

ALL-TIME RUGBY TOP TEN LIST

100 Meter Dash

1.	Staci Hager	12.24	1998
2.	Brandilyn Gronvold	12.49	2002
3.	Ashley Salwey	12.58	2009
4.	Tami Leier	12.61	1993
5.	Emily Stier	12.75	2012
6.	Emily Paul	12.84	2008
	Rachel Hoffert	12.84	2010
8.	Gretchen Schulz	12.89	1996
	Jessica Tuchscherer	12.89	2004
	Crystal Hovland	12.89	2009

1600 Meter Run

1.	Sydney Kraft	5:14.59	2012
2.	Pam Erickson	5:24.00	1987
3.	Channa Pieterick	5:27.00	1996
4.	Lauren Christenson	5:27.06	2012
5.	Tristin Lunde	5:34.89	2013
6.	Jamie Jordan	5:36.00	1994
7.	Chandra Yankton	5:36.02	2011
8.	Sarah Skipper	5:37.33	2003
9.	Chelsea Halvorson	5:38.59	2005
10.	Danielle Wangler	5:39.69	2008

200 Meter Dash

1.	Stephanie Vangsnes	25.73	1998
2.	Tami Leier	26.00	1991
3.	Staci Hager	26.07	1998
4.	Ashley Salwey	26.11	2009
5.	Brandilyn Gronvold	26.17	2002
6.	Jessica Tuchscherer	26.25	2004
7.	Sarah Skipper	26.34	2005
8.	Emily Stier	26.37	2013
9.	Crystal Hovland	26.50	2010
10.	Rachel Hoffert	26.57	2010

3200 Meter Run

1.	Sydney Kraft	11:40.53	2009
2.	Lauren Christenson	11:48.14	2012
3.	Danielle Wangler	12:05.04	2008
4.	Chandra Yankton	12:05.76	2011
5.	Kirsten Welk	12:07.44	2006
6.	Allison Foster	12:15.87	2014
7.	Jessica Anderson	12:21.30	1996
8.	Tristin Lunde	12:22.54	2013
9.	Chelsea Halvorson	12:30.94	2007
10.	Jamie Jordan	12:32.50	1995

400 Meter Dash

1.	Stephanie Vangsnes	58.02	1998
2.	Kirsten Welk	1:00.17	2007
3.	Brandilyn Gronvold	1:00.25	2001
4.	Jessica Tuchscherer	1:00.73	2003
5.	Valerie Moller	1:00.98	2004
6.	Hannah Christenson	1:01.03	2013
7.	Sarah Skipper	1:01.05	2005
8.	Ashley Salwey	1:01.11	2009
9.	Emily Stier	1:01.14	2014
10.	Cassie Hagel	1:01.25	1997

100 Meter Hurdles

1.	Ashley Salwey	14.76	2009
2.	Holly Jelsing	15.51	1984
3.	Crystal Hovland	15.69	2011
4.	Aubrey Hovland	15.83	2013
5.	Jennifer Black	16.25	1998
6.	Melissa Brossart	16.29	2003
7.	Stephanie Leer	16.89	2004
	Courtney Jorgenson	16.89	2006
9.	Heidi Rocheleau	16.90	1990
10.	Sarah Skipper	16.97	2005

800 Meter Run

1.	Sydney Kraft	2:21.56	2009
2.	Kathy Kappel	2:22.40	1977
3.	Tristin Lunde	2:26.25	2014
4.	Kirsten Welk	2:27.99	2007
5.	Cassie Hagel	2:29.14	1999
6.	Dawn Danielson	2:29.90	1997
7.	Allyson Fursather	2:30.22	1996
8.	Chelsea Halvorson	2:30.50	2005
9.	Crystal Hovland	2:30.98	2011
10.	Paula Reierson	2:31.00	1992

300 Meter Hurdles

1.	Ashley Salwey	45.29	2009
2.	Crystal Hovland	45.45	2010
3.	Jennifer Black	46.19	1998
4.	Jessica Tuchscherer	46.69	2004
5.	Emily Stier	47.20	2015
6.	Tami Rocheleau	48.03	2002
7.	Sarah Skipper	48.49	2005
8.	Amanda Black	49.81	2002
9.	Anni Stier	49.87	2015
10.	Lori Owens	49.89	1991

