

WISCONSIN LUTHERAN HIGH SCHOOL TRACK & FIELD

GIRLS' ALL-TIME LISTS

RUNNING EVENTS

100 Meter Dash

12.52	Ambria Avery	2011
12.3	Kim Rosenberg	1989
12.4	Sarah Larsen	1994
12.4	Sharron Taylor	1989
12.4	Brenda Adams	1983
12.5	Darcelle Hill	1998
12.5	Robbyne Baylor	1983
12.6	Sharron Owens	1985
12.6	Lorraine Lewis	1981
12.91	Sara Hirschmann	2011

1600 Meter Run

5:08.57	Julie Meincke	1999
5:12.23	Jessica Potter	1999
5:16.3	Sherri Belau	1983
5:17.0	Kristin Seeger	2000
5:19.7	Erica Spiegelberg	2009
5:21.2	Beth Sprengler	1981
5:21.7	Tracy Metz	1985
5:23.52	Diana Spiegelberg	2007
5:27.0	Renee Wiederhold	1991
5:27.4	Kari Baltutis	2004

200 Meter Dash

24.9	Kim Rosenberg	1989
25.6	Sarah Larsen	1994
25.99	Ambria Avery	2011
26.1	Sharron Owens	1987
26.2	CiCi Grayson	1995
26.2	Brenda Adams	1983
26.4	Sharron Taylor	1985
26.65	Desiree Hill	1998
26.73	Beth Ibisch	1997
26.5	Kristin Paschke	1994

3200 Meter Run

11:17.0	Julie Meincke	1999
11:22.97	Erica Spiegelberg	2010
11:30.6	Joanne Spiegelberg	1981
11:40.6	Lynn Blahnick	1981
11:46.09	Jessica Potter	1999
11:47.97	Diana Spiegelberg	2006
11:49.76	Jennifer Bohme	2000
11:58.3	Shannon Horn	1999
12:07.0	Beth Sprengler	1981
12:10.47	Mandy Oren	1997

400 Meter Dash

57.5	Sharron Owens	1986
58.6	Kari Rosenberg	1989
1:00.2	Kelsie Birschbach	2007
1:00.47	Lauren Rahn	2008
1:00.5	Donna Triplett	1985
1:01.12	Christa Winslow	2010
1:00.9	Danette Gartner	1991
1:00.9	Ann Morbeck	1981
1:01.0	Lisa Gawrisch	1995
1:01.46	Maria Thompson	2008

100 Meter High Hurdles

15.44	Sam Groth	2006
15.49	Katie Schulz	1997
15.73	Brittany Groth	2008
15.5	Christa Winslow	2010
15.5	Rachel Scheibe	2003
15.9	Katie Adam	2002
15.9	Teresa Garner	1981
16.0	Charlotte Shaw	2001
16.26	Astasha Findley	2010
16.2	Jayne Manchester	1981

800 Meter Run

2:19.3	Kristin Seeger	2000
2:20.5	Sherri Belau	1982
2:20.7	Kari Baltutis	2003
2:21.43	Kelsie Birschbach	2007
2:21.92	Jessica Potter	1999
2:22.5	Julie Meincke	1999
2:23.0	Renee Wiederhold	1991
2:23.61	Ketti Amborn	2007
2:24.86	Talia Spiegelberg	2011
2:26.1	Emily Goodger	2005

300 Meter Low Hurdles

46.03	Katie Schulz	1997
46.73	Christa Winslow	2010
47.68	Sam Groth	2007
47.6	Rachel Scheibe	2003
48.24	Brittany Groth	2008
48.4	Katie Adam	2002
49.06	Lisa Gawrisch	1996
49.33	Kim Gawrisch	1998
49.63	Jenni Goodger	2000
49.6	Danette Gartner	1991

Times with one decimal place are hand times. Times with two decimal places are FAT. Hand times have .24 added to them for sorting purposes.

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GIRLS' ALL-TIME LISTS

FIELD EVENTS

High Jump

5-6	<i>Katie Schulz</i>	1996, 1997
5-4	Michelle Mitchell	2006, 2007
5-4	Liesl Tesch	2003, 2004
5-3	Diane Stehling	1980
5-2	Hannah Kren	2011
5-2	Rachel Tesch	2011
5-2	Charlotte Shaw	2001
5-2	Mandy Eberle	2000
5-2	Lori Hardrick	1989, 1992
5-1	Donna Triplett	1982

Triple Jump

37-8	<i>CiCi Grayson</i>	1996
37-3.75	Jenny Ebeling	2007
36-7	Lori Hardrick	1992
35-10.5	Michelle Mitchell	2007
35-9	Katie Adam	2001
35-3	Emily Rasmussen	2006
35-2.75	Karis Huebner	2001
35-0	Carol Fessman	1979
34-11.5	Kati Blei	2011
34-9.5	Jacki Draeger	1993

Pole Vault

11-0	Taylor Corkum	2011
10-0	Logan Bartz	2010
10-0	Cassie Bruce	2007
9-6	Allie Graham	2007
9-3	Dana Holden	2002
9-0	Brittany Hablewitz	2011
9-0	Nikki Reinhardt	2008-2010
9-0	Claire Jacques	2008
8-9	Loryn Kressin	2008
8-6	Carly Statza	2006
8-6	Meredith Totsky	2004, 2005

Shot Put

46-2	<i>Shelly Wichman</i>	1985
42-6.5i	Jenny Wichman	1987
42-2.75	Kim Dankemeyer	1992
41-0.5	Shelly Fondriest	2008
40-2	Rebecca Fritz	2005
38-11	Tina Castineyra	2001
38-10.5	Anngie Ferris	1992
38-6	Kelli Johnson	2010
37-11.75	Kerri Tolbert	2009
37-2.75	Sarah Fondriest	1997

