

Class 3A Boys Best Performance 2022

Compiled by Cheyenne Castillo *4/23/22

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| 100 meters | Name | School | Time/Distance | Location | Date |
|-------------------|-------------|-----------------|----------------------|------------------|-------------|
| 1 | Freeman | Heritage Hall | 10.92 | Kellyville | 4/9/22 |
| 2 | Bass | Heritage Hall | 11.02 | Elgin | 4/1/22 |
| 3 | Baker | Metro Christian | 11.04 | Inola | 4/22/22 |
| 4 | Downing | Vinita | 11.08 | Coweta | 4/15/22 |
| 5 | Snyder | Crossings | 11.13 | Bethany | 3/26/22 |
| 6 | Meier | Bethel | 11.14 | Davis | 4/22/22 |
| 7 | Arthur | Washington | 11.18 | Lindsay | 4/12/22 |
| 8 | Rader | Kiefer | 11.21 | North Rock Creek | 3/29/22 |
| 9 | Byrams, J. | Victory | 11.21 | Inola | 4/22/22 |
| 10 | Bowlin | Vinita | 11.22 | Skiatook | 4/12/22 |
| | Byrams, S. | Victory | 11.22 | Inola | 4/22/22 |
| | Wynne | Henryetta | 11.23 | Weleetka | 4/19/22 |
| | Mason | Purcell | 11.25 | Davis | 4/22/22 |
| | Harwell | Claremore-Seq | 11.27 | Inola | 4/22/22 |
| | Menchaca | Lindsay | 11.29 | Velma-Alma | 3/10/22 |
| 200 meters | Name | School | Time/Distance | Location | Date |
| 1 | Downing | Vinita | 21.52 | Skiatook | 4/12/22 |
| 2 | Hendrix | Washington | 22.24 | Lindsay | 4/12/22 |
| 3 | Wynne | Henryetta | 22.4 | OBU | 4/5/22 |
| 4 | Chandler | Victory | 22.77 | Inola | 4/22/22 |
| 5 | Harris | Heritage Hall | 22.86 | Kellyville | 4/9/22 |
| 6 | Wynne | Henryetta | 22.9 | Weleetka | 4/19/22 |
| 7 | Freeman | Heritage Hall | 22.91 | Kellyville | 4/9/22 |
| 8 | Klein | OCS | 22.96 | OBU | 4/5/22 |
| 9 | Baker | Metro Christian | 22.99 | Inola | 4/22/22 |
| 10 | Spingael | Purcell | 22.99 | Davis | 4/22/22 |
| | Arthur | Washington | 23.02 | Lindsay | 4/12/22 |
| | Baker | Victory | 23.08 | OBU | 4/5/22 |
| | Wharton | Alva | 23.16 | Cherokee | 4/12/22 |
| | Matteson | OCS | 23.2 | OBU | 4/5/22 |
| 400 meters | Name | School | Time/Distance | Location | Date |
| 1 | Frazier | Okmulgee | 49.79 | Mounds | 4/22/22 |
| 2 | Murphey | Jones | 50.23 | Choctaw | 3/25/22 |
| 3 | Klein | OCS | 50.47 | Bishop Kelley | 4/14/22 |
| 4 | Wynne | Henryetta | 50.8 | Mounds | 4/22/22 |
| 5 | Meier | Bethel | 51.37 | Tecumseh | 4/1/22 |
| 6 | Phillips | Kingston | 52.1 | Atoka | 4/15/22 |
| 7 | Epps | Chisholm | 52.32 | Watonga | 4/1/22 |
| 8 | Jones | Idabel | 52.64 | Atoka | 4/15/22 |
| 9 | Nauman | Metro Christian | 52.65 | Coweta | 4/15/22 |

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| 10 | Campbell | Checotah | 53.08 | Inola | 4/22/22 |
| | Byrd | Kiefer | 53.13 | Tulsa 7 Conf | 4/23/22 |
| | Venard | Perry | 53.28 | Thomas | 4/15/22 |
