

**Top Ten**100 Meters

<u>Ranking</u>		<u>Name</u>	<u>Time</u>	<u>Year</u>			
1		Louise Barckman	12.41a	1986			
2		Shelby Schweyen	12.50a	2018			
3		Allie Baldwin-Case	12.67a	2016			
4		Ashley McElmurry	12.71a	2018			
5		Alexis Knight	12.73	2021			
6		Chantelle Grey	12.8a	2007			
7		Barbara Johnson	12.81a	1995			
7		Syd Steele	12.81a	2017			
9		Jenn Mickelson	12.96a	2016			
10		Syd Steele	12.98a	2016			

200 Meters

<u>Ranking</u>		<u>Name</u>	<u>Time</u>	<u>Year</u>			
1		Louise Barckman	25.16a	1986			
2		Ellen Yovetich	25.64a	1976			
3		Brooke Stayner	25.73	2021			
4		Shelby Schweyen	25.84a	2016			
5		Liz Harper	25.87a	2011			
6		Olivia Burgad	26.17a	2016			
7		Alexis Knight	26.28	2021			
8		Holly Hollinger	26.54a	2012			
8		Mindy Bowman	26.54a	1981			
10		Sabryn Knight	26.56a	2021			

400 Meter

<u>Ranking</u>		<u>Name</u>	<u>Time</u>	<u>Year</u>			
1		Liz Harper	56.51a	2012			
2		Kim Millhouse	58.34a	1980			
3		Olivia Burgad	58.91a	2015			
4		Madeline Hamilton	59.11a	2016			
5		Brooke Stayner	59.48a	2021			
6		Breanna Smith	59.61c	2023			
7		Amanda Jaynes	59.63a	2011			
8		Madison Liechty	59.68a	2016			
9		Jennifer Harlan	59.74a	1984			
10		Chantelle Grey	59.9a	2007			

800 Meters

<u>Ranking</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>			
1	Madeline Hamilton	2:11.40a	2016			
2	Madison Liechty	2:12.21a	2016			
3	Laurie Holm	2:14.7a	1978			
	Brooke Stayner	2:16.36a	2019			
4	Chantelle Grey	2:16.4a	2007			
5	Ellen Brooks	2:16.73a	2015			
6	Breanna Smith	2:17.01	2023			
7	Ruby Lorenz	2:19.65	2023			
8	Kim Millhouse	2:19.74a	1982			
9	Julie Engh	2:21.04a	1995			
10	Jerusha Farr	2:21.14a	1985			

1600 Meters

<u>Ranking</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>			
1	Laurie Holm	4:56.9a	1979			
2	Ellen Brooks	5:03.00a	2015			
3	Madeline Hamilton	5:03.31a	2016			
4	Madison Liechty	5:04.28a	2016			
5	Molly MacDonald	5:05.55a	2016			
6	Emma Nelson	5:16.55	2021			
7	Teryn Bentley	5:19.6a	1999			
8	Malia Bradford	5:20.00	2023			
9	Haley Rogers	5:20.76a	2013			
10	Breanna Jaynes	5:22.14a	2010			

3200 Meters

<u>Ranking</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>			
1	Laurie Holm	10:47.0a	1979			
2	Molly MacDonald	11:06.47a	2016			
3	Emma Nelson	11:15.24	2021			
4	Breanna Jaynes	11:20.38a	2011			
5	Madeline Hamilton	11:30.66a	2016			
6	Madison Liechty	11:36.54a	2016			
7	Malia Bradford	11:38.70	2023			
8	Emma Nelson	11:39.97a	2018			
9	Teryn Bentley	11:44.38a	1999			
10	Haley Rogers	11:45.50a	2012			