Discus

141-1	<i>Jenny Wichman</i>	1986
120-11	Kelli Johnson	2009
119-3	Shelly Wichman	1985
116-0	Tina Castineyra	2001
115-5	Anngie Ferris	1992
115-3	Kim Dankemeyer	1992
114-8	Rebecca Fritz	2007
111-10	Judy Miller	1980
107-0	Kari Rosenberg	1989
104-11	Kerri Tolbert	2010

Long Jump

18-2	<i>Krissy Day</i>	2009
17-8.5	Brittany Groth	2006
17-7	Michelle Mitchell	2007
17-7	Donna Triplett	1985
17-6.5i	Kim Rosenberg	1989
17-6.25	CiCi Grayson	1995
17-6.25	Jacki Draeger	1994
17-6	Sara Hirschmann	2011
17-2.75	Hannah Kren	2011
17-1.75	Kristin Paschke	1996

WISCONSIN LUTHERAN HIGH SCHOOL TRACK & FIELD

GIRLS' ALL-TIME LISTS

RELAYS

4 X 100 Meter Relay

49.53	<i>Ambria Avery, Sara Hirschmann, Erica Hallmann, Hannah Kren</i>	2011
50.5	Krissy Day, Alayna Greenfield, Erin Greenfield, Sara Hirschmann	2009
51.10	Darcelle Hill, Beth Ibisch, Jackie Kern, Val Rasner	1998
51.13	Sarah Larsen, Crystal Leitz, Amanda May, Kristin Paschke	1993
50.9	Kim Fields, Lori Hardrick, Sarah Ibisch, Sharron Taylor	1989
50.9	Kim Fields, Kirsten Hellwig, Kim Rosenberg, Sharron Taylor	1989
51.26	Alayna Greenfield, Hannah Kren, Erin Greenfield, Sara Hirschmann	2010
51.37	<i>Sara Hirschmann, Hannah Kren, Myesha Bender, Ambria Avery</i>	2011
51.56	Kim Gawrisch, Beth Ibisch, Jackie Kern, Rachel Larsen	1999
51.4	Sarah Larsen, Crystal Leitz, Kristin Paschke, Julie Wilson	1993

4 X 200 Meter Relay

1:46.3	<i>Kim Fields, Lori Hardrick, Sarah Ibisch, Kim Rosenberg</i>	1989
1:46.4	Kim Fields, Kari Rosenberg, Kim Rosenberg, Sharron Taylor	1989
1:46.5	Brenda Adams, Sharron Owens, Tracy Stone, Tanya Zink	1984
1:47.12	Krissy Day, Maria Thompson, Amanda Pawlak, Lauren Rahn	2008
1:47.28	Lisa Gawrisch, CiCi Grayson, Amanda May, Kristin Paschke	1995
1:47.3	Krissy Day, Brittany Pintar, Maria Thompson, Lauren Rahn	2009
1:47.77	Amanda Pawlak, Amber Wittenburg, Brittany Pintar, Brittany Groth	2006
1:47.80	Kim Fields, Karen Henning, Kim Rosenberg, Sharron Taylor	1988
1:47.9	Jacki Draeger, Danette Gartner, Sarah Larsen, Markesha McWilliams	1991
1:48.16	Darcelle Hill, Desiree Hill, Beth Ibisch, Val Rasner	1998

4 X 400 Meter Relay

4:03.75	<i>Maria Thompson, Kaila Knueppel, Christa Winslow, Lauren Rahn</i>	2010
4:04.43	Maria Thompson, Kaila Knueppel, Kelsie Birschbach, Lauren Rahn	2008
4:04.9	Karen Henning, Kari Rosenberg, Kim Rosenberg, Sharron Taylor	1989
4:05.8	Michelle Graetz, Tracy Metz, Sharron Owens, Kari Rosenberg	1986
4:06.0	Michelle Graetz, Sharron Owens, Kari Rosenberg, Kim Rosenberg	1987
4:07.2	Michelle Graetz, Tracy Metz, Sharron Owens, Donna Triplett	1985
4:08.5	Karen Henning, Sharron Owens, Kari Rosenberg, Kim Rosenberg	1988
4:09.2	Michelle Graetz, Tracy Metz, Sharron Owens, Donna Triplett	1985
4:11.09	Maria Thompson, Jenny Ebeling, Brittany Pintar, Lauren Rahn	2009
4:12.16	Maria Thompson, Jenny Ebeling, Brittany Pintar, Kaila Knueppel	2007

4 X 800 Meter Relay

9:39.27	<i>Andrea Cook, Julie Meincke, Jessica Potter, Kristin Seeger</i>	1999
9:39.74	Kelsie Birschbach, Diana Spiegelberg, Ketti Amborn, Kari Baltutis	2006
9:39.81	Ketti Amborn, Diana Spiegelberg, Emily DeNoyer, Kelsie Birschbach	2007
9:41.8	Jennifer Bohme, Andrea Cook, Jessica Potter, Kristin Seeger	2000
9:49.05	Andrea Cook, Krista Hernandez, Jessica Potter, Kristin Seeger	2000
9:50.0	Kelsie Birschbach, Emily Goodger, Diana Spiegelberg, Kari Baltutis	2005
9:50.83	Emily Goodger, Ketti Amborn, Diana Spiegelberg, Kari Baltutis	2005
9:52.16	Angie Blasezyk, Emily DeNoyer, Julie Kent, Kelsie Birschbach	2008
9:52.71	Ketti Amborn, Erica Spiegelberg, Kelsie Birschbach, Diana Spiegelberg	2007
9:55.1	Jennifer Bohme, Krista Hernandez, Jessica Potter, Kristin Seeger	2000