

GIRLS TRACK and FIELD

Name of Record	Record	Record Holder	Year
<b>Individual Records</b>			
100 Meter Dash	12.2	Maddie Nelson	2026
200 Meter Dash	26.1	Carly Beck	2005
400 Meter Dash	59.89	Maddie Nelson	2026
800 Meter Run	02:15.8	Jeannine Rabuck	1990
1600 Meter Run	4:54.13	Kayleigh Perry	2009
3200 Meter Run	10:59.7	Kayleigh Perry	2009
100 Meter Hurdles	15.47	Alicia Washington	1981
300 Meter Intermediate Hurdles	46.26	Lauren Chadwick	1997
4 X 100 Meter Relay	50.58	Reece Woelfling, Bre Etherson, Maddie Nelson, Makenna Haas	2025
4 X 400 Meter Relay	04:10.1	Sam Walmer, Carly Glassmoyer, Kathleen Gilbertson, Alexis Wike	2011
4 X 800 Meter Relay	09:56.2	Trudy Derr, Becky Christopher, Jody Royer, Jeannine Rabuck	1989
Shot Put	41'3"	Ryelle Shuey	2019
Discus	129'4"	Samantha Nelson	2023
Javelin (IAAF)	132'8"	Samantha Nelson	2023
Long Jump	18'2"	Makenna Haas	2025
Triple Jump	38'8.25"	Makenna Haas	2025
High Jump	5' 6"	Sally Keller	1981
Pole Vault	12'0"	Carissa Bender	2023
<b>Retired Records</b>			
Mile Run	05:42.2	Tammy Smith	1976
4 X 200 Meter Relay	1:51.8	Stephanie Ingram, Tamah Shuey, Melanie Souders, Cathy Swingholm	1985
Shuttle Hurdles	01:10.8	Melanie Souders, Kristi Forry, Tamah Shuey, Cathy Swingholm	1985
Javelin	132' 1"	Lindsey Seifert	1999