

Indoor Records

<i>Event</i>	<i>Name</i>	<i>Time/Dist</i>	<i>Yr</i>
Shot put	Ava Kiefer	36' 6"	2022
Weight Throw	Ashley Hodulik	49' 10"	2020
Long Jump	Aricka LaVoy	16' 2"	2013
High Jump	Kirsten Abke	5' 0"	2012
Pole Vault	Julia Sabo	10' 6"	2022
Triple Jump	Whitney Hoodlebrink	32' 6"	2010
60 M Dash	Emma Downs	8.38	2022
200 M Dash	Lizzie Lahey	28.66	2005
400 M Dash	Maddie Jackson	1:05.24	2014
800 M Run	Leah Emch	2:29.31	2024
1600 M Run	Leah Emch	5:20.43	2024
3200 M Run	Leah Emch	11:16.97	2023
60 M Hurdles	Shelby Getz	9.89	2020
4x200 M Relay	Ericca Hollister, Reagan Boice Maddie Jackson, Rachel McNay	1:50.72	2012
4x400 M Relay	Reilly Might, Amelia Ward Avery Bowman, Leah Emch	4:24.51	2024
4x800 M Relay	Leah Emch, Amelia Ward Z Ramsey, Haley Sponaugle	10:20.30	2024
1600 M Sprint Med Relay (4, 2, 2, 8)	Cyndi Bostdorff, DD Blausey Kelley Stribny, Lindsay Stoll	4:51.24	1997
Distance Med Relay (8, 4, 6, 8)	Krista Nuhfer, Kerry Alexander Sam Glase, Kelly Appelhans	8:52.24	1997

Indoor Running Top Ten

60 M DASH

1) Emma Downs	8.38	2022
2) Shelby Getz	8.48	2019
3) Aricka LaVoy	8.50	2013
4) Reagan Boice	8.55	2014
5) Rachel McNay	8.59	2012
6) Erica Neitz	8.65	1996
7) Jessica Lang	8.66	2018
8) Leah Tressel	8.67	2016
9) Ericca Hollister	8.70	2012
10) Julia Sabo	8.71	2022
10) Maddie Jackson	8.71	2012

200 M DASH

1) Lizzie Lahey	28.66	2005
2) Emma Downs	29.13	2023
3) Mikayla Hoelter	29.40	2020
4) Ericca Hollister	29.74	2011
5) Leah Tressel	29.93	2014
6) Maddie Jackson	30.93	2014
7) Kayla Serres	31.34	2020
8) Sabree Durbin	31.35	2013
9) Shelby Durbin	31.38	2009
10) Emily Keiser	35.68	2020

400 M DASH

1) Maddie Jackson	1:05.24	2014
2) Breann Pfouts	1:06.14	2009
3) Reilly Might	1:08.06	2024
4) Casey Twining	1:09.30	2012
5) Sarah Bettinger	1:09.65	2014
6) Meagan Kaminski	1:09.66	2014
7) Avery Bowman	1:09.67	2024
8) Leah Tressel	1:11.83	2015
9) Kortni Montag	1:12.04	2012
10) Jordan Davidson	1:12.21	2017

800 M RUN

1) Leah Emch	2:29.31	2024
2) Maddie Jackson	2:30.00	2013
3) Haley Sponaugle	2:33.10	2024
4) Amelia Ward	2:34.00	2024
5) Hannah Sponaugle	2:34.13	2015
6) Avery Bowman	2:35.36	2022
7) Z Ramsey	2:39.59	2023
8) Meagan Kaminski	2:40.58	2014
9) Lauren Welker	2:41.43	2018
10) Casey Twining	2:46.07	2012

1600 M RUN

1) Leah Emch	5:20.43	2024
2) Hannah Sponaugle	5:22.31	2017
3) Haley Sponaugle	5:35.15	2023
4) Z Ramsey	5:44.83	2023
5) Avery Bowman	5:55.82	2022
6) Kelly Appelhans	6:04.13	1996
7) Camille Foes	6:15.29	2024
8) Emily Payne	6:23.81	2024
9) Maggie Ramsey	6:31.36	2024
10) Jada Jensen	6:49.13	2020

