

Lakota "West"/Plains Jr. High School Girls Track Records & 2000-2021 GMC Results

100M Hurdles

- 2021 GMC Winner → 16.98
 - 2019 GMC Winner → 16.05
 - 2018 GMC Winner → 16.18
 - 2017 GMC Winner → 16.71
 - 2016 GMC Winner → 16.39
 - 2015 GMC Winner → 16.82
 - 2014 GMC Winner → 16.17
 - 2013 GMC Winner → 16.86
 - 2012 GMC Winner → 16.95
 - 2011 GMC Winner → 16.87
 - 2010 GMC Winner → 16.82
 - 2009 GMC Winner → 16.18
 - 2008 GMC Winner → 14.96
 - 2007 GMC Winner → 16.56
 - 2006 GMC Winner → 16.78
 - 2005 GMC Winner → 18.10
 - 2004 GMC Winner → 16.32
 - 2003 GMC Winner → 17.15
 - 2002 GMC Winner → 16.81
 - 2001 GMC Winner → 16.51
 - 2000 GMC Winner → 16.72

1. **16.05**** Shemari Green (2019)
2. **16.68*** Meghan Baumhardt (2012)
3. **17.84** Donna Green (2007)
4. **18.00** Emily Re (2008)
5. **18.10** Edem Gadagbui (2009)

1600M Run

- 2021 GMC Winner → 5:11
 - 2019 GMC Winner → 5:29
 - 2018 GMC Winner → 5:29
 - 2017 GMC Winner → 5:26
 - 2016 GMC Winner → 5:31
 - 2015 GMC Winner → 5:31
 - 2014 GMC Winner → 5:30
 - 2013 GMC Winner → 5:31
 - 2012 GMC Winner → 5:19
 - 2011 GMC Winner → 5:21
 - 2010 GMC Winner → 5:26
 - 2009 GMC Winner → 5:15
 - 2008 GMC Winner → 5:27
 - 2007 GMC Winner → 5:30
 - 2006 GMC Winner → 5:26
 - 2005 GMC Winner → 5:21
 - 2004 GMC Winner → 5:29
 - 2003 GMC Winner → 5:35
 - 2002 GMC Winner → 5:24
 - 2001 GMC Winner → 5:42
 - 2000 GMC Winner → 5:46

1. **5:00.89**** Evelyn Prodoehl (2021)
2. **5:21.11**** Kelly McManus (2011)
3. **5:27.00** Jenny Malik (2005)
4. **5:28.30*** Lara Aull (2010)
5. **5:30.59**** Emma Cunningham (2014)

100M Dash

- 2021 GMC Winner → 13.55
 - 2019 GMC Winner → 13.21
 - 2018 GMC Winner → 12.36
 - 2017 GMC Winner → 13.12
 - 2016 GMC Winner → 12.21
 - 2015 GMC Winner → 12.57
 - 2014 GMC Winner → 12.02
 - 2013 GMC Winner → 13.01
 - 2012 GMC Winner → 13.22
 - 2011 GMC Winner → 13.52
 - 2010 GMC Winner → 13.15
 - 2009 GMC Winner → 12.75
 - 2008 GMC Winner → 12.75
 - 2007 GMC Winner → 12.58
 - 2006 GMC Winner → 13.22
 - 2005 GMC Winner → 13.30
 - 2004 GMC Winner → 13.06
 - 2003 GMC Winner → 12.70
 - 2002 GMC Winner → 12.82
 - 2001 GMC Winner → 12.67
 - 2000 GMC Winner → 12.65

1. **12.21**** Alaijah Buie (2016)
2. **12.25*** Anna Szolwinski (2014)
3. **12.81** Kui Kabithe (2013)
4. **12.98** Sarah Irwin (2009)
5. **13.03** Katelyn Turner (2004)

4X100 Relay

- 2021 GMC Winner → 54.43
 - 2019 GMC Winner → 53.26
 - 2018 GMC Winner → 53.92
 - 2017 GMC Winner → 54.00
 - 2016 GMC Winner → 52.59
 - 2015 GMC Winner → 51.63
 - 2014 GMC Winner → 52.16
 - 2013 GMC Winner → 53.07
 - 2012 GMC Winner → 53.47
 - 2011 GMC Winner → 54.54
 - 2010 GMC Winner → 54.21
 - 2009 GMC Winner → 52.36
 - 2008 GMC Winner → 53.14
 - 2007 GMC Winner → 52.28
 - 2006 GMC Winner → 53.22
 - 2005 GMC Winner → 53.36
 - 2004 GMC Winner → 51.39
 - 2003 GMC Winner → 53.19
 - 2002 GMC Winner → 53.70
 - 2001 GMC Winner → 53.50
 - 2000 GMC Winner → 53.44

