



Cedar Rapids Kennedy Girls Track & Field Top-10 Performances

Girls Indoor Records

55m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

60m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

200m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

400m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

Girls Outdoor Records

100m:

1. **12.10 Kelly Owens 1987**
2. 12.28 Cheyenne Mitchell 2018
3. 12.36 Daysha Lichty 2009
4. 12.40 Amari Waller 2014
5. 12.52 Kristen Hahn 2010
6. 12.87 Nicole Erickson 2008
7. 12.93 Marissa Estelle 2011
8. 13.00 Maggie Shatzle 2006
9. 13.04 Breyana Cooper 2010
10. 13.24 Calaisha Hendred 2019

200m:

1. **24.70 Kelly Owens 1987**
2. 25.56 Nicole Erickson 2008
3. 25.69 Amari Waller 2015
4. 25.97 Cheyenne Mitchell 2017
5. 26.33 Arionna Craig-Dothard 2010
6. 26.60 Ashley Heffernen 2009
7. 26.71 Maggie Shatzle 2009
8. 26.91 Capria Davis 2012
9. 27.01 Marissa Estelle 2013
10. 27.43 Jurnee Rose-Johnson 2018

400m:

1. **56.88 Mari Sather 1987**
2. 58.56 Nicole Erickson 2007
3. 60.17 Katie Wampole 2012
4. 60.89 Bethany Koskamp 2006
5. 61.18 Capria Davis 2011
6. 61.65 Mariah Simmons 2010
7. 62.33 Megan Terkina 2010
8. 62.82 Kirsten Siebenga 2015
9. 63.08 Olivia Hamblin 2019
10. 63.71 Shelby Williams 2017

800m:

1. **2:13.66 Briana Benning 1987**
2. 2:16.04 Katie Wampole 2012
3. 2:25.08 Olivia Hamblin 2019
4. 2:25.30 Megan Terekina 2011
5. 2:26.12 Ella Popenhagen 2018
6. 2:27.92 Kate Nus 2014
7. 2:29.07 Alyssa Averhoff 2012
8. 2:29.60 Lauren Meyer 2015
9. 2:29.78 Kayla Joyner 2016
10. 2:29.80 Hannah Fusselman 2016



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600m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

800m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

1500m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

3000m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

1500m:

1. **4:48.08 Briana Benning 1987**
2. 4:48.17 Katie Wampole 2012
3. 4:50.87 Ella Popenhagen 2019
4. 4:54.62 Allison Culver 2012
5. 4:54.71 Ella Popenhagen 2018
6. 4:55.18 Alyssa Averhoff 2014
7. 4:55.31 Hannah Fusselman 2016
8. 5:10.84 Lauren Meyer 2015
9. 5:11.13 Brooklyn Button 2017
10. 5:12.62 Katherine Manders 2010

3000m:

1. **10:18.56 Andrea Wacker 2004**
2. 10:25.60 Ella Popenhagen 2019
3. 10:28.22 Alyssa Averhoff 2014
4. 10:37.63 Allison Culver 2013
5. 10:40.63 Hannah Fusselman 2016
6. 11:10.30 Katie Wampole 2012
7. 11:13.90 Katherine Manders 2010
8. 11:16.80 Brooklyn Button 2017
9. 11:24.37 Lauren Gray 2019
10. 11:33.91 Sarah Manders 2013

100m Hurdles:

1. **14.52 Rhonda Gardemann 1987**
2. 14.63 Kajsa Gerkens 2019
3. 15.06 Marissa Estelle 2013
4. 15.45 Alexis Petersen 2018
5. 15.48 Natalie McAllister 2017
6. 16.00 Kyla Na 2005
7. 16.24 Catherine Crew 2006
8. 16.34 Kelsey Axline 2008
9. 16.40 Lindsey Eades 2015
10. 16.41 MacKenzie Welsh 2010

400m Hurdles:

1. **1:06.66 Kajsa Gerkens 2019**
2. 1:06.77 Kelsey Coates 2014
3. 1:10.17 MacKenzie Welsh 2009
4. 1:11.03 Emma Moss 2012
5. 1:11.83 Alexis Petersen 2018
6. 1:12.04 Catherine Crew 2006
7. 1:13.20 Shelby Williams 2017
8. 1:13.37 Molly Joyner 2019
9. 1:13.74 Marissa Estelle 2010
10. 1:14.76 Jayden Lovell 2016



