

League Track & Field Championships
 4A & 5A – Wednesday, April 29, 2026
 Jefferson County Stadium

Meet Starts Sharply at 3:00pm
Prelims: Times are approximate

<u>Starting Time</u>	<u>Event</u>	<u>Final/Prelim</u>
2:55	National Anthem	
3:00	4A Girls 4 x 800m Relay	Finals*
3:15	5A Girls 4 x 800m Relay	Finals*
3:25	4A Boys 4 x 800m Relay	Finals*
3:40	5A Boys 4 x 800m Relay	Finals*
3:55	4A Girls 100m Hurdles	Prelim
4:00	5A Girls 100m Hurdles	Prelim
4:15	4A Boys 110m Hurdles	Prelim
4:25	5A Boys 110m Hurdles	Prelim
4:30	4A Girls 100m Dash	Prelim
4:40	5A Girls 100m Dash	Prelim
4:50	4A Boys 100m Dash	Prelim
4:55	5A Boys 100m Dash	Prelim
5:10	4A Girls 400m Dash	Prelim
5:20	5A Girls 400m Dash	Prelim
5:30	4A Boys 400m Dash	Prelim
5:40	5A Boys 400m Dash	Prelim
5:50	4A Girls 300m Hurdles	Prelim
6:00	5A Girls 300m Hurdles	Prelim
6:10	4A Boys 300m Hurdles	Prelim
6:15	5A Boys 300m Hurdles	Prelim
6:25	4A Girls 3200m Run	Final*
6:40	5A Girls 3200m Run	Final*
6:55	4A Boys 3200m Run	Final*
7:10	5A Boys 3200m Run	Final*
7:25	4A Girls 200m Dash	Prelim
7:30	5A Girls 200m Dash	Prelim
7:40	4A Boys 200m Dash	Prelim
7:45	5A Boys 200m Dash	Prelim

Field Events Are All Finals
Times are Approximate

<u>3:05pm</u>		<u>Immediately Following</u>	
4A Girls	High Jump	5A Girls	High Jump
5A Girls	Triple Jump	4A Girls	Triple Jump
4A Boys	Long Jump	5A Boys	Long Jump
4A Boys	Pole Vault	4A Girls	Pole Vault
4A Girls	Discus	5A Girls	Discus
5A Boys	Shot Put	4A Boys	Shot Put

Jefferson County League Track and Field Championships 4A & 5A



Wednesday, April 29, 2026

All Events Are Finals

Running Events- 10am/ Field Events- 9:15am (Times are approximate)

<u>Start Time</u>	<u>Running Events</u>	<u>Field Events</u>
9:55	National Anthem	9:15am
10:00	4A Girls 100m Hurdles	4A Boys High Jump
	5A Girls 100m Hurdles	5A Boys Triple Jump
10:10	4A Boys 110m Hurdles	4A Girls Long Jump
	5A Boys 110m Hurdles	5A Boys Pole Vault
10:20	4A Girls 100m Dash	5A Boys Discus
	5A Girls 100m Dash	4A Girls Shot Put
10:25	4A Boys 100m Dash	
	5A Boys 100m Dash	
10:35	4A Girls 4 x 200m Relay	
	5A Girls 4 x 200m Relay	
10:45	4A Boys 4 x 200m Relay	
	5A Boys 4 x 200m Relay	
11:00	4A Girls 1600m Run	Immediately Following
	5A Girls 1600m Run	5A Boys High Jump
11:20	4A Boys 1600m Run	4A Boys Triple Jump
	5A Boys 1600m Run	5A Girls Long Jump
11:45	4A Girls 4 x 100m Relay	5A Girls Pole Vault
	5A Girls 4 x 100m Relay	4A Boys Discus
11:50	4A Boys 4 x 100m Relay	5A Girls Shot Put
	5A Boys 4 x 100m Relay	
12:00	4A Girls 400m Run	
	5A Girls 400m Run	
12:10	4A Boys 400m Run	
	5A Boys 400m Run	
12:20	4A Girls 300m Hurdles	
	5A Girls 300m Hurdles	
12:30	4A Boys 300m Hurdles	
	5A Boys 300m Hurdles	
12:40	*BREAK	
12:50	4A Girls 800m Run	
	5A Girls 800m Run	
1:10	4A Boys 800m Run	
	5A Boys 800m Run	
1:30	4A Girls 200m Dash	
	5A Girls 200m Dash	
1:35	4A Boys 200m Dash	
	5A Boys 200m Dash	
1:40	*COACHES MEETING	
2:00	4A Girls 4 x 400m Relay	
	5A Girls 4 x 400m Relay	
2:15	4A Boys 4 x 400m Relay	
	5A Boys 4 x 400m Relay	

