

Indoor Records

<i>Event</i>	<i>Name</i>	<i>Time/Dist</i>	<i>Year</i>
Shot put	Ava Kiefer	36' 6"	2022
Weight Throw	Ashley Hodulik	49' 10"	2020
Long Jump	Aricka LaVoy	16' 2"	2013
High Jump	Camille Foos	5' 2"	2026
Pole Vault	Julia Sabo	10' 6"	2022
Triple Jump	Whitney Hoodlebrink	32' 6"	2010
60 M Dash	Josie Appelhans	8.25	2025
200 M Dash	Josie Appelhans	27.13	2026
400 M Dash	Raegan Sabo	1:04.95	2026
800 M Run	Leah Emch	2:29.31	2024
1600 M Run	Leah Emch	5:20.43	2024
3200 M Run	Leah Emch	11:16.97	2023
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	Reilly Might, Amelia Ward Avery Bowman, Leah Emch	4:24.51	2024
4x800 M Relay	Leah Emch, Amelia Ward Z Ramsey, Haley Sponaugle	10:20.30	2024
1600 M Sprint Med Relay (4, 2, 2, 8)	Cyndi Bostdorff, DD Blausey Kelley Stribrny, 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
Seated Shot Put	Jenna Gallant	9' 5"	2026

Indoor Running Top Ten

60 M DASH

1)	Josie Appelhans	8.25	2025
2)	Emma Downs	8.38	2022
3)	Lauren Schuerman	8.46	2026
4)	Shelby Getz	8.48	2019
5)	Aricka LaVoy	8.50	2013
6)	Reagan Boice	8.55	2014
7)	Rachel McNay	8.59	2012
8)	Erica Neitz	8.65	1996
9)	Jessica Lang	8.66	2018
10)	Macy Shoemaker	8.67	2026
10)	Leah Tressel	8.67	2016

1600 M RUN

1)	Leah Emch	5:20.43	2024
2)	Hannah Sponaugle	5:22.31	2017
3)	Haley Sponaugle	5:35.15	2023
4)	Z Ramsey	5:44.83	2023
5)	Avery Bowman	5:55.82	2022
6)	Kelly Appelhans	6:04.13	1996
7)	Camille Foos	6:15.29	2024
8)	Emily Payne	6:23.81	2024
9)	Maggie Ramsey	6:31.36	2024
10)	Jada Jensen	6:49.13	2020

200 M DASH

1)	Josie Appelhans	27.13	2026
2)	Lizzie Lahey	28.66	2005
3)	Lauren Schuerman	28.70	2026
4)	Emma Downs	29.13	2023
5)	Mikayla Hoelter	29.40	2020
6)	Macy Shoemaker	29.56	2026
7)	Ericca Hollister	29.74	2011
8)	Leah Tressel	29.93	2014
9)	Ava Majzun	30.17	2026
10)	Maddie Jackson	30.93	2014

3200 M RUN

1)	Leah Emch	11:16.97	2023
2)	Haley Sponaugle	12:00.42	2024
3)	Hannah Sponaugle	12:38.87	2017
4)	Z Ramsey	12:41.47	2024
5)	Lauren Welker	12:47.16	2018
6)	Maggie Ramsey	13:51.65	2024
7)	Cordelia Howard	13:57.13	2020
8)	Emily Payne	14:10.14	2024
9)	Jadyn Lubash	14:36.86	2024
10)	Sierra Corns	15:05.04	2012

400 M DASH

1)	Raegan Sabo	1:04.95	2026
2)	Maddie Jackson	1:05.24	2014
3)	Gabby Provo	1:05.96	2026
4)	Breann Pfouts	1:06.14	2009
5)	Camille Foos	1:06.94	2026
6)	Reilly Might	1:08.06	2024
7)	Casey Twining	1:09.30	2012
8)	Sarah Bettinger	1:09.65	2014
9)	Meagan Kaminski	1:09.66	2014
10)	Avery Bowman	1:09.67	2024

60 M HURDLES

1)	Shelby Getz	9.81	2020
2)	Rachel McNay	10.02	2012
3)	Mallory Sandberg	10.10	2025
4)	Angie Getz	10.29	1996
5)	Shaunna Jubenville	10.55	2017
6)	Elise Wolff	10.64	2014
7)	Karissa Nelson	10.76	2025
8)	Kayla Buehler	10.85	2024
9)	Katelyn Meyer	10.86	2015
10)	Reilly Might	10.91	2022

800 M RUN

1)	Leah Emch	2:29.31	2024
2)	Maddie Jackson	2:30.00	2013
3)	Haley Sponaugle	2:33.10	2024
4)	Amelia Ward	2:34.00	2024
5)	Hannah Sponaugle	2:34.13	2015
6)	Avery Bowman	2:35.36	2022
7)	Z Ramsey	2:39.59	2023
8)	Meagan Kaminski	2:40.58	2014
9)	Lauren Welker	2:41.43	2018
10)	Casey Twining	2:46.07	2012

Indoor Relay Top Ten

4x200 M RELAY

1)	E. Hollister, R Boice, M. Jackson, R. McNay	1:50.72	2012
2)	L. Schuerman, J. Appelhans, M. Sandberg, K. Henline	1:51.45	2025
3)	L. Schuerman, M. Sandberg, M. Shoemaker, J. Appelhans	1:52.67	2025
4)	L. Tressel, A. Schroeder, N. Swartz, J. Lang	1:52.79	2017
5)	J. Sabo, M. Stevenson, E. Downs, M. Hoelter	1:53.16	2022
6)	J. Appelhans, L. Schuerman, M. Shoemaker, C. Stiner	1:53.93	2026
7)	E. Hollister, M. Jackson, H. Firsdon, R. McNay	1:54.19	2012
8)	S. Getz, M. Hoelter, M. Stevenson, J. Sabo	1:54.72	2020
9)	S. King, L. Mullholand, K. Henline, E. Downs	1:55.69	2023
10)	R. Boice, M. Jackson, H. Firsdon, A. LaVoy	1:55.90	2013

