

Cascade High School Track & Field- Girls Records

| Event | Year | Athlete | Mark |
|-----------------------|-----------|---|------------|
| 100 High Hurdles | 2009 | Katy Gross | 15.42 |
| 300 Low Hurdles | 2011 | Kiana Hood | 45.98 |
| 100 Meters | 1982/2002 | Jill York/Ari Basile | 12.5 |
| 200 Meters | 1992 | Marci Walters | 25.9 |
| 400 Meters | 1981 | Jill York | 57.6 |
| 800 Meters | 1982 | Jill York | 2:14.0 |
| 1600 Meters | 2009 | Breanna Huschka | 5:05.49 |
| 3200 Meters | 2009 | Breanna Huschka | 11:06.57 |
| Half Marathon | 2007 | Breanna Huschka | 1:35.20 |
| 4 x 200 Meter Relay | 1992 | Nikola Wilson, Annette LeGault, Stacey Thomas, Marci Walters | 1:44.6 |
| 4 x 400 Meter Relay | 1982 | Pam Langan, Lee McCorkle, Kim Sultze, Jill York | 3:53.3 |
| 4 x 800 Meter Relay | 2012 | Ashley Carlson, Amanda Redford, Christel Schaefer, Hannah Dowdell | 10:34.6 |
| Distance Medley Relay | 2011 | Amanda Redford, Katie Weir, Aly Weir, Hannah Dowdell | 13:35.47 |
| High Jump | 1984 | Vicki Borsheim | 5'-8" |
| Pole Vault | 2017 | Tyrza Lamma | 11'-6" |
| Long Jump | 1979 | Teresa Yonke | 17'-8" |
| Triple Jump | 2019 | Katie Nelson | 36' 4" |
| Shot Put | 2006 | Whitney Hooks | 51'-1.25" |
| Discus | 2006 | Whitney Hooks | 150'-1" |
| Javelin | 2011 | Natasha Caldwell | 138'-6.00" |
| Hammer | 2006 | Whitney Hooks | 128'-11" |
| Decathlon | 2018 | Tyrza Lamma | 4538 |