3200 M RUN

1) Leah Emch	11:16.97	2023
2) Haley Sponaugle	12:00.42	2024
3) Hannah Sponaugle	12:38.87	2017
4) Z Ramsey	12:41.47	2024
5) Lauren Welker	12:47.16	2018
6) Maggie Ramsey	13:51.65	2024
7) Cordelia Howard	13:57.13	2020
8) Emily Payne	14:10.14	2024
9) Jadyn Lubash	14:36.86	2024
10) Sierra Corns	15:05.04	2012

60 M HURDLES

1) Shelby Getz	9.81	2020
2) Rachel McNay	10.02	2012
3) Angie Getz	10.29	1996
4) Shaunna Jubenville	10.55	2017
5) Elise Wolff	10.64	2014
6) Mallory Sandberg	10.84	2024
7) Kayla Buehler	10.85	2024
8) Katelyn Meyer	10.86	2015
9) Reilly Might	10.91	2022
10) Reese Delgado	11.23	2017

Indoor Relay Top Ten

4x200 M RELAY

1)	E. Hollister, R Boice, M. Jackson, R. McNay	1:50.72	2012
2)	L. Tressel, A. Schroeder, N. Swartz, J. Lang	1:52.79	2017
3)	J. Sabo, M. Stevenson, E. Downs, M. Hoelter	1:53.16	2022
4)	E. Hollister, M. Jackson, H. Firsdon, R. McNay	1:54.19	2012
5)	S. Getz, M. Hoelter, M. Stevenson, J. Sabo	1:54.72	2020
6)	S. King, L. Mullholand, K. Henline, E. Downs	1:55.69	2023
7)	R. Boice, M. Jackson, H. Firsdon, A. LaVoy	1:55.90	2013
8)	S. Getz, S. Jubenville, J. Lang, A. Lucas	1:56.15	2018
9)	S. Getz, M. Hoelter, J. Sabo, F. Cassaubon	1:56.79	2020
10)	E. Downs, M. Stevenson, K. Henline, M. Hoelter	1:56.86	2022

4x400 M RELAY

1)	R. Might, A. Ward, A. Bowman, L. Emch	4:24.51	2024
2)	M. Stevenson, A. Bowman, K. Firsdon, M. Hoelter	4:25.88	2022
3)	A. Ward, L. Mullholand, A. Bowman, R. Might	4:31.92	2024
4)	L. Emch, L. Mullholand, H. Sponaugle, Z. Ramsey	4:35.62	2023
5)	M. Jackson, M. Kaminski, S. Bettinger, H. Sponaugle	4:36.11	2014
6)	L. Mullholand, C. Sechkar, K. Henline, Z. Ramsey	4:39.36	2023
7)	M. Jackson, M. Kaminski, M. Renollet, C. Twining	4:42.44	2012
8)	S. Getz, M. Stevenson, M. Graham, M. Hoelter	4:45.45	2019
9)	E. Sheets, V. Evans, A. Richards, H. Sponaugle	4:48.64	2024
10)	M. Hackworth, L. Wallace, S. Walters, E. Neitz	4:52.90	1996

4x800 M RELAY

1)	L. Emch, A. Ward, Z. Ramsey, H. Sponaugle	10:20.31	2024
2)	H. Sponaugle, M. Kaminski, S. Bettinger, M. Jackson	10:21.18	2014
3)	L. Emch, H. Sponaugle, C. Sechkar, Z Ramsey	10:30.10	2023
4)	M. Renollet, C. Twining, M. Kaminski, M. Jackson	10:37.85	2012
5)	L. Emch, A. Bowman, A. Young, Z Ramsey	10:54.20	2022
6)	S. Glase, S. Lohrbach, L. Stoll, C. Bostdorff	11:07.00	1997
7)	L. Synder, L. Stoll, C. Bostdorff, K. Appelhans	11:16.00	1996
8)	L. Emch, J. Lubash, Z Ramsey, H. Sponaugle	11:33.82	2022
9)	J. Lubash, B. Sheets, E. Sheets, A. Bowman	11:35.70	2024
10)	M. Jackson, A. LaVoy, C. Twining, M. Kaminski	11:45.51	2013

