

Best Performances All times are taken from the results page on the **OHSTRACK.com** Website
Coaches If you see any thing that needs corrected please email me at mhart@thomas.k12.ok.us
 Updated with reported results as of 4-28-19

Boys

4x100

	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	<u>Date</u>
1	Thomas	44.77	Okemah Reg	27-Apr
2	Goodwell	45.35	Cherokee Reg	27-Apr
5	Boise City/Keys	45.56	Cherokee Reg	27-Apr
3	Tryone	45.65	Cherokee Reg	27-Apr
4	Cherokee	46.08	Cov Doug	29-Mar
5	OBA	46.21	Cherokee Reg	27-Apr
6	Weleetka	46.36	Okemah Reg	27-Apr
7	Coyle	46.5	Stroud Reg	27-Apr
8	Waurkia	46.58	Alex	4-Apr
9	Central	46.6	Poteau	26-Mar
10	Ringwood	46.69	Cherokee Reg	27-Apr
	Covington Douglas	46.8	Stroud Reg	27-Apr
	Midway	46.81	Okemah Reg	27-Apr
	Okeene	46.89	Okeene	5-Apr
	Ringling	46.91	Alex Reg	27-Apr
	Texoma	46.97	Turpin	19-Apr
	Medford	47.07	Cov Doug	29-Mar
	Davenport	47.1	Stroud Reg	27-Apr

4X200

	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Thomas	1:32.49	Okemah Reg	27-Apr
2	Waurkia	1:34.76	Alex Reg	27-Apr
3	OBA	1:35.06	Cherokee Reg	27-Apr :
4	Coyle	1:35.75	Stroud Reg	27-Apr
5	Goodwell	1:36.17	Cherokee Reg	27-Apr
6	Boise City/Keys	1:36.41	Turpin	22-Apr
7	Cherokee	1:36.65	Cherokee Reg	27-Apr
8	Fox	1:37.06	Alex Reg	4-27
9	Timberlake	1:37.2	Ringwood	22-Apr
10	Ringling	1:37.26	Alex Reg	27-Apr
	Okeene	1:38.03	Okeene	5-Apr
	Midway	1:38.05	Okemah Reg	27-Apr
	Medford	1:38.67	Cov Doug	29-Mar
	Texhoma	1:38.74	Turpin	19-Apr
	Davenport	1:38.87	Stroud Reg	27-Apr
	Canton	1.38.22	Cherokee Reg	27-Apr

4X400

	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Thomas	3:29.61	Kingfisher	19-Apr
2	Cherokee	3:36.62	Cherokee Reg	22-Apr
3	Pond Creek Hunter	3:37.96	Medford	12-Apr
4	OBA	3:38.26	Cherokee Reg	27-Apr
5	Waurika	3:38.94	Alex	4-Apr
6	Oklahoma Bible	3:38.96	Cov Doug	22-Apr
7	Boise City/Keyes	3:39.65	Turpin	22-Apr
8	Texhoma	3:43.03	Turpin	19-Apr
9	Okeene	3:43.33	Okeene	5-Apr
10	Timberlake	3:45.02	Ringwood	11-Apr
	Central	3:45.30	Poteau	26-Mar
	Goodwell	3:46.29	Cherokee Reg	27-Apr
	Ringling	3:47.38	Ringling	8-Apr

4X800

	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Thomas	8:33.62	Cov Doug	22-Apr
2	Boise City/Keyes	8:34.61	Cherokee Reg	27-Apr
3	Pond Creek Hunter	8:40.54	Okeene	5-Apr
4	Hydro Eakly	8:44.10	Alex Reg	27-Apr
5	Lomega	8:58.0	Ringwood	22-Apr
6	Cherokee	8:56.15	Cherokee Reg	27-Apr
7	SW Cov	9:02.25	Alex Reg	27-Apr
8	Waurika	9:07.25	Alex Reg	27-Apr
9	Covington Douglas	9:12.14	Cov Doug	22-Apr
10	OBA	9:14.39	Medford	12-Apr
	Texhoma	9:02.99	Cherokee Reg	27-Apr
	Elmore City	9:15.69	Alex Reg	27-Apr
	Sharron Mutual	9:15.92	Cov Doug	22-Apr
	Soper	9:17.56	Dickson	8-Apr

