

4A Girls Best Performance 2022

Compiled by Kaleb Fischer

*Coaches for questions or corrections contact kfischer@wpsok.org

*These will be updated once weekly not after each meet.

5/1/22

100 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Ray	Weatherford	12.04	West Conf	4/22/22
2	Threatt	John Marshall	12.14	ACA OKC	4/2/22
3	McCoy	Douglass	12.22	Luther	4/23/22
4	Crandall, Mad	Cache	12.28	Cache	3/24/22
5	Sparks	Bethany	12.34	West Conf	4/22/22
6	Davis	Madill	12.4	Marietta	4/1/22
7	Nelson	Harding Charter	12.47	Luther	4/23/22
8	Ramsay	Lone Grove	12.55	Marietta	4/1/22
9	Stephenson	Kingfisher	12.56	Watonga	4/1/22
10	Garner	Poteau	12.56	Broken Bow	4/21/22
200 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Ray	Weatherford	24.86	Regionals	4/30/22
2	Davis	Madill	25.36	Lake Country Conf	4/23/22
3	Sparks	Bethany	25.57	Yukon	4/14/22
4	Crandall, Mad	Cache	25.64	Regionals	4/30/22
5	Cornado	Cache	25.78	Mustang	3/5/22
6	Williams, A	Tuttle	25.93	Duncan	4/15/22
7	Garner	Poteau	26.14	Broken Bow	4/21/22
8	DeGeorge	Lincoln Christian	26.31	Holland Hall	3/5/22
9	Lewis	Plainview	26.38	Regionals	4/30/22
10	West	Verdegris	26.53	Regionals	4/30/22

400 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Surber	Tuttle	57.08	Duncan	4/15/22
2	DeGeorge	Lincoln Christian	59.21	ORU	3/25/22
3	Cornado	Cache	60.51	Regionals	4/30/22
4	Williams	Tuttle	60.56	Regionals	4/30/22
5	Hoffman	Weatherford	60.58	Piedmont	4/1/22
6	Whiteley	Ft. Gibson	61.02	Regionals	4/30/22
7	Gutierrez	Pauls Valley	61.16	Regionals	4/30/22
8	Payton	Miami	61.41	Verdegris Valley Conf	4/25/22
9	Hammon	Plainview	61.56	Regionals	4/30/22
10	Mouse	Weatherford	61.77	Regionals	4/30/22
800 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Hoffman	Weatherford	2:20.57	Regionals	4/30/22
2	Gutierrez	Pauls Valley	2:20.60	Regionals	4/30/22
3	DeGeorge	Lincoln Christian	2:22.25	Regionals	4/30/22
4	Carson	Mannford	2:25.01	Regionals	4/30/22
5	Dukelow	Cascia Hall	2:26.91	Bishop Kelly	4/14/22
6	Kelly	Bristow	2:27.29	Regionals	4/30/22
7	Brantley	Broken Bow	2:27.44	Regionals	4/30/22
8	Whiteley	Ft. Gibson	2:27.59	Regionals	4/30/22
9	Arrieta	Weatherford	2:27.98	Regionals	4/30/22
10	CunninghamMartin	Madill	2:27.99	Regionals	4/30/22

1600 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Dukelow	Cascia Hall	5:31.61	Bishop Kelly	4/14/22
2	Carson	Mannford	5:35.26	Regionals	4/30/22
3	Carlos	Byng	5:37.32	Regionals	4/30/22
4	Arrieta	Weatherford	5:37.93	Regionals	4/30/22
5	Degeorge	Lincoln Christian	5:39.13	Deer Creek	4/22/22
6	Jackson	Cascia Hall	5:40.10	Regionals	4/30/22
7	Lane	Cache	5:41.02	Regionals	4/30/22
8	Moffett	Jay	5:43.52	Miami	4/5/22
9	Readnour, Kiera	Pauls Valley	5:43.83	Regionals	4/30/22
10	Rehl	Tuttle	5:44.71	Regionals	4/30/22
3200 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Jackson	Cascia Hall	12:12.31	Bishop Kelly	4/14/22
2	Carlos	Byng	12:19.90	Lake Country Conf	4/23/22
3	Moore	Muldrow	12:22.71	Okmulgee	3/25/22
4	Readnour, Kiera	Pauls Valley	12:23.43	Regionals	4/30/22
5	Readnour, Kenzi	Pauls Valley	12:24.61	Canadian Conf.	4/19/22
6	Arritea	Weatherford	12:27.08	Weatherford	4/26/22
7	Lane	Cache	12:33.87	Regionals	4/30/22
8	Carson	Mannford	12:36.84	Stroud	3/26/22
9	Grant	Cushing	12:42.38	Stroud	3/26/22
10	Woodrich	Lincoln Christian	12:42.92	Regionals	4/30/22