1. **52.80**** Kui Kabithe, Natalie Brenner, Sarah Mattingly, & Danielle Turner (2013)
2. **52.68*** Teagan Foreman, Alaijah Buie, Brielle Brown, Mya Martir (2016)
3. **53.06** Kui Kabithe, Natalie Brenner, Jessica Marshall, & Laiya Henderson (2012)
4. **53.08** Taylor Klunk, Brooke Melford, Camryn Platt-Morris, & Anna Szolwinski (2014)
5. **53.90** Shemari Green, Victoria Green, Kennedy Scarborough, & Zyneak Warren (2019)

** Represents a GMC Champion

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4X200 Relay

- 2021 GMC Winner ⇒ 1:55
 - 2019 GMC Winner ⇒ 1:53
 - 2018 GMC Winner ⇒ 1:53
 - 2017 GMC Winner ⇒ 1:53
 - 2016 GMC Winner ⇒ 1:55
 - 2015 GMC Winner ⇒ 1:55
 - 2014 GMC Winner ⇒ 1:52
 - 2013 GMC Winner ⇒ 1:52
 - 2012 GMC Winner ⇒ 1:54
 - 2011 GMC Winner ⇒ 1:55
 - 2010 GMC Winner ⇒ 1:56
 - 2009 GMC Winner ⇒ 1:50
 - 2008 GMC Winner ⇒ 1:52
 - 2007 GMC Winner ⇒ 1:52
 - 2006 GMC Winner ⇒ 1:57
 - 2005 GMC Winner ⇒ 1:55
 - 2004 GMC Winner ⇒ 1:53
 - 2003 GMC Winner ⇒ 1:55
 - 2002 GMC Winner ⇒ 1:53
 - 2001 GMC Winner ⇒ 1:53
 - 2000 GMC Winner ⇒ 1:54

1. **1:50.40**** **Ahlyia Howard, Sarah Irwin, Camille Harris, & Lexii McGary (2009)**
2. **1:52.54**** **Kui Kabithe, Regan Anderson, Natalie Brenner, & Sarah Mattingly (2013)**
3. **1:53.41*** **Kayla Frazier, Victoria Green, Kennedy Scarborough, & Jailyn Rao (2019)**
4. **1:53.81**** **Kui Kabithe, Laiya Henderson, Julia Huston, & Cheyenne Battle (2012)**
5. **1:53.92** **Nailah Jackson, Divine Otakasongo, Brielle Brown, Teagan Foreman (2016)**

200M Hurdles

- 2021 GMC Winner ⇒ 30.97
 - 2019 GMC Winner ⇒ 30.10
 - 2018 GMC Winner ⇒ 30.23
 - 2017 GMC Winner ⇒ 31.06
 - 2016 GMC Winner ⇒ 30.27
 - 2015 GMC Winner ⇒ 31.46
 - 2014 GMC Winner ⇒ 30.87
 - 2013 GMC Winner ⇒ 30.58
 - 2012 GMC Winner ⇒ 32.67
 - 2011 GMC Winner ⇒ 32.40
 - 2010 GMC Winner ⇒ 32.02
 - 2009 GMC Winner ⇒ 29.72
 - 2008 GMC Winner ⇒ 28.90
 - 2007 GMC Winner ⇒ 30.38
 - 2006 GMC Winner ⇒ 30.79
 - 2005 GMC Winner ⇒ 31.50
 - 2004 GMC Winner ⇒ 30.70
 - 2003 GMC Winner ⇒ 31.72
 - 2002 GMC Winner ⇒ 30.70
 - 2001 GMC Winner ⇒ NA
 - 2000 GMC Winner ⇒ 31.08

1. **30.10**** **Shemari Green (2019)**
2. **30.85** **Meghan Baumhardt (2012)**
3. **31.93*** **Carlrika Sneed (2005)**
4. **31.96** **Montessa Lewis (2004)**
5. **32.10** **Vonda McDaniel (2006)**

