	Ladue	5:01.17	2011	4
5	Andrea Fischer	Hannibal	4:47.56	1981	4A	56	Kayla Funkenbusch	Rock Bridge	5:01.21	2014	4
6	Jamie Kempfer	Festus	4:49.27	2014	3	57	Sophia Racette	Nerinx Hall	5:01.25	2014	4
7	Merideth Snow	Eureka	4:49.82	2006	4	58	Nicole Lee	Clinton	5:01.44	2014	3
8	Susan Bliss	Francis Howell	4:50.85	1988	4A	59	Lisa Brown	West Plains	5:01.45	1992	4A
9	Sarah Nicholson	Lafayette (Wildwood)	4:51.47	2016	5	60	Erin Hagan	Mexico	5:01.72	2000	3A
10	Alyssa Allison	Festus	4:51.70	2008	3	61	Amber Warren	Lutheran (St. Peters)	5:01.93	2005	2
11	Emily Sisson	Parkway Central	4:52.15	2009	4	62	Lucy May	St. Joseph's (St. Louis)	5:02.04	2013	4
12	Colleen Quigley	Nerinx Hall	4:52.17	2011	4	63	Paityn Howat	St. Joe Central	5:02.05	2015	5
13	Liga Blyholder	Lee's Summit West	4:52.26	2010	4	64	Melissa Rice	Lafayette (Wildwood)	5:02.09	1989	4A
14	Ann Campbell	St. Teresa's	4:54.78	2014	4	65	Courtney Coppinger	St. Teresa's	5:02.30	2013	4
15	Rebecca Davis	Parkway West	4:55.11	1993	4A	66	Jen Pancoast	Cape Central	5:02.38	2003	4A
16	Cydney Ross	Villa Duchesne	4:55.23	2008	3	67	Grace Klausen	Blue Springs South	5:02.41	2014	4
17	Jill Whitman	Cor Jesu	4:55.32	2014	4	68	Lindsay Pierson	Lee's Summit West	5:02.51	2006	3
18	Samantha Nightingale	Blue Springs South	4:56.06	2012	4	69	Laura Piper	Marquette	5:02.60	2002	4A
19	Liz Reida	Kickapoo	4:56.42	2011	4	70	Tammy Townsend	Neosho	5:02.65	1983	4A
20	Diane Robison	Parkway Central	4:56.50	2009	4	71	Jackie Pirtle	Francis Howell North	5:02.74	2000	4A
21	Ashley Sanders	Clinton	4:56.61	2002	3A	72	Kennadee Williams	Lee's Summit West	5:02.85	2013	4
22	Amy Wiseman	Lee's Summit	4:56.64	1996	4A	73	Krista Menghini	St. Joseph's (St. Louis)	5:02.97	2009	4
23	Lauren Borduin	Rock Bridge	4:56.68	2008	4	74	Mary Reeves	Kirkwood	5:02.99	1999	4A
24	Chris Ridenour	Kirkwood	4:56.91	1982	4A	75	Gwen Williams	Principia	5:03.00	1992	2A
25	Mary Nothum	Washington	4:56.92	2006	4	76	Taylor Dickerson	Jackson	5:03.13	2011	4
26	Mia Jerman	Ste. Genevieve	4:57.08	2016	4	77	Diane Barlow	Raytown South	5:03.15	1983	4A
27	Aimee Bonte	Rockwood Summit	4:57.53	2008	4	78	Amy Johns	Hickman	5:03.01	1979	4A
28	Jill Kingsbury	Washington	4:57.66	1983	4A	79	Kami Tabor	Raymore-Peculiar	5:03.26	2015	5
29	Chelsea Drum	Jackson	4:57.96	2015	5	80	Cathy Corpeny	KC Southwest	5:03.07	1979	4A
30	Jessica Jackson	Neosho	4:58.22	2011	4	81	Jessica Boyer	Carthage	5:03.38	1992	4A
31	Chelsey Phoebus	Lee's Summit West	4:58.39	2011	4	82	Amy Hall	West Plains	5:03.43	2004	4
32	Colleen Riley	Lindbergh	4:58.53	2011	4	83	Val Sauer	Rolla	5:03.50	1985	4A
33	Stephani Shockley	Soldan	4:58.62	1986	4A	84	Kim Matthews	Lafayette (Wildwood)	5:03.60	1985	4A
34	Rachel Newland	Liberty	4:59.13	2005	4	85	Brittany Moreland	Cape Central	5:03.62	2006	4
35	Kasey Kimball	Eureka	4:59.26	2003	4A	86	Suzzane Jones	KC Northeast	5:03.73	1981	4A
36	Jennifer Harper	West Plains	4:59.38	2005	4	87	Melissa Sapp	Oakville	5:03.88	1996	4A
37	Hannah Pierson	Marquette	4:59.63	2016	5	88	Angie Sumner	Eureka	5:03.97	2013	4
38	Aileen Gallagher	Hickman	4:59.71	2005	4	89	Katie Singleton	Rolla	5:04.00	1998	4A
39	Ann Marie Brooks	St. Joe Central	4:59.86	1996	4A	90	Erin Click	West Plains	5:04.16	2002	4A
40	Nicole Graham	Blue Springs	5:00.04	2000	4A		Jill Petersen	Francis Howell	5:04.16	2001	4A
41	Jade Raynor	Kickapoo	5:00.31	2015	5	92	Rebekah Geddes	Platte County	5:04.24	2016	4
42	Elizabeth Nolke	Lee's Summit West	5:00.43	2014	4	93	Anitra Dabney	Smith-Cotton	5:04.28	1982	4A
43	Courtney Wood	Neosho	5:00.50	2011	4	94	Kat Oberle	Oakville	5:04.66	2008	4
44	Emily Baker	Lafayette (Wildwood)	5:00.55	2006	4	95	Tabitha Weber	Marshfield	5:04.82	2016	4
45	Kristen Adams	Francis Howell	5:00.57	2014	4	96	Mariah Lister	Grain Valley	5:04.87	2016	4
46	Justa Dahl	De Soto	5:00.60	1997	4A	97	Ryan Thomas	John Burroughs	5:04.94	1993	3A
47	Katherine Bonogli	Francis Howell	5:00.65	2000	4A	98	Mary Lee Bankhead	Lindbergh	5:04.95	1987	4A
48	Katherine Hoffman	Notre Dame (KC)	5:00.91	2000	3A	99	Hilary Orf	Marquette	5:04.96	2008	4
49	Courtney Rogers	Lutheran (St. Peters)	5:00.93	2014	2	100	Elizabeth Reida	Nixa	5:04.97	2009	4
50	Julie Jennings	Crystal City	5:00.7	1975	n		Saga Barzowski	Arcadia Valley	5:04.97	2012	3
51	Krenda McClure	Lebanon	5:00.97	2010	4						

# 1981-2016 Missouri State Track Meet Top 100 Individuals

## Girls 3200 Meters

1	Taylor Werner	Ste. Genevieve	10:19.15	2014	3	51	Mary Nothum	Washington	11:01.33	2006	4
2	Emily Sisson	Parkway Central	10:24.12	2009	4	52	Sarah Bliss	Francis Howell	11:01.38	1988	4A
3	Megan Thompson	Hazelwood Central	10:25.95	1990	4A	53	Heather Burroughs	Pembroke Hill	11:01.51	1994	2A
4	Colleen Quigley	Nerinx Hall	10:27.62	2011	4	54	Kasey Kimball	Eureka	11:01.92	2004	4
5	Jamie Kempfer	Festus	10:29.08	2014	3	55	Katherine Hoffman	Notre Dame (KC)	11:02.09	2000	3A
6	Amy Wiseman	Lee's Summit	10:33.41	1997	4A	56	Jenny Govero	Rockwood Summit	11:02.12	2011	4
7	Diane Robison	Parkway Central	10:33.91	2009	4	57	Liga Blyholder	Lee's Summit West	11:02.15	2010	4
8	Hannah Long	Eureka	10:34.26	2014	4	58	Ashley Scott	St. Clair	11:02.32	2008	3
9	Andrea Fischer	Hannibal	10:35.05	1981	4A	59	Maddi Leigh	Francis Howell	11:02.40	2014	4
10	Justa Dahl	De Soto	10:35.92	1997	4A	60	Sabrina Dornhoefer	Waynesville	11:02.43	1981	4A
11	Mia Jerman	Ste. Genevieve	10:36.15	2016	4	61	Terry Phillips	St. Mary's (Ind)	11:02.44	2007	2
12	Anna West	Lafayette (Wildwood)	10:38.38	2015	5	62	Erin Hagan	Mexico	11:02.81	2000	3A
13	Ann Campbell	St. Teresa's	10:38.71	2015	5	63	Krista Menghini	St. Joseph's (St. Louis)	11:02.86	2009	4
14	Chelsey Phoebus	Lee's Summit West	10:39.07	2011	4	64	Megan Yohe	Liberty	11:02.88	2009	4
15	Sarah Nicholson	Lafayette (Wildwood)	10:40.34	2016	5	65	Kat Oberle	Oakville	11:02.95	2008	4
16	Merideth Snow	Eureka	10:40.48	2005	4	66	Kaitlyn Fischer	Herculaneum	11:03.04	2013	2
17	Liz Reida	Kickapoo	10:42.67	2011	4	67	Hilary Orf	Marquette	11:03.34	2008	4
18	Chris Ridenour	Kirkwood	10:44.37	1982	4A	68	Tammy Townsend	Neosho	11:03.60	1983	4A
19	Samantha Nightingale	Blue Springs South	10:44.87	2011	4	69	Sadie Darnell	Festus	11:03.71	2011	3
20	Jill Kingsbury	Washington	10:45.19	1983	4A	70	Melissa Menghini	Rockwood Summit	11:03.93	2015	4
21	Grace Klausen	Blue Springs South	10:45.88	2015	5	71	Natalie Becker	Parkway West	11:04.01	2008	4
22	Kristen Adams	Francis Howell	10:46.44	2014	4	72	Amanda Marcak	West Plains	11:05.14	1999	4A
23	Alyssa Allison	Festus	10:48.58	2008	3	73	Katie Singleton	Rolla	11:05.50	1997	4A
24	Jill Whitman	Cor Jesu	10:49.19	2014	4	74	Lisa Brown	West Plains	11:05.55	1992	4A
25	Susan Bliss	Francis Howell	10:49.70	1988	4A	75	Jill Smith	Hazelwood Central	11:05.84	1996	4A
26	Ashley Sanders	Clinton	10:50.0	2002	3A	76	Kaitlyn Shea	Helias	11:06.35	2015	4
27	Jessica Jackson	Neosho	10:50.35	2011	4	77	Amy Chipman	Blue Springs	11:06.54	1998	4A
28	Ann Marie Brooks	St. Joe Central	10:50.72	1997	4A	78	Jackie Pirtle	Francis Howell North	11:07.22	1999	4A
29	Courtney Wood	Neosho	10:52.24	2011	4	79	Katie Meehan	Smith-Cotton	11:07.23	1999	4A
30	Nicole Lee	Clinton	10:52.68	2013	3	80	Kelli Schulte	Francis Howell Central	11:07.0	2002	4A
31	Kiersten West	Lee's Summit West	10:53.07	2011	4	81	Nicole Graham	Blue Springs	11:07.27	2000	4A
32	Hannah Pierson	Marquette	10:53.23	2015	5	82	Catherine Wright	Oakville	11:07.2	1995	4A
33	Claire Workman	New Covenant	10:53.38	2016	1	83	Kelly Fanning	Seneca	11:07.48	2001	3A
34	Alyssa Jones	Rockwood Summit	10:53.64	2011	4	84	Rebecca Davis	Parkway West	11:07.48	1993	4A
35	Allison Medlin	Carthage	10:53.70	1996	4A	85	Erin Huddleston	Branson	11:07.97	2007	3
36	Jill Petersen	Francis Howell	10:54.23	2001	4A	86	Madison Leigh	Francis Howell	11:08.33	2015	5
37	Aimee Bonte	Rockwood Summit	10:54.81	2008	4	87	Kate Horan	Cor Jesu	11:08.64	2008	4
38	Heidi Fischer	Hannibal	10:55.01	1982	4A	88	Emma Evans	Winnetonka	11:09.19	2015	4
39	Angie Sumner	Eureka	10:55.66	2013	4	89	Gabriella Kohring	Webster Groves	11:09.53	2016	4
40	Mikayla Reed	Washington	10:55.86	2016	5	90	Jenny Noelken	Duchesne	11:09.58	1999	3A
41	Amber Warren	Lutheran (St. Peters)	10:56.82	2005	2	91	Anna Wright	Oakville	11:09.4	1995	4A
42	Courtney Coppinger	St. Teresa's	10:57.45	2013	4	92	Chrissy Owensby	Raytown South	11:09.65	2009	4
43	Brittani Johnson	West Plains	10:58.25	2008	3	93	Eileen Schweiss	Herculaneum	11:09.75	2010	3
44	Kennadee Williams	Lee's Summit West	10:58.49	2013	4	94	Samantha Garrett	Rock Bridge	11:09.78	2011	4
45	Melissa Sapp	Oakville	10:59.09	1996	4A	95	Laura Kennedy	Lafayette (Wildwood)	11:09.88	1999	4A
46	Emma Burditt	Hannibal	10:59.42	2011	3	96	Mary Reed	North Kansas City	11:09.95	1982	4A
47	Jennifer Harper	West Plains	10:59.57	2005	4	97	Rachel York	St. Clair	11:10.21	2006	3
48	Robyn Hopper	Seneca	10:59.70	2001	3A	98	Jessica Bollinger	Ste. Genevieve	11:10.54	2007	3
49	Jocelyn Todd	Ladue	10:59.75	2011	4	99	Camille Wise	Hickman	11:10.60	1996	4A
50	Sarah Haskins	Parkway South	11:00.50	1997	4A	100	Ellen Theroff	Hickman	11:10.75	1981	4A

