

# Indoor Records

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<b><i>Event</i></b>	<b><i>Name</i></b>	<b><i>Time/Dist</i></b>	<b><i>Yr</i></b>
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	Leah Emch	2:29.83	2023
1600 M Run	Hannah Sponaugle	5:22.31	2017
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	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

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# Indoor Running Top Ten

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## 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	5:31.46	2023
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) 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) Emma Downs	29.13	2023
3) Mikayla Hoelter	29.40	2020
4) Ericca Hollister	29.74	2011
5) Leah Tressel	29.93	2014
6) Maddie Jackson	30.93	2014
7) Kayla Serres	31.34	2020
8) Sabree Durbin	31.35	2013
9) Shelby Durbin	31.38	2009
10) Emily Keiser	35.68	2020

## 3200 M RUN

1) Leah Emch	11:16.97	2023
2) Haley Sponaugle	12:19.54	2023
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) Emily Payne	14:35.87	2023
8) Sierra Corns	15:05.04	2012
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) Leah Emch	2:29.83	2023
2) Maddie Jackson	2:30.00	2013
3) Hannah Sponaugle	2:34.13	2015
4) Haley Sponaugle	2:35.29	2023
5) Avery Bowman	2:35.36	2022
6) Z Ramsey	2:39.59	2023
7) Meagan Kaminski	2:40.58	2014
8) Lauren Welker	2:41.43	2018
9) Casey Twining	2:46.07	2012
10) Cassie Hoffmann	2:47.12	2011

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# Indoor Relay Top Ten

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## 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)	S. King, L. Mullholand, K. Henline, E. Downs	1:55.69	2023
7)	R. Boice, M. Jackson, H. Firsdon, A. LaVoy	1:55.90	2013
8)	S. Getz, S. Jubenville, J. Lang, A. Lucas	1:56.15	2018
9)	S. Getz, M. Hoelter, J. Sabo, F. Cassaubon	1:56.79	2020
10)	E. Downs, M. Stevenson, K. Henline, M. Hoelter	1:56.86	2022

## 4x400 M RELAY

1)	M. Stevenson, A. Bowman, K. Firsdon, M. Hoelter	4:25.88	2022
2)	L. Emch, L. Mullholand, H. Sponaugle, Z. Ramsey	4:35.62	2023
3)	M. Jackson, M. Kaminski, S. Bettinger, H. Sponaugle	4:36.11	2014
4)	L. Mullholand, C. Sechkar, K. Henline, Z. Ramsey	4:39.36	2023
5)	M. Jackson, M. Kaminski, M. Renollet, C. Twining	4:42.44	2012
6)	S. Getz, M. Stevenson, M. Graham, M. Hoelter	4:45.45	2019
7)	M. Hackworth, L. Wallace, S. Walters, E. Neitz	4:52.90	1996
8)			
9)			
10)			

## 4x800 M RELAY

1)	H. Sponaugle, M. Kaminski, S. Bettinger, M. Jackson	10:21.18	2014
2)	L. Emch, H. Sponaugle, C. Sechkar, Z Ramsey	10:30.10	2023
3)	M. Renollet, C. Twining, M. Kaminski, M. Jackson	10:37.85	2012
4)	L. Emch, A. Bowman, A. Young, Z Ramsey	10:54.20	2022
5)	S. Glase, S. Lohrbach, L. Stoll, C. Bostdorff	11:07.00	1997
6)	L. Synder, L. Stoll, C. Bostdorff, K. Appelhans	11:16.00	1996
7)	L. Emch, J. Lubash, Z Ramsey, H. Sponaugle	11:33.82	2022
8)	M. Jackson, A. LaVoy, C. Twining, M. Kaminski	11:45.51	2013
9)	C. Sechkar, E. Payne, J. Lubash, Z Ramsey	11:47.84	2023
10)	M. Stevenson, A. Young, M. Graham, J. Jensen	11:52.37	2020

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# Field Event Top Ten

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## 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) Emma Kiefer	27' 9.5"	2023
10) Molly Baumgartner	27' 0"	2019

## 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) Molly Baumgartner	33' 6.5"	2019
6) Justine Tolek	31' 8.75"	2011
7) Liz Arntson	29' 7"	2019
8) Emma Kiefer	29' 0"	2023
9) Kennedy Ameling	25' 2"	2023
10) Isabella Romero	19' 6"	2023

## 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) Kyrie Henline	8' 0"	2023
8) Liz Hirzel	8' 0"	2014
8) 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) Cortney Redman	14' 11.25"	2007
9) Felicia Cassaubon	14' 10"	2019
10) Kyrie Henline	14' 8"	2023

## 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) Addie Hartman	4' 8"	2023
7) Lilly Mullholand	4' 8"	2023
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) Jayme 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

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