ALL-TIME RUGBY TOP TEN LIST

High Jump

1.	Aubrey Hovland	5'6"	2012
2.	Tammy Johnson	5'4"	1976
3.	Katie Seil	5'2"	1997
	Vanessa Friestad	5'2"	2006
5.	Kristy Bemis	5'1"	1993
	Olivia Friestad	5'1"	2001
	Stephanie Leer	5'1"	2003
	Sarah Skipper	5'1"	2005
9.	Dianne Folden	4'11"	1999
	Leah Lehman	4'11"	2004
	Jessica Blessum	4'11"	2015

Shot Put

1.	Leah Wentz	43'7¼"	2008
2.	Kari Fritel	39'2"	2015
3.	Molly Koenig	38'6½"	2011
4.	Rachel Wentz	38'6"	1999
5.	Heather Uhlenkamp	37'2"	1994
6.	Erin Lake	36'7"	1994
7.	Amanda Heilman	36'1"	2006
8.	Jessica Schneider	36'0"	1999
9.	Dana Pritschet	34'3½"	1996
10.	Kari Gjovik	33'10"	1991

Long Jump

1.	Vanessa Friestad	18'4"	2008
2.	Emily Stier	17'8"	2015
3.	Stephanie Friestad	17'7"	2010
4.	Aubrey Hovland	17'6½"	2013
5.	Jessica Friestad	17'6¼"	2005
6.	Peggy Parkman	17'3½"	1970
	Tara Grove	17'3½"	1998
8.	Olivia Friestad	16'9¾"	2003
9.	Abbey Paul	16'8½"	2012
10.	Lauren Kraft	16'8"	2014

Discus

1.	Leah Wentz	127'2"	2007
2.	Heather Uhlenkamp	119'9"	1994
3.	Erin Lake	115'1"	1995
4.	Jessica Schneider	114'0"	1999
5.	Amanda Heilman	111'4"	2006
6.	Mattie Schmitt	110'8"	2014
7.	Laura Fritel	107'7"	2012
8.	Jodi Marchus	106'8"	1996
9.	Maddie Uhlenkamp	106'6"	2014
10.	Kristen Knain	105'3"	2003

Triple Jump

1.	Vanessa Friestad	36'7"	2005
2.	Stephanie Friestad	35'1½"	2010
3.	Tara Grove	35'¾"	1998
4.	Katie Seil	34'10½"	1997
	Sara Stier	34'10½"	2015
6.	Olivia Friestad	34'10¼"	2001
7.	Maria Blessum	34'7½"	2015
8.	Aubrey Hovland	34'4"	2012
	Lauren Kraft	34'4"	2015
10.	Tina Childress	33'10¾"	2004

Javelin (Since 2002 - Tailwind)

1.	Mattie Schmitt	122'8"	2013
2.	Leah Wentz	115'4"	2007
3.	Lisa Overbo	111'0"	2002
4.	Paige Haman	109'0"	2010
5.	Jana Gronvold	106'4"	2005
6.	Molly Koenig	105'10"	2011
7.	Allison Volk	103'6"	2014
8.	Maddie Uhlenkamp	102'10"	2014
9.	Jill Murtaugh	101'2"	2002
10.	Kristi Black	99'9"	2005

Pole Vault

1.	Jessica Blessum	10'3"	2015
2.	Jana Gronvold	9'3"	2004
3.	Tami Rocheleau	8'6"	2002
	Leah Lehman	8'6"	2005
	Stephanie Friestad	8'6"	2010
	Maria Blessum	8'6"	2015
7.	Melissa Brossart	7'6"	2001
	Kellie Pieterick	7'6"	2004
	Kristi Black	7'6"	2008
	Chelsea Halvorson	7'6"	2008
	Rachel Hoffert	7'6"	2010

