

Records

Event	Name	Time/Dist	Yr
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	11' 6"	2021
Triple Jump	Hannah Firsdon	33' 0½"	2013
Hammer	Ava Kiefer	126' 1"	2021
100 M Dash	Jamie Schmeltz	12.71	2019
200 M Dash	Lizzie Lahey	25.94*	2004
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	Sarah Lohrbach	11:25.98	1998
100 M Hurdles	Katelyn Meyer	14.99	2018
300 M Hurdles	Angie Getz	46.08^	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		
4x400 M Relay	Erica Neitz, Reneé LaMunyon	4:06.78^	1997
	Samantha Glase, Cyndi Bostdorff		
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	Amber Haas, Allison Schacht	13:35.1	1998
	Sarah Lohrbach, Lindsay Stoll		
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	Megan Graham, Bella Provo	86' 1.5"	2022
	Mallory Sandberg		

*conversion to FAT by adding the standard 0.24 sec. to the hand-time (100m, 200 m)

^ conversion to FAT by adding the standard 0.18 sec. to the hand-time (300m, 400 m)

Running Top Ten

100 M DASH

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

200 M DASH

1)	Lizzie Lahey	25.94*	2004
2)	Jamie Schmeltz	26.13	2019
3)	Danielle Thornton	26.34*	2004
3)	Jessica Neitz	26.34*	1993
5)	Aricka LaVoy	26.58	2012
6)	Julia Sabo	26.64*	2021
7)	Katie Lahey	26.74*	2005
8)	Leah Tressel	26.98	2017
9)	Erica Neitz	27.04*	1997
9)	Tracy Canode	27.04*	1991
10)	Emma Downs	27.12	2022

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)	Rhea Black	61.91	2009
9)	Renée LaMunyon	61.98^	1997
10)	Marcy Flegle	62.08^	1990

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)	Michelle Oberdick	2:26.18^	2002
10)	Amber Haas	2:26.28^	1998

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)	Theresa Koenig	5:29.08^	1985
7)	Amber Haas	5:31.08^	2000
8)	Madison Renollet	5:34.35	2012
9)	Casey Ulinski	5:34.88^	2002
10)	Sarah Bettinger	5:35.93	2014

3200 M RUN

1)	Sarah Lohrbach	11:25.98	1998
2)	Lindsay Stoll	11:34.61	1997
3)	Casey Ulinski	11:52.88^	2002
4)	Theresa Koenig	11:53.08^	1985
5)	Cyndi Bostdorff	11:53.38^	1999
6)	Hannah Sponaugle	11:54.75	2017
7)	Megan Stiner	11:57.38^	2000
8)	Amber Haas	12:03.48^	2000
9)	Leah Emch	12:07.75	2022
10)	Kelsey Lauck	12:10.19	2006

100 M HURDLES

1)	Katelyn Meyer	14.99	2018
2)	Shelby Getz	15.73	2019
3)	Angie Getz	15.94*	1997
4)	Aubrey Haas	16.17	2021
5)	Jessica Primeau	16.24	2000
6)	Leesa Corken	16.32	2006
7)	Mindy Flegle	16.34*	1991
8)	Elise Wolff	16.41	2013
9)	Megumi Johnston	16.44*	2005
10)	Rachel McNay	16.49	2012

300 M HURDLES

1)	Angie Getz	46.08^	1998
2)	Lizzie Lahey	46.26	2006
3)	Shelby Getz	46.90	2019
4)	Rachel McNay	47.51	2011
5)	Shaunna Jubenville	47.89	2017
6)	Jessica Primeau	48.08^	2000
7)	Aubrey Haas	48.14	2021
8)	Jolynn Nissen	49.06	2014
9)	Mindy Flegle	49.08^	1992
10)	Alyssa Decker	49.25	2015

*conversion to FAT by adding the standard 0.24 sec. to the hand-time (100m, 200 m)

^ conversion to FAT by adding the standard 0.18 sec. to the hand-time (300m, 400 m)

Relay Top Ten

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)	J. Schmeltz, A. Schroeder, L. Tressel, K. Meyer	49.99	2017
4)	L. Donaldson, K. Lahey, A. Helm, C. Lahey	50.24	2004
5)	E. Hollister, A. LaVoy, M. Jackson, R. Boice	50.41	2012
6)	J. Schmeltz, A. Schroeder, N. Swartz, L. Tressel	50.45	2017
7)	S. Getz, J. Schmeltz, F. Cassaubon, B. Kwiatkowski	50.79	2019
8)	R. Boice, A. LaVoy, M. Jackson, H. Firsdon	51.04	2013
8)	E. Hollister, A. LaVoy, A. Flores, C. Rolf	51.04	2011
10)	L. Tressel, J. Schmeltz, N. Swartz, J. Lang	51.21	2017
10)	E. Hollister, A. LaVoy, E. Kirkbride, R. Boice	51.21	2012

