

4A Girls Best Performance 2023

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

5/1/23

100 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Ray	Weatherford	11.83	Elk City	4/14/23
2	Crandall, Mad	Cache	12.14	Plainview	4/7/23
3	Lomon	Poteau	12.24	Heavener	3/28/23
4	Garner	Poteau	12.30.	Heavener	3/28/23
5	Niehis	Berryhill	12.41	Sperry	4/13/23
6	Butts	Inola	12.43	Sperry	4/13/23
7	Qualls	Sallisaw	12.47	Vinita	4/18/23
8	Nelson	Harding Charter	12.61	Chisholm Regional	4/29/23
9	West	Verdegris	12.63	Sperry	4/13/23
10	Reed	Cushing	12.69	Chisholm Regional	4/29/23
200 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Ray	Weatherford	24.6	Elk City	4/14/23
2	Lomon	Poteau	25.19	Heavener	3/28/23
3	Garner	Poteau	25.24	McAlester Regional	4/29/23
4	Crandall, Mad	Cache	25.44	Elgin	3/31/23
5	Butts	Inola	25.79	Sperry	4/13/23
6	McCoy	Douglass	26.15	Ada	4/14/23
7	Davis	Seminole	26.28	Ada	4/14/23
8	West	Verdegris	26.31	Sperry	4/13/23
9	Macon	Sallisaw	26.38	Vinita	4/18/23
10	Nelson	Harding Charter	26.60.	Chisholm Regional	4/29/23

400 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Lofton	Bethany	58.55	Chisholm Regional	4/29/23
2	J. Hoffman	Weatherford	58.78	Chisholm Regional	4/29/23
3	Hammon	Plainview	59.18	Ardmore	4/10/23
4	Gutierrez	Pauls Valley	59.33	Madill Regional	4/29/23
5	Crandall, Mad	Cache	59.98	Cache	3/23/23
6	A. Williams	Tuttle	60.22	Plainview Regional	4/29/23
7	Snodgrass	Kingfisher	60.30.	Chisholm Regional	4/29/23
8	Webb	OCS	60.87	Chisholm Regional	4/29/23
9	Durborow	Lincoln Christian	60.97	McAlester Regional	4/29/23
10	Priest	Sulphur	60.97	Madill Regional	4/29/23
800 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Gutierrez	Pauls Valley	2:19.97	Atoka	4/14/23
2	Webb	OCS	2:20.00	Chisholm Regional	4/29/23
3	Carson	Mannford	2:21.18	Tulsa 7 Conf	4/22/23
4	Snodgrass	Kingfisher	2:22.67	Chisholm Regional	4/29/23
5	J. Hoffman	Weatherford	2:22.86	Elk City	4/14/23
6	Durborow	Lincoln Christian	2:24.21	McAlester Regional	4/29/23
7	Olokunola	Cache	2:25.00	Plainview Regional	4/29/23
8	Goins	Jay	2:26.18	Pryor	3/30/23
9	Brantley	Broken Bow	2:26.20	Madill Regional	4/29/23
10	Cruz	Stilwell	2:27.09	Vinita	4/18/23

1600 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Olokunola	Cache	5:21.61	Plainview Regional	4/29/23
2	Readnour, Kenzie	Pauls Valley	5:23.25	Atoka	4/14/23
3	Gutierrez	Pauls Valley	5:23.57	Madill Regional	4/29/23
4	Moffett	Jay	5:25.82	McAlester Regional	4/29/23
5	Cruz	Stilwell	5:25.99	Vinita	4/18/23
6	Carson	Mannford	5:27.37	North Rock Creek	4/18/23
7	Readnour, Kiera	Pauls Valley	5:28.35	Plainview	4/7/23
8	Southward	Cleveland	5:28.81	McAlester Regional	4/29/23
9	Saldana	Anadarko	5:29.25	Plainview Regional	4/29/23
10	Daniels	Cache	5:30.30	Plainview Regional	4/29/23
3200 Meters	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Readnour, Kenzie	Pauls Valley	11:26.01	Plainview	4/7/23
2	Carson	Mannford	11:31.24	Kellyville	4/7/23
3	Cruz	Stilwell	11:32.20	Vinita	4/18/23
4	Grant	Cushing	11:34.47	Chishom Regional	4/29/23
5	Readnour, Kiera	Pauls Valley	11:42.10	Plainview	4/7/23
6	Southward	Cleveland	11:50.72	McAlester Regional	4/29/23
7	Olokunola	Cache	12:00.94	Yukon	4/13/23
8	Daniels	Cache	12:03.88	Plainview Regional	4/29/23
9	Moffett	Jay	12:05.94	Verdegris Valley Conf	4/24/23
10	Woodrich	Lincoln Christian	12:15.43	McAlester Regional	4/29/23

