

# City High Girls Track & Field

## Top Ten Outdoor Performances

100 METER DASH		
12.20	Sarah Plock	2014 (USATF Ames)
12.25	Ashley Wilkinson	2009 (State)
12.04*	Kristin Knight	1998 (Ankeny)
12.13*	Erica Davis	1995 (Districts)
12.36*	Camille Jordan	2003 (MVC D)
12:14	Rose Gamamou	2016 (Clinton)
12.43*	Heather Paul	1987 (Lancer)
12.44*	Elizabeth Matzen	2000 (Districts)
12.69	Clair Crew	2011 (F/C)
12.54*	Teesa Price	1999 (MVC S)

200 METER DASH		
24.76	Kristin Knight	1998 (State)
25.00	Ashley Wilkinson	2009 (F/C)
25.41	Sarah Plock	2014(USATF Ames)
25.48*	Jill Myatt	1992 (MVC S)
25.48*	Ingrid Friesen	1987 (Lancer)
25.69*	Kelly Krei	2006 (MVC D)
25.71*	Camille Jordan	2003 (MVC D)
25.90*	Heather Paul	1987 (Lancer)
25.93*	Teesa Price	1996 (Districts)
25.98*	Brittany Nelson	2007 (Districts)

400 METER DASH		
55.46	Kelly Krei	2007 (State)
57.17	Jill Myatt	1993 (State)
57.31	Sarah Plock	2015 (For/Cole)
58.28	Claire Crew	2011 (MVC)
58.38	Monica Mims	2002 (State)
58.38	Ingrid Friesen	1987 (State)
58.79	Katie Krei	2005 (State)
58.85*	Amber Starr	1999 (Districts)
59.10*	Keely Barnett	1996 (Forwald)
59.70	Kelsey Mims	2005 (Districts)

800 METER RUN		
2:14.60	Keely Barnett	1995 (State)
2:14.92	Meggan Reed	2002 (State)
2:15.55	Nelle Trefz	2004 (State)
2:16.51	Michelle Lilienthal	2000 (Drake)
2:16.59	Missy Novotny	1992 (Drake)
2:17.71	Maggie Leyendecker	2005 (State)
2:18.31	Anne Heefner	1999 (State)
2:18.97	Mary Arch	2015 (State)
2:19.10	Lisa Sjoerdsma	1981
2:19.20	Anya McMurray	1992 (Drake)

<b>1500 METER RUN</b>		
4:34.01	Michelle Lilienthal	1999 (State)
4:40.00	Nelle Trefz	2003 (State)
4:40.37	Jennie Funk	2002 (State)
4:43.07	Meg Richardson	2011 (State)
4:45.46	Rebecca Rethwisch	2009 (State)
4:45.78	Ellen Carman	2013 (Drake)
4:47.87	Lindsay Wetzel	1999 (State)
4:50.02	Emily Fagan	2010 (Drake)
4:51.11	Samantha Sidwell	2006 (State)
4:52.47	Molly Shepherd	2015 (West Invite)

<b>3000 METER RUN</b>		
9:47.53	Michelle Lilienthal	2000 (Drake)
9:54.91	Jennie Funk	2001 (Drake)
10:04.87	Nelle Trefz	2003 (Drake)
10:08:39	Rebecca Rethwisch	2011 (State)
10:20.99	Meg Richardson	2012 (F/C)
10:29.17	Ellen Carman	2013 (F/C)
10:33.64	Helen Wieting (hand timed)	1987 (MVC)
10:36.13	Lindsay Wetzel	1999 (Drake)
10:36.65	Samantha Sidwell	2005 (Drake)
10:39.84	Jill Stephenson	2010 (Lancer)

<b>100 METER HURDLES (30 inch)</b>		
13.99*	Teesa Price	1999 (Forwald)
14.40*	Leslie Brown	1988 (Districts)
14.51*	Mariah Jordan	2007 (Districts)
14.64*	Emily Triplett	2004 (Districts)
14.86*	Maya Monitto-Webber	2001 (Forwald)
15.09*	Christine Evans	1992 (MVC)
15.13*	Annie Fraga	2004 (Prairie)
15.55	Veronica Rydze	2006 (Forwald)
15.39*	Katie Divelbis	1996 (MVC, S)
15.41*	Tanya Frantz	1994 (Forwald)

<b>100 METER HURDLES (33 inch)</b>		
14.83	Mariah Jordan	2009 (State)
15.56	Caroline Schaeckenbach	2018 (F/C)
15.72	Caitlin Ward	2012 (MVC)
16.37	Emily Sotelo	2010 (F/C)
16.44	Jordan Sekafetz	2018 (Districts)
16.81	Terra Perez	2013 (District)
16.90	Kirstin Feeney	2011 (District)
17.16	Samantha Kunc	2011(WDV)
16.83*	Beth Larsen	2010 (CR9/10)
17.07	Aspen Miller	2013 (F/C)

