

Boys 400-meter relay			
School	Members	Year	Time
Mead	Austin Stone, Evan Maack, Gunnar Kayser, Wes Bailey	2012	41.82
Ferris	Tyrone Asterino, Mario Duke, Ty Williams, Jonathan Parker	1998	42.09
North Central	Tim Hight, David Butler, Alex Cassis, Nick Roark	2007	42.20
University	Mike Turner, Anthony Buchanan, Tim Buchanan, Jason Berger	1995	42.24
Shadle Park	Anthony Walters, Demetrius Scott, Nick Kimmet, Greg Forni	1999	42.42
Lewis and Clark	Milton Nelson, Robin Johnson, Ethen Robinson, Andre Jennings	2004	42.55
Cheney	Rablin, Reynolds, Gant, Hogeboom		42.84
East Valley	Mike Orrino, Ben Bergman, Neil Sine, Brian Canton	1991	43.04
Rogers	Not available	NA	43.04
Central Valley	Chase Rasmussen, Dan Hayward, Jeff Hayward, Bryce Daines	2001	43.04
West Valley	Todd Gaston, Dave Farnham, Randy Bacon, Mark Bergman	1979	43.04
Mt. Spokane	Taylor Klundt, Chris Petersen, Jon Murray, Chase Naccarato	2010	43.12
Gonzaga Prep	Matt Robic, David Manlowe, Bob Gregory, Rob Simpson	1982	43.24
Clarkston	Graber, Hamel, Knight, Johnson	1993	43.84
	State champions-880 yards		
Spokane district		1924	1:34.74
Gonzaga Prep		1930	1:35.84
Spokane district		1931	1:32.64
Gonzaga Prep		1942	1:33.24
Lewis and Clark		1944	NA
Rogers		1945	1:32.74
Rogers		1946	1:31.94
North Central		1950	1:32.24
North Central		1951	1:31.74
Gonzaga Prep		1973	1:29.54
	State champions-440 yards		
Mead		1977	42.64
	State champion-400 meters		
Mead		1996	42.77
University		1997	42.64
Shadle Park		1999	42.42

