

PORTLAND INTERSCHOLASTIC LEAGUE
CROSS COUNTRY ALL-TIME RECORDS

GRANT PARK COURSE

<u>Varsity Men</u>	5000 Meters	15:21.6	Alec Wall	Grant	2002
	3000 Meters	9:25.7	Rick Mestler	Grant	1987
5A	5000 Meters	16:04.66	Gustavo Cortez	Marshall	2009
6A	5000 Meters	15:41.5	Bryce Burgess	Franklin	2006
<u>Varsity Women</u>	5000 Meters	17:59.2	Marie Davis	Lincoln	1993
	3000 Meters	10:45.8	Marie Davis	Lincoln	1991
5A	5000 Meter	20:06.62	Ally Shackelford	Madison	2008
6A	5000 Meters	18:45.25	Betsy Kolberg	Lincoln	2008
<u>"A" Men</u>	5000 Meters	17:20.2	Rob Bradley	Lincoln	2003
	3000 Meters	9:59.3	David Pickar	Wilson	1990
<u>"A" Women</u>	3000 Meters	11:50.5	Melinda Luethe	Lincoln	1994
	2000 Meters	7:12.2	Erin Thornbrugh	Grant	1991
<u>"B" Men</u>	5000 Meters	17:28.9	Robert Macy	Grant	2007
	3000 Meters	10:07.5	Aaron Cowan	Jefferson	1986
<u>"C" Men</u>	3000 Meters	10:08.4	Eddie James	Marshall	2002
	2000 Meters	6:05.7	Rob Gilbert	Wilson	1980

Varsity women changed to a 5000 meter race in 1993.

5A & 6A division in 2006

"A" Women & "C" Men changed to a 3000 meter race in 1994.

"A" Men changed to a 5000 meter race in 1995.

"B" Men changed to a 5000 meter race in 1996.

11/10/09