

SEWARD HIGH WOMEN'S TRACK RECORDS

100	PATTI GESCH	12.3	88	
200	PATTI GESCH	25.7	88	
400	ANNE JONES	58.6	92	
800	NATASHA MUELLER	2:20.219	09	
1600	KELSEY CHRISTENSEN	5:15.2	11	
3200	KELSEY CHRISTENSEN	11:22.994	10	
100 H. HURDLES	RACHEL ROEBKE HOLLY ANDREWS	14.9 14.9	04 04	
300 L. HURDLES	LYNN JIROVSKY	46.5	96	
SHOT PUT	ALYSSA KAMPHAUS	47'7.25"	10	
DISCUS	RHONDA WESCOTT	144'5"	82	
HIGH JUMP	BONNIE JELINEK	5'6 1/4"	84	
LONG JUMP	BONNIE JELINEK	17'11"	84	
TRIPLE JUMP	LYNN JIROVSKY	36' 7"	98	
POLE VAULT	SARAH BOLLWITT	11' 8"	01	
4X100 RELAY	MELISSA SUELLWOLD STEPH EICHER	JILL OBORNY PATTI GESCH	50.0	88
4X400 RELAY	HEIDI HENNIG NICKI OBORNY	MELISSA SCHLOTMAN ANNE JONES	4:00.7	92
4X800 RELAY	MARTI VLASIN TAYLOR SEAMAN	KELSEY CHRISTENSEN HANNAN TVRDY	9:29.016	11
DISTANCE MED. (8X4X12X16)	HANNA TVRDY SHELBI SLOUP	MARTI VLASIN KELSEY CHRISTENSEN	13:18.1	11
1600 M. RELAY (2X2X4X8)	BETH BOHUSLAVSKY HANNAH TVRDY	SYDNEY WILD KELSEY CHRISTENSEN	4:29.9	11
SPRINT MED. (1X1X2X4)	STEPH EICHER PATTI GESCH	GAIL KOVAR CARRIE MORSE	1:55.5	87
4X60 L. HURDLES	HOLLY ANDREWS BROOKE ALDRICH	AMY JACKMAN RACHEL ROEBKE	39.3	04
L. HURDLE SHUTTLE	HOLLY ANDREWS SARAH BROEKER	AMY JACKMAN RACHEL ROEBKE	1:16.1	04
800 M. RELAY (4X200)	MELISSA SUELLWOLD ERIN DEMUTH	JILL OBORNY NICKI OBORNY	1:53.0	90
	LISA KOZISEK KINZI ROTH	LIZ DAMMAN ZOIE SMETTER	1:53.0	08
SHOT PUT RELAY	ALYSSA KAMPHAUS TATUM PEERY SIDNEY DEBOER		115' 3.5"	10
DISCUS RELAY	ALYSSA KAMPHAUS TATUM PERRY DELANEY SCHULTZ		357'	10
LONG JUMP RELAY	BECKY MYERS ERIN DEMUTH CHRIS BENSON		47' 1/4"	88
TRIPLE JUMP RELAY	EMILY CADY GRACE SMETTER KOURTENEY ZADINA		98' 8"	11
HIGH JUMP	MEGAN HARDESTY ANGIE HOLLAND KYLIE BRAND	13' 10" 98	MELISSA JELINEK RACHEL SMITH JENNY OATES	92

SEWARD HIGH WOMEN'S ALL-TIME BEST PERFORMANCES

SUB 13 CLUB (100 METERS)

PATTI GESCH	12.3	83
KARA WOLTER	12.5	98
MELISSA KOCI	12.8	84
MELISSA SUELLWOLD	12.8	88
JILL OBORNY	12.8	90
BONNIE JELINEK	12.9	83
STEPH EICHER	12.9	87
TERRIN WURDEMAN	12.9	04
NICKI OBORNY	13.0	91
KIRA POZEHL	13.0	97
KRISTA JOHNSON	13.0	06

