

# Records

<b>Event</b>	<b>Name</b>	<b>Time/Dist</b>	<b>Yr</b>
Shot put	Whitney Hartman	43' 5¼"	2004
Discus	Whitney Hartman	141' 2"	2004
Long Jump	Katelyn Meyer	18' 4½"	2017
High Jump	Katelyn Meyer	5' 8"	2018
Pole Vault	Julia Sabo	12' 0"	2023
<b>Triple Jump</b>	<b>Ava Majzun</b>	<b>33' 11"</b>	<b>2026</b>
Hammer	Olivia Newsome	127' 9"	2023
<b>100 M Dash</b>	<b>Josie Appelhans</b>	<b>12.59</b>	<b>2026</b>
<b>200 M Dash</b>	<b>Josie Appelhans</b>	<b>25.64</b>	<b>2026</b>
400 M Dash	Jessica Neitz	58.07	1993
800 M Run	Danielle Thornton	2:14.85	2006
1600 M Run	Cyndi Bostdorff	5:13.24	1998
3200 M Run	Leah Emch	11:23.43	2025
100 M Hurdles	Katelyn Meyer	14.99	2018
300 M Hurdles	Angie Getz	46.08 <sup>^</sup>	1998
4x100 M Relay	Nichole Swartz, Jamie Schmeltz	49.49	2018
	Jessica Lang, Katelyn Meyer		
4x200 M Relay	Danielle Thornton, Amy Helm	1:44.50	2005
	Katie Lahey, Lizzie Lahey		
<b>4x400 M Relay</b>	<b>Camille Foes, Gabby Provo</b>	<b>4:03.80</b>	<b>2026</b>
	<b>Lauren Schuerman, Ava Majzun</b>		
4x800 M Relay	Amber Haas, Sarah Lohrbach	9:35.66	1998
	Lindsay Stoll, Cyndi Bostdorff		
4x1600 M Relay	Amber Haas, Sarah Lohrbach	22:35.77	1998
	Lindsay Stoll, Cyndi Bostdorff		
800 M Medley Relay	Christi Lahey, Amy Helm	1:51.66	2004
	Lizzie Lahey, Danielle Thornton		
1600 M Sprint Med Relay	Melissa Schulte, Amanda Haws	4:21.61	2005
	Lizzie Lahey, Danielle Thornton		
Distance Med Relay	Amelia Ward, Camille Foes	13:01.83	2024
	Leah Emch, Haley Sponaugle		
400 M Shuttle Hurdles	Megumi Johnston, Charlotte Sexton	1:07.54*	2005
	Cortney Redman, Leesa Corken		
Shot Put Relay	Amy Wolf, Jena Jacoby,	101' 6"	2011
	Justine Tolek		
Discus Relay	D.D. Blausey, Holly Coe	322'9"	1999
	Brianna Hartman		
Long Jump Relay	Katelyn Meyer, Brianna Hoodlebrink	48' 5"	2016
	Shaunna Jubenville		
High Jump Relay	Lindsay Madaras, Megan Stiner	14' 8"	2002
	Melissa Schulte		
Pole Vault Relay	Jessica Lang, Allie Abke	27' 0"	2017
	Hannah Limes		
Triple Jump Relay	Mallory Sandberg, Bella Provo	87' 10"	2025
	McKenna Nelson		
Throwers 4x100	Amy Wolf, Courtney Rolf	58.38 <sup>^</sup>	2010
	Cassie Boose, Ashley Fairbanks		
<b>Seated Shot-Put</b>	<b>Jenna Gallant</b>	<b>10' 7½"</b>	<b>2026</b>
<b>Seated 100 m Dash</b>	<b>Jenna Gallant</b>	<b>33.34</b>	<b>2026</b>
<b>Seated 400 m Dash</b>	<b>Jenna Gallant</b>	<b>3:03.01</b>	<b>2026</b>
<b>Mixed 4x400</b>	<b>Josie Appelhans, Camille Foes</b>	<b>3:47.30</b>	<b>2026</b>
	<b>Henry Howard, Austin Miller</b>		

\*conversion to FAT by adding the standard 0.24 sec to the hand-time for 100/200 and 0.18 for 300H/400

# Running Top Ten

## 100 M DASH

1)	<b>Josie Appelhans</b>	<b>12.59</b>	<b>2026</b>
2)	<b>Lauren Schuerman</b>	<b>12.70</b>	<b>2026</b>
3)	Jamie Schmeltz	12.71	2019
4)	Christi Lahey	12.74*	2004
5)	Emma Downs	12.84*	2022
6)	Aricka LaVoy	12.88	2013
7)	Julia Sabo	12.93	2021
8)	Tracy Canode	12.94*	1991
9)	Katie Lahey	12.95	2005
10)	Katelyn Meyer	13.04*	2017
10)	Courtney Jerdonek	13.04*	1993
10)	Kerry Long	13.04*	1999
10)	Becky Speck	13.04*	1982
10)	Ann Schulte	13.04*	1982
10)	Jessica Neitz	13.04*	1993

