

# 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.....	Sydney Kraft.....	2:21.6.....	2009
1600 METER RUN.....	Sydney Kraft.....	5:14.6.....	2012
3200 METER RUN.....	Sydney Kraft.....	11:40.6.....	2009
100 METER HURDLES .....	Ashley Salwey .....	14.8 .....	2009
300 METER HURDLES .....	Ashley Salwey .....	45.3 .....	2009
HIGH JUMP .....	Aubrey Hovland.....	5'6" .....	2012
LONG JUMP.....	Vanessa Friestad .....	18'4" .....	2008
TRIPLE JUMP.....	Vanessa Friestad .....	36'7" .....	2005
SHOT PUT.....	Leah Wentz .....	43'7¼" .....	2008
DISCUS .....	Leah Wentz .....	127'2" .....	2007
JAVELIN(Rubber Tip - New Rules) .....	Mattie Schmitt .....	122'8" .....	2013
POLE VAULT .....	Jana Gronvold.....	9'3" .....	2004
4 x 100 METER RELAY .....	Cindy Robbins .....	50.1 .....	1982
	Lori Ostrem		
	Susie Zweber		
	Karla Leier		
4 x 200 METER RELAY .....	Kayleen Haman.....	1:46.0.....	1982
	Lori Ostrem		
	Susie Zweber		
	Karla Leier		
4 x 400 METER RELAY .....	Valerie Moller .....	4:06.8.....	2004
	Sarah Skipper		
	Shannon Swanson		
	Jessica Tuchscherer		
4 x 800 METER RELAY .....	Chelsea Halvorson .....	9:56.3.....	2008
	Danielle Wangler		
	Kirsten Welk		
	Sydney Kraft		