

1975-2013 MSHSAA Girls State Track Meet Top 20 List

Long Jump

1	Felecia Allen	Riverview Gardens	4A	1986	19-08 1/4
2	Erin Narzinski	Oakville	4A	1993	19-07 1/2
3	Lorinda Richardson	Hickman	4A	1981	19-05 1/2
3	Rhonda Paine	Grandview	4A	1982	19-05 1/2
5	Chantae McMillan	Rolla	4	2005	19-05 1/2
6	Lisa Davies	Oak Grove	3A	1994	19-05
7	Sherri Hines	St. Joe Central	4A	1986	19-04 3/4
8	Sherri Hines	St. Joe Central	4A	1985	19-04 1/2
9	Precious Selmon	Crystal City	2	2009	19-03 1/4
10	Mary Smith	Beaumont	AA	1976	19-00 3/4
10	Lorinda Richardson	Hickman	4A	1984	19-00 3/4
12	Mary Smith	Beaumont	Open	1975	19-00 1/2
13	Valerie Lenley	Ruskin	4A	1992	19-00
13	Jazmin McCoy	North Kansas City	4	2012	19-00
15	Nataliyah Friar	Wentzville Holt	4	2011	18-11 1/2
15	LaToya Williams	Jennings	3A	1993	18-11 1/2
15	Deirdre Fortman	Park Hill	4A	1993	18-11 1/2
15	Dionna Webb	Cape Central	4A	1999	18-11 1/2
15	Teresa Thornton	Festus	3A	1985	18-11 1/2
20	Valerie Lenley	Ruskin	4A	1991	18-11
20	Chantae McMillan	Rolla	4	2004	18-11

Wind-Aided

Muna Lee	KC Central	4A	2000	19-06w
Erin Narzinski	Oakville	4A	1994	19-01w

Class Records

Class 1	Ashlee Miller	Osborn	2006	18-02 1/4
	Dana Dawson	West Nodaway	1985	17-08
	Richelle Winn	Brunswick	1990	17-07 3/4
	Shelley Seider	Rich Hill	2004	17-07 1/2
	Sally Spillman	Gallatin	1982	17-07 1/4
	Ashley Rinehart	Ridgeway	2004	17-07 1/4

Class 2	Precious Selmon	Crystal City	2009	19-03 1/4
	Carly Spalding	Monroe City	2013	18-11 1/4
	Lindsay Vollmer	Hamilton	2008	18-07 1/4
	Carly Spalding	Monroe City	2012	18-05 1/2
	Lindsay Vollmer	Hamilton	2009	18-02 3/4

Wind-Aided

Cassie Bryant	Dixon	1990	18-07 3/4
Precious Selmon	Crystal City	2008	18-05 3/4w

Class 3	Lisa Davies	Oak Grove	1994	19-05
	Teresa Thornton	Festus	1985	18-11 1/2
	LaToya Williams	Jennings	1993	18-11 1/2
	Jordan Steins	Maryville	2009	18-09 1/4
	Lucretia Rimmer	Ruskin	2002	18-07 3/4
	Frances Harrison	Waynesville	1979	18-07 3/4

Class 4	Felecia Allen	Riverview Gardens	1986	19-08 1/4
	Erin Narzinski	Oakville	1993	19-07 1/2
	Lorinda Richardson	Hickman	1981	19-05 1/2
	Chantae McMillan	Rolla	2005	19-05 1/2
	Rhonda Paine	Grandview	1982	19-05 1/2

Wind-Aided

Muna Lee

KC Central

2000

19-06w