SUB 27 CLUB (200 METERS)

PATTI GESCH	25.7	88
KARA WOLTER	26.1	98
NICKI OBORNY	26.2	91
HOLLY ANDREWS	26.3	04
LISA KOSISEK	26.501	08
BONNIE JELINEK	26.7	83
ANNE JONES	26.7	93
TRACY BOSAK	26.8	80
JILL OBORNY	26.8	89
KIRA POZEHL	26.8	98

SUB 61.5 CLUB (400 METERS)

ANNE JONES	58.6	92
BECKY MYERS	59.1	88
MARY NEUMANN	59.6	78
LYNN JIRVOSKY	59.7	97
HANNAH TRVRDY	60.0	11
LIZ DAMMAN	60.1	07
MARTI VLASIN	60.2	11
NICKI OBORNY	60.5	91
ERIN DEMUTH	60.7	88
KIRA POZEHL	61.1	98
DARCY LINDNER	61.3	84

SUB 2:30 CLUB (800 METERS)

NATASHA MUELLER	2:20.219	09
LIZ DAMMAN	2:21.203	08
HANNAH TVRDY	2:21.621	11
LYNN JIROVSKY	2:23.5	98
MARTI VLASIN	2:23.639	11
J.J. HALL	2:23.8	03
BECKY MYERS	2:24.6	89
DARCY LINDNER	2:24.8	87
JESSICA BRANDL	2:27.38	02
MARY KORINKO	2:27.9	82
STEPH GREGURAS	2:29.7	91
BARB JELINEK	2:29.8	80
KELSEY CHRISTENSEN	2:29.9	11

SUB 5:50 CLUB (1600 METERS)

KELSEY CHRISTENSEN	5:15.2	11
ANNA MEYER	5:18.672	08
NATASHA MUELLER	5:22.320	09
LIZ DAMMAN	5:25.9	10
LAUREN KONGSJORD	5:30.8	07
HANNAH TVRDY	5:31.0	11
JENNY OATES	5:34.6	95
SHELLY BROCKEMIER	5:34.7	78
SHELBI SLOUP	5:35.4	11
TAYLOR SEAMAN	5:37.4	11
LAURA BRINKMEYER	5:43.4	84
DEENA CLARK	5:44.4	85
STEPH GREGURAS	5:45.9	89

SUB 13:00 CLUB (3200 METERS)

KELSEY CHRISTENSEN	11:22.994	10
ANNA MEYER	11:43.356	08
TAYLOR SEAMAN	11:56.902	11
DEENA CLARK	12:02.8	84
SHELBI SLOUP	12:06	11
TAYLOR FELIX	12:17.3	05
NATASHA MUELLER	12:19.2	07
CARRIE NIEMOTH	12:34.9	05
ALYSSA MUELLER	12:40.4	03
LAUREN WILCOX	12:41.9	11
LAUREN KONGSJORD	12:43.0	08
CHRISTA DUNCAN	12:48.2	01
LAURA BRINKMEYER	12:55.0	85
TERESA HAYEK	12:58.6	80
BRITTNEY VALENZUELA	12:58.6	99

SUB 16.6 CLUB (100 METER HURDLES)

RACHEL ROEBKE	14.9	04
HOLLY ANDREWS	14.9	04
MARLENE KOCI	15.6	95
AMY JACKMAN	15.7	05
LIZ GABEL	15.9	05
ERIN DEMUTH	16.2	90
AMY JACKMAN	16.3	04
ZOIE SMETTER	16.5	10
KYLIE BRAND	16.6	00
GRACE SMETTER	16.6	11
KIM WHITTEMORE	15.2*	84
STEPHANIE BECKLER	16.0*	81

Note(* means races that were done at 30 inch hurdles)

SUB 49.5 CLUB (300 METER LOW HURDLES)

