

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' 1 ¼"	Ann Matulka	2000
7	16' 1"	Kendra Zeilinger	1993
8	16' ½"	Ann Matulka	2001
9	16' ¼"	Cassie Glock	2005
10	15' 11 ¾"	Paula Hlavac	1985

TRIPLE JUMP

1	34' 4"	Sabrina Minert	2005
2	34' 3"	Cassie Glock	2005
3	34' ½"	Cassie Glock	2004
4	34' 0"	Cassie Glock	2003
5	33' 10 ¾"	Kirby Hecker	2005
6	33' 10 ½"	Kirby Hecker	2004
7	31' 10 ½"	Ann Matulka	2000
8	31' 3 ½"	Kendra Zeilinger	1993
9	31' ¾"	Ann Matulka	1999
10	30' 9 ½"	Ann Matulka	2002

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	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 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 1/2"	Paige Robinson	2003
10	33' 10 1/2"	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 1/2"	Lori Hiller	1982
6	107' 1/2"	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	Cherette Mastny	2000
2	12.6	Sylvia Kasper	1975
	12.6	Cherette Mastny	1997
	12.6	Cherette Mastny	1998
	12.6	Cherette Mastny	1999
6	12.8	Kendra Stuebing	1979
	12.8	Kendra Zeilinger	1992
8	12.9	Dawn Hilger	1986
	12.9	Jenny Sweney	1991
	12.9	Kendra Zeilinger	1993

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200 Meter Dash

1	25.6	Cherette Mastny	2000
2	25.9	Cherette Mastny	1997
3	26.0	Cherette Mastny	1999
	26.0	Cherette Mastny	1998
5	27.1	Kendra Stuebing	1979
6	27.3	Sabrina Minert	2005
6	27.3	Shannon Townsend	1992
8	27.6	Kendra Struebing	1978
	27.6	Stacy Brandenburgh	1990
10	27.7	Kirby Hecker	2004
	27.7	Kathy Heins	1980
	27.7	Kathy Heins	1981
	27.7	Kendra Zeilinger	1994

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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
5	59.5	Cherette Mastny	1999

6	59.6	Jodi Dubs	1994
7	61.5	Kim Birkel	1992
8	62.3	Stacia Fricke	2002
8	62.3	Kim Birkel	1991
10	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

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#### 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

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#### 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	13:55.0	Tonya Workman	1997

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#### 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	52.3	1993	Zeilinger, Niemann, Zeilinger, Dubs	
2	52.6	1977	Stuebing, Hlavac, Lambrecht, Kasper	
3	52.7	2005	BYRKIT, HECKER, GLOCK, MINERT	
4	53.1	1990	Ptacek, Sweney, Zeilinger, Brandenburg	
5	53.4	1998	Huxoll, Otto, Stabbe, Mastny	
6	53.7	2000	Huxoll, McMillan, Matulka, Mastny	
6	53.7	1991	Ptacek, Riha, Sweney, Zeilinger	
8	53.9	1981	Hiller, Potter, Heins, Hecker	
8	53.9	1992	Zeilinger, Riha, Zeilinger, Townsend	
10	54.0	1978	Stuebing, Lambrecht, Jenkins, Hlavac	
10	54.0	1982	Heins, Hiller, Sloup, Potter	
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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. Ptacek, G. Lostroh, J. Romshek, S. Brandenburg	
10	4:32.4	1982	L. Hiller, L. Hanis, P. Hanis, C. Potter	
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3200 Meter Relay				
1	10:19.4	1985	J. Jorgensen, N. Nickolite, M. Grotelueschen, B. Romshek	
2	10:38.6	1992	K. Birkel, A. Roberts, J. Novak, J. Dubs	
3	10:39.5	1986	B. Romshek, M. Grotelueschen, 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

STATE CHAMPIONS:

Class C 100 HH Champion Kim Birkel – 1992

Class C 800 Run Champion Jodi Dubs – 1993

Class C 800 Run Champion & Gold Medal Champion Jodi Dubs – 1994

Class C 400 Dash and 800 Run Champion Jodi Dubs – 1995

Class C 100, 200 and 400 Dash Champion Cherette Mastny - 2000