<b>400 METER HURDLES</b>		
1:00.55	Sarah Plock	2015 (For/Col)
1:02.65	Teesa Price	1999 (State)
1:03.48	Nicole Gatens	2000 (State)
1:04.01	Molly Sabers	2006 (State)
<b>1:04.99</b>	<b>Caroline Schaeckenbach</b>	<b>2018 (State)</b>
1:04.68*	Jill Myatt	1992 (MVC)
1:05.00*	Leslie Brown	1988 (Lancer)
1:05.50	Emily Sotelo	2011 (State)
1:05.94	Kelsie Linder	2001 (State)
1:06.03	Denise Organ	1983 (State)

<b>LONG JUMP</b>		
19-01.25	Kiera Washpun	2013 (MVC-Div))
17-10.5	Teesa Price	1998 (Forwald)
17-10	Melissa Holland	2000 (Prairie)
17-4	Heather Paul	1988 (District)
17-04	Brittany Nelson	2009 (LHJV)
<b>17-1.5</b>	<b>Ella Cook</b>	<b>2018 (State)</b>
17-00	Ashley Whiting	2006 (Forwald)
<b>16-11</b>	<b>Ayana Lindsey</b>	<b>2018 (Districts)</b>
16-10.75	Trisha Hardie	1987 (MVC)
16-10.5	Camille Jordan	2003 (Clinton)

<b>HIGH JUMP</b>		
5-6	Virginia Johnson	2011 (District)
5-6	Rose Gamamou	2016 (For/Col)
5-4.5	Krista Wiegert	2006 (UI Indr.)
5-4	Stephanie Brooks	2010 (State)
5-4	Abby Saehler	2012(Keosippi)
5-3.25	Jessie Branstatter	2002 (Warrior)
5-3	Dawn Alvarez	1987 (Forwald)
5-3	Tara Whiting	2005 (Forwald)
5-2.25	Megan Lienau	1999 (MVC)
<b>5-2</b>	<b>Alia Vanderhoef</b>	<b>2018 (DeWitt)</b>
5-2	Beth Salladay	1981
5-2	Mandy Voss	2000 (Prairie)
5-2	Kate Van Dusseldorp	2000 (Prairie)
5-2	Lisa Thomae	1985 (Forwald)
5-2	Samantha Sidwell	2005 (Prairie)
5-2	Cyan Vanderhoef	2016 MVC

SHOT PUT		
42-8	Aliyah Gustafson	2012 (District)
42-5.5	Sarah Anciaux	2005 (Sherw)
42-2.5	Jessica Elliott	2003 (Prairie)
41-6.5	Carrie Shurr	1991
41-9.5	Majesty Tutson	2009 (State)
40-11	Corrie Wagner	2005 (Forwald)
39-5	Amara Lehamn	2012 (District)
39-1.5	Laura Minchk	2007 (District)
39-1	Luci Murphy	2017 (Lancer)
39-0	Kayla Hyche	2011 (Clinton)

DISCUS		
138-9	Majesty Tutson	2009 (Drake)
136-11	Sarah Anciaux	2007 (State)
132-3	Aliyah Gustafson	2012 (State)
130-1	Jessica Elliott	2003 (MVC S)
125-8	Jessica Brotherson	1993 (State)
122-7	Luci Murphy	2017(Sherw'd)
121-5	Tami Vitosh	1987 (MVC)
119-7	Amara Lehman	2012 (Sherw'd)
119-0	Sara Julius	1996 (District)
118-6	Lisa Cain	1986 (District)

4X100 METER RELAY		
:48.83	Amanda Nearad, Nicole Gatesn, Teesa Price, Kristin Knight	1998 (Drake)
:49.02	Nicole Kuddes, Sarah Plock, Claire Crew, Kiera Washpun	2012 (State)
:49.29	Claire Crew, Brittany Nelson, Kelsey Coleman, Ashley Wilkinson	2010 (State)
:49.31	Delaney Johnson, Sarah Plock, Claire Crew, Kiera Washpun	2013 (State)
:49.35	Amanda Nearad, Elizabeth Matzen, Melissa Holland, Nicole Gatens	2000 (Drake)
:49.49	Emily Sparks, Brittany Nelson, Mariah Jordan, Ashley Wilkinson	2009 (State)
:49.50	Emily Triplett, Signe Mueller, Ashton Strickland, Camille Jordan	2004 (State)
:49.39*	Erica Davis, Nicole Gatens, Angie Madlock, Kristin Knight	1997 (MVC, D)
:49.65	Sydni Koenig, Sarah Anciaux, Mackenzie Skay, Signe Mueller	2006 (State)
:49.65	Signe Mueller, Patrice Jones, McKenzie Skay, Kerry Kamber	2005 (State)