LYNN JIRVOSKY	46.5	96
EMILY CADY	46.6	11
RACHEL ROEBKE	47.6	04
BECKY MYERS	47.9	89
ERIN DEMUTH	47.9	89
HOLLY ANDREWS	48.0	03
AMY JACKMAN	48.22	05
MELISSA KOCI	48.5	87
KYLIE BRAND	48.5	99
GAYLE GERKENSMEYER	49.2	89
KIM WHITTEMORE	49.4	84

34' CLUB (SHOT PUT)

ALYSSA KAMPHAUS	47' 7.25"	10
RHONDA WESCOTT	42' 6 1/2"	82
TRACY JISA	37' 4 1/2"	95
SYDNEY DeBOER	37' 3.5"	10
TATUM PEERY	37' 2.5"	10
ERIN SLOUP	36' 11-1/2"	00
MICHELLE HOBBS	36' 7"	85
JESSIE HAFER	35' 7"	87
ABBI HANSON	35' 4"	11
BARB JELINEK	34' 11 1/2"	83
NATALIE VINSONHALER	34' 11 1/2"	93
KRISTY DUNKER	34' 10 1/2"	93
KRISTIN SCHEEL	34' 9 3/4"	93
MICHELLE REGNIER	34' 2"	99
KELLY WINTERFELD	34' 1 1/2"	07
CHRIS BOON	34' 1/2"	85

110' CLUB (DISCUS)

RHONDA WESCOTT	144' 5"	82
ALYSSA KAMPHAUS	142' 9	09
LYNETTE GRAFF	133'	79
DELANEY SCHULTZ	129' 1"	11
KRISTY DUNKER	128' 5"	95
TATUM PERRY	125' 3"	10
ASHLYN HANSON	117' 5"	11
LINDA DOWNING	116' 11"	91
NATALIE VINSONHALER	115' 10"	93
MICHELLE REGNIER	115' 7"	99
KRISTIN SCHEEL	114' 11"	93
MICHELLE HOBBS	112' 9"	84
ERIN SLOUP	112' 2"	00
BRENDA JELINEK	111' 11"	82

5' CLUB (HIGH JUMP)

BONNIE JELINEK	5'6 1/4"	84
AMY MORSE	5'5"	85
BARB JELINEK	5'4"	83
NATALIE NANTKES	5'0"	91
MELISSA JELINEK	5'0"	92
GINNY SCHNELL	5' 0"	00

16' CLUB (LONG JUMP)

BONNIE JELINEK	17' 11"	84
JESSIE HANSEN	17' 3 1/2"	03
AMY MORSE	17' 0"	85
CHRIS BENSON	17' 0"	86
TRACY BOSAK	16' 11"	83
PATTI HARDT	16' 10"	75
KELLY ROLL	16' 10 1/4"	81
BECKY MYERS	16' 9 1/2"	91
TERRIN WURDEMAN	16' 7 3/4"	05
BETH BOHUSLAVSKY	16' 6.25"	11
ZOIE SMETTER	16' 5 1/2"	09
DARCY LINDNER	16' 2 3/4"	84
BRIDGET BOYD	16' 3/4"	89

8' 6" CLUB (POLE VAULT)

SARAH BOLLWITT	11' 8"	01
JACKIE BROOKS	10' 6"	06
KERI VOLNEK	10'0"	08
AMANDA FOSLER	9' 8"	05
SELENA SERMENO	9'6"	11
SHELBY YELDEN	9'2"	09
JAMIE FRITZ	9' 0"	03
J.J. HALL	8'6"	03
SARAH POTTER	8' 6"	01
LAURAL WAGNER	8'6"	09

32' CLUB (TRIPLE JUMP)

LYNN JIROVSKY	36' 7"	98
TERRIN WURDEMAN	35'8"	05
JESSIE HANSEN	35' 6"	02
EMILY CADY	35'5.5"	11
KIRA POZEHL	33' 11 1/2"	97
SAMANTHA HENK	33' 8"	00
NICKI BLAZEK	33' 7-1/2"	02
GRACE SMETTER	33'4.5"	11
NATALIE DONNELLY	32' 10"	95
ANNE JONES	32'9 1/4"	91
AUDREY SUHR	32' 7 1/2"	01
KOURTENEY ZADINA	32'7.5"	11
HANNAH MOODY	32'4"	11

