



**Cashmere High School
Track & Field
Individual State Champions**

<u>Year</u>	<u>Event</u>	<u>Athlete</u>
1964	100 yard dash	Denny Walters
1964	220 yard dash	Denny Walters
1965	100 yard dash	Denny Walters
1968	100 yard dash	Jim Greene
1968	180 yard Low Hurdles	Jim Greene
1971	880 yard relay	Steve Tift, Ron Pace, Rick Pipkin, Mike Lowers
1973	220 yard dash	Jim Perry
1973	440 yard dash	Jim Perry
1977	Mile Relay	Dan Garrison, Lee Stephenson, Scott Olin, Keith Collins
1978	440 yard dash	Scott Olin
1979	Mile Run	Michelle Elliott
1980	400 meter dash	Dan Barnett
1980	Triple Jump	Jeff Kenoyer
1980	4 x 100 meter relay	Doug Bullis, Jeff Kenoyer, Dan Barnett, Rick Sanders
1980	4 x 400 meter relay	Doug Bullis, Scott Dilly, Jeff Kenoyer, Dan Barnett
1980	800 meter run	Lisa Braun
1980	3200 meter run	Lisa Braun
1981	800 meter run	Lisa Braun
1981	3200 meter run	Lisa Braun
1982	100 meter dash	Tim Osborn
1982	200 meter dash	Tim Osborn

1982	400 meter dash	Tim Osborn
1982	1600 meter run	Lisa Braun
1982	3200 meter run	Lisa Braun
1983	100 meter dash	Tim Osborn
1983	200 meter dash	Tim Osborn
1983	400 meter dash	Tim Osborn
1983	4 x 400 meter relay	Gary Homad, Russ Elliott, Mike Strutzel, Tim Osborn
1983	3200 meter run	Lisa Braun
1985	Triple Jump	Craig Wise
1986	Javelin	Aaron Kelly
1986	Pole Vault	Mark Pflugrath
1986	3200 meter run	Felicity Saberhagen
1986	1600 meter run	Felicity Saberhagen
1987	Discus	Brian Machovsky
1987	1600 meter run	Shawn Anderson
1987	3200 meter run	Shawn Anderson
1987	4 x 400 meter relay	Kim Green, Ramona Hendrickson, Wendi Stewart, Lori Grentz
1988	Pole Vault	Aaron Scott
1992	Triple Jump	Geoff Smith
1993	4 x 100 meter relay	Geoff Smith, AJ Lane, Dusty Lane, Rob Larson
1993	4 x 400 meter relay	Colin Sprague, Geoff Smith, Dusty Lane, Rob Larson
1994	4 x 100 meter relay	AJ Lane, Nick Stutzman, Geoff Smith, Rob Larson
1994	200 meter dash	Dusty Lane
1994	300 meter IM Hurdles	Dusty Lane
1995	110 meter High Hurdles	Dusty Lane
1995	300 meter IM Hurdles	Dusty Lane
1996	110 meter High Hurdles	Dusty Lane
1996	300 meter IM Hurdles	Dusty Lane
1997	Pole Vault	Sam Darling

1998	300 meter IM Hurdles	Nick Pipkin
1998	4 x 400 meter relay	Hannah Flick, Kaci Pipkin, Nicky Crossland, Susie Rantz
1999	400 meter dash	Shane Newton
1999	800 meter run	Shane Newton
1999	4 x 400 meter relay	Bobby Phillip, Seth Miller, Jeremy Stevens, Shane Newton
1999	4 x 400 meter relay	Hannah Flick, Kaci Pipkin, Nicky Crossland, Susie Rantz
2002	Pole Vault	Evan Whitehall
2003	Pole Vault	Evan Whitehall
2005	Discus	Tyler Fischer
2006	400 meter dash	Vidal Hurtado
2008	1600 meter run	Seth Pierson
2009	1600 meter run	Seth Pierson
2009	4 x 400 meter relay	Wes Worthen, Cody McIntyre, Chris Ruether, Ben Allen
2010	100 meter dash	Ben Allen
2010	200 meter dash	Ben Allen
2010	400 meter dash	Ben Allen
2010	4 x 400 meter relay	Dustin Grams, Wes Worthen, Joey Michael, Ben Allen
2011	Pole Vault	Joseph Green
2013	800 meter run	Angela Knishka
2016	300 meter Low Hurdles	Elli Kimes
2016	Pole Vault	Elli Kimes
2016	4 x 400 meter relay	Molly Thies, Dani Monroe, Elli Kimes, Andee Kimes
2017	Pole Vault	Elli Kimes
2019	Javelin	Aster Dotson
2019	1600 meter run	Rob McManus