

2010

Lake Washington Invitational  
Running Schedule & Meet Records

Time	Event	Record Holder	School	Mark	Year
9:30	100m Hurdles (prelims)				
10:00	100m Dash (prelims)				
10:30	400m Relay (prelims)				
11:00	100m Hurdles (Final)	Devin Brooks	Holy Names	14.10	2007
11:15	100m Dash (Final)	Danielle Marshall	Lake Washington	11.65	1992
11:25	1500m Run	Patty Matava	Bellevue	4:28.6	1981
		Patty Ley	Gig Harbor	4:28.6	1981
11:40	4 x 100m Relay (Final)		Skyline	48.26	2007
11:50	400m Dash	Erika Harris	Gig Harbor	54.6	1981
12:20	300m Hurdles	Seville Broussard	Walla Walla	43.27	1994
12:50	800m Run	Becca Noble	Rogers-Spokane	2:06.75	2005
1:25	200m Dash	Donna Dennis	Clover Park	24.4	1982
		Camera Jones	Mountain View	24.4	1989
1:55	3000M Run	Patty Matava	Bellevue	9:27.3	1981
2:10	800m Relay		Garfield	1:42.0	1986
2:25	3200m Relay		Gig Harbor	9:28.76	2007
2:55	1600m Relay		Sammamish	3:53.0	1978
3:05					

Field Event Schedule & Meet Records

Time	Event	Record Holder	School	Mark	Year
10:00	Pole Vault	Doria Halbrosk	Eisenhower	12' 0"	2003
	Shotput	Whitney Hooks	Cascade-Everett	46' 3"	2004
	Javelin	Erica Wheeler	Sequim	179' 8"	1985
	Long Jump	LaShonda Christopher	River Ridge	19' 10 1/2"	1994
	High Jump	Mary Moore	Issaquah	6' 0"	1983
11:30	Triple Jump	LaShonda Christopher	River Ridge	40' 4 1/2"	1995
12:00	Discus	Mandy Borschowa	Mount Si	176' 5"	1998