

GIRLS TRACK

Top 10 Performers All-Time:

100 Meter Dash (12.6):

| | | |
|-------------------|------|----------|
| Jaiden Boomsma | 2019 | 12.27fat |
| Ashlea Johnson | 2008 | 12.1 |
| Heather Nelson | 1998 | 12.39fat |
| Amanda Dykstra | 2001 | 12.2 |
| Roxanne Baumfalk | 1973 | 12.4 |
| Susan Warner | 1981 | 12.4 |
| Lori Haugland | 1981 | 12.4 |
| Julie Blumer | 1981 | 12.5 |
| Sarah Herrboldt | 2003 | 12.5 |
| Dawn Wittmeier | 1977 | 12.6 |
| Beth McLeod | 1980 | 12.6 |
| Danielle Beckmann | 2014 | 12.6 |

200 Meter Dash (26.4):

| | | |
|-------------------|------|----------|
| Ashlea Johnson | 2008 | 25.60fat |
| Amanda Dykstra | 2001 | 25.76fat |
| Jaiden Boomsma | 2019 | 26.01fat |
| Lori Haugland | 1983 | 25.9 |
| Danielle Beckmann | 2014 | 25.9 |
| Heather Nelson | 1998 | 26.16fat |
| Roxanne Baumfalk | 1973 | 26.2 |
| Susan Warner | 1981 | 26.2 |
| Julie Blumer | 1982 | 26.4 |
| Sarah Herrboldt | 2003 | 26.4 |

400 Meter Dash (59.87fat):

| | | |
|-------------------|------|-----------|
| Shae Rumsey | 2022 | 56.25fat |
| Annika Gordon | 2022 | 58.08fat |
| Ashley Storm | 2006 | 58.15 fat |
| Cameryn Specht | 2018 | 58.96fat |
| Sydnee Serck | 2022 | 58.99fat |
| Danielle Beckmann | 2014 | 59.35fat |
| Rachel Weinandt | 2010 | 59.4 |
| Heather Nelson | 1999 | 59.5 |
| Ramsey Kavan | 2005 | 59.6 |
| Carly Vavra | 2018 | 59.87fat |

800 Meter Dash (2:20.4):

| | | |
|------------------|------|------------|
| Asheley Storm | 2006 | 2:12.98fat |
| Ramsey Kavan | 2004 | 2:13.33fat |
| Sydnee Serck | 2022 | 2:16.70fat |
| Krista Creager | 2008 | 2:17.39fat |
| Rachel Weinandt | 2010 | 2:17.8fat |
| Whitlee Larson | 2012 | 2:18.14fat |
| Betsy Bies | 2007 | 2:18.1 |
| Emily Smith | 2007 | 2:20.28fat |
| Ellie Karolevitz | 2018 | 2:20.34fat |
| Jaime Kulbel | 1995 | 2:20.4 |

1600 Meter Run (5:10.8):

| | | |
|--------------|------|--------|
| Ramsey Kavan | 2005 | 4:43.5 |
| Betsy Bies | 2007 | 4:56.0 |
| Ashley Storm | 2006 | 4:56.9 |

| | | |
|----------------|------|------------|
| Annie Kruse | 2014 | 4:59.5 |
| Tiffany Leader | 2006 | 5:00.17fat |
| Jaime Kulbel | 1995 | 5:05.9 |
| Mariah Hofer | 2009 | 5:08.1 |
| Megan Hilson | 2009 | 5:09.2 |
| Val Hoelsing | 1979 | 5:09.8 |
| Savannah Woods | 2016 | 5:10.8 |

3200 Meter Run (11:21.3):

| | | |
|-------------------|------|-------------|
| Ramsey Kavan | 2005 | 10:20.3 |
| Betsy Bies | 2007 | 10:44.0 |
| Annie Kruse | 2014 | 10:48.5 |
| Megan Hilson | 2009 | 11:01.2 |
| Savannah Woods | 2016 | 11:02.11fat |
| Jaime Kulbel | 1995 | 11:07.4 |
| Tiffany Leader | 2006 | 11:10.2 |
| Mariah Hofer | 2009 | 11:17.6 |
| Jenna Grossenberg | 2011 | 11:19.50 |
| Amanda Kuchta | 2006 | 11:21.3 |

100 Meter Hurdles (15.34):

| | | |
|------------------|------|----------|
| Madason Tessier | 2017 | 15.01fat |
| Dawn Christensen | 1981 | 14.9 |
| Hailey Luken | 2014 | 15.17fat |
| Beth McLeod | 1980 | 15.0 |
| Katie Budig | 2017 | 15.1 |
| Angie Dvorak | 2011 | 15.31fat |



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