| | Trook | Metro Christian | 53.52 | Coweta | 4/15/22 |
| 800 meters | Name | School | Time/Distance | Location | Date |
| 1 | Ward | Kingston | 1:59.00 | Tishimingo | 4/21/22 |
| 2 | Stovall | OCS | 2:00.32 | Stroud | 3/26/2022 |
| 3 | Smith | Metro Christian | 2:00.95 | Stroud | 3/26/22 |
| 4 | Trook | Metro Christian | 2:01.04 | Stroud | 3/26/22 |
| 5 | Murphey | Jones | 2:01.07 | Choctaw | 3/25/22 |
| 6 | Ray | OCS | 2:01.14 | Stroud | 3/26/22 |
| 7 | Bussell | Meeker | 2:02.77 | OBU | 4/5/22 |
| 8 | Campbell | Checotah | 2:03.41 | Inola | 4/22/22 |
| 9 | Randall | Meeker | 2:03.4 | Stroud | 3/26/22 |
| 10 | Bishop | Crossings | 2:04.09 | OBU | 4/5/22 |
| | Ellis | Comanche | 2:04.41 | Plainview | 4/8/22 |
| 1600 meters | Name | School | Time/Distance | Location | Date |
| 1 | Jones | OCS | 4:36.65 | Bishop Kelley | 4/14/22 |
| 2 | Stovall | OCS | 4:37.81 | Holland Hall | 3/5/22 |
| 3 | Ward | Kingston | 4:37.85 | Tishimingo | 4/21/22 |
| 4 | Randall | Meeker | 4:40.32 | OBU | 4/5/22 |
| 5 | Ray | OCS | 4:41.10 | OBU | 4/5/22 |
| 6 | Smith | Metro Christian | 4:44.26 | Pinnacle Conf | 4/8/22 |
| 7 | Ellis | Comanche | 4:42.47 | Marietta | 4/1/22 |
| 8 | Mcgarraugh | Crossings Christi | 4:44.85 | Chisholm | 4/15/22 |
| 9 | Weber | CCS | 4:45.59 | Pauls Valley | 3/25/22 |
| 10 | Fowler | Heritage Hall | 4:45.98 | Kellyville | 4/9/22 |
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| 3200 meters | Name | School | Time/Distance | Location | Date |
| 1 | Stovall | OCS | 10:03.57 | Piedmont | 4/1/22 |
| 2 | Jones | OCS | 10:09.66 | Piedmont | 4/1/22 |
| 3 | Randall | Meeker | 10:11.45 | Weleetka | 4/19/22 |
| 4 | Ward | Kingston | 10:16.36 | Atoka | 4/15/22 |
| 5 | Russell | Meeker | 10:18.31 | Weleetka | 4/19/22 |
| 6 | Ellis | Comanche | 10:18.98 | Marietta | 4/1/22 |
| 7 | Ray | OCS | 10:22.28 | Plainview | 4/8/22 |
| 8 | Schwerdtfeger | Metro Chrisitan | 10:26.08 | Coweta | 4/15/22 |
| 9 | Smith | Metro Chrisitan | 10:37.93 | Pinnacle Con. | 4/8/22 |
| 10 | Haynes | CCS | 10:47.44 | Pauls Valley | 3/25/22 |
| | Rupert | Kiefer | 10:52.51 | Skiatook | 4/12/22 |
| | Brycen | Comanche | 10:53 | Davis | 4/22/22 |
| | Ponce | Lindsay | 10:56.58 | CVConference | 4/19/22 |
| | Carroll | Salina | 10:57.97 | Chelsea | 4/19/22 |

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| | Austin | OCS | 10:58.76 | Bishop Kelley | 4/14/22 |
| 110m Hurdles | Name | School | Time/Distance | Location | Date |
| 1 | Tipton | Kingston | 15.05 | Madill | 3/25/22 |
| 2 | Shelby | Metro Chrisitan | 15.46 | Inola | 4/22/22 |
| 3 | Simonton | Lindsay | 15.55 | Velma-Alma | 3/10/22 |
| 4 | Bain | Comanche | 15.56 | Davis | 4/22/22 |
| 5 | James | Chandler | 15.82 | Stroud | 3/26/22 |
