

SPRING LAKE PARK/ST ANTHONY* HIGH SCHOOL

TRACK & FIELD OUTDOOR

TOP 10 ALL-TIME PERFORMERS (WOMEN)

*ST. ANTHONY HS COOPERATIVELY JOINED WITH SPRING LAKE PARK HS IN 1993, THIS LIST DOES NOT INCLUDE ST ANTHONY HISTORY BEFORE 1993

100 Meter Dash

Theresa Nelson	1984	:12.0 HH
Carol Strickland	1977	:12.5 HH
Pam Lachinski	1977	:12.5 HH
Maria Wiscovitch	1978	:12.5 HH
Bria Jones	2011	:12.59
Rachel Lindquist	2011	:12.70
Melody Karngar	2006	:12.75
Bree Wertz	1997	:12.7 HH
Mandy Magadan	1994	:12.7 HH
Charis Lawson	2019	:12.80

200 Meter Dash

Theresa Nelson	1984	:25.5 HH
Jenna Severson (SA)	2007	:26.18
Addison Stephani	2019	:26.37
Mandy Magadan	1994	:26.4 HH
Carol Strickland	1977	:26.5 HH
Melody Karngar	2007	:26.64
Charlotte Wolf	2014	:26.72
Natalee Yeazle	2008	:26.82
Natalie Pawlyshyn (SA)	2012	:26.83
Charis Lawson	2019	:26.87

400 Meter Dash

Jenna Severson (SA)	2006	:58.02
Brenda Vogel	1985	:59.2 HH
Charlotte Wolf	2014	:59.47
Katelin Rains	2005	:60.04
Melinda King	1985	:60.3 HH
Mandy Magadan	1994	:60.72
Emily Kaup	2005	:60.98
Audra Stevenson	2006	:61.50
Carrie Romano	1985	:61.4 HH
Lauren Gordhamer (SA)	2010	:61.70
Jeanine Twomey	2000	:61.5 HH

800 Meter Run

Diane Loughlin	1983	2:16.62
Jeanine Twomey	2000	2:19.33
Debra Sarell	1983	2:19.4 HH
Holly Reiland	2009	2:22.73
Greta Ganley (SA)	2004	2:24.27
Rachel Hanzal	2007	2:25.14
Meaghan Prickett (SA)	1995	2:24.5 HH
Julie Frantz	1994	2:24.6 HH
Janna Stianson (Norway)	1985	2:25.0 HH
Brenda Vogel	1987	2:25.8 HH

1600 Meter Run

Lynn Schlichting	1980	5:04.0 HH
Riley McGinnity	2016	5:09.73
Greta Ganley (STA)	2005	5:13.44
Holly Reiland	2006	5:21.01
Tracy Nelson	1984	5:20.1 HH
Kaitlyn Finnegan	2021	5:20.47
Jeanine Twomey	2000	5:24.26
Erin Guse	2014	5:27.65
Allie Picard (STA)	2012	5:28.05

3200 Meter Run

Riley McGinnity	2016	10:59.99
Tracy Nelson	1984	11:30.4 HH
Erin Guse	2014	11:32.46
Greta Ganley (SA)	2005	11:34.0 HH
Kaitlyn Finnegan	2018	11:34.76
Lauren Guse	2010	11:40.12
Lynn Schlichting	1980	11:41.0 HH
Allie Picard (SA)	2012	11:48.38
Holly Reiland	2007	11:48.0 HH
Kaitlyn Finnegan	2021	11:51.00

100 Meter High Hurdles

Jenna Severson (SA)	2008	:14.87
Grace Brandt	2021	:15.19
Bria Jones	2010	:15.82
Kirsten Whitney (SA)	2011	:15.93
Amanda Enzler (SA)	2002	:15.97
Bree Wertz	1998	:16.1 (HH)
Christy Oishi	1999	:16.3 (HH)
Charis Lawson	2019	:16.61
Anika Shequin	2021	:16.65
Jessica Irvin	2006	:17.24

