

Class 3A Girls Best Performance 2025

Compiled by Cheyenne Castillo

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100 meters	Name	School	Time/Distance	Location	Date
1	Mahala Smith	Dickson	12.07	Sulphur	3/10
2	Aniston Marks	OCS	12.24	Cushing	3/27
3	Kaleah Hines	Millwood	12.66	Pauls Valley	3/28
4	Halli Harris	Lindsay	12.72	Maysville	3/11
5	Kamya Stallings	Beegs	12.84	Stroud	3/29
6	Genesis Helsley	Metro	12.84	Oologah	3/27
7	Cali Hilgenfeld	Chandler	12.86	Stroud	3/29
8	Ava Salcedo	Washington	12.96	Pauls Valley	3/28
9	Kamya Stallings	Beggs	13.02	Glenpool	3/14
10	Helen Olszewski	Cassady	13.07	Cushing	3/27

200 meters	Name	School	Time/Distance	Location	Date
1	Ava Salcedo	Washington	26.31	Pauls Valley	3/28
2	Aniston Marks	OCS	26.35	Cushing	3/27
3	Ava Russell	Kingston	26.71	Madill	3/28
4	Kyrie Doddles	Millwood	27.38	Pauls Valley	3/28
5	Kamya Stallings	Beggs	27.39	Stroud	3/29
6	Brynlee Martin	Tishomingo	27.4	Maysville	3/10
7	Hope Brown	Victory	27.43	Oologah	3/27
8	Emersyn Massey	Washington	27.59	Pauls Valley	3/28
9	London Ward	Cascia Hall	27.68	Henryetta	3/28
10	Kyndal Smith	Okmulgee	27.95	Wilburton	3/27

400 meters	Name	School	Time/Distance	Location	Date
1	Dovie Banta	Marietta	1:01.44	Madill	3/28
2	Cali Hilgenfeld	Chandler	1:02.32	Stroud	3/29
3	Channing Hallum	Kiefer	1:02.66	Cushing	3/27
4	Marisol Hernandez	Lindsay	1:03.01	Maysville	3/11
5	London Ward	Cascia Hall	1:03.04	Henryetta	3/28
6	Kelby Beller	Washington	1:03.48	Pauls Valley	3/28
7	Addison Pecha	Chisholm	1:03.63	Cushing	3/27
8	Taylor Dewitt	Silo	1:03.64	Madill	3/28
9	Harley Johnson	Prague	1:03.93	Stroud	3/29
10	Chloe Mifflin	Valliant	1:04.17	Wilburton	3/27

800 meters	Name	School	Time/Distance	Location	Date
1	Hailey Johnson	Prague	2:27.95	Stroud	3/29
2	Rielyn Scheffe	Washington	2:31.24	Pauls Valley	3/28
3	Jacy McGee	Sequoyah Tahlequah	2:32.62	Ft. Gibson	3/28
4	Callie Chapma	Jones	2:34.83	Pauls Valley	3/28
5	Megan Smith	Lexington	2:34.95	Cushing	3/27
6	Presley Smith	Dewey	2:34.95	Bartlesville	3/28

7	Edynn Campbell	Chisholm	2:36.06	Stroud	3/29
8	Liliana Fernandez	Marietta	2:37.31	Madill	3/28
9	Ella Stoermer	Cascia Hall	2:38.30	Henryetta	3/28
10	Caroline Olszewski	Casady	2:37.97	Cushing	3/27

1600 meters	Name	School	Time/Distance	Location	Date
1	Lucy Donohue	Cascia Hall	5:36.28	Bartlesville	3/28
2	Hailey Johnson	Prague	5:42.51	Stroud	3/29
3	Ella Stoermer	Cascia Hall	5:45.97	Edmond North	3/13
4	Jacey McGee	Sequoyah Talequah	5:48.43	Ft. Gibson	3/28
5	Izzy Thompson	Jones	5:54.14	Pauls Valley	3/28
6	Callie Hutchinson	Kiefer	5:54.77	Cushing	3/27
7	Hope Fahler	Casady	5:55.44	Bishop McGuinness	3/13
8	Reese Mankin	Cascia Hall	5:55.86	Edmond North	3/13
9	Eva de Verges	Cascia Hall	5:56.24	Edmond North	3/13
10	Daisy Avery	Kingston	5:58.96	Madill	3/28

3200 meters	Name	School	Time/Distance	Location	Date
1	Izzy Thompson	Jones	12:32.83	Pauls Valley	3/28
2	Daisy Avery	Kingston	12:44.75	Madill	3/28
3	Edynn Cambell	Chisholm	12:48.76	Cushing	3/27
4	Hanna Rolette	Prague	12:54.07	Stroud	3/29
5	Ella Stoermer	Cascia Hall	12:54.83	Edmond North	3/13
6	Callie Hutchinson	Kiefer	12:56.98	Cushing	3/27
7	Eva Scheer	Casady	13:15.55	Bishop McGuinness	3/14
8	Shiloh Phillips	Washington	13:21.36	Pauls Valley	3/28
9	Molly Carver	Roland	13:24.64	Henryetta	3/28
10	Aubrey Grimes	Washington	13:28.64	Pauls Valley	3/28

