

Indoor Records

<i>Event</i>	<i>Name</i>	<i>Time/Dist</i>	<i>Yr</i>
Shot put	Ava Kiefer	36' 6"	2022
Weight Throw	Ashley Hodulik	49' 10"	2020
Long Jump	Aricka LaVoy	16' 2"	2013
High Jump	Kirsten Abke	5' 0"	2012
Pole Vault	Julia Sabo	10' 6"	2022
Triple Jump	Whitney Hoodlebrink	32' 6"	2010
60 M Dash	Emma Downs	8.38	2022
200 M Dash	Lizzie Lahey	28.66	2005
400 M Dash	Maddie Jackson	1:05.24	2014
800 M Run	Maddie Jackson	2:30.00	2013
1600 M Run	Hannah Sponaugle	5:22.31	2017
3200 M Run	Leah Emch	12:16.50	2022
60 M Hurdles	Shelby Getz	9.89	2020
4x200 M Relay	Ericca Hollister, Reagan Boice Maddie Jackson, Rachel McNay	1:50.72	2012
4x400 M Relay	Maisy Stevenson, Avery Bowman Kayden Firsdon, Mikayla Hoelter	4:25.88	2022
4x800 M Relay	Hannah Sponaugle, Meagan Kaminski Sarah Bettinger, Maddie Jackson	10:21.18	2014
1600 M Sprint Med Relay (4, 2, 2, 8)	Cyndi Bostdorff, DD Blausey Kelley Stribny, Lindsay Stoll	4:51.24	1997
Distance Med Relay (8, 4, 6, 8)	Krista Nuhfer, Kerry Alexander Sam Glase, Kelly Appelhans	8:52.24	1997

Indoor Running Top Ten

60 M DASH

1) Emma Downs	8.38	2022
2) Shelby Getz	8.48	2019
3) Aricka LaVoy	8.50	2013
4) Reagan Boice	8.55	2014
5) Rachel McNay	8.59	2012
6) Erica Neitz	8.65	1996
7) Jessica Lang	8.66	2018
8) Leah Tressel	8.67	2016
9) Ericca Hollister	8.70	2012
10) Julia Sabo	8.71	2022
10) Maddie Jackson	8.71	2012

1600 M RUN

1) Hannah Sponaugle	5:22.31	2017
2) Leah Emch	5:44.64	2022
3) Haley Sponaugle	5:53.97	2022
4) Avery Bowman	5:55.82	2022
5) Kelly Appelhans	6:04.13	1996
6) Z Ramsey	6:11.11	2022
7) Maggie Ramsey	6:40.66	2022
8) Jada Jensen	6:49.13	2020
9) Cordelia Howard	6:49.57	2020
10) Sierra Corns	6:55.21	2012

200 M DASH

1) Lizzie Lahey	28.66	2005
2) Mikayla Hoelster	29.40	2020
3) Ericca Hollister	29.74	2011
4) Leah Tressel	29.93	2014
5) Maddie Jackson	30.93	2014
6) Kayla Serres	31.34	2020
7) Sabree Durbin	31.35	2013
8) Shelby Durbin	31.38	2009
9) Emily Keiser	35.68	2020
10)		

3200 M RUN

1) Leah Emch	12:16.50	2022
2) Haley Sponaugle	12:33.96	2022
3) Hannah Sponaugle	12:38.87	2017
4) Lauren Welker	12:47.16	2018
5) Z Ramsey	12:52.61	2022
6) Cordelia Howard	13:57.13	2020
7) Sierra Corns	15:05.04	2012
8)		
9)		
10)		

400 M DASH

1) Maddie Jackson	1:05.24	2014
2) Breann Pfouts	1:06.14	2009
3) Casey Twining	1:09.30	2012
4) Sarah Bettinger	1:09.65	2014
5) Meagan Kaminski	1:09.66	2014
6) Leah Tressel	1:11.83	2015
7) Kortni Montag	1:12.04	2012
8) Jordan Davidson	1:12.21	2017
9) Kayden Firsdon	1:12.46	2022
10) Allison Sutton	1:13.00	2013

60 M HURDLES

1) Shelby Getz	9.81	2020
2) Rachel McNay	10.02	2012
3) Angie Getz	10.29	1996
4) Shaunna Jubenville	10.55	2017
5) Elise Wolff	10.64	2014
6) Katelyn Meyer	10.86	2015
7) Reilly Might	10.91	2022
8) Reese Delgado	11.23	2017
9) Kaleigh Obrock	11.24	2014
10) Jolynn Nissen	11.29	2015

800 M RUN

1) Maddie Jackson	2:30.00	2013
2) Hannah Sponaugle	2:34.13	2015
3) Avery Bowman	2:35.36	2022
4) Meagan Kaminski	2:40.58	2014
5) Lauren Welker	2:41.43	2018
6) Casey Twining	2:46.07	2012
7) Cassie Hoffmann	2:47.12	2011
8) Addie Young	2:50.91	2022
9) Jamie Lahey	2:52.89	2020
10) Maisy Stevenson	2:54.17	2019

