

NORTH IOWA MIDDLE SCHOOL GIRLS' TRACK RECORDS
7TH GRADE Updated 2017

SHOT PUT	33' 5 ¾"	Leah Kramersmeier	2017@FC
DISCUS	87' 1"	Brenna Paulson	2015 @ LM
HIGH JUMP	4' 10"	Marjie Tweto	1990 @ Titonka
LONG JUMP	14' 9 ½"	Marjie Tweto	1990 @ Ankeny
4X800 RELAY	11:38.80	Macy Heetland, MaKayla Heetland Maranda Eichenberger, Anna Skarpohl-Ost	2007 @ Osage
7 FLIGHT SHUTTLE HURDLE	1:00.10	Chelsey Swenson, Kaylan Hobbs, Kristine Milbrandt, Sam Gelhaus	2005 @ B.C.
10 FLIGHT SHUTTLE HURDLE	1:20.72	Dani Yegge, Danica Voortmann Rachel Hassebroek, Kendall Melz	2012 @ Garner
100 M DASH	12.76	Haley Krull	2007 @ F.C.
1600 MEDLEY RELAY	5:01.18	Kate Dewaard, Erin Evans Trisha VanderWilt, Kristi Kurtzleben	1993 @ F.C.
400 M DASH	1:06.00	Jodi Hagedorn	1992 @ Ankeny
4X200 RELAY	2:01.97	Tia Dupont, Amanda Willmert Amanda Risius, Shelby Heetland	2005 @ Garner
7 FLIGHT HURDLES	13.74	Morgan Hassebroek	2008 @ F.C.
10 FLIGHT HURDLES	18.37	Rachel Hassebroek	2012 @ Garner
1500 M RUN	5:02.40	Sue Pommer	1992 @ Osage
200 M DASH	27.55	Haley Krull	2007 @ F.C.
200 M HURDLES	31.37	Jodi Hagedorn	1992 @ Ankeny
800 MEDLEY RELAY	2:06.64	Amanda Willmert Sam Gelhaus Amanda Risius, Janie Penning	2005 @ L.M
800 M RUN	2:37.9	Anna Skarpohl-Ost	2007 @ Osage
4X100 RELAY	56.05	Audrey Risius, Janie Penning Amanda Risius, Shelby Heetland	2005 @ B.C.
4X400 RELAY	4:39.00	Trisha VanderWilt, Kristin Gerzema, Renea Brandt, Kristi Kurtzleben	1993 @ F.C.

**NORTH IOWA MIDDLE SCHOOL GIRL'S TRACK RECORDS
8TH GRADE**

UPDATED MAY, 2018

SHOT PUT	37" 8"	Leah Kramersmeier	2018 @ Eagle Grove
DISCUS	103' 8"	Brenna Paulson	2016 @ Garner
HIGH JUMP	5'0"	Marjie Tweto	1991 @ Northwood
LONG JUMP	15'4"	Paige Pike	2015 @ Belmont
4X800 RELAY	11:28.19	MaKayla Heetland, Macy Heetland, Maranda Eichenberger, Anna Skarpohl-Ost	2008 @ F.C.
7 FLIGHT SHUTTLE HURDLE	56.84	Amanda Smith, Rachel Price, Kelly Anderson, Emily Tweto	1998 @ Conf. Meet
4 X 100 SHUTTLE HURDLE	1:18.56	Kendall Melz, Danica Voortman Dani Yegge, Rachel Hassebroek	2013 @ Lake Mills
100 M DASH	13.38	April Matheson	1994 @ Northwood
1600 MEDLEY	4:58.04	Jessica Adams, Maddie Arnevik, Macie Emery, Morgan Kahler	2009 @ Conf. Meet @ WH
400 METER DASH	1:04.00	Jodi Hagedorn	1993 @ Ankeny
4X200 RELAY	2:00.93	Courtney Kahler, Audrey Risius, Amanda Risius, Shelby Heetland	2006 @ L.M.
7 FLIGHT HURDLES	12.09	Emily Tweto	1998 @ Conf. Meet
100 METER HURDLES	17.42	Krista Schutter	2014 @ Osage
1500 RUN	5:12.78	Sue Pommer	1993 @ Ankeny
200 M DASH	28.03	Shelby Heetland	2006 @ Britt
200 M HURDLES	30.43	Marjie Tweto	1991 @ F.C.
800 MEDLEY	2:01.93	Shalyn Hippen, Ellie Holland, Tara Hamilton, Sarah Heyer	1992 @ F.C.
800 M RUN	2:37.29	Anna Skarpohl-Ost	2008 @ F.C.
4X100 RELAY	55.21	Janie Penning, Audrey Risius, Amanda Risius, Shelby Heetland	2006 @ B.C.
4X400 RELAY	4:37.15	Stacie Schmidt, Traci Friesenborg, Sue Pommer, Jodi Hagedorn	1993 @ Belmont