

TOP TEN BEST PERFORMANCES IN CURRENT EVENTS

(Records from 1977)

LONG JUMP

- 1 17'2 ¼" Paula Hlavac 1981
- 2 16' 10" Jodi Dubs 1993
- 3 16' 9" Paula Hlavac 1979
- 4 16' 7 ¼" Jodi Dubs 1992
- 5 16' 7" Jodi Dubs 1994
- 6 16' 4" Kacy Sutton 2010
- 7 16' 1 ¼" Ann Matulka 2000
- 8 16' 1" Kendra Zeilinger 1993
- 9 16' ½" Ann Matulka 2001
- 10 16' ¼" Cassie Glock 2005

TRIPLE JUMP

- 1 34'8" Kacy Sutton 2010
- 2 34'4" Sabrina Minert 2005
- 3 34'3" Cassie Glock 2005
- 4 34' ½" Cassie Glock 2004
- 5 34'0" Cassie Glock 2003
- 6 33'10 ¾" Kirby Hecker 2005
- 7 33' 10 ½" Kirby Hecker 2004
- 8 31' 10 ½" Ann Matulka 2000
- 9 31'3 ½" Kendra Zeilinger 1993
- 10 31' ¾" Ann Matulka 1999

HIGH JUMP

- 1 5'4" Kim Birkel 1992
- 2 5'3" Kim Birkel 1991
- 3 5'2" Kim Birkel 1994
- 4 5'1" Paula Hlavac 1981
- 5'1" Brooke Fozzard 2010
- 5 5' Cassie Glock 2004
- 5' Paula Hlavac 1979
- 5' Tami Scholz 1983
- 8 4'10" Paula Hlavac 1978
- 4'10" Tami Scholz 1984
- 4'10" Sheila Svoboda 1993
- 4'10" Crytal Niemann 1994
- 4' 10" Brooke Fozzard 2011

4 KILO Shot Put (Since 1980)

- 1 39' 5 ½" Mindy Zeilinger 1995
- 2 38' 8" Kim Birkel 1993
- 3 37' 11 ½" Tricia Ostermeier 1992
- 4 37' 8" Mindy Zeilinger 1994
- 5 36' 10" Diana Stara 1984
- 6 36 ½" Tricia Ostermeier 1991

- 7 34' 10" Mindy Zeilinger 1993
- 8 34' 9" Diana Stara 1983
- 9 34' 3 ½" Paige Robinson 2003
- 10 33' 10 ½" Cori Zavodny 1986

Discus

- 1 110' 10" Paula Bolton 1986
 - 2 110' 6" Paula Bolton 1987
 - 3 109' 1" Tricia Ostermeier 1992
 - 4 108' 3" Paula Bolton 1984
 - 5 107' 6 ½" Lori Hiller 1982
 - 6 107' ½" Tricia Ostermeier 1991
 - 7 104' Kim Otte 1981
 - 8 103' 10" Paula Bolton 1985
 - 9 100' 5" Diana Stara 1984
 - 10 100' 3" Jan Hiller 1984
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100 Meter Dash

- 1 12.4 Cherrette Mastny 2000
 - 2 12.5 Rebecca Buntgen 2010
 - 12.5 Rebecca Buntgen 2011
 - 3 12.6 Sylvia Kasper 1975
 - 12.6 Cherrette Mastny 1997
 - 12.6 Cherrette Mastny 1998
 - 12.6 Cherrette Mastny 1999
 - 12.6 Rebecca Buntgen 2009
 - 4 12.8 Kendra Stuebing 1979
 - 12.8 Kendra Zeilinger 1992
 - 5 12.9 Dawn Hilger 1986
 - 12.9 Jenny Sweney 1991
 - 12.9 Kendra Zeilinger 1993
 - 12.9 Rebecca Buntgen 2008
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200 Meter Dash

- 1 25.6 Cherrette Mastny 2000
 - 2 25.9 Cherrette Mastny 1997
 - 3 26.0 Cherrette Mastny 1999
 - 26.0 Cherrette Mastny 1998
 - 26.0 Rebecca Buntgen 2011
 - 4 26.6 Rebecca Buntgen 2010
 - 5 26.7 Rebecca Buntgen 2009
 - 6 27.0 Rebecca Buntgen 2008
 - 7 27.1 Kendra Stuebing(Novak) 1979
 - 8 27.3 Sabrina Minert 2005
 - 27.3 Shannon Townsend 1992
 - 9 27.6 Kendra Struebing 1978
 - 27.6 Stacy Brandenburgh 1990
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400 Meter Dash

- 1 57.2 Cherette Mastny 2000
- 2 57.5 Cherette Mastny 1998
- 3 59.1 Jodi Dubs 1995
59.1 Jodi Dubs 1993
- 4 59.5 Cherette Mastny 1999
- 5 59.6 Jodi Dubs 1994
- 6 61.5 Kim Birkel 1992
- 7 62.3 Stacia Fricke 2002
62.3 Kim Birkel 1991
- 8 62.4 Rebecca Bungten 2011
- 9 62.6 SABRINA MINERT 2005

800 Meter Run

- 1 2:15.5 Jodi Dubs 1994
- 2 2:17.4 Jodi Dubs 1995
- 3 2:17.5 Jodi Dubs 1993
- 4 2:21.9 Jodi Dubs 1992
- 5 2:27.0 Buffy Romshek 1985
- 6 2:30.0 Stacia Fricke 2003
- 7 2:31.8 Pam Hanis 1980
- 8 2:34.4 Buffy Romshek 1986
- 9 2:35.0 Stacia Fricke 2002
- 10 2:37.8 Crystal Hollman 1996

