

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.....	5:17.3.....	2009
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	Tammy Johnson.....	5'4"	1976
	Aubrey Hovland		2011
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)	Leah Wentz	115'4"	2007
POLE VAULT	Jana Gronvold.....	9'3"	2004
4 x 100 METER RELAY	Cindy Robbins.....	50.1	1982
	Lori Ostrem		
	Susie Zweber		
	Karla Leier		
4 x 200 METER RELAY	Kayleen Haman.....	1:46.0.....	1982
	Lori Ostrem		
	Susie Zweber		
	Karla Leier		
4 x 400 METER RELAY	Valerie Moller	4:06.8.....	2004
	Sarah Skipper		
	Shannon Swanson		
	Jessica Tuchscherer		
4 x 800 METER RELAY	Chelsea Halvorson	9:56.3.....	2008
	Danielle Wangler		
	Kirsten Welk		
	Sydney Kraft		