

Girls Top 5 Performances

Event	Name	Year	Mark
Shot Put	Lexi Sokol	2011	34'1
	Jo Carlson	1979	34'.5
	Elizabeth Baier	2003	33'9
	Lauren Pick	2017	32'11
	Sara Frerichs	2003	31'1
Discus	Brooklyn Kruse	2019	102'8
	Annie Kniesche	2015	96'10
	Jenna Trenhaile	2014	96'4
	Kelli Davis	1987	87'9
	Melinda Longe	2013	86'3
Triple Jump	Leah Dunklau	1997	34'4.25
	Katelyn Grone	2015	34'
	Hannah Belt	2013	31'9
	Marissa Fallesen	2008	31'4
	Ashton Schweers	2010	31'2
Long Jump	Kylie Hammer	2014	15'9
	Amy Wriedt	1986	15'8
	Katelyn Grone	2015	15'.25
	Marissa Fallesen	2008	14'10.5
	Ashton Schweers	2010	14'10.5
High Jump	Tonya Erxiben	1985	5'0
	Danielle Nelson	1989	5'0
	Tarah Stegemann	2012	5'0
	Katie Hoskins	2008	4'11
	Alivia Kesting	2024	4'9.5
100 Meters	Missy Stoltenberg	1978	12.9
	Amanda Maryott	1997	12.9
	Meagan Bacaker	2010	13.0
	Cindy Brown	1983	13.1
	Nyla Bolles	2022	13.1
200 Meters	Amanda Maryott	1997	26.93
	Meagan Backer	2010	27.4
	Nyla Bolles	2022	28.4
	Angel Ross	1987	28.6
	Cindy Brown	1983	28.67
400 Meters	Meagan Backer	2010	1:01.0
	Maddie Jager	2004	1:03.2
	Nyla Bolles	2022	1:04.1
	Amy Anderson	2003	1:04.4
	Tammy Geiger	1988	1:04.8

800 Meters	Lisa Peters Tammy Geiger Sara Kinney Emily Leeper Maddie Jager	1988 1988 1994 2009 2004	2:31.7 2:31.7 2:35.0 2:35.5 2:35.8
1600 Meters	Marcella Jurotich Marta Pulfer Angie Nelson Tammy Geiger Alyssa Schmale	2014 2013 2010 1988 2011	5:47.5 5:48.5 5:49.0 5:51.0 5:51.3
100 Hurdles	Leah Dunklau Madison Frevert Holly Smith Tarah Stegmann Marrissa Lutt	1997 2011 2004 2012 2015	16.6 16.7 16.82 17.1 17.38
195 Hurdles	Madison Frevert Sydney Biggerstaff Caitlin Fehringer Marrissa Lutt McKenna Frevert	2011 2014 2008 2015 2009	30.1 30.9 31.2 31.73 31.9
Pole Vault	Addison Frank Kiera Brader Nyla Bolles Jade Mizell Virginia Kniesche Nyla Bolles	2023 2018 2022 2018 2018 2021	8'0 7'0 6'6 6'0 6'0 6'0
400 Meter Relay	Leah Dunklau, Katie Walton, Monica Novak, Amanda Maryott	1997	54.38
800 Meter Medley	Lily Broders, Shannon Johnson, Monica Novak, Amanda Maryott	1997	2:02.08
800 Meter Relay	Leah Dunklau, Katie Walton, Monica Novak, Amanda Maryott	1997	1:57.03
1600 Meter Relay	Chantel Martin, Jaci Jenkins, Angie Nelson, Meagan Backer	2010	4:26.8