100

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	<u>Date</u>
1	Davis	Grandfield	11:14	Waurika	4-12-19
2	Tweedy	Midway	11.18	Okemah Reg	27-Apr

3	Alavarado	Waurika	11.24	Waurika	20-Apr
4	Lewis	Weleetka	11.38	Okemah Reg	27-Apr
5	Brown	Leedey	11.44	Dickenson	8-Apr
6	Mays	Midway	11.45	Checotah	12-Apr
7	Davis	Covington Douglas	11.50	Fairview	26-Mar
8	Walker	Waukomis	11.5	Ringwood	20-Apr
9	Jackson	Coyle	11.51	Ringwood	20-Apr
10	Cane	Coyle	11.511	Ringwood	20-Apr
	Whiteneck	Cheyenne	11.60	Fairview	26-Mar
	Clancy	Tyrone	11.61	Cherokee Reg	27-Apr
	McMilliam	Medford	11.64	Alex	4-Apr
	Quintana	Goodwell	11.68	Cherokee Reg	27-Apr
	Bosley	OCA	11.68	Stroud Reg	27-Apr

200

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Davis	Grandfield	23.04	Alex Reg	4-27-19
2	Hamberlin	Thomas	23.10	Fairview	26-Mar
3	Wilson	Thomas	23.12	Okeene	5-Apr
4	Mason	Pond Creek	23.38	Stroud Reg	27-Apr
5	Mays	Midway	23.39	Checotah	12-Apr
6	Lewis	Weleetka	23.47	Okemah Reg	27-Apr
7	McMillan	Medford	23.48	Stroud Reg	27-Apr
8	Shepad	Fox	23.57	Alex Reg	27-Apr
9	Anderson	Alex	23.62	Alex Reg	27-Apr
10	Cheetam	OBA	23.63	Cov Doug	22-Apr
	Clancy	Tyrone	23.67	Turpin	4-19-19
	Schlup	Timberlake	23.80	Fairview	26-Mar
	Scott	Canton	24.03	Cherokee	16-Apr
	Brown	Leedey	24.03	Dickson	8-Apr
	Hart	Pond Creek	24.03	Medford	12-Apr
	Cryer	Boise City/Keys	24.15	Turpin	19-Apr
	Sanders	Frontier	24.2	Stroud Reg	27-Apr

400

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Fernandez	Thomas	51.49	Okemah Reg	27-Apr
2	Schlup	Timberlake	51.96	Stroud Reg	27-Apr
3	Christmas	OBA	52.94	Cov Doug	22-Apr
4	Miller	Pond Creek	53.15	Medford	12-Apr
5	Colby	OBA	53.2	Medford	12-Apr
6	Lumpkin	Lomega	53.23	Okemah Reg	27-Apr
7	Davis	Weleetka	53.28	Okemah Reg	27-Apr
8	Mora	Waurika	53.55	Alex Reg	27-Apr
9	Hernandez	Tyrone	53.71	Cherokee Reg	27-Apr
10	Prez	Cheyenne	53.72	Kingfisher	19-Apr
	C Rainwater	Thomas	53.76	Okemah Reg	27-Apr
	Teakell	Elmore City	54.21	Dickenson	8-Apr
	Crowe	Yale	54.3	Cov Doug	29-Mar
	Lyon	Cherokee	54.34	Cherokee Reg	27-Apr
	Glazier	Lomega	54.49	Okemah Reg	27-Apr
	Sanchez	Texhoma	54.59	Laverne	12-Apr
	Burnham	Pond Creek	54.67	Cov Doug	29-Mar