SUB 51 CLUB (4X100 RELAY)

MELISSA SUELLWOLD	JILL OBORNY		
STEPH EICHER	PATTI GESCH	50.0	88
KIRA POZEHL	SARAH BOLLWITT		
LYNN JIROVSKY	KARA WOLTER	50.4	98
ZOIE SMETTER	KINZI ROTH	50.7	08
LISA KOSISEK	LIZ DAMMAN		
MELISSA KOCI	STEPH EICHER		
SANDI BUCHHOLZ	PATTI GESCH	50.8	86
MELISSA KOCI	SANDI BUCHHOLZ		
GINA HALLBERG	PATTI GESCH	50.8	87
HEIDI HENNIG	MELISSA SCHLOTMAN		
ANNE JONES	NICKI OBORNY	50.9	92

SUB 4:05 CLUB (4X400 METER RELAY)

HEIDI HENNIG NICKI OBORNY	MELISSA SCHLOTMAN ANNE JONES	4:00.7	92
MARTI VLASIN BETH BOHUSLAVSKY	EMILY CADY HANNAH TVRDY	4:03.191	11
STEPH GREGURAS JILL OBORNY	BRENDA MYERS ANNA JONES	4:03.8	91
ERIN DEMUTH PATTI GESCH	CARRIE MORSE BECKY MYERS	4:04.7	88

(4X800 METER RELAY)

MARTI VLASIN TAYLOR SEAMAN	KELSEY CHRISTENSEN HANNAN TVRDY	9:29.016	11
KELSEY CHRISTENSEN MARTI VLASIN	LIZ DAMMAN NATASHA MUELLER	9:35.510	10
KELSEY CHRISTENSEN ANNA MEYER	LIZ DAMMAN NATASHA MUELLER	9:43.1	08
MARTI VLASIN TAYLOR SEAMAN	HANNAH TVRDY KELSEY CHRISTENSEN	9:45.4	11
KELSEY CHRISTENSEN JORDAN SEAMAN	KINZI ROTH NATASHA MUELLER	9:57.4	09
J.J. HALL BETHANY DANI	EMLY HARTMAN ALYSSA MUELLER	9:58.81	03
KELSEY CHRISTENSEN LAUREN KONGSJORD	LIZ DAMMAN ANNA MEYER	9:59.1	08
ERIN DEMUTH STEPH GREGURAS	MELISSA SCHLOTMAN ANNE JONES	10:00.7	91
KIRSTEN KOHLWEY ALYSSA MUELLER	TERRIN WURDEMAN ASHLEY BAUMBACH	10:01.4	05
EMLY HARTMANN KARI SMITH	NICKI BLAZEK JESSICA BRANDL	10:02.5	02

SUB 14:20 CLUB DISTANCE MEDLEY RELAY (8-4-12-16)

HANNAH TVRDY SHELBI SLOUP	MARTI VLASIN KELSEY CHRISTENSEN	13:18.1	11
NATASHA MUELLER KELSEY CHRISTENSEN	GRACE SMETTER ANNA MEYER	13:40.0	08
DARCY LINDER LAURA BRINKMEYER	MELISSA KOCI DEENA CLARK	13:46.9	85
ALYSSA MUELLER CARRIE NIEMOTH	ASHLEY BAUMBACH TAYLOR FELIX	14:08.0	05
ALYSSA MUELLER LINDSEY WALLMAN	ASHLEY BAUMBACH CARRIE NIEMOTH	14:16.6	04
CAMEO HOFPAR JESSI LUEBBE	JESSICA BRANDL NATALIE GOODER	14:17.2	00
GAYLE GERKENSMEYER MELISSA SUELLWOLD	NATALIE NANTKES STEPH GREGURAS	14:18.5	89