300 Meter Intermediate Hurdles

Jenna Severson (SA)	2008	:43.56
Grace Brandt	2021	:44.03
Charis Lawson	2019	:44.67
Bria Jones	2010	:45.13
Kirsten Whitney (SA)	2010	:45.92
Anika Shequin	2021	:45.98
Amanda Enzler (SA)	2002	:47.12
Sitotaw Dahl	2019	:47.97
Christi Oishi	1999	:48.6 (HH)
Kari Whitney (SA)	2008	:48.97

High Jump

Karianne Wold	1993	5' 4"
Lisa Kollar	1980	5' 3"
Theresa Nelson	1984	5' 3"
Bria Jones	2011	5' 3"
Lindsey Trappen	2009	5' 3"
Megan Monsrud	2021	5' 2"
Ella Paaverud	2015	5' 2"
Alexis Adu-Bobi	2005	5' 2"
Alexi Stephanie	2019	5' 1"
Kari Whitney (SA)	2008	5'
Samantha Cady (SA)	2010	5'

Long Jump

Tori LaBerge	2021	18' 5.5"
Katelin Rains	2005	18' 2 ½"
Renee Pursley	1980	17' 9"
Nathalie Doeur	2017	17' 1"
Alexi Stephani	2018	17'
Charlotte Wolf (SA)	2015	16' 10 1/2"
Emily Kaup	2005	16' 10 ½"
Jenna Severson (SA)	2008	16' 9"
Stacy Appel	2001	16' 8"
Addison Stephani	2021	16' 6.5"

Triple Jump

Tori LaBerge	2019	37' 7.5"
Alexi Stephani	2019	36' 4.5"
Katelin Rains	2005	35' 8 ½"
Barbara Wackher (SA-German)	2007	35' 8 ½"
Karianne Wold	1993	35' 6 ½"
Kari Whitney	2009	34' 7.5"
Audra Stevenson	2006	35' 4 ¾"
Amanda Enzler (SA)	2003	35' 1"
Jenna Severson (SA)	2007	35' ½"
Stacy Appel	2001	34' 11 ½"

Shot Put

Pam Summers	1982	42' 5"
Alean Frawley	1998	41' 9"
Julie Murphy	1983	41' 1"
Ashley Stewart	2021	38' 5.75"
Brittney Widman	2004	37' 9"
Gina Dudley	2007	37' 3"
Emma Potratz	2021	37' 2"
Arabella Sutch	2021	36' 6"
Jackie Krieger (SA)	2018	36' 6"
Emily Stavem	2002	36' 4"

Discus

Julie Murphy	1983	139' 8"
Renee Pursley	1980	131' 0"
Pam Summers	1982	127' 2"
Ashley Stewart	2021	124' 6"
Katie Lawrence	1993	122' 10"
Brittney Widman	2004	120' 3 ½"
Alean Frawley	1999	119' 9"
Emily Stavem	2002	117' 8"
Jackie Krieger	2018	116' 4"
Arabella Sutch	2021	116' 3"
Sissy Breider	1986	116' 3"

Pole Vault

Katelin Rains	2005	12'
Charis Lawson	2019	11' 9"
Rae Johanness	2016	10' 0"
Kirsten Whitney (SA)	2011	10'
Nathalie Doeur (SA)	2017	9' 6"
Amy Hoffman	2011	9' 1"
Kaitlyn Staut	2021	9'
Christina Repetowski (SA)	2001	9'
Grace Pierson	2019	9'
Tiffanie Huynh	2021	8' 6"
Stacy Nolte	1995	8' 6"

HIGHLIGHT ON NAME INDICATES ATHLETE HAS NOT YET GRADUATED**Electronic times for any distance 300m or less are .24 second faster than any reported hand held time. For distances 400m or higher, an electronic time is 11.4 second faster than hand held.****Last Updated 6/21/21 JL**