

Seminary Girls' Track Records & State Champions

<u>Event</u>	<u>Time/Dist.</u>	<u>People</u>	<u>Year</u>	
High Jump	5'3"	Betty Carter	1981	
Long Jump	18'3"	Sue Steeby	1980	
	16'11.5"	Erin McFarland	6/5/1999	ST. CHAMP
Shot Put	38' 4.25"	Emily Sting	4/30/2003	St. Charles
Discus	117'2"	Rachel Henderson	1987	
3200 Relay	9:56.15	Laura Backus Gretchen Kock Emily Krentz Amanda Tanner	6/1/2003	State Meet
100 Hurdles	15.4	Pam Sowle	1987	
100 Dash	12.6	Stacy Gosdeck	1987	
800 Relay	1:46.81	Megan Filthaut Erin McFarland Jenni Mueller Lisa Mueller	6/3/2000	ST. CHAMPS
1600 Run	5:15.05	Naomi Wendland	6/5/1999	State Meet
400 Relay	51.2	Megan Filthaut Erin McFarland Jenni Mueller Faith Schmitzer	5/23/2000	TVC Meet
	51.45	“	6/3/2000	ST. CHAMPS
400 Run	59.2	Cari Pieper	5/18/1996	Regionals
300 Hurdles	45.5	Lisa Mueller	5/20/2001	Reg. - Clare
800 Run	2:22.0	Laura Backus	6/4/2005	State Meet
200 Dash	26.38	Megan Filthaut	6/5/1999	State Meet
3200 Run	11:08.22	Naomi Wendland	6/5/1999	ST. CHAMP
1600 Relay	4:07.20	Mary Kelley Emily Krentz Jenni Mueller Lisa Mueller	5/20/2001	Reg - Clare