Girls 400-meter relay			
School	Members	Year	Time
Lewis and Clark University	Maya LeBar, Anna Rogers, Isabella Millsap, Emily Greene	2017	47.75
Central Valley	Heather Silvey, Adriene Wilson, Lora Auch, Katharine Hough	1995	48.44
Rogers	Madison Hovren, Katie Hawkins, Hannah Reiman, Kelsey Turnbow	2015	48.48
Mead	Keryn Shines, Kellie Gamby, Tina Braman, Tricia Matlock	1986	48.48
Mt. Spokane	Kierstein Green, Tymen Grant, Alexa Banaugh, Jazmine Redmon	2009	48.49
Shadle Park	Katie Nilsson, Arizona Davis, Cheyanne Konrad, Ashlee Pedersen	2013	48.62
North Central	Amy Before, Brynn DeLong, Lexi Bishop, Jordan Carlson	2007	49.04
Ferris	Kara Eglund, Katelyn Fiorillo, Maneshaia Bruton, Anna Walters	2006	49.05
Cheney	McKenna Cuther, Maegan McCurdy, Sydney Clements, Kylee Flower	2015	49.07
East Valley	Jones, Skillingstad, Assonken, Bakana	2015	49.24
Clarkston	Lori Bourgeois, Angela Schearer, Katie Arnold, Ashley LaFayette	2007	49.63
West Valley	Blankinship, Tucker, Hurbert, Gurgel	1998	49.64
Gonzaga Prep	Jenny Lebsack, Shawn Lydon, Cindy Simpson, Ruth Gerber	1995	49.72
	Jessica Bennett, Kayla Leland, Hannah Smith, Maddie Weiler	2011	50.42
	State champions		
University	Heather Silvey, Adriene Wilson, Lora Auch, Katharine Hough	1995	48.48
Mead	Autumn Wood, Abby Hornstein, Emily Williams, Jen Dunford	1996	48.72
Lewis and Clark	Olivia Ellis, Grace Ellis, Isabella Millsap, Maya LeBar	2015	48.53
Girls 800-meter relay			
School	Members	Year	Time
Lewis and Clark	Maya LeBar, Anna Rogers, Isabella Millsap, Olivia Ellis	2015	1:39.97
Central Valley	Brielle Crump, Katie Hawkins, Kelsey Turnbow, Anna Fomin	2015	1:41.95
Mt. Spokane	Katie Nilsson, Ciara Bland, Cheyanne Konrad, Ashlee Pedersen	2014	1:42.25
Roger	Keryn Shines, Kellie Gamby, Tina Braman, Tricia Matlock	1986	1:42.28
Mead	Andrea Silver, Taylor Cook, Jazmine Redmon, Amanda Dahlstrom	2007	1:42.85
University	Katharine Hough, Heather Silvey, Lora Auch, Adriene Wilson	1995	1:42.95
Shadle Park	Brynn DeLong, Morgan Guske, Brianne Brown, Jordan Carlson	2006	1:43.40
Cheney	St. John, Fletcher, Brash, Armstead	1982	1:44.04
North Central	Nicole Bostic, Jennifer Kennedy, Dani Reid, Nicole Brown	2000	1:44.08
Ferris	Kalayah Wozny, Liza Davis, Megan Floyd, Lexi Caniglia	2017	1:44.76
West Valley	Lisa Taplett, Julie Rowse, Amy Larson, Debbie Haag	1983	1:45.24
East Valley	Arnold, Eleaya Schuerch, Williamson, Bendio	2005	1:45.8
Clarkston	Blankinship, Tucker, Hurbert, Gurgel	1998	1:45.55
Gonzaga Prep	Theresa Hailey, Danielle Byrne, Mariah Knopp, Corrina O'Brien	2006	1:46.11
	State champions		
Cheney	Armstead, Brash, Fletcher, St. John	1982	1:44.04

Lewis and Clark	McLain, Kodis, Peterson, Lester	1984	1:45.94
Mead	Jen Dunford, Emily Williams, Abby Hornstein, Autumn Wood	1996	1:44.21
Mt. Spokane	Katie Nilson, Ciara Bland, Cheyanne Conrad, Ashlee Pederson	2014	1:42.25
Lewis and Clark	Maya LeBar, Anna Rogers, Isabella Millsap, Olivia Ellis	2015	1:40.95
Lewis and Clark	Oliviya Jones, Ysabella Panzeri, Anna Rogers, Maya LeBar	2018	1:40.34

Boys 1,600-meter relay			
School	Members	Year	Time
Shadle Park	Alex Moon, Nick Kimmet, Cody Storms, Demetrius Scott	2000	3:17.69
Mead	Brett Barrett, Jared Senn, Ken Hungerford, Pat Prince	1986	3:18.14
Gonzaga Prep	Bradd Cossette, Tim Giesa, Dale Mann, Mike Ingrham	1973	3:18.64
Lewis and Clark	Shannon Moore, Larry Quantance, Wayne Rall, Phil Brown	1965	3:19.24
Rogers	Not available	NA	3:19.44
Central Valley	James Theodorson, Danny Groby, Michael Williams, Brad Whitley	2008	3:20.45
Mt Spokane	Craig Runge, Ryan Gockley, Kainoa Figueira, Spencer Barrera	2019	3:20.98
Cheney	McKee, Gardea, Johnson, Gural		3:21.14
East Valley	Tim Armstrong, Sam Hale, McKay Clarkson, Case Parker	2007	3:21.32
University	Jason Berger, Paul Salcido, Jake Roberts, Tim Buchanan	1997	3:21.44
Ferris	Larry Goncalves, Carlos Galland, Brian Talbott, Harvey Cobbs	1987	3:21.54
North Central	Jake Hoffman, Keith Williams, David Blue, Quinn Zerba	2013	3:22.47
West Valley	Tim McMahan, Ron Allen, Sandy Riggs, Jeff Carr	1977	3:22.84
Clarkston	Craber, Spooner, Hamel, Baerlocher	1993	3:24.84
	State champions-mile relay		
Gonzaga Prep		1973	3:19.74
Lewis and Clark		1961	3:27.14
	State champions-1,600 relay		
Cheney	McKee, Gardea, Johnson, Gural	1992	3:21.06
Lewis and Clark	Dave Roe, Jake Whipple, Ryan Karrer, Brad Bauer	1993	3:19.90
Cheney	White, Dotson, Johnson, Gardea	1993	3:23.13
Shadle Park		1999	3:20.80
East Valley	Sam Hale, Keith Holt, Matt Tonani, Anthony Laborin	2005	3:23.53
Central Valley	James Theodorson, Danny Groby, Michael Williams, Brad Whitley	2008	3:20.45
Mt. Spokane	Chase Naccarato, Jack Cerenzia, Chris Nickeson, Jason Nokes	2009	3:21.76
Cheney	Isaac Dunn, Carson Brown, Kevin Houndonougbo, Charles Johnson	2017	3:25.08
Mt Spokane	Craig Runge, Ryan Gockley, Kainoa Figueira, Spencer Barrera	2019	3:20.98