# 1988-2016 Missouri State Track Meet Top 100 Individuals

## Girls 100 Meters High Hurdles

1	Makeatha Cooper	Grandview	13.85p	2003	4		Lynetta Ragsdale	Normandy	14.77p	2005	4
2	Precious Selmon	Crystal City	13.90	2009	2	54	Cheyenne Hoerr	Affton	14.79	2012	3
3	Tiffani McReynolds	Pembroke Hill	13.92	2010	3		Constance Jackson	North County Tech	14.79	2016	3
4	Jasmine Barge	McCluer North	14.08p	2015	5		Dione Person	University City	14.79	1990	4A
5	Lindsay Vollmer	Hamilton	14.16	2010	2	57	Danyell Kates	Gateway	14.80p	2013	4
6	Jabreuna Brimlett	Poplar Bluff	14.23p	2015	4	58	Leslie Farmer	Jefferson City	14.81p	2008	4
7	Remy Abrought	Lee's Summit North	14.24	2012	4		Nicole Douglas	Parkway West	14.81	2011	4
8	Chloe Davis	Normandy	14.28	2000	4A		Tracy Partain	Parkview	14.81	2001	4A
9	Ariel Okorie	Waynesville	14.31p	2016	5	61	Brittney Castleberry	Perryville	14.82	2007	3
10	Terri Counts	Hickman Mills	14.33p	2005	4	62	Alliah McClendon	Hazelwood Central	14.84p	2014	4
11	Shanetra Neely	Hickman Mills	14.37	1999	3A	63	Jazmine Thompson	Staley	14.85p	2014	4
12	Madison Smith	Lee's Summit North	14.38	2011	4	64	Cherelle Gray	Oak Park	14.86	2003	4A
13	Tiana Davis	Park Hill	14.39	2007	4		Makayla Waldner	Dexter	14.86p	2016	3
14	Demetria Anderson	McCluer North	14.44p	2015	5	66	Kayla Heidelberg	University City	14.87	2012	3
15	Alana Gray	Hazelwood East	14.46	2007	4		Kelly O'Brien	Lafayette (Wildwood)	14.87	1991	4A
	Trace Woods	Mount Vernon	14.46	1988	3A	68	Shanelle Williams	Hazelwood West	14.88p	2010	4
17	Symiah Fulton	Hazelwood Central	14.47p	2016	5	69	Emma Couch	Kearney	14.89	2016	4
18	Jordan Stiens	Maryville	14.48	2010	3		Victoria Jackson	Hickman	14.89	2011	4
19	Shaelyn Grant	McCluer	14.50p	2013	4	71	Kelli Smith	Grandview	14.90p	1996	
20	Kimberlin Simon	McCluer North	14.52	2013	4	72	Mariona Ward	Smith-Cotton	14.91p	2015	5
	Whitney Thomas	Hazelwood Central	14.52	2004	4	73	Asaki Carr	Parkway West	14.92	2004	4
22	Tenisha Britton	Poplar Bluff	14.53	1999	4A		Kaitlen Crawford	Ladue	14.92	2016	4
23	Jemma Archibald	Lafayette (Wildwood)	14.54	2000	4A	75	Jenny Woodward	Harrisonville	14.93p	2000	
	Khristen Bryant	Columbia Independent	14.54p	2016	1	76	Morgan Smith	Ray- Pec	14.94p	2014	4
	Kim Martin	Jennings	14.54p	2002			Shannon O'Dell	Farmington	14.94p	1993	
26	Erin Narzinski	Oakville	14.55	1994	4A	78	Gracie Prewitt	Bolivar	14.95p	2009	
27	Kathryn Coleman	Gateway	14.56	2004	4		Kendra Lollis	Blue Springs South	14.95	1997	4A
	TyRisha Chambers	KC Center	14.56p	2009			Nikki Wetstein	Windsor (Imperial)	14.95p	2009	
29	Katie Wenger	St. Joe Central	14.58p	2005	4	81	Mary Garrett	Carthage	14.96p	1999	
30	Briana Isom-Brummer	Villa Duchesne	14.61p	2009		82	Emily Loussaert	Lafayette (Wildwood)	14.97	1994	4A
31	Christine Spence	Lee's Summit North	14.63	2000	4A	83	Abra McField	Normandy	14.98	2001	4A
32	Megan Williams	Hickman	14.64p	1998			Amy Fleddermann	Oakville	14.98	2004	4
33	Kerry Hils	Moberly	14.65	1999	3A		Stacey Lambkins	Webster Groves	14.98p	2015	4
34	Kendra Perren	De Soto	14.67	2013	3	86	Jocelyn Payne	Kirkwood	14.99p	2014	4
	Mallory Short	Rock Bridge	14.67	2012	4		Kayla Moore	Riverview Gardens	14.99p	2014	4
	Micheala Edwards	Ruskin	14.67p	1993			Kristen Collins	Parkway Central	14.99	2001	4A
37	Sharae Bates	Webster Groves	14.68	2012	4	89	Erin Alewine	Jefferson City	15.00	2008	4
38	Brittany Kallenberger	Lee's Summit West	14.69	2012	4		Jantelle McNeil	Hazelwood East	15.00	2007	4
	Lauren Begany	Lindbergh	14.69p	2006	4		Laura King	Eureka	15.00	2012	4
40	Rachel Manning	Normandy	14.70	1994	4A	92	Anita King	McCluer North	15.01	1990	4A
41	Ashli Mosby	Raytown South	14.71p	2009			Kristen Pogemiller	Kickapoo	15.01	1998	4A
	Hannah Crow	Southern Boone	14.71	2016	3		Sarah Noonan	Kirkwood	15.01p	2009	
	Jan Loussaert	Lafayette (Wildwood)	14.71p	1993			Skyler Evans	St. Joe Central	15.01p	2014	4
44	Lashayla Bell	University City	14.72p	2006	3		Tiffany Jackson	Gateway	15.01p	2005	4
	Melita Williams	Francis Howell	14.72	1991	4A		Carolyn Ross	Webster Groves	15.02p	2015	4
	Morgan Smith	Ray-Pec	14.72	2014	4	98	Kim Frischman	De Soto	15.04	1988	4A
47	Skyler Paige	Raytown South	14.73	2016	4	99	Amber Solomon	Kirkwood	15.05	2012	4
48	Constance Jackson	North Technical	14.74p	2015	3		Anna Houston	Union	15.05	2014	3
49	Kelsey Hunn	Ritenour	14.75p	2016	5		Carley Herring	Elsberry	15.05	2010	2
50	Andrea Seabaugh	Fredericktown	14.77p	1988			McKenzie Pearson	Center	15.05	2016	4

