

# Alleman High School

## *GIRLS TRACK & FIELD RECORDS*

Updated: July 2010

<u><i>EVENT</i></u>	<u><i>NAME</i></u>	<u><i>TIME / DISTANCE</i></u>	<u><i>YEAR</i></u>
Pole Vaults	Taelar Hillyer	11' 6"	2010
Shot Put	Megan Manning	54' 2"	2007
Discus	Megan Manning	127.2'	2007
High Jump	Sarah Keefe	5' 7"	1985
Triple Jump	Sam Bazely	34' 6"	2009
Long Jump	Jenny Van Wiel	18' 1"	1989
100 M Dash	Michelle Friedland	12.22	2005
200 M Dash	Jensie Grigsby	25.09	1989
400 M Dash	Jensie Grigsby	59.3	1989
800 M Run	Kathleen Hogan	2:18.69	2009
1600 M Run	Chris Schwartz	4:59.8	1983
3200 M Run	Mary Doak	10:58.6	1977
100 M Hurdles	Amy Shemek	15.20	1990
300 M Low Hurdles	Amy Shemek	44.83	1991
400 M Relay	Erika Meyers, Tajuana Wells, Jensie Grigsby & Jenny Van Wiel	49.03	1988
800 M Medley Relay	Tiffany Crowder, Miranda Harrison, Mary DeSmet & Jensie Grigsby	1:32.3	1991
800 M Relay	Erika Meyers, Tajuana Wells, Jensie Grigsby & Jenny Van Wiel	1:46.72	1989
1600 M Relay	Miranda Harrison, Angie Schmitt, Mary DeSmet & Sharon Schmitt	4:06	1992
3200 M Relay	Kelly Layer, Caitlin Bull, Mary Ludin & Kathleen Hogan	9:42.6	2007