400M Dash

- 2021 GMC Winner ⇒ 1:02
 - 2019 GMC Winner ⇒ 1:03
 - 2018 GMC Winner ⇒ 1:01
 - 2017 GMC Winner ⇒ 1:03
 - 2016 GMC Winner ⇒ 58.28
 - 2015 GMC Winner ⇒ 59.23
 - 2014 GMC Winner ⇒ 1:02
 - 2013 GMC Winner ⇒ 1:02
 - 2012 GMC Winner ⇒ 1:03
 - 2011 GMC Winner ⇒ 1:03
 - 2010 GMC Winner ⇒ 1:01
 - 2009 GMC Winner ⇒ 1:01
 - 2008 GMC Winner ⇒ 57.8
 - 2007 GMC Winner ⇒ 1:00
 - 2006 GMC Winner ⇒ 1:03
 - 2005 GMC Winner ⇒ 1:00
 - 2004 GMC Winner ⇒ 1:00
 - 2003 GMC Winner ⇒ 1:03
 - 2002 GMC Winner ⇒ 1:02
 - 2001 GMC Winner ⇒ 1:01
 - 2000 GMC Winner ⇒ 1:03

1. **1:00.00**** **Katelyn Turner (2004)**
2. **1:02.04**** **Danielle Turner (2014)**
3. **1:03.00**** **Vonda McDaniel (2006)**
4. **1:04.00*** **Mallory Brim (2006)**
1:04.00* **Maggie Brown (2005)**

800M Run

- 2021 GMC Winner ⇒ 2:22
 - 2019 GMC Winner ⇒ 2:28
 - 2018 GMC Winner ⇒ 2:33
 - 2017 GMC Winner ⇒ 2:32
 - 2016 GMC Winner ⇒ 2:36
 - 2015 GMC Winner ⇒ 2:32
 - 2014 GMC Winner ⇒ 2:26
 - 2013 GMC Winner ⇒ 2:28
 - 2012 GMC Winner ⇒ 2:27
 - 2011 GMC Winner ⇒ 2:29
 - 2010 GMC Winner ⇒ 2:27
 - 2009 GMC Winner ⇒ 2:25
 - 2008 GMC Winner ⇒ 2:30
 - 2007 GMC Winner ⇒ 2:33
 - 2006 GMC Winner ⇒ 2:33
 - 2005 GMC Winner ⇒ 2:31
 - 2004 GMC Winner ⇒ 2:29
 - 2003 GMC Winner ⇒ 2:30
 - 2002 GMC Winner ⇒ 2:29
 - 2001 GMC Winner ⇒ 2:31
 - 2000 GMC Winner ⇒ 2:38

1. **2:23.55*** **Evelyn Prodoehl (2021)**
2. **2:26.95** **Kaitlin Kaszubski (2021)**
3. **2:28.94*** **Kelly McManus (2012)**
4. **2:29.36*** **Lara Aull (2010)**
5. **2:33.00*** **Jenny Malik (2005)**

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Lakota "West"/Plains Jr. High School Girls Track Records & 2000-2021 GMC Results

200M Dash

- 2021 GMC Winner → 27.54
 - 2019 GMC Winner → 27.74
 - 2018 GMC Winner → 25.17
 - 2017 GMC Winner → 28.95
 - 2016 GMC Winner → 26.02
 - 2015 GMC Winner → 26.83
 - 2014 GMC Winner → 25.64
 - 2013 GMC Winner → 26.91
 - 2012 GMC Winner → 27.74
 - 2011 GMC Winner → 27.77
 - 2010 GMC Winner → 26.72
 - 2009 GMC Winner → 26.37
 - 2008 GMC Winner → 26.29
 - 2007 GMC Winner → 26.75
 - 2006 GMC Winner → 27.72
 - 2005 GMC Winner → 27.20
 - 2004 GMC Winner → 27.20
 - 2003 GMC Winner → ???
 - 2002 GMC Winner → 27.00
 - 2001 GMC Winner → 26.89
 - 2000 GMC Winner → 26.85

1. **26.02**** Alajah Buie (2016)
2. **26.02*** Anna Szolwinski (2014)
3. **26.77** Sarah Irwin (2009)
4. **27.20**** Katelyn Turner (2004)
5. **27.3-** Ava Claggett (2021)