Jefferson County League Track and Field Championships 4A & 5A



Saturday, May 2, 2026

Girls' 4A League Track & Field Records

Boys' 4A League Track & Field Records

100 m	Conifer	Emily Blok	11.83	2008
100 m Hurdles	Wheat Ridge	Annie Kunz	14.15	2011
200 m	Conifer	Emily Blok	24.43	2008
300 m Hurdles	Valor Christian	Anna Hall	41.80	2018
400 m	Golden	Payton Miller	55:27	2014
800 m	Green Mountain	Kasey Klocek	2:15.95	2017
1600 m	D'Evelyn	Lexi Reed	4:58.95	2016
3200 m	Ralston Valley	Katie Vanatta	10:51.25	2006
800 m Medley	Golden	A. Barr E. Bishop E. Markovich P. Miller	1:48.66	2014
4 x 100 m Relay	Valor Christian	T. Boade B. Lopez M. Maccagnan G. Tesone	49.85	2015
4 x 200 m Relay	Dakota Ridge	L. Bowman R. Henderson K. Stanford G. Park	1:45.24	2025
4 x 400 m Relay	Green Mountain	S. Sargent A. Janus K. Allen K. Klocek	4:00.41	2017
4 x 800 m Relay	Conifer	I. Fleury A. Hobgood G. Cicora K. Horneck	9:32.71	2025
High Jump	Valor Christian	Anna Hall	5' 8''	2018
Pole Vault	Evergreen	Tameryn Coryell	11' 4''	2017
Long Jump	Valor Christian	Anna Hall	19' ¾"	2018
Triple Jump	Wheat Ridge	Annie Kunz	37' 10''	2009
Shot Put	Valor Christian	Haley Showalter	42' 3 ½"	2015
Discus	Valor Christian	Haley Showalter	151' 8''	2015

100 m	Alameda	K.J. West	10.38	1999
110 m Hurdles	Dakota Ridge	Liam Jindra	14.77	2025
200 m	Standley Lake	Tyler Williams	21.69	2018
300 m Hurdles	Valor Christian	Chase McLean	38.96	2016
400 m	Standley Lake	Tyler Williams	47.07	2019
800 m	Conifer	Bobby Potrykus	1:54.45	2007
1600 m run	D'Evelyn	John McGuire	4:14.93	2005
3200 m	Valor Christian	Cole Sprout	9:01.53	2018
4 x 100 m Relay	Valor Christian	B. Dawkins V. Hood D. Rambo B. Watkins	42.77	2015
4 x 200 m Relay	Valor Christian	V. Hood D. Rambo B. Waters B. Watkins	1:28.20	2015
4 x 400 m Relay	Wheat Ridge	B. Wilkes Z. Southern G. Cheeseman E. Cline	3:24.84	2024
4 x 800 m Relay	Evergreen	A. Aafedt W. Donati-Leach W. Michener B. Swenson	8:03.43	2016
High Jump	Golden	Trevor Evanson	6' 8.25''	2011
Pole Vault	Valor Christian	Chase McLean	14' 0''	2017
Long Jump	Standley Lake	Garrett Martin	22' 3''	2018
Triple Jump	Wheat Ridge	Peter Greco	46' 4''	2014
Shot Put	Golden	Montrey Strickland	61' 5.5''	2024
Discus	Golden	Montrey Strickland	161' 3''	2024