| 6 | Free | OCS | 15.84 | Holland Hall | 3/5/22 |
| 7 | Reed | Adair | 16.44 | Miami | 4/7/22 |
| 8 | Watson | Antlers | 16.57 | Madill | 3/25/22 |
| 9 | Davis | Marlow | 16.71 | Ada | 4/14/22 |
| 10 | Kingston | Coalgate | 16.72 | Davis | 4/22/22 |
| | Baker | Victory | 16.83 | Inola | 4/22/22 |
| | Proctor | Claremore Sequoia | 16.93 | Inola | 4/22/22 |
| | Poindexter | Kiefer | 16.96 | Tulsa 7 Conf | 4/23/22 |
| | Prince | Vinita | 16.97 | Chelsea | 4/19/22 |
| 300m Hurdles | Name | School | Time/Distance | Location | Date |
| 1 | Rowe | Kingston | 40.99 | Lake Country Conf | 4/23/22 |
| 2 | Free | OCS | 41.02 | Bishop Kelley | 4/14/22 |
| 3 | Shelby | Metro Christian | 41.03 | Coweta | 4/15/22 |
| 4 | Kingston | Coalgate | 41.46 | Davis | 4/22/22 |
| 5 | Bain | Comanche | 42 | Davis | 4/22/22 |
| 6 | Jay | Chandler | 42.11 | Stroud | 3/26/22 |
| 7 | McQueen | Marietta | 42.78 | Marietta | 4/1/22 |
| 8 | Prince | Vinita | 42.82 | Skiatook | 4/12/22 |
| 9 | Duncan | Chandler | 43.08 | Tecumseh | 4/1/22 |
| 10 | Presgrove | Comanche | 43.17 | Marietta | 4/1/22 |
| | Simonton | Lindsay | 43.29 | Lindsay | 4/12/22 |
| | Davis | Marlow | 43.31 | Ada | 4/14/22 |
| | | | | | |
| 4x100m Relay | Name | School | Time/Distance | Location | Date |
| 1 | Idabel | | 42.76 | Wilburton | 3/24/22 |
| 2 | Heritage Hall | | 43.65 | Elgin | 4/1/22 |
| 3 | Vinita | | 43.93 | Warner | 4/9/22 |
| 4 | Metro Christian | | 43.94 | Stroud | 3/26/22 |
| 5 | OCS | | 44.08 | Bishop Kelley | 4/14/22 |
| 6 | Comanche | | 44.14 | Lindsay | 4/12/22 |
| 7 | Victory | | 44.15 | Inola | 4/23/22 |
| 8 | Washington | | 44.22 | CVConference | 4/19/22 |
| 9 | Alva | | 44.49 | Watonga | 4/22/22 |
| 10 | Okmulgee | | 44.74 | Wilburton | 3/24/22 |
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| 4x200m Relay | Name | School | Time/Distance | Location | Date |

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| 1 | Vinita | | 1:31.61 | Warner | 4/9/22 |
| 2 | Washington | | 1:31.75 | Lindsay | 4/12/22 |
| 3 | OCS | | 1:32.49 | Bishop Kelley | 4/14/22 |
| 4 | Victory | | 1:32.64 | Bishop Kelley | 4/14/22 |
| 5 | Kingston | | 1:33.68 | Madill | 3/25/22 |
| 6 | Alva | | 1:33.72 | Watonga | 4/22/22 |
| 7 | Heritage Hall | | 1:34.03 | Kellyville | 4/9/22 |
| 8 | Purcell | | 1:34.58 | CVConference | 4/19/22 |
| 9 | Luther | | 1:34.65 | Watonga | 4/1/22 |
| 10 | Millwood | | 1:35.08 | Bristow | 4/15/22 |
| | Perry | | 1:35.24 | Davis | 4/22/22 |
| | Antlers | | 1:35.41 | Atoka | 4/15/22 |
| | Atoka | | 1:35.53 | Tishimingo | 4/21/22 |
| 4x400m Relay | Name | School | Time/Distance | Location | Date |
| 1 | Metro Christian | | 3:31.15 | Coweta | 4/15/22 |
| 2 | Vinita | | 3:31.81 | Coweta | 4/15/22 |