800

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Brown	Boise City/Keys	1:57.95	Turpin	22-Apr
2	Morlan	Hydro-Eakly	2:04.83	Okeene	5-Apr
3	C. Rainwater	Thomas	2:06.31	Okemah Reg	27-Apr
4	Chase	Cherokee	2:06.40	Cherokee Reg	27-Apr
5	Berkley	Hydro-Eakly	2:08.11	Alex Reg	27-Apr
6	N. Rainwater	Thomas	2:08.24	Okemah Reg	27-Apr
7	Briggs	Clayton	2:08.31	Warner	9-Apr
8	Prez	Cheyenne	2:08.35	Kingfisher	19-Apr
9	Mannering	Thomas	2:08.73	Okemah Reg	27-Apr
10	Barnum	PCH	2:09.61	Cov Doug	22-Apr
	Smith	Cov Doug	2:08.21	Stroud Reg	27-Apr
	Mostek	SW Cov	2:11.18	Alex Reg	27-Apr
	Spohn	V-A	2:11.44	Alex Reg	27-Apr
	Smoot	Okarche	2:11.56	Alex Reg	27-Apr
	Arellano	Waurkia	2:11.66	Alex	4-Apr
	Wright	V-A	2:11.85	Alex	4-Apr
	McFadden	Carney	2.11.32	Cov Doug	22-Apr

1600

	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>LOCATION</u>	
1	Brown	Boise City/Keyes	4:27.97	Okeene	5-Apr
2	Morlan	Hydro-Eakly	4:45.22	Cov Doug	29-Mar
3	Berkey	Hydro-Eakly	4:49.37	Okeene	5-Apr
4	Ott	Lomega	4:51.5	Okemah Reg	27-Apr
5	Briggs	Clayton	4:51.85	Okemah Reg	27-Apr
6	Buck	Waukomis	4:52.06	Warner	9-Apr
7	Frymire	Thomas	4:52.38	Okemah Reg	27-Apr
8	Rivera	Lomega	4:54.17	Okemah Reg	27-Apr
9	Young	Wright City	5:00.21	Okemah Reg	27-Apr
10	Miller	Geronimo	5:02.75	Alex Reg	27-Apr
	Ingram	Texhoma	5:02.96	Turpin	19-Apr
	Smoot	Okarche	5:03.27	Alex Reg	27-Apr
	McDalder	Carney	5:05.11	Cov Doug	22-Apr
	Mannering	Thomas	5:05.81	Cov Doug	22-Apr
	Mostek	SW Cov	5:06.47	Alex Reg	27-Apr
	McFadden	Carney	5:06.97	Stroud Reg	27-Apr
	Glenn	Depew	5:08.19	Stroud Reg	27-Apr
	Groves	OCA	5:08.88	Cov Doug	22-Apr

3200

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Brown	Boise City/Keyes	09:43.60	Turpin	19-Apr
2	Berkey	Hydro-Eakley	10:20.71	Elgin	4-12-19
3	Buck	Waukomis	10:29.13	Cov Doug	22-Apr
4	Biggs	Clayton	10:36.94	Atoka	12-Apr
5	Morlan	Hydro-Eakley	10:40.78	Cov Doug	29-Mar
6	Rivera	Lomega	10:58.03	Medford	12-Apr
7	Ingram	Texhoma	11:05.37	Turpin	22-Apr
8	Nieto	Boise City/Keyes	11:05.73	Cherokee Reg	27-Apr
9	Ott	Lomega	11:05.81	Alex	4-Apr
10	Groves	Covington Douglas	11:10.8	Stroud Reg	27-Apr
	Frymire	Thomas	11:11.42	Okeene	5-Apr
	Garcia	OCA	11:13.59	Stroud Reg	27-Apr

110H

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Weber	Turpin	15.46	Cherokee Reg	27-Apr

2	Carter	Sharon Mutual	15.49	Laverne	12-Apr
3	Wright	V-A	16.25	Alex Reg	27-Apr
4	Olson	Waynoka	16.35	Cherokee Reg	27-Apr
5	Moore	Elmore City	16.73	Alex Reg	27-Apr
6	Boxley	OCA	17.42	OBU	9-Apr
7	Keller	Medford	17.72	Stroud Reg	27-Apr
8	Yarnes	Garber	17.80	Fairview	26-Mar
9	Seiger	Waynoka	17.97	Cherokee Reg	27-Apr
10	Koons	Ringling	18.06	Waurika	20-Apr
	Gee	Medford	18.31	Cherokee	15-Mar
	Hudlow	LaFlore	18.36	Okemah Reg	4-27

