

# 2009

## Lake Washington Invitational

### Time Schedule/ Meet Records

<u>TIME</u>	<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>SCHOOL</u>	<u>MARK</u>	<u>YEAR</u>
10:00*	Javelin*	Erica Wheeler	Sequim	179' 8"	1985
10:30	Pole Vault	Doria Halbrook	Eisenhower	12' 0"	2003
10:30	Shot	Whitney Hooks	Cascade-Everett	46' 3"	2004
10:30	Long Jump	LaShonda Christopher	River Ridge	19' 10-1/2"	1994
12:30*	Discus*	Mandy Borschowa	Mount Si	176' 5"	1998
11:30	Triple Jump	LaShonda Christopher	River Ridge	40' 4-1/2"	1995
10:30	High Jump	Mary Moore	Issaquah	6' 0"	1983
10:30	100m Hurdles (prelims)				
11:00	100m Dash (prelims)				
11:30	400m Relay (prelims)				
12:00	100m Hurdles-FINALS	Seville Broussard	Walla Walla	14.34	1994
		Sarah Lavallee	Mount Si	14.34	1998
12:10	100m Dash--Finals	Danielle Marshall	Lake Washington	11.65	1992
12:20	1500m Run	Patty Matava	Bellevue	4:28.6	1981
		Patty Ley	Gig Harbor	4:28.6	1981
12:35	400m Relay-FINALS		Garfield	48.6	1989
12:45	400m Dash	Erika Harris	Gig Harbor	54.6	1981
1:15	300m Hurdles	Seville Broussard	Walla Walla	43.27	1994
1:50	800m Run	Becca Noble	Rogers-Spokane	2:06.75	2005
2:10	200m Dash	Donna Dennis	Clover Park	24.4	1982
		Camera Jones	Mountain View	24.4	1989
2:35	3000m Run	Patty Matava	Bellevue	9:27.3	1981
2:55	800m Relay		Garfield	1:42.0	1986
3:20	3200m Relay		Bellarmino Prep	9:30.58	2005
3:50	1600m Relay		Sammamish	3:53.0	1978
4:15	TROPHY PRESENTATIONS				

\*due to Javelin/Discus conflict, the Javelin will start earlier and the Discus will start later than usual