1600 Meter Run

- 1 5:34.3 Buffy Romshek 1984
- 2 5:44.6 Tonya Workman 1997
- 3 5:51.3 Sarah Behrns 2002
- 4 5:51.8 Keri Bishop 1990
- 5 5:54.0 Buffy Romshek 1985
- 6 5:55.4 Tonya Workman 1998
- 7 5:55.8 Sarah Behrns 2003
- 8 5:56.0 Kylie Bathen 2001
- 9 5:59.2 Keri Bishop 1989
- 10 6:00.0 Wendy Hollman 1996

3200 Meter Run (since 1980)

- 1 12:07.8 Buffy Romshek 1984
- 2 12:17.7 Crystal Hollman 1996
- 3 12:50.4 Buffy Romshek 1985
- 4 13:08.5 Crystal Hollman 1997
- 5 13:26.0 Keri Kamrath 1988
- 6 13:34.0 Katie McClintic 2001
- 7 13:40.6 Keri Kamrath 1989
- 8 13:41.8 Keri Kamrath 1986
- 9 13:48.2 Mandi Lukert 1998
- 10 13:54.0 Elizabeth Eberle 2010

100 High Hurdles (since 1986)

- 1 15.1 Kim Birkel 1992
- 2 15.2 Kim Birkel 1991
- 3 15.4 Kim Birkel 1994
- 4 16.9 Kate Byrkit 2005
- 4 16.9 Renae Miller 1986
- 6 17.1 Erica Barlean 2005
- 7 17.2 Erica Barlean 2004
- 8 17.4 Kate Byrkit 2004
- 9 17.8 Danielle Dietrich 1995
- 17.8 Kara Didier 1998

300 Low Hurdles (since 1985)

- 1 47.1 Kim Birkel 1994
- 2 47.8 Kim Birkel 1992
- 3 48.1 Kim Birkel 1991
- 4 50.7 Erica Barlean 2003
- 5 51.3 Erica Barlean 2005
- 6 52.4 Kate Byrkit 2005
- 7 53.6 Kate Byrkit 2004
- 7 53.6 Christi Birkel 1988
- 9 54.2 Tracy Garza 1995
- 10 54.3 Tracy Garza 1996

400 Meter Relay

- 1 51.4 2008 H. Behrens, M. Otte, G. Dodson, R. Bungten
51.4 2010 R. Bungten, K. Kovar, B. Fozzard, K. Sutton
- 2 52.3 2010 Zeilinger, Niemann, Zeilinger, Dubs
- 3 52.6 1977 Stuebing, Hlavac, Lambrecht, Kasper
4 52.7 2005 BYRKIT, HECKER, GLOCK, MINERT
- 5 53.1 1990 Ptacek, Sweney, Zeilinger, Brandenburg
- 6 53.4 1998 Huxoll, Otto, Stabbe, Mastny
- 7 53.7 2000 Huxoll, McMillan, Matulka, Mastny
- 8 53.7 1991 Ptacek, Riha, Sweney, Zeilinger
- 9 53.9 1981 Hiller, Potter, Heins, Hecker
- 10 53.9 1992 Zeilinger, Riha, Zeilinger, Townsend

1600 Meter Relay

- 1 4:21.0 1986 N. Nickolite, J. Romshek, C. Heins, B. Romshek
- 2 4:21.8 1986 J. Jorgensen, B. Romshek, N. Nickolite, C. Heins
- 3 4:24.8 1988 C. Birkel, S. Brandenburg, L. Niemann, B. Romshek
- 4 4:25.2 2005 GLOCK, HECKER, BARLEAN, MINERT
- 5 4:25.7 1987 S. Brandenburg, M. Grotelueschen, L. Niemann, B. Romshek
- 6 4:27.0 1992 K. Birkel, J. Novak, A. Roberts, J. Dubs
- 7 4:30.4 1990 G. Lostroh, T. Hammer, J. Luckey, S. Brandenburg
- 8 4:31.1 1994 K. Birkel, J. Taylor, A. Roberts, J. Dubs

9 4:32.3 1989 D. Ptackek, G. Lostroh, J. Romshek, S. Brandenburgh
10 4:32.4 1982 L. Hiller, L. Hanis, P. Hanis, C. Potter

3200 Meter Relay

1 10:19.4 1985 J. Jorgensen, N. Nickolite, M. Grotelueshen, B.

Romshek

2 10:38.6 1992 K. Birkel, A. Roberts, J. Novak, J. Dubs

3 10:39.5 1986 B. Romshek, M. Groteluschen, J. Romshek, N. Nickolite

4 10:47.3 1987 J. Romshek, K. Kamrath, M. Groteluschen, B. Romshek

5 10:55.5 1990 G. Lostroh, C. Perdew, J. Luckey, K. Bishop

6 11:01.2 1997 T. Workman, W. Hollmann, D. Liebschwager, C.

Hollmann

7 11:02.0 1994 J. Dubs, A. Roberts, C. Niemann, K. Birkel

8 11:06.0 1999 W. Hollmann, L. Fletcher, B. Battaglia, K. Bathen

9 11:07.9 1991 K. Bishop, M. Nickolite, J. Luckey, C. Perdew

10 11:08.2 1998 K. Bathen, K. Nicolas, W. Hollmann, T. Workman