4x400 M RELAY

1)	R. Might, A. Ward, A. Bowman, L. Emch	4:24.51	2024
2)	M. Stevenson, A. Bowman, K. Firsdon, M. Hoelter	4:25.88	2022
3)	C. Stiner, C. Foos, L. Schuerman, L. Emch	4:31.05	2025
4)	A. Ward, L. Mullholand, A. Bowman, R. Might	4:31.92	2024
5)	L. Emch, L. Mullholand, H. Sponaugle, Z. Ramsey	4:35.62	2023
6)	M. Jackson, M. Kaminski, S. Bettinger, H. Sponaugle	4:36.11	2014
7)	R. Sabo, G. Reiter, A. Majzun, G. Provo	4:36.85	2026
8)	C. Stiner, J. Appelhans, L. Schuerman, K. Henline	4:38.05	2025
9)	L. Schuerman, M. Shoemaker, C. Stiner, J. Appelhans	4:38.98	2025
10)	L. Mullholand, C. Sechkar, K. Henline, Z. Ramsey	4:39.36	2023

4x800 M RELAY

1)	L. Emch, A. Ward, Z. Ramsey, H. Sponaugle	10:20.31	2024
2)	H. Sponaugle, M. Kaminski, S. Bettinger, M. Jackson	10:21.18	2014
3)	L. Emch, C. Stiner, C. Foos, B. Sheets	10:21.25	2025
4)	L. Emch, H. Sponaugle, C. Sechkar, Z Ramsey	10:30.10	2023
5)	M. Renollet, C. Twining, M. Kaminski, M. Jackson	10:37.85	2012
6)	L. Emch, A. Bowman, A. Young, Z Ramsey	10:54.20	2022
7)	S. Glase, S. Lohrbach, L. Stoll, C. Bostdorff	11:07.00	1997
8)	L. Synder, L. Stoll, C. Bostdorff, K. Appelhans	11:16.00	1996
9)	R. Russell, B. Sheets, L. Beckwith, C. Stiner	11:21.90	2026
10)	L. Emch, J. Lubash, Z Ramsey, H. Sponaugle	11:33.82	2022

Field Event Top Ten

SHOT PUT

1)	Ava Kiefer	36' 6"	2022
2)	Brittany Brittan	33' 7"	2013
3)	Jena Jacoby	33' 4"	2011
4)	Olivia Newsome	33' 1"	2022
5)	Ashley Hodulik	32' 10"	2020
6)	Addison Hannan	32' 4.75"	2026
7)	Justine Tolek	32' 3"	2011
8)	Rachael Vandall	32' 1"	1996
9)	Harper Rollins-Morlock	29' 8"	2025
10)	Mylie Frantz	29' 7"	2025

WEIGHT THROW

1)	Ashley Hodulik	49' 10"	2020
2)	Ava Kiefer	44' 9"	2022
3)	Olivia Newsome	43' 2.5"	2023
4)	Jena Jacoby	39' 2.25"	2012
5)	Ryleigh Perry	38' 0.5"	2026
6)	Kennedy Ameling	32' 0"	2026
7)	Molly Baumgartner	33' 6.5"	2019
8)	Justine Tolek	31' 8.75"	2011
9)	Addison Hannan	30' 5"	2026
10)	Mylie Frantz	29' 7"	2025
10)	Liz Arntson	29' 7"	2019

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)	Kyrie Henline	8' 9"	2025
7)	Kaleigh Obrock	8' 6"	2015
8)	Staci Bienko	8' 2"	2019
9)	Piper Sutton	8' 0"	2025
9)	Liz Hirzel	8' 0"	2014
9)	Samantha Decker	8' 0"	2010

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)	Ava Majzun	15' 2"	2026
9)	Reilly Might	14' 11.75"	2024
10)	Cortney Redman	14' 11.25"	2007

HIGH JUMP

1)	Camille Foos	5' 2"	2026
2)	Kirsten Abke	5' 0"	2012
3)	Maisy Stevenson	4' 10"	2022
3)	Marisa Launstein	4' 10"	2015
3)	Whitney Hoodlebrink	4' 10"	2009
3)	Megan Selhorst	4' 10"	2013
7)	Katelyn Meyer	4' 9"	2015
8)	Lily Hanneman	4' 8"	2026
8)	Addie Hartman	4' 8"	2023
8)	Lilly Mullholand	4' 8"	2023
8)	Mikayla Hoelter	4' 8"	2019
8)	Sara Jay	4' 8"	2017
8)	Jenna Selhorst	4' 8"	2014
8)	Jolynn Nissen	4' 8"	2014
8)	Haven Flores	4' 8"	2014

Triple Jump

1)	Whitney Hoodlebrink	32' 6"	2010
2)	Hannah Firsdon	32' 3"	2013
3)	Shaunna Jubenville	31' 9.5"	2018
4)	Ava Majzun	31' 4.25"	2026
5)	Kyrie Henline	31' 2.75"	2025
6)	Mallory Sandberg	30' 4"	2025
7)	Katie Primeau	30' 3.5"	2010
8)	Megan Selhorst	30' 0.75"	2012
9)	Jayme Evans	29' 11"	2015
10)	Jenna Selhorst	27' 11.25"	2014