

Treynor Cardette Relays

Schedule of Events

High Jump	Long Jump	Shot Put	Discus
	800m Sprint Medley Relay		
	3000m Run		
	4 x 800m Relay		
	Break		
	Shuttle Hurdle Relay		
	100m Dash		
	1600 Distance Medley Relay		
	400m Dash		
	4 x 200m Relay		
	100m Hurdles		
	800m Dash		
	200m Dash		
	400m Hurdles		
	1500m Run		
	4 x 100m Relay		
	4 x 400m Relay		

Cardette Relays Records

Shot Put	Amy Fox	Treynor	1987		43' ½ "
Discus	Ann Gramkow	AHST	2002		148' 8"
High Jump	Chaley Rath	Treynor	2012		5' 8"
Long Jump	Meredith Kosmacek	Tri-Center	2004	17' 5 ½ "	
Sprint Medley Relay		Glenwood	1974	1:53.30	
3000m Run	Karley Larsen	Underwood	2016		10:35.48
4 x 800m Relay		Audubon	2003		10:12.49
Shuttle Hurdle Relay		Riverside	2005		1:06.54
100m Dash	Meredith Kosmacek	Tr-Center	2003	12.40	
Dist Medley Relay		Glenwood	1975		4:20.20
400m Dash	Alex Gochenour	Logan-Magnolia	2010		57.95
4 x 200m Relay		Woodbine	1974		1:48.50
100m Hurdles (33")	Alex Gochenour	Logan-Magnolia	2010		14.59
800m Dash	Julie Swoboda	Malvern	1974		2:25.10
200m Dash	Debbie Esser	Woodbine	1975	25.40	
400m Hurdles	Rebekah Topham	Griswold	2013		1:02.81
1500m Run	Janette Schraft	East Mills	2017		4:56.97
4 x 100m Relay		Abraham Lincoln	1974		52.30
4 x 400m Relay		Woodbine	1974	4:01.40	

Discontinued Events Records

Softball Throw	Ann Voss	AvoHa	1976		230' 5"
Mile Run	Mya Hopkins	Lewis Central	1975		5:37.90
200m Hurdles	Debbie Esser	Woodbine	1974	29.25	
100m Hurdles (30")	Debbie Esser	Woodbine	1974/1975	14.20	