Girls 1,600-meter relay			
School	Members	Year	Time
Shadle Park	Amy Before, Morgan Guske, Brianne Brown, Jordan Carlson	2007	3:51.70
Mead	Alexa Banaugh, Taylor Cook, Jazmine Redmon, Nikki Codd	2007	3:51.93
Central Valley	Stephanie Crace, Wendy Wager, Corinne Gannon, Leslie Meredith	1998	3:52.21
Lewis and Clark	Shannon Anderson, Rebekah Paulk, Keri Nichols, Teresa Brooks	1996	3:55.99
North Central	Megan Dean, Megan Murphy, Sierra Everman, Deja Svastisalee	2014	3:57.24
Mt. Spokane	Cheyenne Konrad, Hannah Pomante, Ileisa Oleson, Ashlee Pedersen	2013	3:57.55
University	Rachel Jaten, Tina Kolasch, Mary Brock, Emily Johnson	1992	3:57.84
Rogers	L.Anderson, Emily Dahl, K.Crawford, Becca Noble	2004	3:58.10
Gonzaga Prep	Corrina O'Brien, Chelsy Skaw, Seanna Mullen, Alex Butler	2004	3:58.46
Ferris	Missy Blackshire, Lyons, Mariah McConnaughey, Kristen Parrish	1995	4:00.64
Cheney	Maurer, Palmer, Miller, Simmons	2008	4:01.93
East Valley	Gretchen Moore, Crystal Gerky, Andrea Meckel, Melissa Frostad	2000	4:02.24
West Valley	Jeanna Donner, Jill Atkins, Tami Edmiston, Kristy Larson	1987	4:03.85
Clarkston	Leighton, Ball, Johnson, McMurray	1983	4:10.74
	State champions		
Mead	Megan Troy, Annaka Gustafson, Autumn Wood, Michelle Justus	1994	3:57.55
Lewis and Clark	Shannon Anderson, Rebekah Paulk, Keri Nichols, Teresa Brooks	1996	3:56.20
Central Valley	Stephanie Crace, Wendy Wager, Corinne Gannon, Leslie Meredith	1998	3:52.79
Rogers	Anderson, Dahl, Crawford, Noble	2004	3:58.89
Mead	Alexa Banaugh, Taylor Cook, Jazmine Redmon, Nikki Codd	2007	3:52.39
Shadle Park	Amy Before, Sasha Mitchelle, Brianne Brown, Jordan Carlson	2008	3:55.70
Cheney	Maurer, Palmer, Miller, Simmons * 2A	2008	4:01.93
Mead	Alexa Banaugh, Krissy Hund, Jazmine Redmon, Baylee Mires	2009	3:54.47
Mead	Tymen Grant, Peyton Barcellos, Jazmine Redmon, Baylee Mires	2010	3:55.94