# 1984-2015 Missouri State Track Meet Top 100 Individuals

## Girls 300 Meter Low Hurdles

1	Jasmine Barge	McCluer North	41.79	2014 4	51	Orie Ibe	Ladue	44.22	2005 3
2	Shaneatra Neely	Hickman Mills	42.52	2000 3A		Valerie Simmons	Normandy	44.22	2003 4A
3	Tiffani McReynolds	Pembroke Hill	42.74	2010 3	53	Lanie Miller	Ladue	44.24	1998 4A
4	Makeatha Cooper	Grandview	42.83	2003 4A	54	Kendra Perren	De Soto	44.27	2013 3
5	Makayla Waldner	Dexter	42.89	2015 3	55	Gracie Prewitt	Bolivar	44.28p	2008 3
6	Lauren Begany	Lindbergh	42.93	2006 4	56	Michele Cervant	Oak Grove	44.30	1986 3A
7	Marissa Gress	Lafayette (Wildwood)	43.05p	2015 5	57	Micheala Edwards	Ruskin	44.35	1992 4A
	Tiffany Jackson	Gateway	43.05	2005 4	58	Bridgette Morrow	Riverview Gardens	44.42	1987 4A
9	Nicole Douglas	Parkway West	43.21	2011 4	59	Jenny Woodward	Harrisonville	44.2	2002 3A
10	Andrea Kuehnlein	Kirkwood	43.26	2015 5	60	Erin Kramer	Park Hill	44.50	1987 4A
11	Kimberlin Simon	McCluer North	43.29p	2013 4	61	Amani Borders	University City	44.53	2012 3
12	Morgan Smith	Ray-Pec	43.34	2014 4		Sarah Bringer	Hillsboro	44.53	2011 3
13	Katie Wenger	St. Joe Central	43.35	2006 4	63	Mary Garrett	Carthage	44.54	1999 4A
14	Stephanie Small	Riverview Gardens	43.37p	1988 4A	64	Audrey Bailey	Lathrop	44.56p	2004 2
15	Danisa Bennett	Ladue	43.38	2007 3	65	Kaitlen Crawford	Ladue	44.59	2015 4
16	Tenisha Britton	Poplar Bluff	43.40	1999 4A	66	Deirdre Fortman	Park Hill	44.60	1994 4A
17	Christine Spence	Lee's Summit North	43.46	2000 4A	67	Kailey Chapman	Spokane	44.62	2013 2
18	Jabreuna Brimlett	Poplar Bluff	43.52	2015 4	68	Missy Niehus	Lafayette (Wildwood)	44.67p	1999 4A
19	Danielle Oliver	Ladue	43.54	2006 3	69	Kendra Lollis	Blue Springs South	44.71	1997 4A
	Tracy Partain	Parkview	43.3	2002 4A	70	Anna Houston	Union	44.79	2013 3
21	Tiffaney Hargrove	KC Central	43.59	2000 4A		Vanessa Cunningham	Waynesville	44.79p	1984 3A
22	Chloe Davis	Normandy	43.61	2000 4A	72	Nicole Williams	Lee's Summit	44.80p	2004 4
23	Aleese Pittman	McCluer S.-Berkeley	43.65	2009 3	73	Alana Gray	Hazelwood East	44.82	2007 4
	Candy Mason	Nevada	43.65p	1994 3A		Emily Pugh	Lindbergh	44.82p	2000 4A
25	Shaelyn Grant	McCluer	43.66p	2013 4	75	Angela Butcher	Notre Dame (KC)	44.83	1996 3A
26	Kristen Pogemiller	Kickapoo	43.67	1999 4A	76	Amber Solomon	Kirkwood	44.84	2012 4
27	Lindsay Vollmer	Hamilton	43.68	2010 2		Anne Tabora	St. Dominic	44.84	2013 3
28	Tierra Jones	Hazelwood East	43.72p	2007 4		Becky Schafer	Truman	44.6	1986 4A
29	Ariel Okorie	Waynesville	43.74	2015 5	79	Sienna Trice	Rock Bridge	44.85	2011 4
30	Demetria Anderson	McCluer North	43.75p	2015 5	80	Tyler Kelly	Hazelwood West	44.86	2012 4
31	Felecia Allen	Riverview Gardens	43.80	1986 4A	81	Fiona Brooks	Francis Howell North	44.87p	2009 4
32	Bria McWoods	Kirkwood	43.82	2012 4	82	Lynette Atkinson	Ladue	44.88	2007 3
	Precious Selmon	Crystal City	43.82	2009 2	83	Emilyn Dearman	Stockton	44.94	2013 2
34	Madison Smith	Lee's Summit North	43.83p	2011 4		Stacey Fritts	Miami	44.94	1987 1A
	Ne-Shay Curtis	McCluer S-Berkeley	43.83	2015 3	85	LaShonette Andrews	Ruskin	44.97	1989 4A
36	Carolyn Ross	Webster Groves	43.87p	2015 4		Whitney Thomas	Hazelwood Central	44.97p	2004 4
37	Lashayla Bell	University City	43.89	2006 3	87	Alexys Plummer	Cardinal Ritter	44.98p	2008 3
38	Haley Watson	Jefferson City	43.92p	2015 5		Leslie Farmer	Jefferson City	44.98p	2008 4
	Jordan Stiens	Maryville	43.92	2009 3	89	Hannah Crow	Southern Boone County	44.99	2015 3
40	Erin Gilliland	Chillicothe	43.94	2013 3	90	Madison Reynolds	Ste. Genevieve	45.00	2015 4
41	NaTasha Blair	McCluer	43.96	2006 4	91	Jordan Hammond	Park Hill South	45.02p	2015 5
42	Deanna Adams	Springfield Central	43.99p	1984 4A		Natalie Dansberry	Sumner	45.02	1985 4A
43	Tammy Wenkel	Owensville	44.02	1996 3A		Toniece Williams	Ruskin	45.02	2005 3
44	Jamie Mathewson	Park Hill South	44.05	2003 4A	94	Terri Counts	Hickman Mills	45.03p	2005 4
45	Andrea Seabaugh	Fredericktown	44.12	1988 3A	95	Amy Fox	Hannibal	45.04	1997 4A
	Sommer Lawal	MICDS	44.12	1997 3A		Kathy Weiss	Helias	45.04	1997 3A
47	Courtney Mitchell	Hazelwood East	44.14	2010 4	97	Amy Vanderfilz	Helias	45.05p	1988 3A
48	Briana Isom-Brummer	Villa Duchesne	44.16	2009 3		Kerry Hils	Moberly	45.05	1999 3A
49	Cheyenne Hoerr	Aftton	44.18	2012 3	99	Megan Williams	Hickman	45.07p	1998 4A
50	Sarah Noonan	Kirkwood	44.20p	2009 4		Secelia Winkfield	Blue Springs	45.07p	1988 4A

## 1975-2016 Missouri State Track Meet Top 100 Schools

### Girls 400 Meter Relay & 440 Yard Relay

1	McCluer S.-Berkeley	47.19	2014	3	51	KC Lincoln	49.15	1993	3A
2	Raytown South	47.48p	2011	4	52	North Kansas City	49.16	1989	4A
3	Grandview	47.54p	2007	4	53	Winnetonka	49.17	2013	4
4	Hazelwood Central	47.56p	2015	5	54	Lindbergh	49.19p	2004	4
5	Hazelwood East	47.70	2011	4	55	Jennings	49.21p	1994	
6	Gateway	47.74	2004	4	56	Soldan	49.25	2014	3
7	Nerinx Hall	47.77	2012	4	57	Bishop Hogan	49.29p	1989	
8	Ladue	47.92p	1999			Lafayette (Wildwood)	49.29p	1998	
9	KC Central	47.93	1997	4A	59	Center	49.30p	2016	4
	Riverview Gardens	47.93	2005	4		KC Southeast	49.30p	1987	
11	Smith-Cotton	47.94	2016	5	61	Lutheran South	49.30	2012	3
12	Jefferson City	47.95	2004	4	62	Jackson	49.36p	2005	4
13	Blue Springs	47.96p	2015	5		John Burroughs	49.36p	2016	3
14	Hickman	48.08	1981	4A	64	St. Louis Metro	49.36p	2006	2
15	University City	48.11p	2007	3	65	KC East	49.37p	1996	
16	McCluer	48.15	2010	4	66	Poplar Bluff	49.41p	2016	4
17	Parkway North	48.20p	2013	4		Ruskin	49.41	1999	3A
18	McCluer North	48.21	2013	4	68	Camdenton	49.43p	2015	4
	Parkway South	48.21	1996	4A	69	Ritenour	49.2	1980	4A
20	Rockwood Summit	48.23p	2009		70	Parkview	49.51p	2008	4
21	Lee's Summit West	48.26p	2016	5	71	Lee's Summit	49.54p	2009	
22	MICDS	48.31p	2016	4	72	Festus	49.56p	2007	3
23	Webster Groves	48.35p	2012	4		Sullivan	49.56p	2012	3
24	Van Horn	48.40	1987	4A	74	Fulton	49.59	1986	3A
25	Kirkwood	48.46	1997	4A		Warrensburg	49.59p	2006	3
26	Blue Springs South	48.48p	2015	5	76	South Callaway	49.63	2013	2
	Parkway Central	48.48p	2003	4	77	Savannah	49.66p	2013	3
28	Hazelwood West	48.56p	1993		78	Holt	49.67p	2005	4
29	Eureka	48.57p	2012	4	79	Union	49.68p	2016	4
30	Battle	48.58p	2016	5	80	O'Hara	49.69	1995	3A
	Cardinal Ritter	48.58p	2008	3	81	Staley	49.70p	2010	3
32	Waynesville	48.60	1981	4A	82	Kickapoo	49.71	1989	4A
33	Oakville	48.61p	2013	4	83	Francis Howell	49.75p	1990	
34	Lee's Summit North	48.62	2011	4	84	Marquette	49.77p	2015	5
35	Hickman Mills	48.63p	2004	4		St. Francis Borgia	49.77p	1999	
36	Berkeley	48.69	1981	4A	86	Rolla	49.78	1993	4A
37	Sumner	48.70p	1984		87	Nixa	49.82p	2016	5
38	Liberty	48.77	2010	4	88	Kearney	49.87p	2016	4
	Normandy	48.77	2001	4A	89	Farmington	49.89	1989	4A
40	William Chrisman	48.80	2012	4	90	Helias	49.91p	1998	
41	KC Center	48.81	2005	3		Park Hill	49.91p	2016	5
42	Lutheran North	48.84p	2016	3	92	Francis Howell Central	49.94p	2007	4
43	Springfield Central	48.86p	1984			Timberland	49.94p	2016	5
44	Sikeston	48.93p	2015	4	94	Pattonville	49.95p	1991	
45	North County Tech	48.96p	2009		95	Glendale	49.96p	2006	4
	Raymore-Peculiar	48.96	2016	5		Marshall	49.96	1980	3A
47	Pembroke Hill	48.98p	2010	3	97	St. Charles West	49.98p	2010	3
48	Cape Central	49.07p	2006	4	98	Blair Oaks	50.00	2009	2
49	Oak Park	49.10p	2003	4		St. Clair	50.00p	1992	
50	Park Hill South	49.14p	2002			St. Joe Central	50.00p	1981	

## 1975-2016 Missouri State Track Meet Top 100 Schools

### Girls 800 Meter Relay & 880 Yard Relay

1	Hazelwood Central	1:38.42p	2004	4	51	Raytown	1:43.52p	2015	5
2	Hazelwood East	1:39.60	2011	4	52	Hickman	1:43.62p	1982	
3	Raytown South	1:39.64	2011	4	53	KC Southeast	1:43.65p	1987	
4	Gateway	1:39.71	2003	4A	54	Timberland	1:43.67p	2015	5
5	KC Central	1:39.72	2000	4A	55	Lee's Summit	1:43.69p	2009	
6	Lee's Summit West	1:39.82	2016	5	56	Rock Bridge	1:43.72	2012	4
	McCluer North	1:39.90p	2014	4	57	Helias	1:43.89	1996	3A
8	North Kansas City	1:39.90	2010	4	58	Lutheran North	1:43.91p	2004	3
9	Grandview	1:40.07	2014	3	59	Francis Howell Central	1:43.96	2007	4
10	Riverview Gardens	1:40.25	1985	4A	60	Hickman Mills	1:43.97	1983	4A
11	Ladue	1:40.29p	2009		61	Joplin Memorial	1:44.00p	1982	
12	McCluer S.-Berkeley	1:40.52	2014	3	62	KC Center	1:44.08	2014	3
13	Berkeley	1:40.65	1993	3A	63	Oakville	1:44.09	2013	4
14	Blue Springs	1:40.70	2013	4	64	John Burroughs	1:44.23p	2009	
15	Van Horn	1:41.02	1985	4A	65	Farmington	1:44.28	1986	3A
16	University City	1:41.14	2012	3		Osage	1:44.28p	2004	3
17	Kirkwood	1:41.21	2015	5	67	Beaumont	1:44.29	1977	AA
18	Rockwood Summit	1:41.23p	2009		68	Parkview	1:44.35p	2002	
19	Lee's Summit North	1:41.36	2013	4	69	Charleston	1:44.40p	1983	
20	Park Hill South	1:41.39	2001	4A	70	North County Tech	1:44.48	2016	3
21	Parkway South	1:41.48	1996	4A		Soldan	1:44.48p	1982	
22	Normandy	1:41.50p	1987		72	KC Southwest	1:44.50	1994	4A
23	Eureka	1:41.67	1985	4A	73	Bishop Hogan	1:44.57p	1989	
24	Parkway North	1:41.83p	2013	4	74	Center	1:44.60	2015	4
25	Parkway Central	1:42.04	2003	4A		Ray-Pec	1:44.60p	2013	4
26	Park Hill	1:42.05	1989	4A	76	Union	1:44.72	2013	3
27	Webster Groves	1:42.08p	1981		77	Fulton	1:44.74	1981	3A
28	Jefferson City	1:42.21p	2016	5		St. Elizabeth (St. Louis)	1:44.74	2012	3
29	MICDS	1:42.24	2011	3		St. Louis Central	1:44.5p	2005	3
30	Cardinal Ritter	1:42.26	2016	3	80	Staley	1:44.80p	2010	3
31	Hazelwood West	1:42.2	1995	4A	81	Mehlville	1:44.81p	1999	
32	McCluer	1:42.48	1992	4A	82	Francis Howell	1:44.84p	2003	4
33	Sikeston	1:42.57p	2015	4	83	Holt	1:44.85p	2005	4
34	St. Francis Borgia	1:42.58	1999	3A		Southern Boone Co.	1:44.85	1999	2A
35	Waynesville	1:42.63	1981	4A	85	KC East	1:44.95	1996	3A
36	Lindbergh	1:42.69	2004	4	86	Palmyra	1:44.96	1998	2A
37	Springfield Central	1:42.72	1984	4A	87	Jennings	1:44.99p	2003	3
38	Ruskin	1:42.73p	1990		88	Fort Zumwalt West	1:45.02p	2006	4
39	Liberty	1:42.83	2016	5	89	Jackson	1:45.09p	2005	4
40	Sumner	1:42.6	1979	4A	90	Marceline	1:45.13	2007	2
41	Oak Park	1:42.92p	2003	4	91	Blue Springs South	1:45.14p	1995	
42	Cape Central	1:42.95	1988	4A		Moberly	1:45.14p	1990	
43	Lafayette (Wildwood)	1:43.14	1998	4A	93	Kennett	1:45.16p	1993	
44	St. Joseph's	1:43.14	2016	5	94	St. Louis Metro	1:45.18	2009	2
45	Kickapoo	1:43.22	1996	4A	95	Clayton	1:45.19	1989	3A
46	Pattonville	1:43.1	2002	4A	96	Ritenour	1:45.21	1986	4A
	Poplar Bluff	1:43.40	2015	4	97	Sullivan	1:45.25p	2012	3
48	KC Lincoln	1:43.41p	2012	3	98	Boonville	1:45.34	1996	3A
49	O'Fallon Tech	1:43.41p	1982		99	Westport	1:45.39	2004	3
50	Wentzville	1:43.45	1992	4A	100	Warrensburg	1:45.40	2006	3