## 1600 M RUN

1)	Cyndi Bostdorff	5:13.24	1998
2)	Lindsay Stoll	5:21.78^	1997
3)	Megan Stiner	5:21.95	2001
4)	Hannah Sponaugle	5:21.99	2015
5)	Sarah Lohrbach	5:23.18^	1998
6)	Haley Sponaugle	5:28.37	2023
7)	Theresa Koenig	5:29.08^	1985
8)	Amber Haas	5:31.08^	2000
9)	Leah Emch	5:31.87	2023
10)	Madison Renollet	5:34.35	2012
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## 200 M DASH

1)	<b>Josie Appelhans</b>	<b>25.64</b>	<b>2026</b>
2)	Lizzie Lahey	25.94*	2004
3)	Jamie Schmeltz	26.13	2019
4)	Danielle Thornton	26.34*	2004
5)	Jessica Neitz	26.34*	1993
6)	<b>Lauren Schuerman</b>	<b>26.45</b>	<b>2026</b>
7)	Aricka LaVoy	26.58	2012
8)	Julia Sabo	26.64*	2021
9)	Katie Lahey	26.74*	2005
10)	Leah Tressel	26.98	2017

## 3200 M RUN

1)	Leah Emch	11:23.43	2025
2)	Sarah Lohrbach	11:25.98	1998
3)	Lindsay Stoll	11:34.61	1997
4)	Casey Ulinski	11:52.88^	2002
5)	Theresa Koenig	11:53.08^	1985
6)	Cyndi Bostdorff	11:53.38^	1999
7)	Hannah Sponaugle	11:54.7	2017
8)	Megan Stiner	11:57.38^	2000
9)	Amber Haas	12:03.48^	2000
10)	Haley Sponaugle	12:05.35	2024

## 400 M DASH

1)	Jessica Neitz	58.07	1993
2)	Danielle Thornton	59.08^	2004
3)	Lizzie Lahey	60.74	2004
4)	Erica Neitz	60.98^	1997
5)	Breann Pfouts	61.08^	2008
6)	Maddie Jackson	61.12	2013
7)	Stacey Weiland	61.48^	1999
8)	Camille Foos	61.82	2025
8)	Leah Emch	61.82	2024
10)	Rhea Black	61.91	2009

## 100 M HURDLES

1)	Katelyn Meyer	14.99	2018
2)	Shelby Getz	15.73	2019
3)	Mallory Sandberg	15.90	2025
4)	Angie Getz	15.94*	1997
5)	Aubrey Haas	16.17	2021
6)	<b>Karissa Nelson</b>	<b>16.23</b>	<b>2026</b>
7)	Jessica Primeau	16.24	2000
8)	Leesa Corken	16.32	2006
9)	Mindy Flegle	16.34*	1991
10)	Elise Wolff	16.41	2013

## 800 M RUN

1)	Danielle Thornton	2:14.85	2006
2)	Marcy Flegle	2:18.57	1992
3)	Maddie Jackson	2:21.05	2013
4)	Cyndi Bostdorff	2:21.88^	1997
5)	Liz Snyder	2:24.28^	1996
6)	Samantha Glase	2:24.68^	1997
7)	Katie Hartman	2:24.88^	2000
8)	Megan Stiner	2:24.98^	2001
9)	<b>Ava Mazjun</b>	<b>2:25.43</b>	<b>2026</b>
10)	Leah Emch	2:25.68	2025

## 300 M HURDLES

1)	Angie Getz	46.08^	1998
2)	Lizzie Lahey	46.26	2006
3)	Shelby Getz	46.90	2019
4)	<b>Sophie Gillespie</b>	<b>46.98</b>	<b>2026</b>
5)	Rachel McNay	47.51	2011
6)	Shaunna Jubenville	47.89	2017
7)	Jessica Primeau	48.08^	2000
8)	Aubrey Haas	48.14	2021
9)	Jolynn Nissen	49.06	2014
10)	Mindy Flegle	49.08^	1992

\*conversion to FAT by adding the standard 0.24 sec to the hand-time for 100/200 and 0.18 for 300H/400

