

GIRLS WINTER TRACK

Name of Record	Record	Record Holder	Year
Long Jump	17'7.5"	Makenna Haas	2025
High Jump	5' 0 "	Emily Knauss Seyitan Adewale	2004 2026
Triple Jump	37' 7"	Makenna Haas	2025
Shot Put	32' 10.5"	Natasha Earhart	2010
Pole Vault	11'6"	Carissa Bender	2023
55 Meter Dash	7.61	Carly Beck	2005
55 Meter Hurdles	9.68	Samantha Walmer	2009
60 Meter Hurdles	10	Samantha Walmer	2010
200 Meter Dash	27.54	Maddie Nelson	2026
400 Meter Dash	1:04.81	Maddie Nelson	2026
800 Meter Run	2:28.26	Kayleigh Perry	2008
Mile Run	5:04.21	Kayleigh Perry	2009
3000 Meter Run	10:53.97	Kayleigh Perry	2008
3200 Meter Run	12:25.7	Kayleigh Perry	2007
4 x 200 Meter Relay	1:56:.0	Lillian Bailey	2023
		Makenna Haas	
		Elisabeth Dimov	
		Riley Braun	
4 x 400 Meter Relay	4:32.37	Tasha Weaver	2010
		Sam Walmer	
		Ashtin Nell	
		Kayleigh Perry	
4 x 800 Meter Relay	10:43.62	Rachel Baker	2010
		Vanessa Miller	
		Amber Shay	
		Kayleigh Perry	
5 Kilometer Run	26:00.5	Ashley Swonger	2004
DMR	13:20.9	Rachel Baker	2010
		Sam Walmer	
		Ashtin Nell	
		Kayleigh Perry	
SMR	04:48.9	Sam Walmer	2008
		Kayla Attig	
		Brandy Speece	
		Kayleigh Perry	