100m Hurdles	Name	School	Time/Distance	Location	Date
1	Khloey Aragon	Metro Christian	16.31	Oologah	3/27
2	Kate Ratzlaff	Kingston	17.04	Madill	3/28
3	Montana Carter	Davis	17.21	Stratford	3/28
4	Tali Schuler	Tishomingo	17.26	Maysville	3/11
5	Eden Mckinney	Dewey	17.44	Bartlesville	3/28
6	Kyanna Cook	Metro Christian	17.65	Oologah	3/27
7	Elli Hilgenfeld	Chandler	17.68	Stroud	3/29
8	Gracie Springfield	Heavener	17.74	Wilburton	3/27
9	Reese Harjo	OCS	18.28	Choctaw	3/13
10	Jordan Barry	Kiefer	18.57	Cushing	3/27

300m Hurdles	Name	School	Time/Distance	Location	Date
1	Rielyn Scheffe	Washington	46.66	Pauls Valley	3/28
2	Kate Ratzlaff	Kingston	47.59	Madill	3/28
3	Sarah Litle	OCS	48.58	Cushing	3/27
4	Kate Hollingsworth	Community Christian	50.2	Pauls Valley	3/28

5	Kyanna Cook	Metro Christian	50.36	Oologah	3/27
6	Khloey Aragon	Metro Christian	50.52	Oologah	3/27
7	Jordan Barry	Kiefer	50.98	Cushing	3/27
8	Kensley Barnes	Davis	51.04	Stratford	3/28
9	Tali Schuler	Tishomingo	51.26	Madill	3/28
10	Erica Cabaniss	Tishomingo	51.36	Madill	3/28

4x100m Relay	Name	School	Time/Distance	Location	Date
1	OCS	OCS	50.58	Choctaw	3/13
2	Chisholm	Chisholm	50.92	Cushing	3/27
3	Millwood	Millwood	51.07	Pauls Valley	3/28
4	Chandler	Chandler	51.21	Stroud	3/29
5	Victory	Victory	51.42	Oologah	3/27
6	Marlow	Marlow	51.87	Elgin	3/28
7	Kingston	Kingston	52.09	Madill	3/28
8	Dickson	Dickson	52.12	Sulphur	3/10
9	Casady	Casady	52.79	Cushing	3/27
10	Washington	Washington	52.88	Pauls Valley	3/28

4x200m Relay	Name	School	Time/Distance	Location	Date
1	OCS	OCS	1:45.54	Choctaw	3/13
2	Washington	Washington	1:47.68	Pauls Valley	3/28
3	Millwood	Millwood	1:48.81	Pauls Valley	3/28
4	Victory	Victory	1:49.63	Oologah	3/27
5	Chisholm	Chisholm	1:50.25	Cushing	3/27
6	Kingston	Kingston	1:50.37	Madill	3/28
7	Dickinson	Dickinson	1:51.51	Pauls Valley	3/28
8	Silo	Silo	1:52.11	Madill	3/28
9	Okmulgee	Okmulgee	1:52.56	Okmulgee	3/28
10	Westville	Westville	1:53.05	Wilburton	3/27

4x400m Relay	Name	School	Time/Distance	Location	Date
1	Kingston	Kingston	4:14.62	Madill	3/28
2	Washington	Washington	4:15.99	Pauls Valley	3/28
3	Sequaoyah Tahlequah	Sequoyah Tahlequah	4:16.62	Ft. Gibson	3/28
4	Chandler	Chandler	4:18.78	Glenpool	3/14
5	Alva	Alva	4:21.49	Cushing	3/27
6	Marietta	Marietta	4:22.55	Madill	3/28
7	Cascia Hall	Cascia Hall	4:23.73	Edmond North	3/13
8	Chisholm	Chisholm	4:24.04	Cushing	3/27
9	OCS	OCS	4:24.61	Cushing	3/27
10	Kiefer	Kiefer	4:25.29	Cushing	3/27

4x800m Relay	Name	School	Time/Distance	Location	Date
1	Prague	Prague	10:17.13	Stroud	3/29