Long Jump

- 2021 GMC Winner → 16' ½"
 - 2019 GMC Winner → 15' 2 ¾"
 - 2018 GMC Winner → 14' 1 ¼"
 - 2017 GMC Winner → 14' 11"
 - 2016 GMC Winner → 14' * ½"
 - 2015 GMC Winner → 15' 2 ¾"
 - 2014 GMC Winner → 16' 6"
 - 2013 GMC Winner → 16' 4 ¾"
 - 2012 GMC Winner → DNR
 - 2011 GMC Winner → 14' 5"
 - 2010 GMC Winner → 15' 0"
 - 2009 GMC Winner → 14' 7"
 - 2008 GMC Winner → 14' 11"
 - 2007 GMC Winner → 15' 8"
 - 2006 GMC Winner → 15' 6"
 - 2005 GMC Winner → 14' 1"
 - 2004 GMC Winner → 15' 0"
 - 2003 GMC Winner → ???
 - 2002 GMC Winner → N/A
 - 2001 GMC Winner → 14' 2"
 - 2000 GMC Winner → 14' 7"

1. **16' 4 ¾***** Regan Anderson (2013)
2. **15' 1**** Dana Hacker (2006)
3. **14' 9***** Katherine Stretch (2012)
4. **14' 9"** Megan Motolik (2015)
5. **14' 6"** Brooke Huston (2012)
14' 6" * Katrina Woodall (2017)

4X400 Relay

- 2021 GMC Winner → 4:27
 - 2019 GMC Winner → 4:27
 - 2018 GMC Winner → 4:34
 - 2017 GMC Winner → 4:25
 - 2016 GMC Winner → 4:27
 - 2015 GMC Winner → 4:26
 - 2014 GMC Winner → 4:21
 - 2013 GMC Winner → 4:24
 - 2012 GMC Winner → 4:24
 - 2011 GMC Winner → 4:29
 - 2010 GMC Winner → 4:25
 - 2009 GMC Winner → 4:24
 - 2008 GMC Winner → 4:25
 - 2007 GMC Winner → 4:25
 - 2006 GMC Winner → 4:26
 - 2005 GMC Winner → 4:24
 - 2004 GMC Winner → 4:24
 - 2003 GMC Winner → 4:25
 - 2002 GMC Winner → 4:32
 - 2001 GMC Winner → 4:28
 - 2000 GMC Winner → 4:24

1. **4:25.60** Evelyn Prodoehl, Prashi Vatsal, Kaitlin Kaszubski, & Ava Claggett (2021)
2. **4:25.70*** Danielle Turner, Emily Freyberg, Emma Haynes, & Sarah Mattingly (2013)
3. **4:27.03**** Evelyn Prodoehl, Alyese Downing, Prashi Vatsal, & Kaitlin Kaszubski (2021)
4. **4:28.00** Mallory Brim, Kristine Cornwell, Molly Sennett, & Vonda McDaniel (2006)
5. **4:29.43** Danielle Turner, Brooke Huston, Emma Haynes, & Sarah Mattingly (2013)

Shot Put

- 2021 GMC Winner → 33' ½"
 - 2019 GMC Winner → 37' 8"
 - 2018 GMC Winner → 32' 8 ½"
 - 2017 GMC Winner → 31' 9 ¾"
 - 2016 GMC Winner → 32' 7"
 - 2015 GMC Winner → 36' 2"
 - 2014 GMC Winner → 32' ½"
 - 2013 GMC Winner → 33' 2"
 - 2012 GMC Winner → 36' 6 ½"
 - 2011 GMC Winner → 33' 6"
 - 2010 GMC Winner → 34' 1"
 - 2009 GMC Winner → 29' 11"
 - 2008 GMC Winner → 29' 10 ½"
 - 2007 GMC Winner → 33' 3 ½"
 - 2006 GMC Winner → 29' 2"
 - 2005 GMC Winner → 30' 7 ½"
 - 2004 GMC Winner → 28' 10 ½"
 - 2003 GMC Winner → ???
 - 2002 GMC Winner → 31' 7"
 - 2001 GMC Winner → 31' 10"
 - 2000 GMC Winner → 31' 0"

1. **33' 11"** Megan Kinch (2019)
2. **32' 1" *** Kristen Hartzell (2016)
3. **30' 8 ¾"** Tre'ci Canales (2012)
4. **30' 2 ½"** Anna Wells (2019)
5. **30' 1"** Amy Claggett (2021)