## 1975-2016 Missouri State Track Meet Top 100 Schools

### Girls 1600 Meter Relay & Mile Relay

1	McCluer S.-Berkeley	3:45.78	2007	3	51	Grandview	3:58.81p	2000	
2	Ladue	3:48.00	2011	4	52	Nerinx Hall	3:58.84p	2015	5
3	McCluer North	3:48.82	2014	4	53	Kickapoo	3:59.03	1986	4A
4	Francis Howell	3:49.06	2013	4	54	Pattonville	3:59.09	2016	5
5	Normandy	3:51.48	1986	4A	55	Lafayette (Wildwood)	3:59.22	2014	4
6	Lee's Summit North	3:51.93	2015	5	56	Parkway North	3:59.29p	2014	4
7	Lee's Summit West	3:52.00	2016	5	57	Neosho	3:59.33	1990	4A
8	Kirkwood	3:52.14	2016	5	58	Soldan	3:59.2p	1983	
9	Cardinal Ritter	3:53.09	2008	3	59	Notre Dame (KC)	3:59.67	1997	3A
10	Jefferson City	3:53.20	2007	4	60	KC Southeast	3:59.75p	1987	
11	McCluer	3:53.81	2005	4	61	Truman	3:59.82p	1987	
12	Hazelwood East	3:54.55	2007	4	62	Blair Oaks	4:00.15	1999	2A
13	Parkway Central	3:54.80	2008	4	63	Logan-Rogersville	4:00.22	1982	3A
14	Sumner	3:54.98	1981	4A	64	Parkview	4:00.25	2001	4A
15	Blue Springs	3:55.05p	2015	5	65	Clayton	4:00.37	2004	3
16	Parkway South	3:55.12	1987	4A	66	Villa Duchesne	4:00.40	2008	3
17	Eureka	3:55.13	2008	4	67	Bolivar	4:00.57	2005	3
18	Park Hill	3:55.27p	1998		68	Blue Springs South	4:00.61	2001	4A
19	Lindbergh	3:55.40	2011	4	69	North Kansas City	4:00.70	2016	5
20	Hickman	3:55.71	2014	4	70	Harrisonville	4:00.95	1986	3A
21	MICDS	3:55.72	2015	4	71	Ray-Pec	4:01.01p	2014	4
22	Hazelwood Central	3:55.79	1981	4A	72	Paseo	4:01.06	1989	3A
23	Ruskin	3:55.90	1986	4A		Warrensburg	4:01.06p	2011	3
24	University City	3:55.7	2002	4A	74	KC Lincoln	4:01.08p	2011	3
25	Webster Groves	3:55.97	1981	4A	75	Fatima	4:01.10	1986	3A
26	Riverview Gardens	3:56.01	1988	4A	76	Ozark	4:01.14	2005	3
27	Rock Bridge	3:56.34p	2014	4	77	Liberty	4:01.20p	2015	5
28	Berkeley	3:56.49	1993	3A	78	Union	4:01.33p	2013	3
29	Poplar Bluff	3:56.54	1999	4A	79	Nevada	4:01.50	1986	3A
30	Park Hill South	3:56.96p	2001		80	Fort Osage	4:01.74p	2007	4
31	Osage	3:57.01	2004	3	81	St. Charles West	4:01.77	2010	3
32	Helias	3:57.09	1997	3A	82	Timberland	4:02.16p	2008	4
33	Joplin Memorial	3:57.11	1981	4A	83	William Chrisman	4:02.20	1981	4A
34	KC Center	3:57.15p	2007	3	84	Centralia	4:02.29	2013	3
35	Maryville	3:57.26	2010	3	85	John Burroughs	4:02.31	2001	2A
36	Marquette	3:57.34p	1999		86	West Plains	4:02.35p	1999	
37	KC Southwest	3:57.49	1994	4A	87	Jackson	4:02.55	1989	4A
38	Waynesville	3:57.53p	1981		88	Carthage	4:02.64p	1999	
39	St. Joe Central	3:57.70p	2006	4	89	New Madrid CC	4:02.72	1992	3A
40	Parkway West	3:57.73	2003	4A	90	Ritenour	4:02.80	1987	4A
41	Raytown South	3:57.78p	2006	4	91	Hazelwood West	4:02.81p	2009	
42	Gateway	3:58.02p	2002		92	Rolla	4:02.83	2016	4
43	Cape Central	3:58.05	1996	4A	93	DeSoto	4:02.88p	2015	4
	KC Central	3:58.05p	1981		94	Marceline	4:03.08	2006	2
45	Windsor (Imperial)	3:58.20p	2007	3		St. Francis Borgia	4:03.08	1998	3A
46	Hickman Mills	3:58.44	1999	3A	96	Whitfield	4:03.51	2001	2A
47	St. Teresa's	3:58.47p	2012	4	97	Rockwood Summit	4:03.61p	2010	4
48	Oak Grove	3:58.4	1987	3A	98	Principia	4:03.72	2009	2
49	Lee's Summit	3:58.70	2008	4	99	Lutheran North	4:03.73	1985	3A
	Raytown	3:58.70p	2015	5	100	Charleston	4:03.79p	1988	

## 1979-2016 Missouri State Track Meet Top 100 Schools

### Girls 3200 Meter Relay & 2 Mile Relay

1	Parkway Central	9:06.89	2009	4	51	Cape Central	9:34.07	2003	4A
2	Eureka	9:09.09	2004	4	52	Herculaneum	9:34.33	1983	3A
3	Lee's Summit West	9:12.31	2014	4	53	Savannah	9:34.4	1995	3A
4	Marquette	9:12.7	2002	4A	54	Farmington	9:35.33	2012	3
5	Lindbergh	9:14.19	2011	4	55	Oakville	9:36.02	1996	4A
6	Kirkwood	9:15.33	2010	4	56	Cameron	9:36.24	1981	3A
7	St. Teresa's	9:15.67	2013	4	57	Fort Zumwalt South	9:37.49	2009	4
8	West Plains	9:16.5	2002	4A	58	Grain Valley	9:37.91	2016	4
9	Lafayette (Wildwood)	9:16.79	2015	5	59	Rosati-Kain	9:38.56	2008	3
10	Neosho	9:18.03	2009	4	60	Ray-Pec	9:38.4	1995	3A
11	Francis Howell	9:18.36	1987	4A	61	North Kansas City	9:38.77	1982	4A
12	Liberty	9:19.51	1997	4A	62	Potosi	9:39.0	1995	3A
13	Rock Bridge	9:22.06	2014	4	63	Oak Park	9:39.35	2008	4
14	Nerinx Hall	9:22.74	2016	5	64	Lutheran South	9:39.2	1995	3A
15	Hickman	9:24.11	2004	4	65	Fox	9:39.87	1986	4A
16	Blue Springs	9:24.29	2015	5	66	Parkview	9:40.21	1997	4A
17	Festus	9:24.44	2009	3	67	Ruskin	9:40.58	2007	3
18	Francis Howell North	9:24.71	2001	4A	68	Warrensburg	9:40.89	2012	3
19	Soldan	9:25.09	1985	4A	69	KC Lincoln	9:40.99	1986	3A
20	Ste. Genevieve	9:25.45	2013	3	70	Maysville	9:41.08	1983	2A
21	Joplin Memorial	9:25.78	1982	4A	71	Kirksville	9:41.13	2009	3
22	KC Southwest	9:26.31	1980	4A	72	Logan-Rogersville	9:41.61	1996	3A
23	Parkway South	9:26.33	1987	4A	73	Troy	9:41.65	2013	4
24	McCluer S.-Berkeley	9:26.42	2007	3	74	Lutheran (St. Peters)	9:41.73	2013	2
25	McCluer North	9:26.47	1982	4A	75	Duchesne	9:41.93	2012	3
26	Lee's Summit	9:26.70	1995	4A	76	Buffalo	9:42.06	1987	3A
27	Kearney	9:26.75	2009	3	77	Winnetonka	9:42.56	2015	4
28	Blue Springs South	9:26.95	1994	4A	78	Union	9:42.79	2003	3A
29	Parkway West	9:28.10	1991	4A	79	KC Northeast	9:43.28	1982	4A
30	Jefferson City	9:28.22	1994	4A	80	Gallatin	9:43.30	2013	2
31	Ladue	9:28.26	2008	3	81	O'Hara	9:43.46	1983	3A
32	Rolla	9:29.62	1996	4A	82	Rockwood Summit	9:43.52	2010	4
33	Jackson	9:29.64	2016	5	83	St. Francis Borgia	9:43.55	2012	3
34	Lee's Summit North	9:29.95	2011	4	84	St. Joe Central	9:43.73	2005	4
35	Carthage	9:30.30	1996	4A	85	Villa Duchesne	9:43.76	2014	3
36	Principia	9:30.46	1993	3A	86	Tarkio	9:43.93	1983	2A
37	Hazelwood Central	9:30.49	1992	4A	87	Normandy	9:43.99	1986	4A
38	Bolivar	9:30.51	2016	4	88	St. Charles West	9:44.05	1998	4A
39	De Soto	9:30.54	1997	4A	89	Raymore-Peculiar	9:44.13	2015	5
40	Park Hill South	9:31.00	2003	4A	90	Hamilton	9:44.20	2007	2
41	Smithville	9:31.10	2010	3	91	Seckman	9:44.25	2003	4
42	Kickapoo	9:31.20	1993	4A	92	Platte County	9:44.64	2016	4
43	MICDS	9:31.49	2016	4	93	KC Southeast	9:44.76	1980	4A
44	Hazelwood East	9:31.83	1990	4A	94	Monett	9:45.17	1985	3A
45	Pattonville	9:31.99	1982	4A	95	Park Hill	9:45.32	1991	4A
46	Washington	9:32.09	2009	4	96	Clayton	9:45.40	1998	3A
47	Helias	9:32.36	1998	3A		St. Joe Lafayette	9:45.40	1987	3A
48	Webster Groves	9:32.39	1980	4A	98	Hannibal	9:45.54	2011	3
49	Notre Dame (KC)	9:33.35	2012	3	99	Parkway North	9:45.59	1995	4A
50	Carl Junction	9:33.85	2015	4	100	Harrisonville	9:45.80	1986	3A