100M Hurdles	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Crandall, Mad	Cache	14.5	Yukon	4/13/23
2	Skelton	Broken Bow	15.59	McAlester	3/30/23
3	Smith	Ft. Gibson	15.52	Heavener	3/28/23
4	Attebery	Elk City	16.13	Chisholm Regional	4/29/23
5	Katsis	Lincoln Christian	16.17	Pinnacle Conf	4/20/23
6	Kastl	Perkins-Tryon	16.34	Chisholm Regional	4/29/23
7	Kizzar	Marlow	16.65	Plainview	4/7/23
8	Mecklenburg	Kingfisher	16.77	Chisholm Regional	4/29/23
9	Yocham	Bristow	17.03	Madill Regional	4/29/23
10	Weast	Inola	17.06	Sperry	4/13/23
300M Hurdles	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Crandall, Mad	Cache	44.38	Moore	3/10/23
2	Holmes	Stilwell	47.81	McAlester Regional	4/29/23
3	Huxtable	Lincoln Christian	48.08	Pinnacle Conf	4/20/23
4	Williams	Bristow	48.11	Madill Regional	4/29/23
5	Yocham	Bristow	48.34	Madill Regional	4/29/23
6	Skelton	Broken Bow	48.62	Idabel	4/7/23
7	Biggs	Inola	48.88	Chisholm Regional	4/29/23
8	Southerland	Plainview	49.31	Lake Country Conf	4/22/23
9	Myers	Kingfisher	49.59	Western Conf	4/21/23
10	Gaston	Broken Bow	49.96	Madill Regional	4/29/23

4x100M Relay	School	Time	Location	Date
1	Cache	49.20.	Yukon	4/13/23
2	Poteau	49.41	McAlester Regional	4/29/23
3	Weatherford	49.81	West Conf	4/21/23
4	Bristow	49.98	Madill Regional	4/29/23
5	Verdegris	50.15	Vinita	4/18/23
6	Harding Charter	50.34	Chisholm Regional	4/29/23
7	Lincoln Christian	50.41	Pinnacle Conf	4/20/23
8	Elk City	51.02	Chisholm Regional	4/29/23
9	Tuttle	51.12	Plainview Regional	4/29/23
10	Plainview	51.15	Plainview Regional	4/29/23
4x200M Relay	School	Time	Location	Date
1	Weatherford	1:45.39	Carl Albert	4/7/23
2	Cache	1:45.42	Plainview Regional	4/29/23
3	Bristow	1:45.46	Madill Regional	4/29/23
4	Lincoln Christian	1:46.66	Pinnacle Conf	4/20/23
5	Poteau	1:47.31	Wilburton	3/23/23
6	Sulphur	1:47.39	Madill Regional	4/29/23
7	Tuttle	1:47.69	Plainview Regional	4/29/23
8	Sallisaw	1:47.76	Madill Regional	4/29/23
9	Harding Charter	1:48.19	Chisholm Regional	4/29/23
10	Bethany	1:48.23	Chisholm Regional	4/29/23

4x400M Relay	<u>School</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
1	Weatherford	4:06.71	West Conf	4/21/23
2	Lincoln Christian	4:07.53	Pinnacle Conf	4/20/23
3	Sulphur	4:09.74	Ardmore	4/10/23
4	Bethany	4:09.87	Chisholm Regional	4/29/23
5	Tuttle	4:10.39	Ardmore	4/10/23
6	Plainview	4:11.24	Plainview Regional	4/29/23
7	Pauls Valley	4:11.88	Ardmore	4/10/23
8	Stilwell	4:12.67	Inola	4/21/23
9	Cache	4:13.96	Plainview Regional	4/29/23
10	Bristow	4:14.17	Madill Regional	4/29/23
4x800M Relay	<u>School</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
1	Pauls Valley	9:55.50	Pauls Valley	4/20/23
2	Weatherford	9:57.21	Carl Albert	4/7/23
3	Cache	10:05.18	Plainview Regional	4/29/23
4	Lincoln Christian	10:08.37	McAlester Regional	4/29/23
5	Jay	10:12.59	McAlester Regional	4/29/23
6	Tuttle	10:14.62	Ardmore	4/10/23
7	Anadarko	10:17.23	Plainview Regional	4/29/23
8	Kingfisher	10:19.27	Chisholm Regional	4/29/23
9	Byng	10:21.38	Ardmore	4/10/23
10	Plainview	10:30.74	Ardmore	4/21/23

Long Jump	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Crandall, Mad	Cache	20' 1.5"	Yukon	4/13/23
2	Warden	Tecumseh	18' 02"	Madill Regional	4/29/23
3	Katsis	Lincoln Christian	17' 05"	Pinnacle Conf	4/20/23

