



ALLEMAN

Catholic High School

GIRLS TRACK & FIELD RECORDS

Updated: December 8, 2020

<u>EVENT</u>	<u>NAME</u>	<u>TIME/DISTANCE</u>	<u>YEAR</u>
Pole Vault	Tori Thomas	13'1"	2020
Shot Put	Megan Manning	54' 2"	2007
Discus	Ali VanDeHeede	133'4"	2018
High Jump	Kiah O'Neal	5'9"	2017
Triple Jump	Lynleigh Schram	36'11.25"	2019
Long Jump	Jenny Van Wiel	18' 1"	1989
100 M Dash	Michelle Friedland	12.22	2005
200 M Dash	Jensie Grigsby	25.09	1989
400 M Dash	Jensie Grigsby	59.3	1989
800 M Run	Kathleen Hogan	2:18.69	2009
1600 M Run	Chris Schwartz	4:59.8	1983
3200 M Run	Mary Doak	10:58.6	1977
100 M Hurdles	Amy Shemek	15.20	1990
300 M Low Hurdles	Amy Shemek	44.83	1991
400 M Relay	Erika Meyers, Tajuana Wells, Jensie Grigsby & Jenny Van Wiel	49.03	1988
4 x 100 M Medley Relay	Tiffany Crowder, Miranda Harrison, Mary DeSmet & Jensie Grigsby	1:32.3	1991
4 x 200 M Relay	Nakita Woods, Gabbi Loiz, Kiah O'Neal, Tori Thomas	1:45.83	2019
4 x 400 M Relay	Miranda Harrison, Angie Schmitt, Mary DeSmet & Sharon Schmitt	4:06	1992
4 x 800 M Relay	Kelly Layer, Caitlin Bull, Mary Ludin & Kathleen Hogan	9:42.6	2007