

RCS Girls	6th	Name	Year	7th	Name	Year	8th	Name	Year
High Jump	4' 3"	Kate Madsen	2007	4'9"	Megan Boeding	2016	4'10"	Megan Boeding	2017
Long Jump	13' 2"	Julia Elson	2012	14' 10.5"	Christina Scherer	2008	14' 6"	Olivia Patrow	2015
Triple Jump	22'9.75"	Paige Rocha	2016	27' 10"	Tessa Lies	2015	28'6.5"	Megan Boeding	2017
Discus	71' 4.5"	Kelsey Gates	2004	74' 3.25"	Hannah Lienhard	2008	88' 7"	Greta Lies	2014
Shot Put	26' 3.25"	Kelsey Gates	2004	31' 5"	Hannah Lienhard	2008	37'7.5"	Tessa Lies	2016
Pole Vault	9' 2"	Megan Boeding	2015	10' 2"	Isabelle Pfeifer	2015	9' 7"	Isabelle Pfeifer	2016
75 M Hurdles	13.93	Anna Pham	2000	12.29	Natalie Pfeifer	2013	12.66	Natalie Pfeifer	2014
75 M Dash	10.62	Kate Madsen	2007						
100 M Hurdles	21.09	Kacey White	2016	17.96	Megan Boeding	2016	16.78	Natalie Pfeifer	2014
100 M Dash	13.36	Julia Elson	2012	13.33	Angie Vailas	2008	12.85	Angie Vailas	2009
200 M Hurdles	39.23	Natalie Pfeifer	2012	33.16	Megan Boeding	2016	31.00	Olivia Patrow	2015
200 M Dash	29.45	Bailey Holm	2008	29.16	Elizabeth Gaulding	2001	28.08	Christina Scherer	2009
400 M Run	1:10.36	Kylie Thomas	2000	1:07.31	Tara Torgler	2006	1:06.33	Katie Zwick	2006
4x100 M Relay	58.34	Kate Madsen Nikki Jasso Christina Scherer Angie Vailas	2007	55.11	Kate Madsen Nikki Jasso Christina Scherer Angie Vailas	2008	53.38	Kate Madsen Nikki Jasso Christina Scherer Angie Vailas	2009
400 M Sprint Relay	1:01.04	M. Johnson C. Hagan L. Kirsch K. Peck	1998						
800 M Run	2:46.22	Bridget Thor	2011	2:34'.87	Mason Bina	2016	2:34.08	Mason Bina	2017
4x200 M Relay	2:10.01	Karen Akao Ellen Bergkamp Andrea Walter Jackie Piszczek	2004	2:05.1	Kellie Graham Ellen Bergkamp Jackie Piszczek Caroline Linnabary	2005	1:56.38	Kate Madsen Nikki Jasso Christina Scherer Angie Vailas	2009
1600 M Run	6:01:18	Mason Bina	2015	5:47.32	Mason Bina	2016	5:50.28	Monica Davied	2011
800 M Medley Relay	2:12.19	Laura Bergkamp Maggie Kelly Samantha White Emily Zwick	2009	2:08.11	Kate Madsen Christina Scherer Angie Vailas Nikki Jasso	2008	2:04.19	Kate Madsen Nikki Jasso Christina Scherer Angie Vailas	2009
3200 M Run							13:03.93	Mason Bina	2017
400 M Mixed Relay	58.63	Angie Vailas Nick Heiland Nikki Jasso Damien Akao	2007	56.07	Noelle Relph Jonah Lies Molly McNeil Drew Kempf	2011	52.12	Angie Vailas Alexi Vailas Nikki Jasso Damien Akao	2009

RCS Boys	6th	Name	Year	7th	Name	Year	8th	Name	Year
High Jump	4' 10"	Cole Peck	2001	5' 2"	Nick Walter	2001	5' 6"	Andrew Scherer	2007
Long Jump	13' 8.5"	Benjamin Lee	2012	16' 10.5"	Crayton Bina	2014	18' 11.75"	Shane Torgler	2004
Triple Jump	24'11.75"	Justin Brokaw	2016	25'9"	Mason Aunins	2017			
Discus	85' 2"	Patrick Gillen	2012	99' 2"	Tony Kientz	2004	145' 11"	Cole Peck	2002
Shot Put	30' 2.75"	Patrick Gillen	2012	35' 7.5"	Johnathan Truman	2005	42' 3"	Cole Peck	2002
Pole Vault	7' 9"	Justin Brokaw	2016	10' 2"	Ethan Osorio-Cortes	2015	8' 6"	Jonah Lies	2012
75 M Hurdles	13.14	Joe Smith	2005	12.51	Crayton Bina	2014	12.10	Drew Kempf	2012
75 M Dash	9.53	Cole Peck	2001						
110 M Low Hurdles				17.58	Crayton Bina	2014	16.72	Ryan Mesh	2005
110 M High Hurdles							19.85	Crayton Bina	2015
100 M Dash	13.09	Cole Peck	2001	12.14	Blaine Elson	2014	11.52	Shane Torgler	2004
200 M Hurdles	39.65	Thomas Kempf	2012				29.43	Crayton Bina	2015
200 M Dash	28.40	Damien Akao	2007	26.71	Damien Akao/David Akao	2008/2012	23.99	Shane Torgler	2004
400 M Run	1:06.37	Ryan Zwick	2005	59.93	Daniel Kelly	2009	53.02	Shane Torgler	2004
4x100 M Relay	57.65	Patrick Burrus Ethan Harp Daniel Kelly Nathan Thom	2008	53.89	Nathan Strecker J. Hagan Scott Hastings Shane Torgler	2003	49.39	Matt Lett T. Schurwanz Cole Peck Nick Walter	2002
400 M Sprint Relay	1:02.18	Tyler Strecker David Freeman Brian Petr Andrew Scherer	2005						
800 M Run	2:36.13	Patrick Burrus	2008	2:15.63	Erik Enriquez	2016	2:12.58	Erik Enriquez	2017
4x200 M Relay	2:08.97	Joe Smith Brian Petr Michael Mesh Ryan Zwick	2005	1:56.83	Nick Heiland Sam Le John Dolechek Damien Akao	2008	1:47.22	Alexi Vailas John Dolechek Sam Le Damien Akao	2009
1600 M Run	5:53	Kevin Black	2014	4:52.26	Erik Enriquez	2016	4:57.91	Erik Enriquez	2017
800 M Medley Relay	2:06.71	Andrew Scherer Brian Petr Michael Mesh Ryan Zwick	2005	01:58.9	T. Melcher, M. Davied, E. Wright, E. Enriquez	2016	01:54.1	Tommy Melcher, Mark Davied, Eric Wright, Erik Enriquez	2017
3200 M Run							10:41.60	Erik Enriquez	2017
400 M Mixed Relay	58.63	Angie Vailas Nick Heiland Nikki Jasso Damien Akao	2007	56.07	Noelle Relph Jonah Lies Molly McNeil Drew Kempf	2011	52.12	Angie Vailas Alexi Vailas Nikki Jasso Damien Akao	2009