

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.....	Kathy Kappel.....	2:22.4.....	1977
1600 METER RUN.....	Pam Erickson.....	5:24.0.....	1987
3200 METER RUN.....	Jessica Anderson.....	12:21.3.....	1996
100 METER HURDLES	Holly Jelsing	15.6	1984
300 METER HURDLES	Jennifer Black.....	46.2	1998
HIGH JUMP	Tammy Johnson.....	5'4"	1976
LONG JUMP	Jessica Friestad	17'5 ³ / ₄ "	2004
TRIPLE JUMP.....	Vanessa Friestad	35'6 ¹ / ₂ "	2004
SHOT PUT.....	Rachael Wentz.....	38'6"	1999
DISCUS	Heather Uhlenkamp	119'9"	1994
JAVELIN(Rubber Tip - New Rules)	Lisa Overbo.....	111'0"	2002
POLE VAULT	Jana Gronvold.....	9'3"	2004
400 METER RELAY.....	Cindy Robbins..... Lori Ostrem Susie Zweber Karla Leier	50.1	1982
800 METER RELAY.....	Kayleen Haman..... Lori Ostrem Susie Zweber Karla Leier	1:46.0	1982
1600 METER RELAY.....	Valerie Moller	4:06.8.....	2004
	Sarah Skipper Shannon Swanson Jessica Tuchscherer		
3200 METER RELAY.....	Terri Kreklau..... Melanie Martz Kristin Leier Pam Erickson	10:00.0.....	1985