

WISCONSIN LUTHERAN HIGH SCHOOL TRACK & FIELD

GIRLS' ALL-TIME LISTS

INDOOR ONLY EVENTS

55 Meter Dash

7.1yi	<i>Sharron Owens</i>	1989
7.2yi	Kim Rosenberg	1989
7.48i	Ambria Avery	2011
7.72i	Krissy Day	2009
7.73i	Val Rasner	1998
7.5i	Lori Hardrick	1992
7.5yi	Brenda Adams	1984
7.77i	Erica Hallmann	2011
7.78i	Darcelle Hill	1998
7.6i	Kristin Paschke	1994

55 Meter High Hurdles

8.90i	<i>Sam Groth</i>	2007
8.94i	Christa Winslow	2011
9.01i	Brittany Groth	2008
8.8i	Katie Schulz	1997
8.8yi	Patty Ballard	1979
9.10i	Rachel Scheibe	2003
9.12i	Astasha Findley	2011
9.24i	Emily Rasmussen	2006
9.37yi	Katie Adam	2003
9.53i	Michelle Mitchell	2005

4 x 160 Meter Relay

1:31.91y	<i>Myesha Bender, Kati Blei, Erin Greenfield, Sara Hirschmann</i>	2010
1:32.24	Krissy Day, Anna Kolander, Amanda Pawlak, Maritza Rivera	2007
1:32.25	Sara Hirschmann, Myesha Bender, Kati Blei, Hannah Kren	2011
1:32.28	Erin Greenfield, Kati Blei, Brittany Pintar, Alayna Greenfield	2009
1:32.42	Jordan Fischer, Erin Greenfield, Lauren Rahn, Amanda Pawlak	2008
1:32.5	CiCi Grayson, Julie Wilson, Crystal Leitz, Kristin Paschke	1994
1:32.8	Rachel Larsen, Amy George, Ann Fitzsimmons, Karis Huebner	2001
1:33.06y	Krissy Day, Ny-Eida Wilson, Melanie Beyersdorf, Amber Wittenberg	2006
1:33.0	Beth Ibisch, Darcelle Hill, Jackie Kern, Desiree Hill	1998
1:33.41	Krissy Day, Amanda Pawlak, Maritza Rivera, Amber Wittenberg	2006

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.
 y = Converted from yards
 i = Indoor mark