100M Hurdles	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Surber	Tuttle	14.65	West Conf	4/22/22
2	Stephenson	Kingfisher	14.78	Chisholm	4/15/22
3	Richardson	John Marshall	15.8	OKC Douglass	4/16/22
4	Skelton	Broken Bow	15.82	Regionals	4/30/22
5	Smith	Ft. Gibson	15.82	Pryor	4/12/22
6	Foster	Weatherford	16.07	Regionals	4/30/22
7	Terry	Ft. Gibson	16.27	Verdegris Valley Conf	4/25/22
8	Katsis	Lincoln Christian	16.78	Regionals	4/30/22
9	Kastl	Perkins-Tryon	16.84	Regionals	4/30/22
10	Weast	Inola	16.92	Inola	4/22/22
300M Hurdles	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Surber	Tuttle	42.59	Regionals	4/30/22
2	Stephenson	Kingfisher	44.73	Chisholm	4/15/22
3	Crandall, Mad	Cache	47.72	Mustang	3/5/22
4	Williams	Bristow	48.4	Regionals	4/30/22
5	Clark	Pauls Valley	48.52	Davis	4/22/22
6	Biggs	Inola	48.55	5 Lakes Conf	4/25/22
7	Kimball	Mannford	48.62	Regionals	4/30/22
8	Gaston	Broken Bow	48.68	Regionals	4/30/22
9	Smith	Ft. Gibson	48.77	Pryor	4/12/22
10	Skelton	Broken Bow	48.87	Regionals	4/30/22

4x100M Relay	School	Time	Location	Date
1	Cache	49.95	Regionals	4/30/22
2	Tuttle	50.16	Regionals	4/30/22
3	Weatherford	50.73	Regionals	4/30/22
4	Poteau	50.74	Broken Bow	4/21/22
5	Berryhill	51.23	Regionals	4/30/22
6	Bristow	51.38	Regionals	4/30/22
7	John Marshall	51.63	Regionals	4/30/22
8	Verdegris	51.65	Regionals	4/30/22
9	Plainview	51.66	Regionals	4/30/22
10	Lincoln Christian	51.74	Regionals	4/30/22

4x200M Relay	School	Time	Location	Date
1	Tuttle	1:44.86	West Conf	4/22/22
2	Weatherford	1:45.47	Regionals	4/30/22
3	Bristow	1:46.18	Regionals	4/30/22
4	Poteau	1:46.58	Regionals	4/30/22
5	Cascia Hall	1:47.64	Regionals	4/30/22
6	Plainview	1:47.91	Regionals	4/30/22
7	Miami	1:48.51	Regionals	4/30/22
8	Madill	1:48.55	Regionals	4/30/22
9	Blanchard	1:48.58	Regionals	4/30/22
10	Lincoln Christian	1:48.61	Regionals	4/30/22

4x400M Relay	<u>School</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
1	Tuttle	4:03.18	Regionals	4/30/22
2	Lincoln Christian	4:08.71	ORU	3/25/22
3	Plainview	4:09.54	Regionals	4/30/22
4	Weatherford	4:09.62	Regionals	4/30/22
5	Dickson	4:10.66	Regionals	4/30/22
6	Pauls Valley	4:10.69	Regionals	4/30/22
7	Cache	4:11.11	Regionals	4/30/22
8	Madill	4:11.97	Regionals	4/30/22
9	Bristow	4:12.76	Regionals	4/30/22
10	Jay	4:14.71	Regionals	4/30/22
4x800M Relay	<u>School</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
1	Weatherford	9:58.88	Weatherford	4/26/22
2	Tuttle	9:59.68	Regionals	4/30/22
3	Dickson	10:10.12	Regionals	4/30/22
4	Pauls Valley	10:12.17	Regionals	4/30/22
5	Lincoln Christian	10:13.33	Regionals	4/30/22
6	Cache	10:15.37	Regionals	4/30/22
7	Byng	10:18.12	Lake Country Conf	4/23/22
8	Anadarko	10:19.38	Regionals	4/30/22
9	Madill	10:22.41	Lake Country Conf	4/23/22
10	Kingfisher	10:30.84	Regionals	4/30/22