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8. X.xx
9. X.xx
10. X.xx

60m Hurdles:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

Long Jump:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

High Jump:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

4x100m:

1. **49.90 Davidson, Wilson, Hughes, Sather 1987**
2. 48.95 Cooper, Estelle, Drahn, Waller 2013
3. 50.30 Mitchell, Rose-Johnson, Drahn, Waller 2016
4. 50.62 Clark, McAllister, Rose-Johnson, Mitchell 2018
5. 50.75 Feahn, McAllister, Rose-Johnson, Mitchell 2017
6. 51.21 Clark, Hendred, Schultz, Mitchell 2019
7. 52.12 Raue, Terukina, Drahn, Estelle 2012
8. 52.13 Thomas, Irish. Drahn, Waller 2014
9. 52.34 Drahn, Rose-Johnson, McAllister, Waller 2015
10. 52.76 Simmons, Schmitz, Davis, Raue 2011

4x200m:

1. **1:42.94 Thomas, Irish, Coates, Waller 2014**
2. 1:43.07 Blasingame, Highes, Middlekauf, Owens 1987
3. 1:46.72 Davis, Terukina, Raue, Craig-Dothard 2012
4. 1:46.84 Clark, Lea, Parker, Mitchell 2019
5. 1:46.84 Mitchell, Rose-Johnson, Drahn, Waller 2016
6. 1:46.94 Pospisil, Eades, Timofeeva, Drahn 2013
7. 1:47.46 Feahn, Ryan, Rose-Johnson, Mitchell 2017
8. 1:48.94 Raue, Simmons, Craig-Dothard, Schmitz 2011
9. 1:51.00 Weiland, Feahn, Rose-Johnson, Mitchell 2017
10. 1:51.25 Clark, Nolting, Rose-Johnson, Mitchell 2018

4x400m:

1. **3:55.90 Smith, Davidson, Sather, Owens 1987**
2. 4:04.13 Coates, Terukina, Davis, Raue 2012
3. 4:05.77 Simmons, Terukina, Craig-Dothard, Raue 2011
4. 4:18.57 Dennis, Ryan, Herold, Nus 2017
5. 4:20.12 Ryan, Mitchell, Popenhagen, Parker 2018
6. 4:20.28 Smith, Nus, Herold, Dennis 2017
7. 4:21.52 Mitchell, Hamblin, Gams, Popenhagen 2019
8. 4:23.44 Siebenga, Rose-Johnson, Johnston, Averhoff 2015
9. 4:23.67 Nus, Ryan, Herold, Short 2017
10. 4:23.70 Wampole, Meyer, Coates, Moss 2013

4x800m:

1. **9:37.75 Terukina, Rodman, Meyer, Wampole 2012**
2. 9:41.03 Culver, Stone, Meyer, Wampole 2013
3. 9:48.10 Ryan, Popenhagen, Hamblin, Fusselman 2018
4. 9:56.82 Button, Ryan, Fusselman, Hamblin 2017
5. 9:58.07 Nus Stone, Culver, Meyer 2014
6. 10:18.54 Fusselman, Joyner, Meyer, Siebenga 2016
7. 10:21.72 Koch, Rodman, Averhoff, Lichty 2011
8. 10:23.38 Meyer, Nus, Meyer, Ratzter 2015
9. 10:26.75 Popenhagen, Grams, Ryan, Hamblin 2019
10. X.xx



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Shot Put: 1. X.xx 2. X.xx 3. X.xx 4. X.xx 5. X.xx 6. X.xx 7. X.xx 8. X.xx 9. X.xx 10. X.xx
4x100m: 1. X.xx 2. X.xx 3. X.xx 4. X.xx 5. X.xx 6. X.xx 7. X.xx 8. X.xx 9. X.xx 10. X.xx
4x200m: 1. X.xx 2. X.xx 3. X.xx 4. X.xx 5. X.xx 6. X.xx 7. X.xx 8. X.xx 9. X.xx 10. X.xx
4x400m: 1. X.xx 2. X.xx 3. X.xx 4. X.xx 5. X.xx 6. X.xx 7. X.xx 8. X.xx 9. X.xx 10. X.xx