# Relay Top Ten

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## 4x100 M RELAY

1)	N. Swartz, J. Schmeltz, J. Lang, K. Meyer	49.49	2018
2)	L. Tressel, A. Schroeder, N. Swartz, K. Meyer	49.90	2016
3)	<b>M. Bradley, J. Appelhans, M. Shoemaker, L. Schuerman</b>	<b>49.92</b>	<b>2026</b>
4)	J. Schmeltz, A. Schroeder, L. Tressel, K. Meyer	49.99	2017
5)	<b>C. Foos, J. Appelhans, M. Shoemaker, L. Schuerman</b>	<b>50.04</b>	<b>2026</b>
6)	L. Donaldson, K. Lahey, A. Helm, C. Lahey	50.24	2004
7)	M. Sandberg, L. Schuerman, M. Shoemaker, J. Appelhans	50.26	2025
8)	E. Hollister, A. LaVoy, M. Jackson, R. Boice	50.41	2012
9)	J. Schmeltz, A. Schroeder, N. Swartz, L. Tressel	50.45	2017
10)	S. Getz, J. Schmeltz, F. Cassaubon, B. Kwiatkowski	50.79	2019

## 4x200 M RELAY

1)	D. Thornton, A. Helm, K. Lahey, L. Lahey	1:44.50	2005
2)	<b>L. Schuerman, C. Foos, S. Gillespie, J. Appelhans</b>	<b>1:44.70</b>	<b>2026</b>
3)	<b>G. Provo, S. Gillespie, A. Mazjun, J. Appelhans</b>	<b>1:45.27</b>	<b>2026</b>
4)	J. Schmeltz, N. Swartz, A. Schroeder, L. Tressel	1:45.63	2017
5)	D. Thornton, A. Helm, L. Donaldson, L. Lahey	1:45.81	2006
6)	<b>G. Provo, C. Foos, S. Gillespie, J. Appelhans</b>	<b>1:46.07</b>	<b>2026</b>
7)	D. Thornton, A. Helm, C. Sexton, L. Lahey	1:46.44	2005
8)	D. Thornton, M. Schulte, C. Lahey, L. Lahey	1:46.66	2004
9)	E. Neitz, R. LaMunyon, H. Beeker, A. Getz	1:47.04	1997
10)	S. Kovar, Ma. Flegle, J. Neitz, T. Canode	1:47.14	1992

## 4x400 M RELAY

1)	<b>C. Foos, G. Provo, L. Schuerman, A. Mazjun</b>	<b>4:03.80</b>	<b>2026</b>
2)	E. Neitz, R. LaMunyon, S. Glase, C. Bostdorff	4:06.78 <sup>^</sup>	1997
3)	L. Lahey, M. Oberdick, M. Schulte, D. Thornton	4:07.50	2003
4)	M. Schulte, L. Donaldson, L. Lahey, D. Thornton	4:07.68 <sup>^</sup>	2004
5)	B. Pfouts, L. Donaldson, L. Lahey, D. Thornton	4:07.82	2006
6)	A. LaVoy, K. Montag, E. Kirkbride, M. Jackson	4:08.61	2013
7)	M. Jackson, R. Boice, E. Hollister, A. LaVoy	4:08.85	2012
8)	M. Johnston, L. Lahey, L. Donaldson, D. Thornton	4:08.88 <sup>^</sup>	2005
9)	S. Weiland, K. Hartman, L. Madaras, J. Primeau	4:09.58 <sup>^</sup>	2000
9)	L. Wallace, C. Bostorff, E. Neitz, L. Snyder	4:09.58 <sup>^</sup>	1996
9)	S. Kovar, T. Canode, J. Neitz, Ma. Flegle	4:09.58 <sup>^</sup>	1992

## 4x800 M RELAY

1)	A. Haas, S. Lohrbach, L. Stoll, C. Bostdorff	9:35.66	1998
2)	E. Neitz, S. Glase, L. Stoll, C. Bostdorff	9:44.28 <sup>^</sup>	1997
3)	H. Sponaugle, M. Kaminski, S. Bettinger, M. Jackson	9:45.81	2014
4)	A. Haas, M. Stiner, K. Glase, K. Hartman	9:52.88 <sup>^</sup>	2000
5)	L. Emch, A. Ward, C. Foos, H. Sponaugle	9:53.28	2024
6)	K. Hartman, A. Haas, L. Stoll, C. Bostdorff	9:54.18 <sup>^</sup>	1999
7)	S. Lohrbach, S. Glase, L. Stoll, C. Bostdorff	9:55.08 <sup>^</sup>	1997
8)	T. Baum, L. Emch, K. Firsdon, H. Sponaugle	9:57.32	2023
9)	T. Baum, A. Ward, J. Lahey, A. Bowman	9:57.40	2021
10)	L. Stoll, S. Glase, C. Bostdorff, L. Snyder	10:01.68 <sup>^</sup>	1996