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Discus

- 2021 GMC Winner ⇒ 71' 8 ½"
 - 2019 GMC Winner ⇒ 86' 7"
 - 2018 GMC Winner ⇒ 89' 4"
 - 2017 GMC Winner ⇒ 75' 8"
 - 2016 GMC Winner ⇒ 76' 6"
 - 2015 GMC Winner ⇒ 101' 10"
 - 2014 GMC Winner ⇒ 68' 3"
 - 2013 GMC Winner ⇒ 79' 7"
 - 2012 GMC Winner ⇒ DNF
 - 2011 GMC Winner ⇒ 85' 6"
 - 2010 GMC Winner ⇒ 90' 10"
 - 2009 GMC Winner ⇒ 90' 10"
 - 2008 GMC Winner ⇒ 91' 10"
 - 2007 GMC Winner ⇒ 109' 3"
 - 2006 GMC Winner ⇒ 100' 3"
 - 2005 GMC Winner ⇒ 87' 0"
 - 2004 GMC Winner ⇒ 86' 11"
 - 2003 GMC Winner ⇒ ????
 - 2002 GMC Winner ⇒ 85' 6"
 - 2001 GMC Winner ⇒ 102' 11"
 - 2000 GMC Winner ⇒ 95' 7"
1. **78' 2" Brigit Reder (2004)**
 2. **73' 10" Anna Wells (2019)**
 3. **73' 4" Hannah McAuliffe (2005)**
 4. **73' 3" * Kristen Hartzell (2016)**
 5. **69' 0" Kirsten Benney (2007)**

Pole Vault

- 2021 GMC Winner ⇒ 7' 0"
 - 2019 GMC Winner ⇒ 7' 0"
 - 2018 GMC Winner ⇒ 8' 6"
 - 2017 GMC Winner ⇒ 7' 6"
 - 2016 GMC Winner ⇒ 7' 6"
 - 2015 GMC Winner ⇒ 7' 9"
 - 2014 GMC Winner ⇒ 8' 0"
 - 2013 GMC Winner ⇒ 7' 9"
 - 2012 GMC Winner ⇒ 7' 6"
 - 2011 GMC Winner ⇒ 8' 0"
 - 2010 GMC Winner ⇒ 8' 0"
 - 2009 GMC Winner ⇒ 8' 6"
 - 2008 GMC Winner ⇒ 7' 6"
 - 2007 GMC Winner ⇒ 6' 3"
 - 2006 GMC Winner ⇒ 6' 6"
 - 2005 GMC Winner ⇒ 7' 6"
 - 2004 GMC Winner ⇒ 7' 6"
1. **8' 6"*** Brea Martir (2009)**
 2. **6' 6" Abby Dunn (2009)**
 3. **6' 6" Macarena DeSantiago (2016)**
 4. **6' 6" Jenna Wilson (2021)**
 5. **6' 0" Kristine Cornwell (2006)**
 - 6' 0" Courtney Vail (2009)**
 - 6' 0" Meg Schinner (2012)**
 - 6' 0" Katelyn Penney (2019)**
 6. **6' 0" Aubrey Burns (2021)**

High Jump

- 2021 GMC Winner ⇒ 4' 10"
 - 2019 GMC Winner ⇒ 5' 0"
 - 2018 GMC Winner ⇒ 5' 2"
 - 2017 GMC Winner ⇒ 4' 8"
 - 2016 GMC Winner ⇒ 4' 8"
 - 2015 GMC Winner ⇒ 4' 10"
 - 2014 GMC Winner ⇒ 4' 8"
 - 2013 GMC Winner ⇒ 5' ½"
 - 2012 GMC Winner ⇒ 4' 6"
 - 2011 GMC Winner ⇒ 4' 4"
 - 2010 GMC Winner ⇒ 5' 1"
 - 2009 GMC Winner ⇒ 4' 10"
 - 2008 GMC Winner ⇒ 4' 8"
 - 2007 GMC Winner ⇒ 5' 0"
 - 2006 GMC Winner ⇒ 4' 8"
 - 2005 GMC Winner ⇒ 4' 8"
 - 2004 GMC Winner ⇒ 4' 8"
 - 2003 GMC Winner ⇒ ???
 - 2002 GMC Winner ⇒ 4' 8"
 - 2001 GMC Winner ⇒ 4' 8"
 - 2000 GMC Winner ⇒ 5' 0"
1. **5' ½"*** Regan Anderson (2013)**
 2. **4' 10"*** Kay Johnson (2012)**
 - 4' 10" Annika Kinley (2017)**
 - 4' 10" Grace Hicks (2017)**
 - 4' 10"*** Tiana Jones (2019)**
 3. **4' 10"*** Margo Petterson (2021)**

L.W.J.H.S. Best Finishes @ GMC's
2nd (2005, 2012, 2013, 2014, 2019, & 2021)
3rd (2004, 2009, 2011, & 2016)
4th (2006, 2010, & 2015)

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