Indoor Relay Top Ten

4x200 M RELAY

1)	E. Hollister, R Boice, M. Jackson, R. McNay	1:50.72	2012
2)	L. Tressel, A. Schroeder, N. Swartz, J. Lang	1:52.79	2017
3)	J. Sabo, M. Stevenson, E. Downs, M. Hoelter	1:53.16	2022
4)	E. Hollister, M. Jackson, H. Firsdon, R. McNay	1:54.19	2012
5)	S. Getz, M. Hoelter, M. Stevenson, J. Sabo	1:54.72	2020
6)	R. Boice, M. Jackson, H. Firsdon, A. LaVoy	1:55.90	2013
7)	S. Getz, S. Jubenville, J. Lang, A. Lucas	1:56.15	2018
8)	S. Getz, M. Hoelter, J. Sabo, F. Cassaubon	1:56.79	2020
9)	E. Downs, M. Stevenson, K. Henline, M. Hoelter	1:56.86	2022
10)	S. Getz, M. Hoelter, M. Stevenson, F. Cassaubon	1:57.23	2020

4x400 M RELAY

1)	M. Stevenson, A. Bowman, K. Firsdon, M. Hoelter	4:25.88	2022
2)	M. Jackson, M. Kaminski, S. Bettinger, H. Sponaugle	4:36.11	2014
3)	M. Jackson, M. Kaminski, M. Renollet, C. Twining	4:42.44	2012
4)	S. Getz, M. Stevenson, M. Graham, M. Hoelter	4:45.45	2019
5)	M. Hackworth, L. Wallace, S. Walters, E. Neitz	4:52.90	1996
6)			
7)			
8)			
9)			
10)			

4x800 M RELAY

1)	H. Sponaugle, M. Kaminski, S. Bettinger, M. Jackson	10:21.18	2014
2)	M. Renollet, C. Twining, M. Kaminski, M. Jackson	10:37.85	2012
3)	L. Emch, A. Bowman, A. Young, Z Ramsey	10:54.20	2022
4)	S. Glase, S. Lohrbach, L. Stoll, C. Bostdorff	11:07.00	1997
5)	L. Synder, L. Stoll, C. Bostdorff, K. Appelhans	11:16.00	1996
6)	L. Emch, J. Lubash, Z Ramsey, H. Sponaugle	11:33.82	2022
7)	M. Jackson, A. LaVoy, C. Twining, M. Kaminski	11:45.51	2013
8)	M. Stevenson, A. Young, M. Graham, J. Jensen	11:52.37	2020
9)	H. Sponaugle, S. Bettinger, V. Smith, A Madaras	12:16.94	2015
10)	J. Lubash, E. Payne, E. Sheets, C. Sechkar	12:44.97	2022

Field Event Top Ten

SHOT PUT

1)	Ava Kiefer	36' 6"	2022
2)	Brittany Brittian	33' 7"	2013
3)	Jena Jacoby	33' 4"	2011
4)	Olivia Newsome	33' 1"	2022
5)	Ashley Hodulik	32' 10"	2020
6)	Justine Tolek	32' 3"	2011
7)	Rachael Vandall	32' 1"	1996
8)	Liz Arntson	29' 4"	2019
9)	Molly Baumgartner	27' 0"	2019
10)	Cassie Boose	26' 8"	2011

WEIGHT THROW

1)	Ashley Hodulik	49' 10"	2020
2)	Ava Kiefer	44' 9"	2022
3)	Jena Jacoby	39' 2.25"	2012
4)	Olivia Newsome	38' 8"	2022
5)	Molly Baumgartner	33' 6.5"	2019
6)	Justine Tolek	31' 8.75"	2011
7)	Liz Arntson	29' 7"	2019
8)	Isabella Romero	18' 8"	2022
9)			
10)			

POLE VAULT

1)	Julia Sabo	10' 6"	2022
2)	Jessica Lang	9' 6"	2016
2)	Allie Abke	9' 6"	2018
4)	Elise Wolff	9' 3"	2013
5)	Alaina LaCourse	9' 0"	2012
6)	Kaleigh Obrock	8' 6"	2015
7)	Staci Bienko	8' 2"	2019
8)	Liz Hirzel	8' 0"	2014
8)	Samantha Decker	8' 0"	2010
10)	Kyrie Henline	7' 2"	2022

LONG JUMP

1)	Aricka LaVoy	16' 2"	2013
2)	Whitney Hoodlebrink	16' 0.5"	2010
3)	Katelyn Meyer	15' 7.75"	2015
4)	Emma Downs	15' 7"	2022
4)	Heather Beeker	15' 7"	1997
6)	Shaunna Jubenville	15' 5.25"	2018
7)	Hannah Firsdon	15' 4.25"	2013
8)	Cortney Redman	14' 11.25"	2007
9)	Felicia Cassaubon	14' 10"	2019
10)	Mikayla Hoelter	14' 6"	2022

HIGH JUMP

1)	Kirsten Abke	5' 0"	2013
2)	Maisy Stevenson	4' 10"	2022
2)	Marisa Launstein	4' 10"	2015
2)	Whitney Hoodlebrink	4' 10"	2009
2)	Megan Selhorst	4' 10"	2013
6)	Katelyn Meyer	4' 9"	2015
7)	Mikayla Hoelter	4' 8"	2019
7)	Jenna Selhorst	4' 8"	2014
7)	Jolynn Nissen	4' 8"	2014
7)	Haven Flores	4' 8"	2014
7)	Sara Jay	4' 8"	2017

Triple Jump

1)	Whitney Hoodlebrink	32' 6"	2010
2)	Hannah Firsdon	32' 3"	2013
3)	Shaunna Jubenville	31' 9.5"	2018
4)	Katie Primeau	30' 3.5"	2010
5)	Megan Selhorst	30' 0.75"	2012
6)	Jayne Evans	29' 11"	2015
7)	Jenna Selhorst	27' 11.25"	2014
8)	Elly Schnitker	27' 1"	2015
9)	Allison Sutton	27' 0.25"	2013
10)	Felicia Cassaubon	25' 11.5"	2019
