

| JCAA Girls Conference Meet Records | | | | |
|------------------------------------|---|--------------|----------|------|
| 100m | Patterson | Festus | 12.03 | 2024 |
| 200m | Lalumandier | Crystal City | 24.9 | 1988 |
| 400m | Herrell | St. Pius | 58.30 | 2000 |
| 800m | Kempfer | Festus | 2:20.96 | 2014 |
| 1600m | Kempfer | Festus | 5:00.19 | 2014 |
| 3200m | Allison | Festus | 10:48.19 | 2009 |
| 100mH | Selmon | Crystal City | 14.28 | 2008 |
| 300mH | Heacock | Jefferson | 46.22 | 2018 |
| High Jump | Junghans | Hillsboro | 1.68m | 2002 |
| Long Jump | Miller | Hillsboro | 5.51m | 2024 |
| Triple Jump | Miller | Hillsboro | 11.08 | 2024 |
| Shot Put | Borman | Festus | 13.89m | 2007 |
| Discus | Borman | Festus | 42.97m | 2007 |
| Pole Vault | Shy | Festus | 3.35m | 2023 |
| Javelin | Roland | Hillsboro | 40.56m | 2019 |
| 4x100m | Festus (Muellersman, DeClue, Gillam, CHawkins) | | 49.86 | 2024 |
| 4x200m | Festus (Pittman, Gillam, DeClue, CHawkins) | | 1:45.90 | 2024 |
| 4x400m | Festus (CHawkins, DeClue, JHawkins, Pittman) | | 4:05.15 | 2024 |
| 4x800m | DeSoto | | 9:47.82 | 1997 |
| Most Points Scored | | | Festus | 291 |
| Most Team Championships | | | Festus | 13 |

| JCAA Boys Conference Meet Records | | | | |
|-----------------------------------|---|-------------|-------------|-----------|
| 100m | Cowan | DeSoto | 10.64 | 1992 |
| 200m | Holland | Hillsboro | 21.95 | 2023 |
| 400m | Luhfkehr | St. Vincent | 50.12 | 2018 |
| 800m | Schram | Festus | 1:56.06 | 2023 |
| 1600m | Driemeier | Festus | 4:14.74 | 2024 |
| 3200m | Karls | Festus | 9:11.21 | 2015 |
| 110mH | Reich/Ramsey | Herculaneum | 14.84 | 1985/1992 |
| 300mH | Ramsey | Herculaneum | 38.24 | 1992 |
| High Jump | Allen | DeSoto | 1.98m | 2017 |
| Long Jump | Branch | Festus | 6.93m | 2023 |
| Triple Jump | Branch | Festus | 14.35m | 2023 |
| Shot Put | Teddelton | Herculaneum | 17.99m | 1999 |
| Discus | Walker | Festus | 53.21m | 2012 |
| Pole Vault | Johnson | Grandview | 4.57m | 2018 |
| Javelin | Martin | Hillsboro | 59.13m | 2018 |
| 4x100m | Herculaneum (Harris, H. Meyers, G. Meyers, Bahr) | | 43.65 | 2023 |
| 4x200m | Hillsboro (Marchetti, Lutes, Voyles, Holland) | | 1:30.93 | 2023 |
| 4x400m | Festus | | 3:27.34 | 1994 |
| 4x800m | Festus (Wacker, Rhine, Uding, Driemeier) | | 8:05.85 | 2024 |
| Most Points Scored | | | Festus | 233.50 |
| Most Team Championships | | | Herculaneum | 23 |