\*conversion to FAT by adding the standard 0.24 sec to the hand-time for 100/200 and 0.18 for 300H/400

# Field Event Top Ten

## SHOT PUT

1) Whitney Hartman	43' 5¼"	2004
2) Ava Kiefer	39' 1¾"	2022
3) Holly Coe	38' 1"	1999
4) Jessie Kohlhofer	37' 4"	2006
5) Mindy Flegle	37' 2½"	1991
6) Konnie Michelson	36' 11½"	1977
7) Jena Jacoby	36' 2"	2012
7) Emily Bockbrader	36' 2"	2007
9) Amy Wolf	36' 1"	2011
10) Amy Santus	35' 7"	1998
10) Rachael Vandall	35' 7"	1995

## DISCUS

1) Whitney Hartman	141' 2"	2004
2) Olivia Newsome	134' 11"	2023
3) Jena Jacoby	128' 6"	2012
4) Ava Kiefer	126' 9"	2022
5) Jessica Kohlhofer	121' 10"	2004
6) Brittany Brittan	121' 9"	2014
7) Hannah Friend	121' 0"	2021
8) Holly Coe	120' 9"	1999
9) Julie Clark	120' 7"	2005
10) DD Blausey	119' 2"	1997

## POLE VAULT

1) Julia Sabo	12' 0"	2023
2) Allison Abke	10' 6"	2017
2) Elise Wolff	10' 6"	2014
4) Kyrie Henline	10' 0"	2023
4) Jessica Lang	10' 0"	2016
6) Alaina LaCourse	9' 8"	2012
7) Lisa Griffith	9' 7"	2008
<b>8) Piper Sutton</b>	<b>9' 6"</b>	<b>2026</b>
8) Sam Decker	9' 6"	2009
8) Lizzie Lahey	9' 6"	2006

## HAMMER

1) Olivia Newsome	127' 9"	2023
2) Ava Kiefer	126' 1"	2021
3) Ashley Hodulik	120' 9"	2019
4) Jena Jacoby	113' 8"	2012
5) Ryleigh Perry	112' 5"	2025
6) Aubrey Peters	91' 11"	2013
7) Hannah Friend	87' 1"	2021
8) Ashley Fairbanks	82' 9"	2010
9) Molly Baumgartner	81' 1"	2019
10) Elizabeth Arntson	80' 5"	2019

## LONG JUMP

1) Katelyn Meyer	18' 4.5"	2017
2) Jessica Neitz	17' 4"	1993
3) Melissa Schulte	17' 2½"	2004
4) Whitney Hoodlebrink	17' 1¼"	2011
5) Aricka LaVoy	17' 1"	2013
6) Shaunna Jubenville	16' 11"	2017
7) Heather Beeker	16' 10½"	1997
8) Cortney Redman	16' 9"	2007
9) Lindsay Madaras	16' 8½"	2002
<b>10) Lauren Schuerman</b>	<b>16' 7¾"</b>	<b>2026</b>
10) Katlin Nicely	16' 7¾"	2010
10) Jill Bruning	16' 7¾"	1981

## HIGH JUMP

1) Katelyn Meyer	5' 8"	2018
2) Cathy Smithey	5' 6"	1978
3) Leslie Keiser	5' 3"	1988
<b>4) Camille Foes</b>	<b>5' 2"</b>	<b>2026</b>
4) Whitney Hoodlebrink	5' 2"	2011
4) Amanda Haws	5' 2"	2006
4) Melissa Schulte	5' 2"	2005
4) Lindsay Madaras	5' 2"	2002
4) Stephanie Smoot	5' 2"	1995
4) Susan Bowlus	5' 2"	1993
4) Jodi Juergens	5' 2"	1985

## TRIPLE JUMP

<b>1) Ava Majzun</b>	<b>33' 11"</b>	<b>2026</b>
2) Hannah Firsdon	33' 0½"	2013
3) Shaunna Jubenville	32' 10¾"	2017
4) Whitney Hoodlebrink	32' 8½"	2009
5) Holly Coe	32' 3¼"	1998
6) Mallory Sandberg	31' 11"	2025
7) Katie Primeau	30' 8"	2011
8) DD Blausey	30' 6¼"	1998
9) Kyrie Henline	30' 3"	2023
10) Jayme Evans	30' 0"	2015

## SEATED SHOT PUT

<b>1) Jenna Gallant</b>	<b>10' 7½"</b>	<b>2026</b>
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## SEATED 100 M DASH

<b>1) Jenna Gallant</b>	<b>33.34</b>	<b>2026</b>
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## SEATED 400 M DASH

<b>1) Jenna Gallant</b>	<b>3:37.41</b>	<b>2026</b>
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