300H

	<u>Name</u>	<u>Team</u>	<u>TIME</u>	<u>LOCATION</u>	
1	Paul	Ringling	41.17	Alex Reg	27-Apr
2	Carter	Sharon Mutual	42.24	Cov Doug	22-Apr
3	Wright	V-A	42.31	Alex Reg	27-Apr
4	N Rainwater	Thomas	42.78	Okemah Reg	27-Apr
5	Pryor	Porum	42.8	Okemah Reg	27-Apr
6	Bosley	OCA	42.83	Stroud Reg	27-Apr
7	Fleeson	Cov Doug	42.97	Stroud Reg	27-Apr
8	Jantzen	Cherokee	43.45	Cherokee	16-Apr
9	Weber	Turpin	43.68	Hooker	29-Mar
10	Wilson	Okeene	43.71	Cherokee Reg	27-Apr
	Hudlow	LeFlore	44.53	Okemah Reg	27-Apr
	Moore	Elmore City	44.94	Alex Reg	27-Apr

SHOT

	<u>Name</u>	<u>Team</u>	<u>Distance</u>	<u>LOCATION</u>	
1	Chafin	Pond Creek	47' 01.5"	Okeene	29-Mar
2	Kelley	Thomas	46' 08.75"	V-A	8-Mar
3	Castillo	Waynoka	46' 06.75"	Ringwood	20-Apr
4	Nine	Laverne	45'03"	Cherokee	16-Apr
5	Gonzales	Medford	44' 07'	Cov Doug	29-Mar
6	Hugg	Beaver	44' 07.75"	Cherokee Reg	27-Apr

7	Cerna	Texhoma	44' 06"	Cherokee Reg	27-Apr
8	Mashburn	Woodland	44' 01"	Cov Doug	29-Mar
9	Bowen	Medford	43' 07"	Medford	12-Apr
10	Coleman	Sharon Mutual	43' 04"	Okeene	29-Mar
	Scott	Ringling	43' 04"	Dickson	8-Apr
	Howard	Midway	43' 03.5"	Okemah Reg	27-Apr

DISCUS

	<u>Name</u>	<u>Team</u>	<u>Distance</u>	<u>LOCATION</u>	
1	Carter	sharon Mutual	159'11"	Cherokee	16-Apr
2	Castillo	Waynoka	151'10"	Okeene	5-Apr
3	Bowen	Medford	134'09"	Medford	12-Apr
4	Clafin	Pond Creek	134'07"	Cherokee	15-Mar
5	Coleman	Sharon Mutual	133'11"	Laverne	12-Apr
6	Carter	Sharon Mutual	132"	Cov Doug	22-Apr
7	Kent	Buffalo	128'05"	cherokee	15-Mar
8	Nitka	Waurika	128'03"	Alex Reg	4-27
9	Cerna	Texhoma	128'01"	Cherokee Reg	27-Apr
10	Labato	Cherokee	127'03"	Cov Doug	29-Mar
	Smith	Cherokee	125'03"	Cov Doug	29-Mar
	Green	Cherokee	125'03"	Cherokee Reg	27-Apr
	Rawlings	Ryan	125' 10"	Waurika	19-Apr

POLE VAULT

	<u>Name</u>	<u>Team</u>	<u>Height</u>	<u>LOCATION</u>	<u>Date</u>
1	Laverty	Shattuck	14'07"	OBU	9-Apr
2	Hunt	Copan	13'06"	Stroud Reg	27-Apr
3	Jantzen	Cherokee	13'01"	Ringwood	22-Apr
3	Harris	Coleman	13'00"	Atoka	12-Apr
5	Mason	Ringwood	12'06"	Cherokee	15-Mar
6	Frable	Ringwood	12'06"	Ringwood	22-Apr
6	Fernandez	Thomas	11'06"	Okemah Reg	27-Apr
8	Gambill	Okeene	11'00"	Cherokee	15-Mar
9	Rainwater	Thomas	10'06'	Cherokee	15-Mar
10	Farrington	Beaver	10'00"	Boise City	15-Mar
	Lynn	Indiahoma	10'00"	Alex Reg	27-Apr