## 1980-2016 Missouri State Track Meet Top 100 Individuals Girls Shot Put

1	Sophia Rivera	Brentwood	51-01 1/4	2015	2	51	Traci Werner	Nevada	42-01 1/4	2003	3A
2	Valeyta Althouse	Blue Springs	47-07 3/4	1992	4A	52	Martha Schnackenberg	Neosho	42-00 1/4	1987	4A
3	Jill Rushin	Jackson	47-04 1/2	2009	4	53	Marion Washington	Bishop Hogan	42-00	1988	3A
4	Allison Hinson	St. Clair	47-03 3/4	2015	4		Nia Lyles	Webster Groves	42-00	2016	4
5	Kendra Green	Boonville	47-00	2005	3		Nicole Portell	Herculaneum	42-00	2002	3A
6	Jasmine Boyer	Fort Zumwalt West	46-09 1/4	2008	4	56	Julia Russell	Mountain View	41-11 3/4	2006	2
7	Katie Evans	Putnam Co.	46-07 1/4	2008	2	57	Jade Gates	Incarnate Word	41-11	2016	4
8	Asia Cole	Fort Osage	46-01	2012	4	58	Jessica Donovan	St. Joe Benton	41-09 3/4	2007	3
9	Elisha Hunt	Linn	45-08 1/4	2003	2A		Stacy Tiefenauer	North County	41-09 3/4	1996	3A
10	Rickeal Roach	Lutheran South	45-07 1/2	2007	3	60	Carie Talbot	Jasper	41-09	2006	1
11	Denise Buchanan	Glendale	44-11 1/2	1983	4A		Leah Colbert	Troy	41-09	2014	4
12	Desirea Buerge	Webb City	44-11 1/4	2015	4	62	Laura Ortinau	Oakville	41-08 1/4	2003	4A
13	Makayla Kelby	Lee's Summit West	44-10 3/4	2016	5	63	Bryanna Pierce	St. Clair	41-08	2011	3
14	Brittany Borman	Festus	44-10 1/4	2007	3		Lindsey Markworth	Lexington	41-08	2001	2A
15	Krishna Lee	O'Hara	44-05 1/4	2005	3	65	Mikayla Deshazer	KC Lincoln	41-07 1/4	2016	3
16	Audrey Pickering	California	44-02 1/4	2016	3	66	Marisha Griffen	Normandy	41-07	1999	4A
17	Sarah Hall	Hickman	44-01 1/4	2010	4		Tiffanie Jones	Warrensburg	41-07	2001	3A
18	Rachel Travis	Lutheran (St. Peters)	44-01	2007	3		Wendy Siavii	Blue Springs South	41-07	2014	4
19	Cydne Ryan	Hannibal	44-00 1/4	1985	4A	69	Erin Steffens	Herculaneum	41-06 3/4	2006	3
20	Amarachi Ukabam	Marquette	43-09 3/4	2000	4A		Roxanna Koke	Waynesville	41-06 3/4	2009	4
	Emily Eller	Lutheran South	43-09 3/4	2015	4	71	Julia Smith	Kirkwood	41-06 1/2	1988	4A
22	Jordan McClendon	John Burroughs	43-08 3/4	2014	3	72	Hannah Mayfield	Union	41-05 3/4	2014	3
23	Monet Jackson	Blue Springs	43-07 1/4	2011	4		Kendra Williams	Kirkwood	41-05 3/4	2004	4
24	Paden Wachter	Jackson	43-06	2013	4	74	Kylie Cornman	Mountain View	41-05 1/2	2010	2
25	Lutricia Purham	Marquette	43-04	1996	4A	75	Candi Mueller	Knob Noster	41-05	2011	2
26	Hope Harris	Clinton	43-03	2007	3	76	Skyler Young	O'Hara	41-04 3/4	2010	3
27	Cheryl Spradley	Raytown	43-02 3/4	1994	4A	77	Kelly Klusmeyer	Boonville	41-04 1/2	2009	3
28	Alexis Roberson	Jefferson City	43-00 3/4	2016	5	78	Allison Rosewicz	Cassville	41-04	2000	3A
29	Alysiyah Whittaker	Northwest (Cedar Hill)	43-00 1/2	2013	4		Devyn McPherson	Carl Junction	41-04	2008	3
	Connie Price	St. Charles	43-00 1/2	1980	4A		Haley Craig	North Harrison	41-04	2016	1
31	Rene Brown	Poplar Bluff	42-10	1981	4A	81	Heather Jenkins	Cape Central	41-03 3/4	2001	4A
32	Debbie Kusiak	Wentzville	42-09 3/4	1989	4A		Tanisha Wilson	St. Charles	41-03 3/4	2016	4
33	Tyra Bickham	Blue Springs	42-08 3/4	2013	4	83	Dahlia Dyson	Fort Zumwalt West	41-03 1/4	2011	4
34	Deenia Mcmilller	Winnetonka	42-08 1/2	2016	4	84	Jeneen Townsend	Jefferson City	41-03	1991	4A
35	Kelli McCrary	Hazelwood Central	42-08 1/4	1988	4A		Karmyn Clark	McCluer North	41-03	2006	4
36	Wendy Jacobson	KC Center	41-10 1/4	1986	4A	86	Beth Lewis	Savannah	41-02 1/2	2010	3
37	Katie Vanarsdall	Fort Osage	42-07 3/4	2006	4	87	Hannah Kuenzel	Valle	41-02	2010	2
	Kennedy Aurentz	Kickapoo	42-07 3/4	2016	5		Mitzi Noelker	Lexington	41-02	1990	2A
39	Julie Walker	Truman	42-07 1/2	1980	4A	89	Holly Scherder	Bowling Green	41-01 3/4	2000	3A
40	Jasmine Kassanavoid	Lawson	42-06 1/2	2008	2	90	Kelsey Benoit	Centralia	41-01 1/2	2011	2
41	Ashlie Shimmin	Joplin	42-06	2010	4		Rashaunda Summers	New Madrid CC	41-01 1/2	2014	3
42	Tamika Lomax	Raytown	42-05 1/2	2000	4A	92	Rachel Galbreath	Jefferson City	41-01 1/4	1999	4A
43	Aliyah Brown	Rockwood Summit	42-05	2014	4	93	Emma Albertson	Helias	41-00 1/4	2016	4
44	LeKiesha McKnight	Raytown	42-04 1/4	2008	4	94	Deanna Price	Troy	40-11 3/4	2011	4
45	Laura Greenfield	Liberty	42-03 1/2	2008	4	95	Cortni Ervin	Marshall	40-11 1/2	2008	3
46	Paige Bunn	Fort Osage	42-03 1/4	2016	5	96	Yvonne Bentley	Blue Springs	40-10 1/4	1988	4A
47	Martana Stemmons	Battle	42-03	2016	5	97	Brianna Egbuka	Cape Central	40-09 3/4	2007	4
48	Dixie Wescott	Truman	42-02	1980	4A		Ryan Richardson	Parkway Central	40-09 3/4	2007	4
49	Candace Johnson	Hazelwood Central	42-01 3/4	2002	4A	99	Bianca Lockette	McCluer North	40-08 3/4	2007	4
	Sarah Weidner	Festus	42-01 3/4	2013	3		Kasey Bonham	West Plains	40-08 3/4	2016	4

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls Discus

1	Amarachi Ukabam	Marquette	165-01	2001	4A	51	Paige Bunn	Fort Osage	136-02	2016	5
2	Katie Evans	Putnam Co.	160-05	2009	2	52	Lutricia Purham	Marquette	136-01	1996	4A
3	CeCilya Johnson	Lutheran South	158-02	2015	4	53	Brittany Brown	Lee's Summit West	135-11	2009	4
4	Sophia Rivera	Brentwood	154-09	2015	2	54	Heather White	Ray-Pec	135-07	1994	3A
5	Desirea Buerge	Webb City	153-08	2014	4		Kelli McCrary	Hazelwood Central	135-07	1988	4A
6	Denise Buchanan	Glendale	153-04	1983	4A	56	Gail Peak	Marshfield	135-03	1986	3A
7	Makayla Kelby	Lee's Summit West	153-03	2016	5		Rene Brown	Poplar Bluff	135-03	1981	4A
8	Megan Collins	Lee's Summit North	153-02	2008	4		Valeyta Althouse	Blue Springs	135-03	1991	4A
9	Rickeal Roach	Lutheran South	152-09	2007	3	59	Genevra Collins	Kickapoo	135-01	1999	4A
10	Heather Jenkins	Cape Central	152-05	2001	4A		Paden Wachter	Jackson	135-01	2013	4
11	Jill Rushin	Jackson	152-00	2010	4	61	Colleen Wagner	Camdenton	135-00	1983	3A
12	Cydnee Reese	O'Hara	151-10	2013	3	62	Tiffanie Jones	Warrensburg	134-11	2001	3A
13	Becky Haug	Lee's Summit North	151-07	2002	4A	63	Marion Washington	Bishop Hogan	134-10	1988	3A
	Loren Groves	Scott City	151-07	2004	2	64	Danielle Grimes	Jefferson City	134-09	2001	4A
15	Hope Harris	Clinton	151-04	2005	3	65	Stefani Haag	Brookfield	134-08	1987	2A
16	Brittany Borman	Festus	150-05	2007	3	66	Haley Heuer	Harrisburg	134-06	2011	2
17	Donna Borer	Pleasant Hill	149-09	2016	4		Jelani Kelly	Hazelwood Central	134-06	2007	4
18	Nicole Chester	Parkway West	146-11	1989	4A	68	Lisa Hughes	Orchard Farm	134-04	2005	2
19	Krishna Lee	O'Hara	146-08	2005	3	69	Katie Vanarsdall	Fort Osage	134-03	2005	4
20	Dion McNeal	Parkway West	146-01	1999	4A	70	D'Andria Blow	Grandview	134-02	2012	3
21	Martana Stemmons	Battle	145-11	2016	5	71	Robyn Baker	Mexico	134-01	2006	3
22	Dahlia Dyson	Fort Zumwalt West	145-10	2011	4	72	Jennifer Tuck	Orchard Farm	133-10	1994	2A
23	Laura Lukens	Cape Central	145-08	1997	4A	73	Alicia York	St. Clair	133-08	2014	3
	Lisa Bossch	Parkway North	145-08	1982	4A		Venisha Williams	McCluer	133-08	2001	4A
25	Jennifer Nicholson	East Prairie	144-06	2010	2	75	Mikayla Deshazer	KC Lincoln	133-05	2016	3
26	Sandra Hampton	Lee's Summit North	143-09	2010	4	76	Tyra Bickham	Blue Springs	133-04	2013	4
27	Amanda Newton	Republic	143-06	2002	3A	77	Olivia Brand	Glendale	133-03	2011	4
28	Asia Cole	Fort Osage	143-05	2012	4	78	Haley Craig	North Harrison	133-02	2016	1
29	Jasmine Boyer	Fort Zumwalt West	143-03	2009	4	79	Savannah Yeargan	Willard	132-08	2016	4
30	Jordan McClendon	John Burroughs	142-11	2015	3	80	Amanda Liles	Nevada	132-03	2001	3A
31	Danee Jones	Clayton	142-04	2001	3A		Ashlie Shimmin	Joplin	132-03	2010	4
32	Kylie Jones	Webb City	141-06	2009	3		Callie Newton	Republic	132-03	1998	3A
33	Efia Walls	Hazelwood East	140-10	2005	4	83	Lekiesha McKnight	Raytown	131-10	2009	4
34	Michelle Flowers	Raytown South	140-06	1985	4A	84	Kayla Gutierrez	Kirkwood	131-09	2012	4
35	Deenia Mcmillar	Winnetonka	140-05	2015	4	85	Chel Fletcher	Carl Junction	131-08	1992	3A
36	Julia Smith	Kirkwood	140-04	1988	4A	86	Brooke Swearingin	Odessa	131-07	2010	3
37	Wendee Brown	Blue Springs	140-02	1989	4A		Terri Houchen	Ray-Pec	131-07	1992	3A
38	Jeneen Townsend	Jefferson City	139-09	1991	4A	88	Rachel McCarroll	Excelsior Springs	131-06	2008	3
39	Mary Wirt	Liberty	139-01	2000	4A		Tomian Ahonen	Fox	131-06	1981	4A
40	Michaela Dapprich	Branson	138-11	2012	4	90	Ashley Brewer	Fort Zumwalt South	131-05	2006	4
41	Deanna Price	Troy	138-09	2011	4	91	Kay Wright	Harrisonville	131-02	1982	3A
	Jan Steinbrueck	Lutheran South	138-09	2013	3	92	Samantha Espiricueta	Belton	131-00	2006	4
43	Bre Zanders	Helias	138-03	2013	3		Teresa Gaggens	Belton	131-00	2008	4
44	Lauren Allen	Fatima	137-11	2011	2	94	Alyssa Brock	Parkway North	130-11	2008	4
45	Charlene Cortez	Carthage	137-09	1989	4A	95	Katie Moorkamp	Lafayette (Wildwood)	130-09	2009	4
46	Carla Grewe	Hillsboro	137-04	1998	4A	96	Lea Johnson	John Burroughs	130-08	2011	3
47	Lindsey Markworth	Lexington	137-00	2001	2A		Naomi Wigfall	Lafayette (Wildwood)	130-08	1997	4A
48	Alexis Roberson	Jefferson City	136-11	2016	5	98	Rebecca Kueny	Boonville	130-06	2002	3A
49	Marissa Hunter	Hickman Mills	136-09	1999	3A	99	Cindy Haddock	Hickman	130-04	1998	4A
	Shelby Mustain	Jefferson City	136-09	2012	4		Kim Weber	Eureka	130-04	1982	4A