<u>100 Hurdles</u>							
<u>Ranking</u>		<u>Name</u>	<u>Time</u>	<u>Year</u>			
1		Liz Harper	14.39a	2013			
2		Brooke Stayner	14.48a	2022			
3		Ashley McElmurry	14.60a	2019			
4		Lauren Heggen	14.62a	2018			
5		Jennifer Harlan	15.14a	1984			
6		Emil McElmurry	15.23	2023			
7		Amy Flaig	15.39a	2000			
8		Jessica Berry	15.46a	1997			
9		Emily McElmurry	15.51a	2021			
10		Brianna Olsen	15.61a	2011			
<u>300 Hurdles</u>							
<u>Ranking</u>		<u>Name</u>	<u>Time</u>	<u>Year</u>			
1		Liz Harper	42.86a	2012			
2		Brooke Stayner	45.14a	2021			
3		Jennifer Harlan	43.95a	1984			
4		Ashley McElmurry	44.75a	2018			
5		Syd Steele	46.18a	2016			
6		Brianna Olsen	46.99a	2011			
7		Amy Flaig	47.22a	2000			
8		Stephanie Redeau	47.64a	1980			
9		Sarah Carrier	47.74a	2006			
10		Brianna Olson	47.86a	2012			
<u>4 x 100</u>							
<u>Ranking</u>		<u>Name</u>	<u>Time</u>	<u>Year</u>			
1		Syd Steele	48.69a	2016			
		Olivia Burgad					
		Allie Baldwin-Case					
		Shelby Schweyen					
2		Ashley McElmurry	48.82a	2018			
		Allie Baldwin-Case					
		Shelby Schweyen					
		Lauren Heggen					
3		Alexis Knight	49.32	2021			
		Sabryn Knight					
		Audrey McElmurry					

		Brooke Stayner				
4		Syd Steele	49.35a	2017		
		Lauren Heggen				
		Jenn Mickelson				
		Allie Baldwin-Case				
5		Kris Malcom	49.7a	1976		
		Diane LeClaire				
		Denice Quade				
		Ellen Yovetich				
6		Relay Team	50.01a	2014		
6		Lily Mchood	50.01a	2023		
		Ava Kellenberg				
		Ruby Lorenz				
		Nora Frame				
8		Holly Hollinger	50.61a	2011		
		Josie Gibson				
		Amanda Jaynes				
		Liz Harper				
9		Sue Anderson	50.84a	1982		
		Debbie Reed				
		Darcy Coghill				
		Jennifer Harlan				
10		Holly Hollinger	50.97a	2012		
		Brianna Olson				
		Megan Tree				
		Shayla Palmer				

4 x 400

<u>Ranking</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>			
1	Syd Steele	3:59.22a	2016			
	Olivia Burgad					
	Madeline Hamilton					
	Madison Liechty					
2	Holly Hollinger	4:00.12a	2011			
	Amanda Jaynes					
	Liz Harper					
	Brianna Olsen					
3	Lillian Gyde	4:03.15a	2018			
	Amara Graham					

		Evelyn Gimurtu				
		Shelby Schweyen				
4		Jennifer Harlan	4:06.04a	1982		
		Debbie Reed				
		Kim Millhouse				
		Kristen Kelly				
5		Breanna Smith	4:06.40a	2023		
		Mykayla Miller				
		Malia Bradford				
		Ruby Lorenz				
6		Kim Millhouse	4:07.04a	1980		
		Stephanie Redeau				
		Naomi Wahlin				
		Mindy Bowman				
7		Holly Hollinger	4:08.25a	2012		
		Haley Rogers				
		Liz Harper				
		Brianna Olson				
8		Asia Graham	4:08.25a	2006		
		Lauren Partridge				
		Megan Coleman				
		Chantelle Grey				
9		Mindy Bowman	4:10.14a	1981		
		Kim Millhouse				
		Jennifer Harlan				
		Becky Bernthal				
10		Caitlin MacMillen	4:11.84a	2001		
		Lindsey Koppen				
		Haley Doyle				
		Lea Feasline				

Shot Put

<u>Ranking</u>	<u>Name</u>	<u>Distance</u>	<u>Year</u>			
1	Sharla Muralt	42'10.5"	1981			
2	Aaliyah Woods	40'3"	2018			
3	Madi Arneson	40'1"	2018			
4	Emily Malone	39'2"	2018			
5	Tana Garden	38' 3.00"	2015			
6	Lea Feasline	38'.25"	2002			
7	Vicki Sult	37'6.25"	1972			
8	Beth Maier	35'11.5"	1998			
9	Shari Coyle	35'7.5"	1979			
10	Michelle Guay	35'6.5"	1977			

