

1975-2013 MSHSAA Girls State Track Meet Top 20 List

440 Yards/400 Meters

1	Alishea Usery	McCluer S.-Berkeley	3	2007	53.55
2	Montenea Roye	Ladue	4	2011	53.84
3	Alishea Usery	McCluer S.-Berkeley	3	2005	54.22
4	Whitney Adams	Francis Howell	4	2013	54.37p
5	Asia Thomas	Cape Central	4	2010	54.49
6	Montenea Roye	Ladue	4	2010	54.52
7	Alishea Usery	McCluer S.-Berkeley	3	2008	54.53
8	Kendra White	McCluer North	4	2011	54.55
9	Whitney Adams	Francis Howell	4	2012	54.70
10	Charmaine Forest	Park Hill	4A	1987	54.85
11	Olivia Lewis	Gateway	4	2009	54.95
12	Kianna Ruff	McCluer S.-Berkeley	3	2009	54.98
13	Olivia Lewis	Gateway	4	2009	55.01p
14	Azraa Rounds	Ladue	3	2005	55.03
15	Kendra White	McCluer North	4	2010	55.12
16	Tiffaney Williams	Hazelwood East	4A	1997	55.14
17	Kianna Ruff	McCluer S.-Berkeley	3	2009	55.22p
18	Asia Thomas	Cape Central	4	2011	55.26p
19	LaJada Baldwin	St. Louis Central	3	2007	55.28
20	Whitney Adams	Francis Howell	4	2013	55.30

Class Records

Class 1	Heather Jones	Albany	1986	56.70
	Heather Jones	Albany	1987	56.79
	Stacey Fritts	Miami	1986	57.08
	Stacey Fritts	Miami	1986	57.33p
	Heather Jones	Albany	1987	57.46p
Class 2	Monica Joannes	Blair Oaks	1999	56.61
	Stephanie Essner	Scott City	2009	56.73
	Sandy Cummings	Smithville	1985	56.7p
	Jennifer Gardner	Cardinal Ritter	1998	57.00
	Joyce Swofford	Maysville	1984	57.08
Class 3	Alishea Usery	McCluer S.-Berkeley	2007	53.55
	Alishea Usery	McCluer S.-Berkeley	2005	54.22
	Alishea Usery	McCluer S.-Berkeley	2008	54.53
	Kianna Ruff	McCluer S.-Berkeley	2009	54.98
	Azraa Rounds	Ladue	2005	55.03
Class 4	Montenea Roye	Ladue	2011	53.84
	Whitney Adams	Francis Howell	2013	54.37p
	Asia Thomas	Cape Central	2010	54.49
	Montenea Roye	Ladue	2010	54.52
	Kendra White	McCluer North	2011	54.55