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls Long Jump

1	Felecia Allen	Riverview Gardens	19-08 1/4	1986 4A		Nekiesha Bailey	North Kansas City	18-05 3/4	2015 5
2	Erin Narzinski	Oakville	19-07 1/2	1993 4A	52	Alexis Hart	Truman	18-05 1/4	2015 5
3	Chantae McMillan	Rolla	19-05 1/2	2005 4		Erica Calhoun	KC Southeast	18-05 1/4	1987 4A
	Lorinda Richardson	Hickman	19-05 1/2	1981 4A	54	Lauren Waterbury	MICDS	18-05	2011 3
	Rhonda Paine	Grandview	19-05 1/2	1982 4A	55	Lauren Cheadle	Lee's Summit West	18-04 3/4	2010 4
6	Lisa Davies	Oak Grove	19-05	1994 3A	56	Candice Coleman	Jefferson City	18-04 1/2	1990 4A
7	Sherrri Hines	St. Joe Central	19-04 3/4	1986 4A		Charmen Jackson	Lafayette (Wildwood)	18-04 1/2	1987 4A
8	Precious Selmon	Crystal City	19-03 1/4	2009 2		Cynise Hylton	Hickman Mills	18-04 1/2	2005 4
9	Jaslyn Williams	Springfield Central	19-01	2016 5		Hannah Oberdiek	South Callaway	18-04 1/2	2015 2
10	Mary Smith	Beaumont	19-00 3/4	1976 AA		Jerrica Key	Battle	18-04 1/2	2016 5
11	Jazmin McCoy	North Kansas City	19-00	2012 4		Kaitlin Moore	Lafayette (Wildwood)	18-04 1/2	2007 4
	Valerie Lenley	Ruskin	19-00	1992 4A	62	Alana Gray	Hazelwood East	18-04	2007 4
13	Deirdre Fortman	Park Hill	18-11 1/2	1993 4A		Robin Howard	St. Joe Lafayette	18-04	1981 4A
	Dionna Webb	Cape Central	18-11 1/2	1999 4A		Sarah Bowling	Monett	18-04	2003 3A
	LaToya Williams	Jennings	18-11 1/2	1993 3A		Tracie Driver	Caruthersville	18-04	1990 3A
	Nataliyah Friar	Holt	18-11 1/2	2011 4	66	Kim Frischman	De Soto	18-03 1/2	1988 4A
	Teresa Thornton	Festus	18-11 1/2	1985 3A	67	Chris Linville	Winnetonka	18-03 1/4	1979 4A
18	Carly Spalding	Monroe City	18-11 1/4	2013 2		Kelly Eubanks	Rock Bridge	18-03 1/4	1979 3A
19	Angie Balducci	Wentzville	18-10 1/4	1988 4A	69	Candy Mason	Nevada	18-03	1994 3A
	Leandra McGruder	Jefferson City	18-10 1/4	2006 4	70	Zionn Pearson	MICDS	18-02 3/4	2016 4
21	Angie Thacker	Roosevelt	18-10	1982 4A	71	Kate Alderson	Park Hill South	18-02 1/2	2002 4A
22	Ariel Okorie	Waynesville	18-09 3/4	2016 5	72	Angie Carter	Hickman Mills	18-02 1/4	1989 4A
23	Jazmin McCoy	Blue Springs	18-09 1/2	2013 4		Ashlee Miller	Osborn	18-02 1/4	2006 1
24	Jordan Stiens	Maryville	18-09 1/4	2009 3	74	Erika Murphy	Hazelwood West	18-02 1/4	1993 4A
	Martina Nichols	Hazelwood West	18-09 1/4	1983 4A		Shirley Newman	Sumner	18-02 1/4	1984 4A
	Ojurerere Shonekan	Rock Bridge	18-09 1/4	2015 5	76	Adayna Upchurch	St. Louis Metro	18-02	1990 2A
	Tracey McCoy	St. Charles West	18-09 1/4	1984 4A		Ameka Hannon	Lexington	18-02	1982 2A
28	Jennie Gorham	North Kansas City	18-09	1977 AA		Arteshia Williams	Ruskin	18-02	2008 3
29	Asia Walker	Hickman	18-08 1/2	2006 4		Diane Cummings	Ray-Pec	18-02	1990 3A
	Laveta Cudjo	Waynesville	18-08 1/2	1981 4A		Jennifer Phillips	Fox	18-02	1997 4A
31	Kaela Rorvig	Hickman	18-08	2003 4A		Olivia Koehler	Timberland	18-02	2008 4
32	Abbe Ohneck	Rock Bridge	18-07 3/4	1998 4A	82	Annette Wichman	Lee's Summit North	18-01 3/4	2002 4A
	Frances Harrison	Waynesville	18-07 3/4	1979 3A		Erin Alewine	Jefferson City	18-01 3/4	2009 4
	Lucretia Rimmer	Ruskin	18-07 3/4	2002 3A		Kelly Reardon	Notre Dame (KC)	18-01 3/4	2006 4
35	Avrie Jones	Liberty	18-07 1/2	2016 5		Nina Gooden	Oak Grove	18-01 3/4	2000 3A
36	Lindsay Vollmer	Hamilton	18-07 1/4	2008 2		Sheri Pewitte	Blue Springs South	18-01 3/4	1995 4A
37	Kellie Suttle	Francis Howell	18-07	1990 4A	87	Kaylee Morgan	Carthage	18-01 1/2	2012 4
	Shawnte' Middlebrook	Lee's Summit West	18-07	2007 4		Sharon Beverly	Vashon	18-01 1/2	1998 4A
39	Eziamaka Okafor	Rolla	18-06 3/4	1999 4A		Sylvia Wofford	Joplin	18-01 1/2	1997 4A
40	Jade Nalls	Raytown South	18-06 1/2	2008 4	90	Erika Miller	Mexico	18-01 1/4	2010 3
41	Maureen Soetebier	Eureka	18-06 1/4	1985 4A	91	Donna Ellerson	Hazelwood East	18-01	1982 4A
	Samantha Stanley	Oak Grove	18-06 1/4	2000 3A		Ervette Moore	Berkeley	18-01	1979 3A
43	LaRita Hawes	Poplar Bluff	18-06	1981 4A		Harie Waffenschmidt	New Madrid CC	18-01	1997 3A
	LaTanya Short	Grandview	18-06	2006 4		Missie Delphia	Lee's Summit	18-01	1992 4A
	Latrina Weekly	Van Horn	18-06	1988 4A	95	Mary Kaboldt	Parkway North	18-00 3/4	1981 4A
	Muna Lee	KC Central	18-06	1997 4A		Melanie McDaniel	Lutheran North	18-00 3/4	1997 2A
	Petra Karanikic	North County	18-06	2000 3A	97	Morgan Reid	North Kansas City	18-00 1/2	2009 4
48	Andrea Coomes	Oak Park	18-05 3/4	2001 4A	98	Angelica Walker	Waynesville	18-00 1/4	1985 3A
	Iris Walker	Waynesville	18-05 3/4	1981 4A		Jane Kroenke	Warrensburg	18-00 1/4	1977 AA
	Michelle Parker	Ritenour	18-05 3/4	1985 4A		Lakeshia Finch	Rockwood Summit	18-00 1/4	1997 4A