4X200 METER RELAY		
1:42.68	Brittany Nelson, Kelsey Coleman, Tara Mills, Ashley Wilkinson	2009 (State)
1:42.89*	Kristin Knight, Amber Starr, Nicole Gatens, Teesa Price	1999 (Forwald)
1:43.14	Ashton Strickland, Kerry Kamber, Virginia Dreier, Camille Jordan	2004 (State)
1:43:17	Nicole Kuddes, Sarah Plock, Claire Crew, Kiera Washpun	2012 (District)
1:43.55	Nicole Kuddes, Jordan Sullivan, Claire Crew, Kiera Washpun	2011 (State)
1:43.70	Brittany Nelson, Kelsey Coleman, Nicole Kuddes, Ashley Wilkinson	2010 (State)
1:43.46*	Angie Madlock, Kelli Chestnut, Teesa Price, Kristin Knight	1999 (MVC D)
1:43.72	Ashley Wilkinson, Signe Mueller, Brittany Nelson, Kelly Krei	2007 (State)
1:43.77	Emma Cooper, Ayana Lindsey, Emma Clark, Sydney DePrenger	2018 (State)
1:43.90	Angie Madlock, Kelli Chestnut, Nicole Gates, Kristin Knight	1997 (State)

<b>4X400 METER RELAY</b>		
3:56.94	Katie Krei, Monica Mims, Virginia Dreier, Meggan Reed	2003 (State)
3:56.85*	Molly Sabers, Mercedes Harris, Signe Mueller, Kelly Krei	2007 (MVC D)
3:57.25	Signe Mueller, Kelsey Mims, Molly Sabers, Kelly Krei	2006 (State)
3:57.45	Mercedes Harris, Caroline Mills, Kelly Krei, Molly Sabers	2007 (State, P)
3:58.11	Anne Heefner, Nicole Gatens, Kristin Knight, Teesa Price	1999 (State)
3:58.70	Amanda Long, Sarah Vanderah, Anya McMurray, Jill Myatt	1992 (State, P)
3:58.73	Mercedes Harris, Kelsey Mims, Molly Sabers, Kelly Krei	2007 (State)
3:59.20	Kelli Chestnut, Kelly Triplett, Teesa Price, Keely Barnett	1997 (State)
3:59.01*	Amanda Long, Venice Monagan, Anya McMurray, Jill Myatt	1992 (MVC, D)
3:59.32	Anne Heefner, Nicole Gatens, Amber Starr, Teesa Price	1999 (State, P)

<b>4X800 METER RELAY</b>		
9:11.39*	Meggan Reed, Jennie Funk, Monica Mims, Nelle Trefz	2002 (MVC, S)
9:14.85	Jennie Funk, Maggie Leyendecker, Meggan Reed, Nelle Trefz	2003 (State)
9:19.99	Emily Fagan, Erin Danielson, Jill Stephenson, Jessica Yagla	2010 (State)
9:20.25	Meg Richardson, Lori Lines, Ellen Carman, Rebecca Rethwisch	2011 (Drake)
9:20.61	Patricia Eckering, Anne Heefner, Kelsie Linder, Michelle Lilienthal	1999 (State)
9:24.70	Maggie Leyendecker, Sarah Ziegenhorn, Jennie Funk, Nelle Trefz	2004 (Drake)
9:24.84	Ellen Carman, Lori Lines, Erin Danielson, Meg Richardson	2011 (State)
9:25.65	Emily Fagan, Ashley Fuller, Hannah Kregel, Jessica Yagla	2009 (State)
9:27.01	Katie Funk, Ali Kirsch, Nelle Trefz, Jennie Funk	2001 (State)
9:27.90	Maggie Leyendecker, Elise Mozena, Sarah Ziegenhorn, Jennie Funk	2004 (State)