HIGH JUMP

<u>Name</u>	<u>Team</u>	<u>Hight</u>	<u>LOCATION</u>	Date
1 Schlup	Timberlake	6'05"	Stroud Reg	27-Apr
2 Paschall	Burlington	6'02"	Ringwood	22-Apr
2 Briggs	Ringwood	6'02"	Ringwood	22-Apr
2 Seiger	Waynoka	6'02"	Ringwood	20-Apr
5 Wagner	Waukomis	6'02"	Ringwood	20-Apr
5 Suarez	Cryil	6'00"	Alex Reg	27-Apr
5 McClure	Cryil	6'00"	Alex Reg	27-Apr
8 Sheppard	Fox	6'00"	Waurika	12-Apr
8 Schuermann	Medford	6'00"	Stroud Reg	27-Apr
8 Rodgriquez	Drummond	5'10"	Cherokee Reg	27-Apr
8 McLemore	Cryil	5'10"	Alex Reg	27-Apr
8 Pugh	Beaver	5'08"	Boise City	15-Mar
8 Franklin	Goodwell	5'08"	turpin	22-Apr
8 Hernandez	Tyrone	5'08"	Hooker	29-Mar
Price	Hydro Eakley	5'08"	Alex Reg	27-Apr
Fargo	Freedom	5'08"	alex Reg	27-Apr
Torrence	Hammon	5' 08"	Cov Doug	22-Apr
Dome	Laverne	5 08"	Cherokee	16-Apr
Sampson	Coleman	6'02"	Okemah Reg	27-Apr
White	Graham-Dustin	6'00"	Okemah Reg	27-Apr
Hudlow	LaFlore	6'00"	Okemah Reg	27-Apr
Cornwell	Graham-Dustin	6'00"	Okemah Reg	27-Apr

Long Jump

<u>Name</u>	<u>Team</u>	<u>Distance</u>	<u>LOCATION</u>	Date
1 Suarez	Cyiril	21' 02"	Alex Reg	27-Apr
2 Wilson	Thomas	21' 00"	Cov Doug	22-Apr
3 Bockelman	Laverne	20'10.25"	Cherokee Reg	27-Apr
4 Lightfoot	Frontier	20' 08"	Cherokee	15-Mar
5 Long	Earlsboro	20' 08.25"	Stroud Reg	27-Apr
6 Rodriguez	Drummond	20' 07.75"	Cherokee Reg	27-Apr
7 McBride	Tipton	20' 07.5"	Cache	26-Mar
8 McMillan	Medford	20' 04"	Cov Doug	29-Mar
9 Hart	Pond Creek	20' 03.5"	Cherokee	15-Mar
10 Schuermann	Medford	20' 02.75"	Cherokee	15-Mar
Pippen	Timberlake	20' 00"	Okeene	5-Apr

Boley	Goodwell	20' 00.75"	Cherokee Reg	27-Apr
Hall	Balko	19' 09.75	Cherokee	16-Apr
Hamm	Ringwood	19' 08"	Cherokee	16-Apr
Hudlow	LaFlore	19' 08"	Okemah Reg	27-Apr
Sparlin	Sweetwater	19' 08.5"	Turpin	19-Apr
Sheppard	Fox	19' 07"	Alex Reg	27-Apr
Eskew	Buffalo	19' 07.25"	Cherokee Reg	27-Apr
Cornwell	Graham	19' 05"	Okemah Reg	27-Apr
Brown	Moss	19' 05"	Okemah Reg	4-27
Fristoe	Ryan	19' 03"	Waurika	20-Apr
Plaster	Indiahoma	19' 03"	Alex Reg	27-Apr