# 1978-2016 Missouri State Track Meet Top 100 Individuals

## Girls Triple Jump

1	Deirdre Fortman	Park Hill	40-09 1/4	1995	4A		Donna Ellerson	Hazelwood East	37-10 1/2	1982	4A
2	Kathryn Coleman	Gateway	40-03 1/4	2004	4	52	Andrea Seabaugh	Fredericktown	37-10 1/4	1988	3A
3	Ahshane Johnson	Moberly	40-02 3/4	2010	3	53	Becca Perry	MICDS	37-10	1999	3A
4	Pam Cummings	Ray-Pec	40-01	1993	3A		Madison Wipfler	Rock Bridge	37-10	2014	4
5	Nataliyah Friar	Holt	39-11 1/4	2011	4	55	Phabienne Parker	Whitfield	37-09 3/4	2001	2A
6	Leandra McGruder	Jefferson City	39-09 3/4	2006	4	56	Jaschelle Sasser	KC Metro	37-09 1/4	1994	3A
7	Kezia Martin	Jefferson City	39-06 1/4	2014	4	57	Andrea Coomes	Oak Park	37-09	2002	4A
8	Eziamaka Okafor	Rolla	39-05 3/4	2002	4A		Cynise Hylton	Hickman Mills	37-09	2005	4
9	Jade Nalls	Raytown South	39-04	2010	4		Daejah Bernard	Benton	37-09	2016	4
10	Andrea Bourland	Clinton	39-00 1/4	1993	3A	60	Nashela Holman	Eureka	37-08 1/2	1994	4A
11	Jamie Newsome	Lee's Summit West	39-00	2014	4	61	Eboni Moore	Lee's Summit North	37-08	2013	4
12	Lisa Davies	Oak Grove	38-11 3/4	1993	3A	62	Cassie Bryant	Dixon	37-07 3/4	1988	2A
13	Annette Wichman	Lee's Summit North	38-09 1/2	2002	4A		Jill Ferguson	Farmington	37-07 3/4	1995	4A
14	Angie Brown	Fulton	38-09	1993	3A		Shawnte' Middlebrook	Lee's Summit West	37-07 3/4	2007	4
15	Paige Nelson	Parkway Central	38-08 3/4	2013	4	65	Alexis Spikes	Battle	37-07 1/4	2016	5
16	Iris Walker	Waynesville	38-08	1981	4A	66	Amy Davis	King City	37-07	1998	1A
17	Lakeshia Finch	Rockwood Summit	38-07 1/2	1999	4A	67	Brynn Williamson	Staley	37-06 1/2	2011	4
	Napheesa Collier	Jefferson City	38-07 1/2	2012	4		Nancy Johnson	Roosevelt	37-06 1/2	1985	4A
19	Chantae McMillan	Rolla	38-07	2005	4	69	Angie Balducci	Wentzville	37-05 1/4	1987	4A
20	Kayla Booker	Riverview Gardens	38-06 3/4	1990	4A		Trina Osborne	Springfield Central	37-05 1/4	1984	4A
21	Atlivia Spencer	Jefferson City	38-06 1/2	2005	4	71	Carolyn Ross	Webster Groves	37-05	2015	4
22	Ramona Riley	Oak Park	38-05	1981	4A		Gwen Berry	McCluer	37-05	2007	4
	Shirlie Gibson	Beaumont	38-05	1983	4A	73	Jelessa Stafford	Lexington	37-04 3/4	2007	2
24	Abbe Ohneck	Rock Bridge	38-04 1/2	1998	4A		Lailah Elliott	John Burroughs	37-04 3/4	2015	3
	Kimberly Teed	Carthage	38-04 1/2	2016	4	75	Amber White	Cuba	37-04 1/2	2011	2
	McKenzie Wright	Camdenton	38-04 1/2	2014	4		Angel Hunsaker	North Andrew	37-04 1/2	1993	1A
	Sherri Hines	St. Joe Central	38-04 1/2	1986	4A	77	Leslie Brooks	Ritenour	37-04 1/4	2016	5
28	Katie Wenger	St. Joe Central	38-03 1/2	2005	4		Shelly Powell	Brunswick	37-04 1/4	1987	1A
29	Alexis Hart	Truman	38-03	2016	5		Terri Wallace	Hickman Mills	37-04 1/4	1991	4A
	Julie Geiger	Boonville	38-03	1987	3A	80	Angie McCall	Hazelwood East	37-04	1997	4A
31	Lindsey Miller	Lee's Summit	38-02 3/4	1996	4A		Funtasia Clark	Jefferson City	37-04	2005	4
32	Stacey Thompson	Soldan	38-02 1/2	1981	4A		Thonesia Saulsbury	Raytown South	37-04	1982	4A
33	Heather West	Jackson	38-02 1/4	2003	4A	83	Katrina Jefferson	Riverview Gardens	37-03 3/4	1988	4A
34	Adonica Williams	Sumner	38-01 1/2	1985	4A		LaRita Hawes	Poplar Bluff	37-03 3/4	1981	4A
	Kim Moye	Hazelwood Central	38-01 1/2	2011	4	85	Danielle Oliver	Ladue	37-03 1/2	2006	3
	Sarah Long	O'Hara	38-01 1/2	1999	3A	86	Patricia Bagby	Aurora	37-03 1/4	1983	3A
37	Kara Steele	Kirkwood	38-01	2015	5	87	Jennifer Phillips	Fox	37-03	1997	4A
38	Becki Borg	Rock Bridge	38-00 3/4	1986	4A		Khara Harmon	McCluer	37-03	2007	4
	Katy Thomas	Park Hill South	38-00 3/4	2007	4		Tina Jones	KC Southwest	37-03	1979	4A
	Lauren Cheadle	Lee's Summit West	38-00 3/4	2010	4	90	Jabarbara Jennings	Hickman	37-02 3/4	2004	4
	Lucretia Rimmer	Ruskin	38-00 3/4	2002	3A		Kelly Collings	Cape Central	37-02 3/4	1988	4A
	Missy Haley	Festus	38-00 3/4	1988	3A		Sarah Noonan	Kirkwood	37-02 3/4	2007	4
43	Jill Harmon	Lindbergh	38-00 1/4	2012	4	93	Kelly Reardon	Notre Dame (KC)	37-02 1/2	2007	3
44	Ashley Harris	Riverview Gardens	37-11 1/4	2004	4		Lauren Hollingsworth	Villa Duchesne	37-02 1/2	2009	3
	Charmen Jackson	Lafayette (Wildwood)	37-11 1/4	1988	4A		Lynn Dettenwanger	Montgomery Co.	37-02 1/2	2002	3A
	Courtney Shuman	Clark Co.	37-11 1/4	2007	2		Schreece Daniels	Beaumont	37-02 1/2	1980	4A
	Emma Lander	Crane	37-11 1/4	2015	2	97	Amy Fleddermann	Oakville	37-02 1/4	2004	4
48	Frances Harrison	Waynesville	37-11	1978	AA		Martha Scheer	St. Charles	37-02 1/4	1984	4A
	Lisa Ellis	Elsberry	37-11	1983	2A	99	Donna Lee	Ladue	37-02	1981	4A
50	Alicia Starr	Blue Springs	37-10 1/2	2015	5	100	Jamie Siperly	West Plains	37-01 3/4	2004	4

# 1975-2016 Missouri State Track Meet Top 100 Individuals

## Girls High Jump

1	Jennifer Drum	Smith-Cotton	5-09	2000	4A
2	Alicia Cannady	McCluer North	5-08	2001	4A
	Brittany Kallenberger	Lee's Summit West	5-08	2012	4
	Emily Hess	Carthage	5-08	2000	4A
	Kylie Ellison	Fort Zumwalt West	5-08	2012	4
	LaTonya Tatum	William Chrisman	5-08	1984	4A
	Nekiesha Bailey	North Kansas City	5-08	2014	4
	Sydney Winslow	Farmington	5-08	2006	4
9	Carlie Queen	Summit Christian	5-07 3/4	2014	2
	Sara Rhine	Eldon	5-07 3/4	2014	3
11	Donna Ellerson	Hazelwood East	5-07 1/2	1983	4A
	Jana Tillman	Lutheran North	5-07 1/2	1997	2A
	Valarie Summa	Smithville	5-07 1/2	2000	3A
14	Angela Beckett	Monett	5-07 1/4	1986	3A
	Funtasia Clark	Jefferson City	5-07 1/4	2005	4
	Suzanne Nyander	McDonald Co.	5-07 1/4	1983	3A
17	Amber Alexander	Parkway North	5-07	2012	4
	Amy Duncan	Hickman	5-07	1993	4A
	Ashley Taylor	Oak Park	5-07	2007	4
	Briana Isom-Brummer	Villa Duchesne	5-07	2009	3
	Chrisha Riley	William Chrisman	5-07	2014	4
	DeShaci Barrickman	Spokane	5-07	1996	2A
	Erin Burns	Wellington-Napoleon	5-07	1993	1A
	Heather Fisher	Jefferson City	5-07	1993	4A
	Jenny Bybee	Hillcrest	5-07	2000	4A
	Jessica Haney	Lee's Summit West	5-07	2016	5
	Lauren Begany	Lindbergh	5-07	2006	4
	Leslie White	Chillicothe	5-07	1991	3A
	Lindsay Vollmer	Hamilton	5-07	2009	2
	Mackenzie Schwietz	Lafayette (Wildwood)	5-07	2012	4
	Michelle Moran	Lafayette (Wildwood)	5-07	1996	4A
	Morgan Whitson	Moberly	5-07	2010	3
	Tara Phillips	Fort Osage	5-07	2000	4A
	TyRisha Chambers	KC Center	5-07	2009	3
35	Mary Nan Chapman	Chillicothe	5-06 1/2	1981	3A
36	Jan Hawk	Oak Park	5-06 1/4	1980	4A
	Katie Kinney	Parkway West	5-06 1/4	1980	4A
38	Abbe Ohneck	Rock Bridge	5-06	1998	4A
	Alicia Moellering	Villa Duchesne	5-06	2015	4
	Allison Krumme	Mid Buchanan	5-06	1995	2A
	Alyssa Carlton	Seckman	5-06	2012	4
	Amanda Albrecht	Herculaneum	5-06	2005	3
	Anessa Alexander	Strafford	5-06	2009	2
	Anne Powell	Princeton	5-06	1998	1A
	Ashlee Johns	Nixa	5-06	1999	3A
	Becca Buechter	Iberia	5-06	2014	2
	Camille Hackmack	Hannibal	5-06	2010	3
	Candy Mason	Nevada	5-06	1994	3A
	Cara Harbstreet	Sherwood	5-06	2007	2
	Carrie Fletcher	Lafayette (Wildwood)	5-06	1989	4A
	Chanell Charapata	Notre Dame (KC)	5-06	2002	3A
	Christie Myers	Raytown South	5-06	1999	4A
	Christine Spence	Lee's Summit North	5-06	2000	4A
	Devonna Smith	Kirkwood	5-06	2007	4
	Erin McCuan	Lindbergh	5-06	1996	4A
	Haley Morrissey	Macon	5-06	2004	3

81

	Liz Young	Helias	5-06	2000	3A
	Mariah Hernandez	Grain Valley	5-06	2012	3
	McKenzie Wright	Camdenton	5-06	2014	4
	Napheesa Collier	Jefferson City	5-06	2012	4
	Paula Kirk	North Kansas City	5-06	1978	AA
	Selina Kendall	Platte Co.	5-06	2012	3
	Shawn Corwin	North Kansas City	5-06	1977	AA
	Sherry Spears	Kickapoo	5-06	1989	4A
	Stacy Roberts	Rock Bridge	5-06	1987	4A
	Stephanie Warren	Mehlville	5-06	1999	4A
	Sydney Deeken	California	5-06	2011	2
	Tierney Eaton	Worth Co.	5-06	2003	1A
	Tyse Samani	North Kansas City	5-06	2006	4
	Zori Holman	Mexico	5-06	2014	3
	Alicia Starr	Blue Springs	5-05	2016	5
	Angela Boland	Wentzville	5-05	1990	4A
	Angie Harned	Kickapoo	5-05	1982	4A
	Anna Holtermann	Washington	5-05	2009	4
	Ashley Shumaker	Nevada	5-05	2012	3
	Bailea Hogan	Hillsboro	5-05	2012	3
	Betsy Borgsmiller	Sikeston	5-05	2012	3
	Breanne Borman	Festus	5-05	2011	3
	Cathy Hardin	Eureka	5-05	1983	4A
	Cindy Critten	Gallatin	5-05	1995	1A
	Connie Teaberry	Lutheran North	5-05	1988	2A
	Cori Anderson	Carthage	5-05	2005	3
	Crissy Poynter	Lebanon	5-05	1988	4A
	Cynthia Jefferson	Springfield Central	5-05	1982	4A
	Deanna Clemment	St. Joe Central	5-05	1988	4A
	Diane Cummings	Ray-Pec	5-05	1990	3A
	Emily Duschen	Notre Dame (KC)	5-05	2007	3
	Erin Alewine	Jefferson City	5-05	2009	4
	Jammie Ahrens	Cape Central	5-05	1982	4A
	Jan Lenox	Duchesne	5-05	1984	3A
	Jan Meyer	Jefferson City	5-05	1996	4A
	Janeen Medellin	Fort Osage	5-05	1987	4A
	Janene McDaniel	Kirkwood	5-05	1988	4A
	Jasmine Reynolds	Waynesville	5-05	2009	4
	Jessica Field	Hermann	5-05	1995	2A
	Jessie Wood	Washington	5-05	2006	4
	Jill Stanley	Princeton	5-05	1994	1A
	Jordan Small	Visitation	5-05	2015	4
	Katy Thomas	Park Hill South	5-05	2005	4
	Kayla Schultz	Hallsville	5-05	2005	2
	Kelli Newkirk	Warsaw	5-05	1997	3A
	Kelly McNett	Truman	5-05	1992	4A
	Kiesha Bailey	North Kansas City	5-05	2013	4
	Kim Nagy	Oakville	5-05	2009	4
	Lisa Vengels	Dixon	5-05	2007	2
	Maci Wood	Skyline	5-05	2007	2
	Marisha Brown	KC Center	5-05	2007	3
	Maryann Hamm	Camdenton	5-05	1982	3A
	Michele Rupp	Duchesne	5-05	1985	3A
	Miranda Migletz	Smithville	5-05	2013	3
	Mirjam Albrecht	Oak Park	5-05	2008	4
	Myrna Asberry	West Plains	5-05	1983	4A