<b>SPRINT MEDLEY RELAY</b>		
1:46.00	Sydni Koenig, Sarah Anciaux, Signe Mueller, Kelly Krei	2006 (State)
1:46.85	Sydni Koenig, Signe Mueller, Ashley Wilkinson, Kelly Krei	2007 (State)
1:47.22	Amanda Nearad, Nicole Gatens, Kristin Knight, Teesa Price	1999 (Drake)
1:47.66*	Tonya Gatlin, Venice Monagan, Jann Duffy, Jill Myatt	1993 (Districts)
1:48.06	Nicole Gatens, Kelli Chestnut, Kristin Knight, Teesa Price	1998 (Drake)
1:48.08	Emily Sparks, Mariah Jordan, Ashley Wilkinson, Kelly Krei	2008 (State)
1:47.84*	Sydni Koenig, Signe Mueller, Kelsey Mims, Kelly Krei	2007 (Districts)
1:48.79	Sydni Koenig, Mackenzie Skay, Signe Mueller, Kelly Krei	2006 (Drake)
1:48.92	Mickey Hansche, Kiera Washpun, Claire Crew, Sarah Plock	2013 (Drake)
1:48.94	Delaney Johnson, Rose Gamamou, Maddie DePrenger, Sarah Plock	2015 (Drake)

<b>DISTANCE MEDLEY RELAY</b>		
4:03.56	Morgan Rohrbach, Elizabeth Matzen, Monica Mims, Nelle Trefz	2001 (State)
4:04.50	Sara Nordquist, Jann Duffy, Venice Monagan, Keely Barnett	1995 (State)
4:04.54	Virginia Dreier, Camille Jordan, Monica Mims, Meggan Reed	2003 (State)
4:06.21	Amanda Nearad, Kristin Knight, Teesa Price, Michelle Lilienthal	1999 (Clinton)
4:06.45	Amanda Nearad, Elizabeth Matzen, Monica Mims, Michelle Lilienthal	2000 (State)
4:08.63	Brittany Nelson, Kelsey Coleman, Tara Mills, Jessica Yagla	2009 (State)
4:09.16	Ashton Strickland, Katie Lynch, Meggan Reed, Jennie Funk	2002 (Districts)
4:09.32	Ashton Strickland, Kerry Kamber, Maggie Leyendecker, Nelle Trefz	2004 (State)
4:09.82	Ashton Strickland, Camille Jordan, Katie Krei, Meggan Reed	2002 (State)
4:09.80*	Jann Duffy, Kenna Long, Amanda Long, Keely Barnett	1994 (State)

<b>SHUTTLE HURDLE RELAY (33 inch)</b>		
1:05.46	Emily Sotelo, Caitlin Ward, Beth Larsen, Mariah Jordan	2009 (State)
<b>1:07.04</b>	<b>Jordan Sekafetz, Kate Swenning, Jae Dancer, Caroline Schaeckenbach</b>	<b>2018 (Districts)</b>
1:06.94*	Emily Sotelo, Terra Perez, Samantha Kunc, Caitlin Ward	2011 (Districts)
1:07.50	Terra Perez, Aspen Miller, Kirsin Feeney, Caitlin Ward	2012 (State)
1:08.02	Kirstin Feeney, Caitlin Ward, Samantha Kunc, Emily Sotelo	2010 (State)
1:08.88	Emily Sotelo, Samantha Kunc, Caitlin Ward, Mariah Jordan	2009 (Drake)
1:08.72*	Caitlin Ward, Kirstin Feeney, Samantha Kunc, Emily Sotelo	2011 (Sherw'd)
1:09.16	Kirstin Feeney, Samantha Kunc, Terra Perez, Caitlin Ward	2011 (MVC)
1:08.99*	Emily Sotelo, Samantha Kunc, Kirstin Feeney, Caitlin Ward	2011 (Clinton)
1:09.20*	Kirstin Feeney, Samantha Kunc, Lori Lines, Emily Sotelo	2010 (Clinton)

<b>SHUTTLE HURDLE RELAY (30 inch)</b>		
1:01.60	Annie Fraga, Tara Whiting, Maya Monitto-Webber, Emily Triplett	2003 (State)
1:02.38	Veronica Rydze, Mercedes Harris, Mariah Jordan, Molly Sabers	2007 (State)
1:02.43*	Veronica Rydze, Molly Sabers, Annie Fraga, Emily Triplett	2004 (Forwald)
1:02.82	Emily Triplett, Katie Fraga, Tara Whiting, Maya Monitto-Webber	2002 (State)
1:02.97	Veronica Rydze, Mackenzie Skay, Mariah Jordan, Molly Sabers	2006 (State)
1:03.48	Katie Fraga, Emily Triplett, Virginia Dreier, Maya Monitto-Webber	2001 (State)
1:03.39*	Veronica Rydze, Mackenzie Skay, Elaine Moen, Molly Sabers	2006 (Forwald)
1:04.01	Veronica Rydze, Tara Whiting, Molly Sabers, Annie Fraga	2005 (State)
1:04.06*	Katie Fraga, Maureen Tabor, Emily Triplett, Maya Monitto-Webber	2001 (Forwald)
1:04.27*	Aly Roelf, Emily Triplett, Katie Fraga, Maya Monitto-Webber	2002 (Xavier)

\*Hand Timed