Long Jump	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Stephenson	Kingfisher	18' 06"	West Conf	4/22/22
2	Crandall, Mad	Cache	18' 4.5"	Elgin	4/1/22
3	James	Cushing	17' 00"	Bristow	4/15/22
4	Richardson	John Marshall	16' 11.5"	OU	4/22/22
5	Periman	Tuttle	16' 11"	West Conf	4/22/22
6	Pritchard	Bristow	16' 10.5"	Regionals	4/30/22
7	Foster	Weatherford	16' 7.5"	Moore	4/16/22
8	Wilson	Tuttle	16' 06"	West Conf	4/22/22
9	Seaton	Cache	16' 06"	Elgin	4/1/22
10	Clem	Dickson	16' 5.75"	Regionals	4/30/22
High Jump	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Richardson	John Marshall	5' 08"	Carl Albert	4/8/22
2	Foster	Weatherford	5' 06"	Carl Albert	4/8/22
3	Stephenson	Kingfisher	5' 04"	Regionals	4/30/22
3	Allen	Tuttle	5' 04"	Regionals	4/30/22
5	Wayne	Catoosa	5' 02"	Regionals	4/30/22
5	Cotner	Seminole	5' 02"	Regionals	4/30/22
5	Coronado	Cache	5' 02"	Norman	4/16/22
5	Hammons	Plainview	5' 02"	Norman	4/16/22
5	McBroom	Cushing	5' 02"	Cushing	3/31/22
10	Hill	Cascia Hall	5' 00"	Regionals	4/30/22
10	Glaven	Plainview	5' 00"	Plainview	4/8/22
10	Flood	Sulphur	5' 00"	Sulphur	4/8/22
10	Lauden	Sallisaw	5' 00"	Heavener	3/29/22
10	Dixon	Oologah	5' 00"	Oologah	3/26/22
10	Lee	Weatherford	5' 00"	Choctaw	3/25/22

Shot Put	Name	School	Time/Distance	Location	Date
1	Brittain	Broken Bow	38' 06"	McAlester	4/1/22
2	Tottress	Wagoner	38' 03"	Regionals	4/30/22
3	Meachum	Clinton	37' 06"	Clinton	4/5/22
4	Cole	Weatherford	37' 05"	Clinton	4/5/22
5	Mitchell	Pauls Valley	36' 11"	Davis	4/22/22
6	Darrow	Skiatook	36' 03"	Regionals	4/30/22
7	Hester, L	Clinton	36' 0.5"	Regionals	4/30/22
8	Jones	Plainview	35' 10"	Dickson	4/12/22
9	Stewart	Weatherford	35' 05"	Weatherford	4/26/22
10	Hastings	McCloud	35' 05"	Davis	4/22/22
Discus	Name	School	Time/Distance	Location	Date
1	Jones	Plainview	138' 02"	Lake Country Conf	4/23/22
2	Hester, L	Clinton	133' 03"	Elgin	4/1/22
3	Meachum	Clinton	131' 09"	West Conf	4/22/22
4	Richbourg	Broken Bow	123' 01"	Atoka	4/15/22
5	Shelton	Bristow	121' 06"	Kellyville	4/8/22
6	Horn	Tecumseh	108' 8.5"	Tecumseh	4/1/22
7	Stine	Lincoln Christian	107' 11"	Inola	4/22/22
8	Johnson	Bristow	107' 01"	Bristow	4/15/22
9	Tuggle	Lincoln Christian	107' 00"	Regionals	4/30/22
10	Young	Verdegris	106' 07"	Verdegris Valley Conf	4/25/22

Pole Vault	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Crandall, Mer	Cache	10' 06"	Elgin	4/1/22
2	Clemmons	Plainview	10' 00"	Dickson	4/12/22
3	Peters	Pauls Valley	9' 07"	Sulphur	4/8/22
4	Parks	Seminole	9' 06"	Velma Alma	4/26/22
5	Kent	Bristow	9' 00"	Regionals	4/30/22
5	Layman	Cleveland	9' 00"	Regionals	4/30/22
5	McAdams	Plainview	9' 00"	Dickson	4/12/22
8	Murray	Elk City	8' 06"	Regionals	4/30/22
8	Navarre	Weatherford	8' 06"	Regionals	4/30/22
8	Riosramirez	Kingfisher	8' 06"	West Conf	4/22/22
8	Schmidt	Bridge Creek	8' 06"	Canadian Conf.	4/19/22
8	Slavin	Skiatook	8' 06"	Skiatook	4/12/22
8	Archer	Plainview	8' 06"	Dickson	4/12/22
8	Bayless	Weatherford	8' 06"	Clinton	4/5/22
8	Bamburg	Plainview	8' 06"	Madill	3/25/22
8	Anderson	Elk City	8' 06"	Bethany	3/8/22