| 3 | Marlow | | 3:32.03 | CVConference | 4/19/22 |
| 4 | OCS | | 3:33.24 | Bishop Kelley | 4/14/22 |
| 5 | Kingston | | 3:33.28 | Madill | 3/25/22 |
| 6 | Perry | | 3:35.65 | Davis | 4/22/22 |
| 7 | Luther | | 3:35.92 | OBU | 4/5/22 |
| 8 | Lindsay | | 3:38.10 | CVConference | 4/19/22 |
| 9 | Millwood | | 3:38.34 | Sulphur | 4/8/22 |
| 10 | Chisholm | | 3:38.98 | Chisholm | 4/15/22 |
| | Crossings | | 3:40.42 | OBU | 4/5/22 |
| | Chandler | | 3:41.80 | Tecumseh | 4/1/22 |
| 4x800m Relay | Name | School | Time/Distance | Location | Date |
| 1 | Kingston | | 8:31.71 | Madill | 3/25/22 |
| 2 | OCS | | 8:35.92 | Holland Hall | 3/5/22 |
| 3 | Metro Christian | | 8:36.76 | Stroud | 3/26/22 |
| 4 | Marlow | | 8:40.92 | CVConference | 4/19/22 |
| 5 | Kiefer | | 8:44.32 | Tulsa 7 Conf | 4/23/22 |
| 6 | Chisholm | | 8:50.83 | Cashion | 3/25/22 |
| 7 | Washington | | 8:52.45 | CVConference | 4/19/22 |
| 8 | Lindsay | | 8:53.95 | CVConference | 4/19/22 |
| 9 | Sequoyah Tahlequah | | 9:01.08 | Warner | 4/9/22 |
| 10 | Adair | | 9:06.59 | Pryor | 4/12/22 |
| | Crossings Christian | | 9:09.24 | Chisholm | 4/15/22 |
| High Jump | Name | School | Time/Distance | Location | Date |
| 1 | Warrior | Checotah | 6'4" | Okemah | 4/15/22 |
| 2 | Richardson | Luther | 6'2" | Stroud | 3/26/22 |
| 3 | Scott | Washington | 6'2" | Lindsay | 4/12/22 |
| 4 | Grimes | Metro Christian | 6'2" | Stroud | 3/26/22 |

| 5 | Rice | Henryetta | 6'0" | Chelsea | 4/1/22 |
|-----------|------------|-------------------|---------------|-------------------|-----------|
| 6 | Miles | Kellyville | 6'0" | Chelsea | 4/1/22 |
| 7 | Jones | Chandler | 6'0" | Tecumseh | 4/1/22 |
| 8 | Richardson | Luther | 6'0" | Watonga | 4/1/22 |
| 9 | Bradshaw | Metro Christian | 6'0" | North Rock Creek | 3/29/22 |
| 10 | Harris | Kiefer | 6'0" | North Rock Creek | 3/29/22 |
| | Stewart | Bethel | 6'0" | Tecumseh | 4/1/22 |
| | Freely | Alva | 6'0" | Cherokee | 4/12/22 |
| | Walker | Kingston | 6'0" | Lake Country Conf | 4/23/22 |
| | Penco | Alva | 6'0" | Watonga | 4/22/22 |
| Long Jump | Name | School | Time/Distance | Location | Date |
| 1 | Grimes | Metro Christian | 22'2.5" | Coweta | 4/15/22 |
| 2 | Tucker | Alva | 21'05.5" | Cherokee | 4/12/22 |
| 3 | Wynee | Henryetta | 21'03.75" | Chelsea | 4/1/22 |
| 4 | Jennings | Holdenville | 21'0.5" | McAlester | 4/1/22 |
| 5 | Thomas | Checotah | 20'7" | Inola | 4/22/22 |
| 6 | Wharton | Alva | 20'06.5" | Cherokee | 4/12/22 |
| 7 | Vandever | Tishimingo | 20'6" | Tishimingo | 4/21/22 |
| 8 | Pitts | Jones | 20'4.5" | North Rock Creek | 3/29/22 |
| 9 | Nauman | Metro Christian | 20'3" | Skiatook | 4/12/22 |
| 10 | Reed | Adair | 20'3" | Chelsea | 4/19/22 |