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4 x 100 Meter Relay

1.	Cindy Robbins, Lori Ostrem, Susie Zweber, Karla Leier	50.10	1982
2.	Tallie Stebner, Tami Rocheleau, Valerie Moller, Brandilyn Gronvold	51.14	2002
	Kelsea Volk, Casandra Blessum, Courtney Jorgenson, Morgan Gronvold	51.14	2006
4.	Hallie Anderson, Brandilyn Gronvold, Tara Grove, Staci Hager	51.19	1998
5.	Tallie Stebner, Morgan Gronvold, Valerie Moller, Shannon Swanson	51.20	2004
6.	Shanaya Fred, Aubrey Hovland, Rachel Hoffert, Emily Stier	51.24	2011
7.	Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier	51.25	1994
8.	Kelsea Volk, Morgan Gronvold, Casandra Blessum, Emily Paul	51.35	2007
	Kelsea Volk, Emily Paul, Casandra Blessum, Crystal Hovland	51.35	2008
10.	Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Staci Hager	51.39	1995

4 x 200 Meter Relay

1.	Kayleen Haman, Lori Ostrem, Susie Zweber, Karla Leier	1:45.93	1982
2.	Brandilyn Gronvold, Stephanie Vangsnes, Cassie Hagel, Staci Hager	1:46.95	1998
3.	Tallie Stebner, Jessica Tuchscherer, Valerie Moller, Shannon Swanson	1:47.20	2004
4.	Gretchen Schulz, Cassie Hagel, Stephanie Vangsnes, Staci Hager	1:47.50	1996
	Crystal Hovland, Aubrey Hovland, Rachel Hoffert, Emily Stier	1:47.50	2011
6.	Kelsea Volk, Casandra Blessum, Morgan Gronvold, Ashley Salwey	1:47.78	2006
7.	Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Tami Leier	1:48.00	1993
8.	Tami Leier, Tricia Anderson, Janelle Ebach, Erika Schiele	1:48.08	1991
9.	Staci Hager, Bobbi Jo Blomster, Erika Schiele, Tami Leier	1:48.16	1994
	Gretchen Schulz, Bobbi Jo Blomster, Erika Schiele, Staci Hager	1:48.16	1995

4 x 400 Meter Relay

1.	Valerie Moller, Sarah Skipper, Shannon Swanson, Jessica Skipper	4:06.80	2004
2.	Cassie Hagel, Jennifer Black, Brandilyn Gronvold, Stephanie Vangsnes	4:07.25	1998
3.	Maria Blessum, Anni Stier, Allison Foster, Emily Stier	4:08.13	2015
4.	Cassie Hagel, Tara Grove, Jennifer Black, Stephanie Vangsnes	4:08.50	1997
5.	Morgan Gronvold, Casandra Blessum, Ashley Salwey, Kirsten Welk	4:09.34	2007
6.	Sydney Kraft, Rachel Hoffert, Crystal Hovland, Ashley Salwey	4:10.09	2009
7.	Emily Paul, Casandra Blessum, Kirsten Welk, Ashley Salwey	4:11.22	2008
8.	Crystal Hovland, Alicia Leier, Rachel Hoffert, Emily Stier	4:11.31	2011
9.	Jessica Tuchscherer, Valerie Moller, Tami Rocheleau, Brandilyn Gronvold	4:11.46	2002
10.	Karin Selland, Anni Stier, Hannah Christenson, Emily Stier	4:11.82	2014

4 x 800 Meter Relay

1.	Chelsea Halvorson, Danielle Wangler, Kirsten Welk, Sydney Kraft	9:56.25	2008
2.	Karin Selland, Hannah Christenson, Lauren Christenson, Sydney Kraft	9:59.65	2012
3.	Terri Kreklau, Melanie Martz, Kristin Leier, Pam Erickson	10:00.00	1985
4.	Paula Reieron, Tracey Voeller, Barb Selensky, Nicole Godel	10:05.30	1991
5.	Kelsey McAtee, Sarah Skipper, Kirsten Welk, Kellie Pieterick	10:07.96	2004
6.	Barb Selensky, Deb Armstrong, Tracey Voeller, Terri Reieron	10:08.00	1990
7.	Karin Selland, Lauren Christenson, Hannah Christenson, Tristin Lunde	10:08.15	2013
8.	Crystal Hovland, Hannah Christenson, Lauren Christenson, Sydney Kraft	10:09.77	2011
9.	Allyson Fursather, Jozie Burkhartsmeier, Jennifer Schiff, Dawn Danielson	10:13.00	1996
10.	Jennifer Schiff, Cassie Hagel, Channa Pieterick, Stephanie Vangsnes	10:14.35	1998