Girls' 5A League Track & Field Records

Boys' 5A League Track & Field Records

100 m	Lakewood	Maureen Bookstrom	11.74	1986
100 m Hurdles	Chatfield	Amelia Hubbell	14.43	2022
200 m	Valor Christian	Camille Peisner	24.17	2021
300 m Hurdles	Lakewood	Maureen Bookstrom	42.82	1986
400 m	Valor Christian	Camille Peisner	54.31	2019
800 m	Lakewood	Eliana Angelino	2:14.25	2025
1600 m	Pomona	Emma Stutzman	4:50.29	2023
3200 m	Pomona	Emma Stutzman	10:51.46	2021
4 x 100 m Relay	Chatfield	S. Goodwin A. Hubbell M. Barclay A. Webb	48.82	2024
4 x 200 m Relay	Valor Christian	S. McMullen C. Peisner D. Grimes A. Hall	1:39.43	2019
800 m Medley	Evergreen	Shelly Dailey Becca Doane Julie Seaberg Kim Schlunac	1:47.33	1984
4 x 400 m Relay	Valor Christian	R. Dragovich Q. McMahon C. Peisner A. Hall	3:47.24	2019
4 x 800 m Relay	Valor Christian	R. Dragovich A. Jones K. Jones T. Whitfield	9:22.81	2019
High Jump	Arvada	Jamie Davies	5'9"	1995
Long Jump	Valor Christian	Sadie McMullen	19'0.75"	2019
Triple Jump	Lakewood	Elle Brunsdale	37'8.75"	2011
Shot Put	Alameda	Glenda Lockhart	41'7"	1982
Discus	Bear Creek	Corbett	145'2"	1996
Pole Vault	Lakewood	Lauren Santi	11'2"	2013

100 m	Bear Creek	Dean Armiger	10.40	1986
110 m Hurdles	Green Mountain	Jeremy Kendall	14.03	1992
200 m	Green Mountain	Sergie Thomas	21.48	1982
300 m Hurdles	Lakewood	Michael Bennett	37.62	2021
400 m	Chatfield	Erik Gaytan	48.16	2012
800 m	Bear Creek	Jacob Culig	1:53.29	2022
1600 m	Golden	Cameron Shull	4:16.54	2025
3200 m	Dakota Ridge	Austin Vancil	9:16.76	2019
4 x 100m Relay	Valor Christian	M. House J. Ranson D. Palazzo G. Sawchuk	42.03	2019
4 x 200m Relay	Green Mountain	Eric Clarkson Keith Dryjanski Bob Reilly Sergie Thomas	1:27.50	1982
4 x 400m Relay	Green Mountain	Rob Spykstra Jeff Mages JoeVanDyke Rod Schreiber	3:19.79	1983
4 x 800m Relay	Valor Christian	D. Eike K. Dendorfer E. Swan D. Costelow	7:48:80	2023
High Jump	Arvada	Sande Golgart	7' ¼"	1991
Pole Vault	Bear Creek	Nick Dalton	15' 6"	2012
Long Jump	Lakewood	Bob Rudd	24' 3 ½"	1967
Triple Jump	Wheat Ridge	Brent Vansickle	48' 7 ¼"	1994
Shot Put	Chatfield	Charlie LaFore	65' 4 ¼"	2024
Discus	Wheat Ridge	Lee Kunz	195' 4"	1975