4x100m Shuttle Hurdle: 1. 1:03.68 Kenny, Jones, Kenny, Clark 1987 2. 1:06.61 Moss, Rogers, Coates Estelle 2013 3. 1:07.55 Petersen, Nolting, Wieland, McAllister 2019 4. 1:07.66 Lovell, Beer, Petersen, McAllister 2017 5. 1:07.93 Joyner, Wieland, Petersmith, Gerken 2019 6. 1:08.50 Coates, Moss, Rogers, Estelle 2012 7. 1:10.01 Eades, Lovell, Petersen, Coates 2014 8. 1:10.83 Beer, Haskin, Peterson, Lovell 2016 9. 1:10.92 Beer, McAllister, Williams, Lovell 2017 10. 1:11.47 Estelle, Welsh, Coates, Rogers 2011
S-Med: 1. 1:48.19 Wilson, Melsa, Hughes, Sather 1987 2. 1:55.03 Nolting, McAllister, Rose-Johnson, Ryan 2018 3. 1:56.22 Clark, Hendred, Gerken, Mitchell 2019 4. 1:58.20 Clark, Ray, Wieland, Ratzer 2017 5. X.xx 6. X.xx 7. X.xx 8. X.xx 9. X.xx 10. X.xx
D-Med: 1. 4:09.37 Adams, Lecht, Carver, Hoffman 1987 2. 4:18.04 Parker, Rose-Johnson, Ryan, Popenhagen 2017 3. 4:20.57 Hendred, Wieland, Ryan, popenhagen 2019 4. 4:35.87 Feahn, McAllister, Nus, Fusselman 2017 5. X.xx 6. X.xx 7. X.xx 8. X.xx 9. X.xx 10. X.xx
Long Jump: 1. 18-04 Briana Benning 1987 2. 17-07 Breyana Cooper 2012 3. 17-06 Katie Beer 2016 4. 16-08 Mackenzie Drahn 2012 5. 16-07 Tianna Drahn 2016 6. 16-02 Regina Harrison 2008 7. 16-00 Cassidy Johnston 2017 8. 15-11 Arionna Craig-Dothard 2011 9. 15-06 Addison Parker 2018 10. 15-02 Aleksyia LeClere 2019



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4x800m:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

S-Med:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

D-Med:

1. X.xx
2. X.xx
3. X.xx
4. X.xx
5. X.xx
6. X.xx
7. X.xx
8. X.xx
9. X.xx
10. X.xx

High Jump:

1. **5-06 Ann Mudd 1987**
2. 5-05 Kristen Huebsch 2010
3. 5-03 Katie Beer 2017
4. 5-00 Kajsa Gerkens 2019
5. 5-00 Jade Irish 2013
6. 5-00 Courtney Straight 2012
7. 4-10 Allison Harris 2019
8. 4-10 Hannah Skow
9. 4-10 Marissa Moore
10. 4-10 Laila Sain 2018

Shot Put:

1. **41-09.25 Mary Sojka 1987**
2. 38-01.00 Allyson Ballinger 2014
3. 36-05.00 Cimone Wright 2009
4. 34-10.00 Laura Nus 2019
5. 33-05.00 Rylee Bolsinger 2019
6. 32-07.00 Katherine Sickelka 2019
7. 32-02.00 Amanda Schultz 2008
8. 31-08.00 Amanda Keiper 2017
9. 31-05.00 Mallory Murphy 2019
10. 31-06.00 Britney West 2008

Discus:

1. **137-10.00 Devin Achenbach 1987**
2. 123-08.00 Morgan Martin 2013
3. 111-08.00 Brinley Milbrath 2016
4. 107-07.00 Krystal Willmsen 2012
5. 107-06.00 Amanda Schultz 2009
6. 106-07.00 Victoria Spaulding 2012
7. 105-01.00 Cimone Wright 2010
8. 101-05.00 Tori Stastny 2014
9. 99-04.00 Ashlyn Milbrath 2012
10. 99-00.00 Shayla Dralle 2019