2	Chisholm	Chisholm	10:27.26	Cushing	3/27
3	Sequoyah Tahlequah	Sequoyah Tahlequah	10:29.54	Ft. Gibson	3/28
4	Casady	Casady	10:30.04	Bishop McGuinness	3/13
5	Washington	Washington	10:31.77	Pauls Valley	3/28
6	Jones	Jones	10:49.30	Pauls Valley	3/28
7	Cascia Hall	Cascia Hall	10:51.50	Bartlesville	3/28
8	Kingston	Kingston	10:51.75	Madill	3/28
9	Lindsay	Lindsay	10:53.45	Stratford	3/28
10	Bethel	Bethel	10:55.65	Stratford	3/28

High Jump	Name	School	Time/Distance	Location	Date
1	Saxon Pounds	Cascia Hall	5-2	Edmond North	3/13
1	Hannah Hendrix	Kiefer	5-2	Cushing	3/27
1	Jones	Dewey	5-2	Dewey	3/25
2	Hope Fahler	Casady	5-1	Cushing	3/27
3	Laura Young	Dickson	5-0	Sulphur; Pauls Valley	3/10;3/28
4	Natali Aguila	Holland Hall	4-10	Owasso	3/7
4	Tali Schuler	Tishomingo	4-10	Maysville	3/11
4	Abby Kee	Little Axe	4-10	Marietta; Pauls Valley	3/14;3/28
4	Brylee Waldman	Chandler	4-10	Glenpool	3/14
4	Blaklei Smith	Chandler	4-10	Glenpool; Stroud	3/14; 3/29
4	Myah Graves	Alva	4-10	Cushing	3/27
4	Jenna McKinley	Marlow	4-10	Elgin	3/28
4	Blakley Highsmith	Lindsay	4-10	Stratford	3/28

Long Jump	Name	School	Time/Distance	Location	Date
1	Trinity Downing	CCS	16-6	Velma-Alma	3/13
2	Reese Harjo	OCS	15-11	Choctaw	3/13
2	Halli Harris	Lindsay	15-11	Stratford	3/28
3	Ella Mahn	Holland Hall	15-9	Holland Hall	3/1
3	Dovie Banta	Marietta	15-9	Madill	3/28
4	Myka Louthan	Alva	15-8	Cushing	3/27
5	Dovie Manta	Marietta	15-7.5	Marietta	3/14
5	Kinley Dodson	Chisholm	15-7.5	Cushing	3/27
6	Sydney Walker	Victory Christian	15-6	Oologah	3/27
7	Brooklyn Carter	Keys	15-5	Fort Gibson	3/28

Shot Put	Name	School	Time/Distance	Location	Date
1	Julie Hohner	Washington	39-4	Pauls Valley	3/28
2	Katrina Johnson	Jones	37-2	Pauls Valley	3/28
3	Londyn Bond	Dewey	36-7	Bartlesville	3/28
4	Bretlie Hyde	Marlow	36-4	Velma-Alma	3/13
5	Chloe Mallory	Washington	35-7	Pauls Valley	3/28
6	Kyla Overton	Dewey	35-3	Bartlesville	3/28
7	Eden Eaves	Atoka	34-6.75	Marietta	3/14
8	Alondra Lopez	Lindsay	33-7	Maysville	3/11

9	Trinity Duncan	Westville	33-5.25	Wilburton	3/27
10	Libbee Pendegraft	Kiefer	33-3	Cushing	3/27

Discus	Name	School	Time/Distance	Location	Date
1	Mischa Ortega	Dickson	121-8	Marietta	3/14
2	Rachel Kirk	Adair	107-10	Oolagah	3/27
3	Kyla Overton	Dewey	106-7	Bartlesville	3/28
4	Bretlie Hyde	Marlow	105-7	Velma-Alma	3/13
5	Stephanie Joubert	Chisholm	99-7	Stroud	3/29
6	Trinity Duncan	Westville	99-6	Wilburton	3/27
7	Lacey Nichols	Dewey	97-9	Bartlesville	3/28
8	Jadyn Cronley	Lone Grove	98-6	Marietta	3/14
9	Sarah McGuire	Lone Grove	97-11	Marietta	3/14
10	Kaleigh Buckminster	Chisholm	96-0	Stroud	3/29

Pole Vault	Name	School	Time/Distance	Location	Date
1	Trinity Downing	CCS	10-0	Velma-Alma	3/13
1	Alyssa Langford	Kingston	10-0	Madill	3/28
2	Essie Boschee	Perry	9-0	Fairview	3/25
2	Myka Louthan	Alva	9-0	Cushing	3/27
3	Jordan Hill	Atoka	8-6	Marietta	3/14
3	Khloe Harris	Silo	8-6	Marietta	3/14
3	Keyli Bowling	Alva	8-6	Fairview	3/27
3	Abigail Hinrichs	Chisholm	8-6	Fairview; Stroud	3/27; 3/29
3	Saylor Woulfe	Dickson	8-6	Pauls Valley	3/28
4	Lauren Young	Dickson	8-0	Sulphur	3/10
4	Kambri Rhodes	Alva	8-0	Fairview	3/27