Girls' Jeffco League Track & Field Team Champions

1973	Arvada West		4A	5A
1974	Lakewood	2024	Standley Lake	Ralston Valley
1975	Wheat Ridge	2025	Dakota Ridge	Ralston Valley
1976	Wheat Ridge			
1977	Arvada West			
1978	Arvada West			
1979	Arvada West/ Pomona			
1980	Wheat Ridge			
1981	Wheat Ridge			
1982	Pomona			
1983	Arvada			
1984	Golden			
1985	Arvada			
1986	Pomona			
1987	Arvada/ Evergreen			
1988	Pomona			
1989	Bear Creek			
1990	Bear Creek			
	5A		6A	
1991	Columbine		Arvada West	
1992	Green Mtn		Bear Creek	
1993	Evergreen		Arvada	
1994	Columbine		Bear Creek	
	4A		5A	
1995	Lakewood		Chatfield	
1996	Golden		Bear Creek	
1997	Dakota Ridge		Arvada West	
1998	Dakota Ridge		Golden	
1999	Dakota Ridge		Green Mtn	
2000	Dakota Ridge		Green Mtn	
2001	D'Evelyn		Arvada West	
2002	D'Evelyn		Chatfield	
2003	D'Evelyn		Columbine	
2004	D'Evelyn		Bear Creek	
2005	D'Evelyn		Bear Creek	
2006	Ralston Valley		Dakota Ridge	
2007	Ralston Valley		Dakota Ridge	
2008	Conifer		Wheat Ridge	
2009	Wheat Ridge		Dakota Ridge	
2010	Wheat Ridge		Lakewood	
2011	Evergreen		Lakewood	
2012	Green Mtn		Lakewood	
2013	Evergreen		Lakewood	
2014	D'Evelyn		Lakewood	
2015	Valor Christian		Lakewood	
2016	Valor Christian		Lakewood	
2017	Green Mtn		Lakewood	
2018	Valor Christian		Ralston Valley	
2019	D'Evelyn		Valor Christian	
2021	D'Evelyn		Valor Christian	
2022	Green Mtn		Ralston Valley	
2023	Golden		Ralston Valley	

Boys' Jeffco League Track & Field Team Champions

1960	Lakewood		4A	5A
1961	Lakewood	2010	Evergreen	Pomona
1962	Lakewood	2011	Valor Christian	Pomona
1963	Lakewood	2012	D'Evelyn	Green Mtn
1964	Wheat Ridge	2013	Evergreen	Chatfield
1965	Wheat Ridge	2014	D'Evelyn	Pomona
1966	Wheat Ridge	2015	Valor Christian	Pomona
1967	Wheat Ridge	2016	Valor Christian	Pomona
1968	Wheat Ridge	2017	D'Evelyn	Pomona
1969	Lakewood	2018	Valor Christian	Ralston Valley
1970	Wheat Ridge	2019	Littleton	Ralston Valley
1971	Arvada West	2021	Standley Lake	Valor Christian
1972	Lakewood	2022	Golden	Chatfield
1973	Arvada West	2023	Green Mtn	Ralston Valley
1974	Wheat Ridge	2024	Green Mtn	Ralston Valley
1975	Wheat Ridge	2025	Standley Lake	Ralston Valley
1976	Wheat Ridge			
1977	Wheat Ridge			
1978	Wheat Ridge			
1979	Pomona			
1980	Wheat Ridge			
1981	Green Mtn			
1982	Green Mtn			
1983	Green Mtn			
1984	Arvada West			
1985	Arvada West			
1986	Arvada West			
1987	Green Mtn			
1988	Arvada West			
1989	Green Mtn			
1990	Bear Creek			
	5A		6A	
1991	Green Mtn		Bear Creek	
1992	Green Mtn		Arvada West	
1993	Green Mtn		Arvada West	
1994	Green Mtn		Arvada West	
	4A		5A	
1995	Golden		Bear Creek	
1996	Golden		Bear Creek	
1997	Evergreen		Pomona	
1998	Dakota Ridge		Arvada West	
1999	Dakota Ridge		Bear Creek	
2000	Dakota Ridge		Arvada West	
2001	D'Evelyn		Chatfield	
2002	D'Evelyn		Chatfield	
2003	D'Evelyn		Chatfield	
2004	D'Evelyn		Columbine	
2005	Ralston Valley		Green Mtn	
2006	D'Evelyn		Dakota Ridge	
2007	Ralston Valley		Green Mtn	
2008	Ralston Valley		Pomona	
2009	Wheat Ridge		Pomona	