

# RUGBY HIGH SCHOOL

## GIRLS TRACK & FIELD RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>TIME/DIST.</u>	<u>YEAR</u>
100 METER DASH .....	Staci Hager .....	12.3 .....	1998
200 METER DASH .....	Stephanie Vangsnes .....	25.8 .....	1998
400 METER DASH .....	Stephanie Vangsnes .....	58.1 .....	1998
800 METER RUN.....	Kathy Kappel.....	2:22.4.....	1977
1600 METER RUN.....	Pam Erickson .....	5:24.0.....	1987
3200 METER RUN.....	Kirsten Welk .....	12:07.5.....	2006
100 METER HURDLES .....	Holly Jelsing .....	15.6 .....	1984
300 METER HURDLES .....	Ashley Salwey .....	45.5 .....	2006
HIGH JUMP .....	Tammy Johnson.....	5'4" .....	1976
LONG JUMP .....	Vanessa Friestad .....	17'11 <sup>3</sup> / <sub>4</sub> " .....	2005
TRIPLE JUMP.....	Vanessa Friestad .....	36'7" .....	2005
SHOT PUT .....	Leah Wentz .....	41'3" .....	2006
DISCUS .....	Leah Wentz .....	122'0" .....	2006
JAVELIN(Rubber Tip - New Rules) .....	Lisa Overbo.....	111'0" .....	2002
POLE VAULT .....	Jana Gronvold.....	9'3" .....	2004
400 METER RELAY.....	Cindy Robbins..... Lori Ostrem Susie Zweber Karla Leier	50.1 .....	1982
800 METER RELAY.....	Kayleen Haman..... Lori Ostrem Susie Zweber Karla Leier	1:46.0.....	1982
1600 METER RELAY.....	Valerie Moller .....	4:06.8.....	2004
	Sarah Skipper Shannon Swanson Jessica Tuchscherer		
3200 METER RELAY.....	Terri Kreklau..... Melanie Martz Kristin Leier Pam Erickson	10:00.0.....	1985