

THE WESTERN IOWA CONFERENCE
HS BOYS' TRACK RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME (FAT)</u>	<u>YEAR</u>
Shot Put	Andrew Bonnet	Underwood	53' 3 ½"	2011
Discus	Steven Winchell	Treynor	163' 3"	2001
High Jump	Josh Gutttau	Treynor	6' 6"	1994/1995
Long Jump	Jay Wheeldon	Missouri Valley	22' 4"	2004
100 m Dash	Jake Allen	Treynor	11.02	2004
200 m Dash	Jared Graham	Tri-Center	22.30	2001
400 m Dash	Jared Graham	Tri-Center	49.53	2002
800 m Run	Rick McKean	Missouri Valley	2:00.44	1977
1600 m Run	Rick McKean	Missouri Valley	4:23.84	1977
3200 m Run	Bill Blay	Griswold	9:44.03	1993
110 High Hurdles	Jason Woods	Treynor	15.00	1994
400 Low Hurdles	Jason Woods	Treynor	54.31	1994
Shuttle Hurdle Relay	Tyler Freese Tyler Freese Nick Pedersen Keegan Konsor Adam McKee Jesse Jensen Austin Konsor Nick Pedersen	Underwood Underwood	59.91	2014 2016
4 x 100 m Relay	Derek Floerchinger Kyle Plumb Austin Frain Tanner Frain	Treynor	44.68	2006
4 x 200 m Relay	Jacob Lammert Nolan Strohbehn Austin Frain Tanner Frain	Treynor	1:13.13	2004
4 x 400 m Relay	Jacob Lammert Eric Hempel Derek Floerchinger Steven Maguire	Treynor	3:29.67	2004
1600 m Medley Relay	Dion Coffey Jake Wohlers Marcus Mumm Nick Schnitker	Tri-Center	3:43.12	2015
4 x 800 m Relay	Craig Hough Terry Larsen Dan Adams Joe Fairbanks	Underwood	8:22.34	1977

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HIGH SCHOOL GIRLS' TRACK RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>TIME (FAT)</u>	<u>YEAR</u>
Shot Put	Amy Fox	Treynor	42' 1"	1987
Discus	Karen Jennings	Tri-Center	132' 2"	1989
High Jump	Steph Goettsch	AHST	5' 8"	1998
Long Jump	Meredith Kosmacek	Tri-Center	17' 7 ½"	2004
100 m Dash	Meredith Kosmacek	Tri-Center	12.20	2004
200 m Dash	Meredith Kosmacek	Tri-Center	25.24	2004
400 m Dash	Emma Bonnet	Underwood	59.16	2015
800 m Run	Anne Mueksch	Missouri Valley	2:23.64	1978
1500 m Run	Rebekah Topham	Griswold	4:55.18	2015
3000 m Run	Alicia Fischer	Tri-Center	11:05.76	2005
100 m Hurdles	Chaley Rath	Treynor	15.73	2013
400 m Low Hurdles	Lauren Moore	Griswold	1:05.04	2011
Shuttle Hurdle Relay	Lacey Vokt Brittini Obermeier Emily Subbert Olivia Nelson	Audubon	1:08.27	2010
4 x 100 m Relay	Laura Nanninga Meredith Kosmacek Missy Barrier Amy Nanninga	Tri-Center	51.19	2002
4 x 200 m Relay	Courtney Kardell Shaila Bird Taylor Baggett Johnni Schueman	AHST	1:50.58	2012
Sprint Medley Relay	Hailey Dollen Kirsten Lehan Kari Witt Nikki Paulson	Tri-Center	1:55.91	2014
4 x 400 m Relay	Jodi Best Jordan Rowland Alyse Eddy Sara Best	Audubon	4:11.15	2004
Dist. Medley Relay	Danielle Adams Mallory Messinger Nicole Huttman Ashley Adams	AHST	4:20.83	2003
4 x 800 m Relay	Emily Baatz Alex Larsen Nikki Paulson Michelle Mumm	Tri-Center	10:06.26	2013