4x200 M RELAY

1)	D. Thornton, A. Helm, K. Lahey, L. Lahey	1:44.50	2005
2)	J. Schmeltz, N. Swartz, A. Schroeder, L. Tressel	1:45.63	2017
3)	D. Thornton, A. Helm, L. Donaldson, L. Lahey	1:45.81	2006
4)	D. Thornton, A. Helm, C. Sexton, L. Lahey	1:46.44*	2005
5)	D. Thornton, M. Schulte, C. Lahey, L. Lahey	1:46.66	2004
6)	E. Neitz, R. LaMunyon, H. Beeker, A. Getz	1:47.04*	1997
7)	S. Kovar, Ma. Flegle, J. Neitz, T. Canode	1:47.14*	1992
8)	D. Thornton, M. Schulte, K. Lahey, L. Lahey	1:47.34	2004
9)	J. Sabo, E. Downs, M. Hoelter, A. Haas	1:47.35	2021
10)	D. Thornton, M. Schulte, A. Helm, L. Lahey	1:47.84*	2005

4x400 M RELAY

1)	E. Neitz, R. LaMunyon, S. Glase, C. Bostdorff	4:06.78^	1997
2)	L. Lahey, M. Oberdick, M. Schulte, D. Thornton	4:07.50	2003
3)	M. Schulte, L. Donaldson, L. Lahey, D. Thornton	4:07.68^	2004
4)	B. Pfouts, L. Donaldson, L. Lahey, D. Thornton	4:07.82	2006
5)	A. LaVoy, K. Montag, E. Kirkbride, M. Jackson	4:08.61	2013
6)	M. Jackson, R. Boice, E. Hollister, A. LaVoy	4:08.85	2012
7)	M. Johnston, L. Lahey, L. Donaldson, D. Thornton	4:08.88^	2005
8)	S. Weiland, K. Hartman, L. Madaras, J. Primeau	4:09.58^	2000
8)	L. Wallace, C. Bostorff, E. Neitz, L. Snyder	4:09.58^	1996
8)	S. Kovar, T. Canode, J. Neitz, Ma. Flegle	4:09.58^	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^	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^	2000
5)	K. Hartman, A. Haas, L. Stoll, C. Bostdorff	9:54.18^	1999
6)	S. Lohrbach, S. Glase, L. Stoll, C. Bostdorff	9:55.08^	1997
7)	T. Baum, A. Ward, J. Lahey, A. Bowman	9:57.40	2021
8)	L. Stoll, S. Glase, C. Bostdorff, L. Snyder	10:01.68^	1996
9)	T. Baum, A. Ward, M. Stevenson, A. Bowman	10:02.75	2021
10)	H. Sponaugle, M. Kaminski, S. Bettinger, R. Corns	10:03.12	2015



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

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
10) Katlin Nicely	16' 7¾"	2010
10) Jill Bruning	16' 7¾"	1981

DISCUS

1) Whitney Hartman	141' 2"	2004
2) Jena Jacoby	128' 6"	2012
3) Ava Kiefer	126' 9"	2022
4) Olivia Newsome	125' 7"	2022
5) Jessica Kohlhofer	121' 10"	2004
6) Brittany Brittian	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

HIGH JUMP

1) Katelyn Meyer	5' 8"	2018
2) Cathy Smithey	5' 6"	1978
3) Leslie Keiser	5' 3"	1988
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

POLE VAULT

1) Julia Sabo	11' 6"	2021
2) Allison Abke	10' 6"	2017
2) Elise Wolff	10' 6"	2014
4) Jessica Lang	10' 0"	2016
5) Alaina LaCourse	9' 8"	2012
6) Lisa Griffith	9' 7"	2008
7) Sam Decker	9' 6"	2009
7) Lizzie Lahey	9' 6"	2006
9) Kyrie Henline	9' 0"	2022
9) Hannah Limes	9' 0"	2019
9) Kaleigh Obrock	9' 0"	2014
9) Erin McKibben	9' 0"	2003

Triple Jump

1) Hannah Firsdon	33' 0½"	2013
2) Shaunna Jubenville	32' 10¾"	2017
3) Whitney Hoodlebrink	32' 8½"	2009
4) Holly Coe	32' 3¼"	1998
5) Katie Primeau	30' 8"	2011
6) DD Blausey	30' 6¼"	1998
7) Jayme Evans	30' 0"	2015
8) Claire Carpenter	29' 4"	2021
9) Megan Graham	29' 2½"	2022
10) Paige Woodruff	29' 2"	2019

Hammer

1) Ava Kiefer	126' 1"	2021
2) Olivia Newsome	121' 9"	2022
3) Ashley Hodulik	120' 9"	2019
4) Jena Jacoby	113' 8"	2012
5) Aubrey Peters	91' 11"	2013
6) Hannah Friend	87' 1"	2021
7) Ashley Fairbanks	82' 9"	2010
8) Molly Baumgartner	81' 1"	2019
9) Elizabeth Arntson	80' 5"	2019
10) Justine Tolek	73' 11"	2012