<u>Discus</u>						
<u>Ranking</u>		<u>Name</u>	<u>Distance</u>	<u>Year</u>		
1		Madi Arneson	140'9"	2018		
2		Dawn Pederson	139'9"	1984		
3		Emily Malone	138'8"	2018		
4		Tana Garden	133' 5"	2015		
5		Aaliyah Woods	128'5"	2018		
6		Anna Pershouse	126' 3"	2011		
7		Sharla Muralt	125'7"	1982		
8		Kelly Richardson	122'8"	1990		
9		Kylie Frohlich	118'11"	2018		
10		Lea Feasline	117'6"	2002		
<u>Javelin</u>						
<u>NEW</u>						
<u>Ranking</u>		<u>Name</u>	<u>Distance</u>	<u>Year</u>		
1		Emily Malone	146'6"	2017		
2		Kylie Frohlich	138'8"	2018		
3		Bailey Deyle	127' 11"	2015		
4		Anja Jackson	124'3"	2021		
5		Erica Rominger	119'7"	2005		
6		Meghan Eisenmann	117'6"	2007		
7		Hailey Hiller	116'3"	2023		
8		Bailey Casagrande	115'0"	2023		
9		Anna Pershouse	114' 3"	2010		
10		Kalie Browne	105' 4"	2010		
<u>OLD</u>						
<u>Ranking</u>		<u>Name</u>	<u>Distance</u>	<u>Year</u>		
1		Kim Blakeslee	149'9.5"	1975		
2		Carolyn Jensen	141'10"	1980		
3		Michelle Guay	136'8.5"	1974		
t-4		Roni Wise	129'1"	1991		
t-4		Carolyn Laslovich	129'1"	1997		
6		Kellie Maier	129'0"	1999		
7		Chris Grothen	125'10"	1982		
8		Cindy Bentham	123'10"	1973		
9		Heather Calogar	122'1"	1995		
10		Cora Dennis	114'6"	1994		

<u>High Jump</u>						
<u>Ranking</u>		<u>Name</u>	<u>Height</u>	<u>Year</u>		
1		Erin Soper	5'7.5"	1991		
t-2		Pam Heitzman	5'7"	1975		
t-2		Shelby Schweyen	5'7"	2018		
4		Liz Harper	5' 6"	2011		
5		Amy Flaig	5'6"	2000		
6		Tiena Miller	5'5"	1989		
t-7		Jordyn Schweyen	5' 4"	2016		
t-7		Carla Harbaugh	5'4"	1985		
t-7		Sheri Henry	5'4"	1980		
t-7		Tassie Souhrada	5'4"	1999		
t-7		Ava Kellenberg	5'4"	2023		
<u>Pole Vault</u>						
<u>Ranking</u>		<u>Name</u>	<u>Height</u>	<u>Year</u>		
1		Shayla Palmer	12' 0"	2015		
2		Mary Widener	10'2"	1997		
3		Keidon Reynolds	10'0"	2018		
4		Marisa Arneson	10' 0"	2010		
4		Brianna Olsen	10' 0"	2011		
4		Aviv Guscio	10'0"	2023		
7		Mariah Arneson	9' 6"	2010		
t-8		Emma O'Connor	9' 0"	2015		
t-8		Lindsey Roosa	9' 0"	2016		
t-8		Brooke Neater	9' 0"	2014		
t-8		Kristin Erickson	9'0"	2000		
<u>Long Jump</u>						
<u>Ranking</u>		<u>Name</u>	<u>Distance</u>	<u>Year</u>		
1		Ashley McElmurry	19'3.5"	2018		
2		Lauren Heggen	18'11"	2019		
3		Ava Kellenberg	18'9.75"	2023		
4		Brooke Stayner	18'7"	2021		
5		Sarah Flaig	17'9.5"	1997		
6		Ellen Yovetich	17'5.25"	1975		
7		Shelby Schweyen	17' 3.25"	2016		
8		Pam Heitzman	17'2.5"	1976		
9		Sheri Henry	17'.5"	1978		
10		Carol Poole	17'0"	1976		
<u>Triple Jump</u>						