Field Event Top Ten

SHOT PUT

1) Ava Kiefer	36' 6"	2022
2) Brittany Brittian	33' 7"	2013
3) Jena Jacoby	33' 4"	2011
4) Olivia Newsome	33' 1"	2022
5) Ashley Hodulik	32' 10"	2020
6) Justine Tolek	32' 3"	2011
7) Rachael Vandall	32' 1"	1996
8) Liz Arntson	29' 4"	2019
9) Harper Morlock-Rollins	28' 6"	2024
10) Emma Kiefer	27' 9.5"	2023

WEIGHT THROW

1) Ashley Hodulik	49' 10"	2020
2) Ava Kiefer	44' 9"	2022
3) Olivia Newsome	43' 2.5"	2023
4) Jena Jacoby	39' 2.25"	2012
5) Molly Baumgartner	33' 6.5"	2019
6) Justine Tolek	31' 8.75"	2011
7) Liz Arntson	29' 7"	2019
8) Emma Kiefer	29' 0"	2023
9) Kennedy Ameling	25' 2"	2023
10) Isabella Romero	19' 6"	2023

POLE VAULT

1) Julia Sabo	10' 6"	2022
2) Jessica Lang	9' 6"	2016
2) Allie Abke	9' 6"	2018
4) Elise Wolff	9' 3"	2013
5) Alaina LaCourse	9' 0"	2012
6) Kyrie Henline	8' 6"	2024
6) Kaleigh Obrock	8' 6"	2015
8) Staci Bienko	8' 2"	2019
9) Liz Hirzel	8' 0"	2014
9) Samantha Decker	8' 0"	2010

LONG JUMP

1) Aricka LaVoy	16' 2"	2013
2) Whitney Hoodlebrink	16' 0.5"	2010
3) Katelyn Meyer	15' 7.75"	2015
4) Emma Downs	15' 7"	2022
4) Heather Beeker	15' 7"	1997
6) Shaunna Jubenville	15' 5.25"	2018
7) Hannah Firsdon	15' 4.25"	2013
8) Reilly Might	14' 11.75"	2024
9) Cortney Redman	14' 11.25"	2007
10) Felicia Cassaubon	14' 10"	2019

HIGH JUMP

1) Kirsten Abke	5' 0"	2013
2) Camille Foes	4' 10"	2024
2) Maisy Stevenson	4' 10"	2022
2) Marisa Launstein	4' 10"	2015
2) Whitney Hoodlebrink	4' 10"	2009
2) Megan Selhorst	4' 10"	2013
7) Katelyn Meyer	4' 9"	2015
8) Addie Hartman	4' 8"	2023
8) Lilly Mullholand	4' 8"	2023
8) Mikayla Hoelter	4' 8"	2019
8) Jenna Selhorst	4' 8"	2014
8) Jolynn Nissen	4' 8"	2014
8) Haven Flores	4' 8"	2014
8) Sara Jay	4' 8"	2017

Triple Jump

1) Whitney Hoodlebrink	32' 6"	2010
2) Hannah Firsdon	32' 3"	2013
3) Shaunna Jubenville	31' 9.5"	2018
4) Katie Primeau	30' 3.5"	2010
5) Megan Selhorst	30' 0.75"	2012
6) Jayme Evans	29' 11"	2015
7) Jenna Selhorst	27' 11.25"	2014
8) Elly Schnitker	27' 1"	2015
9) Allison Sutton	27' 0.25"	2013
10) Bella Provo	26' 9"	2024
