

## Calumet Girl's Track Metric Records

EVENT	RESULT	NAME	YEAR
100 Meter Dash	12.46	Chelsea Jacques	2012
200 Meter Dash	26.16	Shelli Kargela	1980
400 Meter Dash	1:00.36	Kara Rastello	2006
800 Meter Run	2:25.05	Tara Kiilunen	2010
1600 Meter Run	5:18.51	Karen Koljonen	2005
3200 Meter Run	11:50.70	Tara Kiilunen	2012
300 Meter Hurdles	46.50	Shannon Helminen	2006
100 Meter High Hurdles	15.81	Shelli Kargela	1980
200 Meter Hurdles	32.95	Lori Jukuri	1980
100 Meter Int. Hurdles	15.62	Becky Kangas	2005
400 Meter Relay	51.87	Chelsea Jacques	2014
		Caitlin Klobuchar	
		Lexie Rowe	
		Annie Tervo	
800 Meter Relay	1:49.10	Becky Kangas	2006
		Jordan Kronshage	
		Kara Rastello	
		Shannon Helminen	
1600 Meter Relay	4:06.89	Jordan Kronshage	2006
		Kathleen Helminen	
		Kara Rastello	
		Shannon Helminen	
3200 Meter Relay	9:47.56	Lindsay Kiilunen	2010
		Stephanie Parks	
		Rachel Poyhonen	
		Tara Kiilunen	
Long Jump	17'01.25"	Becky Kangas	2006
High Jump	5'3.25"	Hailey Wickstrom	2016
Shot Put	36'0"	Christina Helminen	1998
Discus	118'1"	Martha Frantti	2000
Pole Vault	9'6"	Jordan Kronshage	2008

Updated March 2022