

**2010 Region 6 Track & Field Championships - 5/14/2010 to 5/15/2010**  
**Hosted by Lathrop High School**  
**Lathrop HS Track**

**AK Best 2010 - Records**

101	Girls High Jump 1A-2A-3A	4-10.00	Sarah Cresap, Grace Christian - Bailey Stevenson, Su Val
102	Girls High Jump 4A	5-01.00	Hannah Matson - West Valley
103	Boys High Jump 1A-2A-3A	5-10.00	Augustus Simmers - Anchorage Christian
104	Boys High Jump 4A	6-03.00	Brey Hassebroek, West Valley - Tyler Spalding, Kenai
105	Girls Triple Jump 1A-2A-3A	32-09.25	Jenelle Bennett - Anchorage Christian
106	Girls Triple Jump 4A	36-09.00	Alisha Allen - Lathrop
107	Boys Triple Jump 1A-2A-3A	40-07.75	Ryan Scott - Anchorage Christian
108	Boys Triple Jump 4A	42-11.50	Tyler Spalding - Kenai Central
109	Girls Long Jump 1A-2A-3A	17-07.00	Kathryn Medinger - Sitka
110	Girls Long Jump 4A	16-02.50	Jessica Todd - Dimond
111	Boys Long Jump 1A-2A-3A	19-01.25	Kevin Rima - Monroe
112	Boys Long Jump 4A	21-07.75	Cyrus Chenault - Bartlett
113	Girls Discus Throw 1A-2A-3A	111-06	Fran Daly - Haines
114	Girls Discus Throw 4A	117-11	Tekoa Dumpson - East Anchorage
115	Boys Discus Throw 1A-2A-3A	134-07	Kevin Rima - Monroe
116	Boys Discus Throw 4A	167-10	John Knowles - Wasilla
117	Girls Shot Put 1A-2A-3A	32-11.75	Fran Daly - Haines
118	Girls Shot Put 4A	35-10.75	Shellina Irwin - Colony
119	Boys Shot Put 1A-2A-3A	43-09.25	Kevin Rima - Monroe
120	Boys Shot Put 4A	50-11.50	John Knowles - Wasilla
121	Girls 3200 Meter Run 1A-2A-3A	11:23.24	Kailey Wilson - Kenny Lake
122	Girls 3200 Meter Run 4A	11:14.40	Jenna Ford - Wasilla
123	Boys 3200 Meter Run 1A-2A-3A	9:16.40	Jacob Kirk - Grace Christian
124	Boys 3200 Meter Run 4A	9:17.44	Silas Talbot - Service
125	Girls 4x800 Meter Relay 1A-2A-3A	10:25.40	Grace Christian
126	Girls 4x800 Meter Relay 4A	9:48.16	South Anchorage
127	Boys 4x800 Meter Relay 1A-2A-3A	8:22.30	Grace Christian
128	Boys 4x800 Meter Relay 4A	7:58.08	Service
129	Girls 100 Meter Hurdles 1A-2A-3A	17.64	Karley Madren - Anchorage Christian
130	Girls 100 Meter Hurdles 4A	15.36	Emily Sharp - Juneau-Douglas
131	Boys 110 Meter Hurdles 1A-2A-3A	16.60	Jesse Piper - Haines
132	Boys 110 Meter Hurdles 4A	15.77	Elliott Bauer - South Anchorage
133	Girls 100 Meter Dash 1A-2A-3A	13.41	Sadie Anderson - Cook Inlet Academy
134	Girls 100 Meter Dash 4A	12.54	Alisha Allen - Lathrop
135	Boys 100 Meter Dash 1A-2A-3A	11.88	Nick Nysewander-Kellard - Su Valley
136	Boys 100 Meter Dash 4A	11.14	Cyrus Chenault - Bartlett
137	Girls 4x200 Meter Relay 1A-2A-3A	1:55.60	Anchorage Christian
138	Girls 4x200 Meter Relay 4A	1:47.07	Dimond
139	Boys 4x200 Meter Relay 1A-2A-3A	1:39.27	Su Valley
140	Boys 4x200 Meter Relay 4A	1:32.70	Bartlett
141	Girls 1600 Meter Run 1A-2A-3A	5:20.85	Kailey Wilson - Kenny Lake
142	Girls 1600 Meter Run 4A	5:14.00	Ivy O'Guinn - Skyview
143	Boys 1600 Meter Run 1A-2A-3A	4:26.30	Jacob Kirk - Grace Christian
144	Boys 1600 Meter Run 4A	4:22.80	Silas Talbot - Service
145	Girls 4x100 Meter Relay 1A-2A-3A	54.54	Anchorage Christian
146	Girls 4x100 Meter Relay 4A	50.91	Bartlett
147	Boys 4x100 Meter Relay 1A-2A-3A	48.25	Anchorage Christian
148	Boys 4x100 Meter Relay 4A	44.91	Bartlett
149	Girls 400 Meter Dash 1A-2A-3A	1:03.67	Gabriella Serventi - Grace Christian
150	Girls 400 Meter Dash 4A	56.84	Lierin Flanagan - Kenai Central
151	Boys 400 Meter Dash 1A-2A-3A	53.82	Jacob Kirk - Grace Christian
152	Boys 400 Meter Dash 4A	50.63	J. J. Jack-Nixon - Dimond
153	Girls 300 Meter Hurdles 1A-2A-3A	54.03	Sarah Cresap - Grace Christian
154	Girls 300 Meter Hurdles 4A	46.84	Emily Sharp - Juneau-Douglas
155	Boys 300 Meter Hurdles 1A-2A-3A	44.34	Daniel Brandon - Anchorage Christian
156	Boys 300 Meter Hurdles 4A	41.26	Karsten Schick - Kodiak

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157	Girls 800 Meter Run 1A-2A-3A	2:25.75	Lizzy Bennett - Monroe
158	Girls 800 Meter Run 4A	2:17.43	Morgan Dampier - Wasilla
159	Boys 800 Meter Run 1A-2A-3A	2:01.28	Jacob Kirk - Grace Christian
160	Boys 800 Meter Run 4A	1:56.61	Silas Talbot - Service
161	Girls 200 Meter Dash 1A-2A-3A	28.04	Gabriella Serventi - Grace Christian
162	Girls 200 Meter Dash 4A	26.00	Lierin Flanagan - Kenai Central
163	Boys 200 Meter Dash 1A-2A-3A	23.74	Brian Sears - Grace Christian
164	Boys 200 Meter Dash 4A	22.93	J. J. Jack-Nixon - Dimond
165	Girls 4x400 Meter Relay 1A-2A-3A	4:23.30	Grace Christian
166	Girls 4x400 Meter Relay 4A	4:05.92	Kenai Central
167	Boys 4x400 Meter Relay 1A-2A-3A	3:40.90	Grace Christian
168	Boys 4x400 Meter Relay 4A	3:29.98	Service