

State Track Meet Four Event Qualifiers - 1988-2008

Name	Grade	Year	Events
*Jenny Helms	12	1989	100m Hurdles, 300m Hurdles, 400m Relay, 1600m Relay
Karen Washington	12	1989	200m, 400m, 400m Relay, 1600m Relay
Erin John	11	1992	100m Hurdles, 300m Hurdles, 400m Relay, 1600m Relay
	12	1993	100m Hurdles, 300m Hurdles, 400m Relay, 1600m Relay
Sandra Lawton	10	1993	100m, 200m, 400m Relay, 1600m Relay
Sandy Lewandowski	10	1993	Long Jump, High Jump, 100m, 400m Relay
*Karisa Foight	10	1994	200m, 400m, 400m Relay, 1600m Relay
	11	1995	100m, 400m, 300m Hurdles, 1600m Relay
	12	1996	100m, 400m, 300m Hurdles, 1600m Relay
*Sara Farrand	10	1996	1600m, 3200m, 1600m Relay, 3200m Relay
	11	1997	1600m, 3200m, 1600m Relay, 3200m Relay
*Ann Armes	10	2005	Long Jump, 400m, 400m Relay, 1600m Relay
	11	2006	Long Jump, 400m, 400m Relay, 1600m Relay
	12	2007	Long Jump, 400m, 400m Relay, 1600m Relay
Alex Armes	10	2007	Long Jump, 100m, 200m, 1600m Relay
*Suzanne Higgins	11	2007	400m, 300m Hurdles, 400m Relay, 1600m Relay
	12	2008	400m, 300m Hurdles, 400m Relay, 1600m Relay

*** Medaled in all four events.**