# 1999-2016 Missouri State Track Meet Top 100 Individuals

## Girls Pole Vault

1	Nicole Kallenberger	Lee's Summit West	12-10 1/2	2015 5
2	Brittany Kallenberger	Lee's Summit West	12-10	2012 4
3	Emily Presley	St. Clair	12-06	2014 3
	Khristen Bryant	Columbia Independent	12-06	2016 1
	Sierra Maddox	Jackson	12-06	2014 4
6	Tara Diebold	Branson	12-05	2007 3
7	Bethany Buell	Rockwood Summit	12-02	2009 4
8	Vera Neuenswander	Jefferson City	12-01	2006 4
9	Alesa Frey	Brookfield	12-00 1/2	2014 2
10	Dominique Meyer	Francis Howell North	12-00	2015 5
	Lindsey Bourne	Joplin	12-00	2000 4A
	Megan Wright	Blue Springs	12-00	2012 4
	Shelby Franklin	Monroe City	12-00	2007 2
14	Abby Garlich	Lee's Summit	11-09	2007 4
	Breanna Bussel	Jefferson City	11-09	2007 4
	Emma Elwood	Jefferson City	11-09	2015 5
	Heather Glenn	Liberty	11-09	2013 4
	Morgan Griffiths	St. Charles West	11-09	2015 4
	Susan Stroud	Farmington	11-09	2002 4A
20	Sara Page	Liberty	11-07	2010 4
21	Bayli Freidel	Father Tolton	11-06	2016 2
	Elleigh Spragg	Logan-Rogersville	11-06	2015 4
	Hannah Cooper	Excelsior Springs	11-06	2007 3
	Haven Lander	Republic	11-06	2016 4
	Judy Keys	Camdenton	11-06	2014 4
	Michelle Lange	Ladue	11-06	2008 3
	Natalee Allen	Excelsior Springs	11-06	2001 3A
28	Christina Gilpin	Jefferson City	11-04	2001 4A
29	Carlie Queen	Summit Christian	11-03	2016 2
	Georgia Richardson	Park Hills Central	11-03	2014 3
	Jessica Clark	Blair Oaks	11-03	2012 2
	Kathryn Ambrose	Warrensburg	11-03	2013 3
	Kirstie Leslie	Washington	11-03	2013 4
	Lauralyn Rosenberger	Hazelwood West	11-03	2013 4
	Lia Howe	Lee's Summit North	11-03	2013 4
	Mackenzie Roney	Herculaneum	11-03	2014 2
	Maggie Givens	Branson	11-03	2009 4
	Megan Wickersham	Nixa	11-03	2013 4
	Michaela Randolph	Francis Howell North	11-03	2013 4
	Molly Barnes	Farmington	11-03	2009 3
	Morgan Griffiths	Summit Christian	11-03	2014 3
	Shelby Markum	Fort Zumwalt North	11-03	2011 4
	Skyler Wooldridge	Adrian	11-03	2012 2
	Sydney Haase	Kearney	11-03	2010 3
45	Andrea Fuhrer	Mexico	11-00	2005 3
	Anna Gigliotti	St. Teresa's	11-00	2010 4
	Anna Koons	Warrensburg	11-00	2002 3A
	Cailin Collins	Rockwood Summit	11-00	2014 4
	Cara Grinde	Monroe City	11-00	2006 2
	Chleo Legrand	Cape Central	11-00	2013 4
	Emma Johnson	Timberland	11-00	2015 5

60	Abbey Stanley	Lee's Summit North	10-09	2011 4
	Alexa Smith	MICDS	10-09	2015 4
	Amy Heidbreder	Fort Zumwalt West	10-09	2003 4A
	Caitlin Reed	Festus	10-09	2016 4
	Cecelia Givens	Branson	10-09	2015 4
	Claire Goppert	Lee's Summit North	10-09	2013 4
	Darcy Chase	Hannibal	10-09	2005 3
	Erin Shryock	North Callaway	10-09	2003 2A
	Haley Pryor	MICDS	10-09	2012 3
	Heather Wohlleber	Lee's Summit	10-09	2004 4
	Jamie Poppen	Parkway West	10-09	2015 4
	Jordan Banker	Rock Bridge	10-09	2016 5
	Katherine Schumer	Jackson	10-09	2016 5
	Lauren Jones	Chillicothe	10-09	2015 3
	Madison Wulfekotte	Odessa	10-09	2016 4
	Megan Plevel	Holt	10-09	2012 4
	Nichole Manning	Winnetonka	10-09	2006 4
	Shauna Eldringhoff	West Plains	10-09	2005 4
	Staci Wickersham	Nixa	10-09	2012 4
	Tara Turnbull	Marquette	10-09	2007 4
80	Abby Eldringhoff	West Plains	10-06	2012 4
	Ally Bergh	Marceline	10-06	2008 2
	Amber Meyers	Lee's Summit	10-06	2001 4A
	Ashley Schwarzer	Helias	10-06	2007 4
	Cailey Wilkinson	Jefferson City	10-06	2008 4
	Cassandra Jennings	Kirksville	10-06	2016 4
	Cheyenne Adams	Osage	10-06	2001 3A
	Christal Arnall	McDonald Co.	10-06	2002 3A
	Courtney Palmer	MICDS	10-06	2007 3
	Danielle Meyer	Francis Howell North	10-06	2012 4
	Dee Dee Bryant	Fox	10-06	2002 4A
	Denise Knaebel	Moberly	10-06	2001 3A
	Elaina Roeder	Springfield Central	10-06	2016 5
	Erica Naeger	Ste. Genevieve	10-06	2007 3
	Hailey Fink	Fort Zumwalt North	10-06	2013 4
	Hanna Sells	Moberly	10-06	2016 4
	Heather Green	Jefferson City	10-06	2009 4
	Heather Hathaway	Monroe City	10-06	2003 2A
	Holly Stewart	Lee's Summit West	10-06	2008 4
	Jennifer Sturgeon	Northwest (Cedar Hill)	10-06	2011 4
	Jill Schnurbusch	Notre Dame (Cape)	10-06	2009 3
	Joslyn Snead	Blue Springs	10-06	2014 4
	Kaitlyn Callahan	Herculaneum	10-06	2010 3
	Kayla Irwin	Pleasant Hill	10-06	2005 3
	Kaylee VanBlarcum	Warrensburg	10-06	2013 3
	Kelsey Dietrich	Winnetonka	10-06	2010 4
	Latisha Brooks	Poplar Bluff	10-06	2002 4A
	Leah Ambrosious	Jefferson City	10-06	2013 4
	Leah Drennan	Jefferson City	10-06	2003 4A
	Leah Morehead	Kirksville	10-06	2007 3
	Lisa Petty	Excelsior Springs	10-06	2011 3

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

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

1	Lawanda Waters	Kirkwood	10.45	1980 4A
2	Linda Weekly	Beaumont	10.52	1977 AA
3	Barbara Veasley	Sumner	10.57	1979 4A
4	Renita Anderson	Hazelwood West	10.61	1977 AA
5	Denise Nalton	KC East	10.64	1979 4A
6	Mary Harvis	Jefferson City	10.65	1979 4A
7	Candice Williams	St. Louis Southwest	10.68	1980 4A
8	Jackie Johnson	Charleston	10.69	1980 3A
9	Mary Smith	Beaumont	10.5	1976 AA
10	Connie Shewmaker	Buffalo	10.78	1980 3A

### 880 Y Medley (1975-1978)

1	Sumner	1:51.02	1978 AA
2	Soldan	1:51.10	1977 AA
3	Lindbergh	1:52.79	1978 AA
4	Joplin Memorial	1:52.95	1977 AA
5	North Kansas City	1:53.17	1977 AA
6	KC Southeast	1:53.35	1977 AA
7	Oak Park	1:53.71	1977 AA
8	Warrensburg	1:53.83	1977 AA
9	KC Central	1:54.01	1978 AA
10	Lawson	1:54.5	1977 A

### 100 M LH (1981-1987)

1	Felecia Allen	Riverview Gardens	14.06	1986 4A
2	Stephani Thomas	Sumner	14.12	1982 4A
3	Rhonda Paine	Grandview	14.14	1982 4A
4	Becky Schafer	Truman	14.36	1986 4A
	Nancy Thomas	Parkway North	14.36	1984 4A
6	Dorothy Young	University City	14.39	1985 4A
7	Michele Cervant	Oak Grove	14.41	1986 3A
8	Stephanie Cameron	Clayton	14.45p	1983 3A
9	Angie Harned	Kickapoo	14.56	1982 4A
10	Deanna Adams	Springfield Central	14.57	1984 4A

### Softball Throw

1	Patty Rakers	Montgomery Co.	222-01	1976 A
2	LeAnn Wilcox	St. Mary's (Ind)	218-10	1976 A
3	Judy Vaughn	North Callaway	216-05	1977 A
4	Sis Sigman	Cabool	212-08	1977 A
5	Sandy Imhoff	Jamestown	210-11	1977 A
6	Renee Skaggs	Clopton	206-01	1977 A
7	Valerie Brown	Clinton	204-10	1976 AA
8	Becky Bollinger	Jackson	202-09	1977 AA
9	Cindy Wilson	Kickapoo	202-06	1975
10	Kay James	Jefferson City	202-01	1977 AA

### 200 M LH (1981-1983)

1	Anthea Johnson	KC Central	28.10	1981 4A
2	Stephanie Thomas	Sumner	28.16p	1982 4A
3	Sylvia Grant	Webster Groves	28.22	1981 4A
4	Regina Minnus	Blue Springs	28.29p	1981 4A
5	Stephani Thomas	Sumner	28.34	1982 4A
6	Rhonda Paine	Grandview	28.38p	1982 4A
7	Regina Minis	Blue Springs	28.49	1981 4A
8	Mary Kaboldt	Parkway North	28.50	1981 4A
9	Karen Cooper	McCluer	28.60p	1982 4A
10	Carmen Gordon	Lexington	28.75	1981 3A

### Shot Put (8 LB) (1975-1979)

1	Cindy Kiser	Branson	44-09 1/2	1976 A
2	Sekeli Salina	William Chrisman	44-04 1/4	1976 AA
3	Valerie Brown	Clinton	44-01 1/2	1977 AA
4	Sue Brown	Waynesville	43-09	1977 AA
5	Tammie Romsted	Truman	42-10	1977 AA
6	Shirley Knight	Springfield Central	42-05	1975
7	Linda Dill	Webster Groves	42-04 3/4	1977 AA
8	Stephanie Hudson	Knob Noster	42-02	1977 A
9	Connie Price	St. Charles	42-01 1/2	1979 4A
10	Shirley Knight	Springfield Central	41-11 1/2	1976 AA

### 100 Yards (1975-1979)

1	Jennie Gorham	North Kansas City	10.90	1977 AA
2	Forestine Pruitt	Sumner	10.92	1977 AA
3	Rosalyn Love	Sumner	10.94	1977 AA
4	Debra Martin	Sumner	10.99	1979 4A
5	Rhonda Wright	Joplin Memorial	11.11	1977 AA
6	Karen Hawkins	Sumner	10.9	1976 AA
7	Tara Mastin	Ritenour	11.18	1979 4A
8	Twanette West	Mexico	11.0	1976 AA
9	Ramona Riley	Oak Park	11.25	1979 4A
10	Angie Thacker	Roosevelt	11.34	1979 4A