| | Thomas | Checotah | 20'0" | Wagoner | 3/25/22 |
| | Rothwell | OCS | 19'10.5" | OBU | 4/5/22 |
| | Duncan | Chandler | 19' 8" | Tecumseh | 4/1/22 |
| | Lovelace | Crossings Christi | 19'8" | Chisholm | 4/15/22 |
| Shot Put | Name | School | Time/Distance | Location | Date |
| 1 | Mason | Beggs | 56'04.5" | Kellyville | 4/9/22 |
| 2 | Holland | Atoka | 53'4" | Durant | 4/19/22 |
| 3 | Rudd | Sequoyah-Claremo | 52'4" | Chelsea | 4/19/22 |
| 4 | Reynolds | Marietta | 47'10" | Marietta | 4/1/22 |
| 5 | Stanton | Beggs | 47'8" | Wagoner | 3/25/22 |
| 6 | Warrior | Checotah | 47'4" | Inola | 4/22/22 |
| 7 | McCullough | Idabel | 46'09.5" | McAlester | 4/1/22 |
| 8 | Ellisor | Kingston | 45'8" | Tishimingo | 4/21/22 |
| 9 | Wolfe | Crossings | 45'6.5" | Chisholm | 4/15/22 |
| 10 | Williams | Lindsay | 43'11" | Pauls Valley | 3/25/22 |
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| Discus | Name | School | Time/Distance | Location | Date |
| 1 | Holland | Atoka | 160'07" | Madill | 3/25/22 |
| 2 | Hicks | Vinita | 153'6" | Pryor | 4/2022 |
| 3 | George | Atoka | 152'2" | Durant | 4/19/2022 |
| 4 | Ellisor | Kingston | 151'03" | Lake Country Conf | 4/23/22 |

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|-------------------|-------------|-------------------|----------------------|-------------------|-------------|
| 5 | Haley | Chisholm | 148'07" | Watonga | 4/22/22 |
| 6 | Dudley | Marietta | 140'03" | Lake Country Conf | 4/23/22 |
| 7 | Rudd | Claremore Sequoia | 139'0" | Chelsea | 4/19/2022 |
| 8 | Ramsey | Marlow | 138'10" | Ada | 4/14/2022 |
| 9 | Harrell | Lindsay | 138'8" | Lindsay | 4/12/2022 |
| 10 | McCullough | Idabel | 138'3" | Wilburton | 3/2022 |
| | Davis | Marlow | 136'10" | Ada | 4/14/2022 |
| | Eaves | Atoka | 133'9" | Madill | 3/25/2022 |
| | Mason | Beggs | 133'7" | Ada | 4/14/22 |
| Pole Vault | Name | School | Time/Distance | Location | Date |
| 1 | Little | Purcell | 14'0" | Bridge Creek | 4/7/22 |
| 2 | Ellsworth | Marlow | 13'0" | Plainview | 4/8/22 |
| 3 | Rich | Marlow | 12'6" | CVConference | 4/19/22 |
| 4 | Matherly | OCS | 11'6" | Luther | 4/23/22 |
| 5 | Starkey | Luther | 11'0" | Luther | 4/23/22 |
| 6 | Crowsey | Antlers | 11'0" | Atoka | 4/15/22 |
| 7 | Worley | Kiefer | 10'6" | Skiatook | 4/12/22 |
| 8 | Watson | Antlers | 10'0" | Madill | 3/25/22 |
| 9 | Ozborn | Newkirk | 10'0" | Cherokee | 4/12/22 |
| 10 | Hines | Lindsay | 10'0" | CVConference | 4/19/22 |
| | Stafford | Luther | 10'0" | Luther | 4/23/22 |
| | Carr | Kiefer | 10'0" | Tulsa 7 Conf | 4/23/22 |
| | Williams | CCS | 9'6" | Pauls Valley | 3/25/22 |
| | Backenstoos | Kingston | 9'6" | Madill | 3/25/22 |
| | Watson | Antlers | 9'6" | Atoka | 4/15/22 |