

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	12' 0"	2023
Triple Jump	Ava Majzun	33' 11"	2026
Hammer	Olivia Newsome	127' 9"	2023
100 M Dash	Josie Appelhans	12.63	2026
200 M Dash	Josie Appelhans	25.82	2025
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^	1998
4x100 M Relay	Nichole Swartz, Jamie Schmeltz Jessica Lang, Katelyn Meyer	49.49	2018
4x200 M Relay	Danielle Thornton, Amy Helm Katie Lahey, Lizzie Lahey	1:44.50	2005
4x400 M Relay	Erica Neitz, Reneé LaMunyon Samantha Glase, Cyndi Bostdorff	4:06.78^	1997
4x800 M Relay	Amber Haas, Sarah Lohrbach Lindsay Stoll, Cyndi Bostdorff	9:35.66	1998
4x1600 M Relay	Amber Haas, Sarah Lohrbach Lindsay Stoll, Cyndi Bostdorff	22:35.77	1998
800 M Medley Relay	Christi Lahey, Amy Helm Lizzie Lahey, Danielle Thornton	1:51.66	2004
1600 M Sprint Med Relay	Melissa Schulte, Amanda Haws Lizzie Lahey, Danielle Thornton	4:21.61	2005
Distance Med Relay	Amelia Ward, Camille Foes Leah Emch, Haley Sponaugle	13:01.83	2024
400 M Shuttle Hurdles	Megumi Johnston, Charlotte Sexton Cortney Redman, Leesa Corken	1:07.54*	2005
Shot Put Relay	Amy Wolf, Jena Jacoby, Justine Tolek	101' 6"	2011
Discus Relay	D.D. Blausey, Holly Coe Brianna Hartman	322'9"	1999
Long Jump Relay	Katelyn Meyer, Brianna Hoodlebrink Shaunna Jubenville	48' 5"	2016
High Jump Relay	Lindsay Madaras, Megan Stiner Melissa Schulte	14' 8"	2002
Pole Vault Relay	Jessica Lang, Allie Abke Hannah Limes	27' 0"	2017
Triple Jump Relay	Mallory Sandberg, Bella Provo McKenna Nelson	87' 10"	2025
Throwers 4x100	Amy Wolf, Courtney Rolf Cassie Boose, Ashley Fairbanks	58.38^	2010
Seated Shot-Put	Jenna Gallant	9' 8¼"	2025
Seated 100 M Dash	Jenna Gallant	33.34	2026
Mixed 4x400	Talia Baum, Lilly Mullholand Andre Lewis, Dayquan Oliver	3:58.97	2023

*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) Josie Appelhans	12.63	2026
2) Jamie Schmeltz	12.71	2019
3) Christi Lahey	12.74*	2004
4) Lauren Schuerman	12.76	2026
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

200 M DASH

1) Josie Appelhans	25.82	2025
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) Aricka LaVoy	26.58	2012
7) Julia Sabo	26.64*	2021
8) Katie Lahey	26.74*	2005
9) Leah Tressel	26.98	2017
10) Erica Neitz	27.04*	1997
10) Tracy Canode	27.04*	1991

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) Jessica Primeau	16.24	2000
7) Leesa Corken	16.32	2006
8) Mindy Flegle	16.34*	1991
9) Elise Wolff	16.41	2013
10) Megumi Johnston	16.44*	2005

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) Leah Emch	2:25.68	2025
10) Michelle Oberdick	2:26.18^	2002

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 for 100/200 and 0.18 for 300H/400

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) M. Sandberg, L. Schuerman, M. Shoemaker, J. Appelhans	50.26	2025
6) E. Hollister, A. LaVoy, M. Jackson, R. Boice	50.41	2012
7) J. Schmeltz, A. Schroeder, N. Swartz, L. Tressel	50.45	2017
8) C. Foos, J. Appelhans, M. Shoemaker, L. Schuerman	50.78	2026
9) S. Getz, J. Schmeltz, F. Cassaubon, B. Kwiatkowski	50.79	2019
10) R. Boice, A. LaVoy, M. Jackson, H. Firsdon	51.04	2013
10) E. Hollister, A. LaVoy, A. Flores, C. Rolf	51.04	2011

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) L. Schuerman, M. Shoemaker, C. Foos, J. Appelhans	1:47.58	2026

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) L. Emch, A. Ward, C. Foos, H. Sponaugle	9:53.28	2024
6) K. Hartman, A. Haas, L. Stoll, C. Bostdorff	9:54.18 [^]	1999
7) S. Lohrbach, S. Glase, L. Stoll, C. Bostdorff	9:55.08 [^]	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 [^]	1996

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
8) Piper Sutton	9' 6"	2026
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
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
4) Camille Foos	5' 2"	2026
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

1) Ava Majzun	33' 11"	2026
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

1) Jenna Gallant	9' 8¼"	2025
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SEATED 100 M DASH

1) Jenna Gallant	33.34	2026
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