

Arrowhead Girl's Track & Field

All time Top 5

Pole Vault

1. Cami Gilson	13'1"	2012
2. Taylor Amann	12'6"	2014
3. Katelyn Britt	11'0"	2007
4. Erin Korbel	11'0"	2005
5. Francesca Norante	11'0"	2006

Shot Put

1. Jackie Pasholk	40'10"	2008
2. Lindsey Haller	40'5"	2008
3. Alana Merkow	39'5"	2009
4. Becky Doleschy	37'10.75"	2011
5. Katie Bowers	37'3"	2005

Discus

1. Jackie Pasholk	132'4"	2008
2. Mary Myrhum	127'8"	1978
3. Becky Doeschy	119'5"	2011
4. Nocole Valdmanis	118'4"	1987
5. Alana Merkow	117'6"	2009

4 X 100m Relay

1. L.Duchow-Uebersohn-Sober- Bong	48.53	2010
2. L.Duchow-Uebersohn-Slater-Bong	48.69	2009
3. L.Duchow-Voss-Shober-Bong	48.99	2011
4. L.Duchow-Uebersohn-Voss-Bong	49.13	2010
5. Winkelman-Bartelson-Bong-Goulet	49.34	2014

4 X 200m Relay

1.L.Duchow-Uebersohn-Shober-Bong	1:42.03	2010
2. L.Duchow-Voss-Shober- Bong	1:42.43	2011
3. S. Duchow-K.Duchow-Seneczko-Katarow	1:42.63	2006
4. Kuettner-Gray-Seneczko-Duchow	1:43.59	2007
5. Alexander-Bartelson-Auton-Goulet	1:43.93	2015

4 X 400m Relay

1. Bejna-Bartleson-Gilmore-Vogt	3:51.84	2016
2. Bejna-Bartelson-Goulet-Vogt	3:54.04	2015
3. Hoffman-Katarow-O'Connel-N Bong	3:57.57	2004
4. S.Duchow-Senezko-Huck-Katarow	3:58.42	2006
5. Kuettner-Gray-Duchow-Seneczko	3:59.47	2007

4 X 800m Relay

1. McCormack-McDowell-Seneczko-Zeman	9:15.49	2011
2. McCormack-McDowell-Zeman-Levac	9:16.89	2010
3. McCormack-McDowell-Seneczko-Dubnicka	9:19.48	2012
4. Bartlett-Schaubel-Olshanski-Vogt	9:19.61	2016
5. Wesley-Kredell-Hobbs-Vogt	9:21.41	2015

100 m Dash

1. Heather Bong	12.10	2011
2. Katie Duchow	12.35	2008
3. Dana Butzman	12.48	1985
4. Vanessa Voss	12.48	2013
5. Liz Duchow	12.59	2011

200 m Dash

1. Heather Bong	24.93	2009
2. Dana Butzman	25.54	1983
3. Kelsey Katarow	25.62	2005
4. Katie Duchow	25.78	2008
5. Linda Seidl	25.94	1981

400 m Dash

1. Kayla Vogt	57.33	2016
2. Kelsey Katarow	58.08	2005
3. Christine Bonk	58.90	1998
4. Chris Divine	59.32	1977
5. Katie Novacek	59.51	2013

800 m Run

1. Andie Zeman	2:13.76	2011
2. Brynn Bartlett	2:16.63	2017
3. Jessica Holt	2:16.88	1998
4. Tiffany Fancher	2:17.59	1994
5. Naimi Bong	2:17.73	2003

1600 m Run

1. Gabby Levac	4:57.77	2010
2. Jessica Holt	4:59.02	2001
3. Jackie Dubnicha	4:59.36	2012
4. Payton Wesley	5:01.49	2014
5. Brynn Bartlett	5:02.36	2017

3200 m Run

1. Natalie Burant	10:40.91	2013
2. Gabby Levac	10:47.23	2010
3. Jackie Mulrooney	10:48.29	2002
4. Anne Hughes	10:52.90	2015
5. Brynn Bartlett	11:01.54	2017

100 m High Hurdles

1. Ceanna Soper	15.31	2014
2. Gretchen Sommerfeldt	15.44	1993
3. Maddy Hemmer	15.68	2016
4. Steph Brandt	15.69	2003
5. Leah Lenling	15.80	2016

300 m Low Hurdles

1. Ceanna Soper	44.81	2014
2. Leah Lenling	45.48	2016
3. Kailie Seneczko	45.79	2007
4. Kathleen Wartman	45.84	2013
5. Erin Fay	45.99	1995

Long Jump

1. Mary Bartelson	18'6"	2016
2. Jenna Jubeck	17'9.5"	2010
3. Vanessa Voss	17'7.5" (i)	2013
4. Linda Seidl	17'5"	1980
5. Carrie Krejewski	17'2.25"	2010

Triple Jump

1. Mary Bartelson	38'6"	2016
2. Sarah Edwards	36'6"	2016
3. Katie Lindsay	36'1.5"	1997
4. Jackie Gerhardt	35'10"	2010
5. Jenye Eberhardt	35'5"	1995

High Jump

1. LeAnn Kazmer	5'5"	1991
2. April Lammert	5'3"	2007
3. Keri Thurnbauer	5'2.75"	1987
4. Tricia Burke	5'2"	1987
4. Chris Burke	5'2"	1987
4. Leslie Daubert	5'2"	1988
4. Naomi Bong	5'2"	2003
4. Dawn Lammert	5'2"	2006
4. Sarah Gliniecke	5'2"	2007
4. Jenny Smith	5'2"	2009
4. Holly Lammert	5'2"	2010
4. Leah Lenling	5'2" (i)	2015