4	Seaton	Cache	17' 4.5"	Plainview Regional	4/29/23
5	Qualls	Sallisaw	16' 10	Madill Regional	4/29/23
6	Brown	Plainview	16' 09"	Plainview Regional	4/29/23
7	Green	Poteau	16' 07"	OU	4/21/23
8	Kasterke	North Rock Creek	16' 6.5"	Madill Regional	4/29/23
9	Edmondson	Bristow	16' 4.5"	Madill Regional	4/29/23
10	Martin	Sallisaw	16' 04"	Madill Regional	4/29/23

High Jump	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Hammons	Plainview	5' 08"	Ardmore	4/10/23
2	Allen	Tuttle	5' 06"	Pauls Valley	3/24/23
3	Coronado	Cache	5' 02"	Plainview Regional	4/29/23
3	Bond	Locust Grove	5' 02"	McAlester Regional	4/29/23
3	W. Holmes	Stilwell	5' 02"	Hilldale	4/14/23
3	Glaven	Plainview	5' 02"	Ardmore	4/21/23
3	Edmondson	Bristow	5' 02"	Kellyville	4/7/23
8	Ebisch	Weatherford	5' 01"	Elk City	4/14/23
9	P. Holmes	Stilwell	5' 00"	McAlester Regional	4/29/23
9	Kasterke	North Rock Creek	5' 00"	McAlester Regional	4/29/23
9	Koenig	Metro Christian	5' 00"	Chisholm Regional	4/29/23
9	Epperly	Mannford	5' 00"	Chisholm Regional	4/29/23
9	Harris	Wagoner	5' 00"	Vinita	4/18/23
9	Crittenden	Locust Grove	5' 00"	Kellyville	4/7/23
9	Amador	Anadarko	5' 00"	Caddo County	4/4/23
9	Flood	Sulphur	5' 00"	Marrietta	3/31/23
9	Jennings	Dickson	5' 00"	Marrietta	3/31/23
9	Cortes	Kingfisher	5' 00"	Bethany	3/6/23

Shot Put	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Tottress	Wagoner	39' 08"	Hilldale	4/14/23
1	Meachum	Clinton	39' 08"	OBU	4/4/23
3	Young	Verdegris	38' 00"	McAlester Regional	4/29/23
4	Stallin	Tecumseh	37' 9.25"	Duncan	4/14/23
5	Cole	Weatherford	37' 04"	Carl Albert	4/7/23
6	Brittian	Broken Bow	37' 00"	Heavener	3/28/23
7	Hastings	McCloud	36' 9.5"	North Rock Creek	4/18/23
8	Hester, L	Clinton	36' 3.5"	Elk City	4/14/23
9	Raper	Pauls Valley	35' 09"	Atoka	4/14/23
10	Horn	Tecumseh	35' 4.75"	North Rock Creek	4/18/23
Discus	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Meachum	Clinton	141' 05"	OU	4/21/23
2	Hester, L	Clinton	131' 02"	Elk City	4/14/23
3	Shelton	Bristow	128' 03"	Stroud	3/25/23
4	Horn	Tecumseh	122' 11"	Madill Regional	4/29/23
5	Stine	Lincoln Christian	121' 05"	McAlester Regional	4/29/23
6	Young	Verdegris	119' 7.5"	Inola	4/21/23
7	Fields	Muldrow	117' 07"	Inola	4/21/23
8	Chaney	Bristow	115' 02"	Madill Regional	4/29/23
9	Stewart	Weatherford	114' 05"	Chisholm Regional	4/29/23
10	Hyde	Marlow	109' 10"	Velma Alma	4/25/23

Pole Vault	<u>Name</u>	<u>School</u>	<u>Time/Distance</u>	<u>Location</u>	<u>Date</u>
1	Kizarr	Marlow	11' 00"	Plainview	4/7/23
2	Sage	OCS	10' 06"	Chisholm Regional	4/29/23

2	Crandall, Mer	Cache	10' 06"	Plainview	4/7/23
2	Murray	Elk City	10' 06"	West Conf	4/21/23
2	Peters	Pauls Valley	10' 06"	Plainview	4/7/23
6	Jones	Cache	10' 00"	Plainview Regional	4/29/23
6	Smith	Marlow	10' 00"	Madill Regional	4/29/23
6	Navarre	Weatherford	10' 00"	Weatherford	4/24/23
6	Alsobrook	Plainview	10' 00"	Atoka	4/14/23
6	Tuell	Mannford	10' 00"	Stroud	3/25/23
10	Archer	Plainview	9' 06"	Atoka	4/14/23