

THE WESTERN IOWA CONFERENCE
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 Goetsch	AHST	5' 8"	1998
Long Jump	Meredith Kosmacek	Tri-Center	17' 7 ½"	2004
Sprint Medley Relay	Reagan Harter Chloe Gregory Sarah Fremstad Noel James	Treynor	1:54.49	2017
3000m Run	Payton Pogge	Tri-Center	10:45.32	2019
4 x 800m Relay	Emily Baatz Alex Larsen Nikki Paulson Michelle Mumm	Tri-Center	10:06.26	2013
Shuttle Hurdle Relay	Lacey Vokt Brittini Obermeier Emily Subbert Olivia Nelson	Audubon	1:08.27	2010
100m Dash	Meredith Kosmacek	Tri-Center	12.20	2004
Dist. Medley Relay	Danielle Adams Mallory Messinger Nicole Huttman Ashley Adams	AHST	4:20.83	2003
400m Dash	Karley Larsen	Underwood	58.69	2018
4 x 200m Relay	Courtney Kardell Shaila Bird Taylor Baggett Johnni Schueman	AHST	1:50.58	2012
100m Hurdles	Chaley Rath	Treynor	15.73	2013
800m Run	Anne Mueksch	Missouri Valley	2:23.64	1978
200m Dash	Meredith Kosmacek	Tri-Center	25.24	2004
400m Low Hurdles	Lauren Moore	Griswold	1:05.04	2011
1500m Run	Rebekah Topham	Griswold	4:55.18	2015
4 x 100m Relay	Laura Nanninga Meredith Kosmacek Missy Barrier Amy Nanninga	Tri-Center	51.19	2002
4 x 400m Relay	Jodi Best Jordan Rowland Alyse Eddy Sara Best	Audubon	4:11.15	2004