

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	Maria Blessum	11'3"	2018
4 x 100 METER RELAY	Cindy Robbins..... Lori Ostrem Susie Zweber Karla Leier	50.1	1982
4 x 200 METER RELAY	Kayleen Haman..... Lori Ostrem Susie Zweber Karla Leier	1:46.0.....	1982
4 x 400 METER RELAY	Ellie Duchscherer	4:06.1.....	2019
	Emily Mattern Maria Blessum Anni Stier		
4 x 800 METER RELAY	Chelsea Halvorson..... Danielle Wangler Kirsten Welk Sydney Kraft	9:56.3.....	2008