

## Running Events

### 55m Dash

1	7.0	Britney Foreman	2006
2	7.3	Tenika Middleton	1991
		Stephanie Cox	2005
3	7.4	Erin Milford	2001
		Nicole Bernaix	2001
4	7.5	Brooke Owen	2007
5	7.5	Emma Bryson	1998
		Tracey Dahlen	2003

### 55m Hurdles

1	8.97	Ashley Reilly	2011
2	9.5	Erin Broome	2001
3	9.7	Emily Plenge	1990
4	9.9	Aly Hudson	2008
5	10.1	Colleen French	2003

### 300m Dash

1	42.4	Nicole Bernaix	2001
2	43.8	Tenika Middleton	1991
3	43.86	Melanie Waters	2010
4	44.00	Ashley Reilly	2011
5	44.34	Marcy Lenz	2012

### 500m Run

1	1:21.2	Christy Baker	2007
2	1:21.5	Nicole Bernaix	2001
3	1:22.08	Erin Fitzmaurice	2010
4	1:22.9	Sarah Jessilonis	2006
5	1:24.76	Nora Simon	2007

### 800m Run

1	2:26.0	Christy Baker	2007
2	2:28.3	Stephanie Stevens	1993
3	2:29.0	Wendy Summers	1990
4	2:30.4	Lynn Blubaugh	2001
5	2:30.75	Jennifer Reilly	2012

### 1600m Run

1	5:22.38	Katelyn Rilee	2011
2	5:29.45	Laura Blevins	2009
3	5:35.0	Wendy Summers	1990
4	5:36.18	Kortnie Walker	2010
5	5:42.0	Lynn Blubaugh	2003

### 3200m Run

1	11:47.19	Katelyn Rilee	2011
2	11:49.81	Laura Blevins	2009
3	12:12.0	Jennifer Light	1991
4	12:32.6	Megan Lee	2007
5	12:54.38	Kortnie Walker	2010

## Relays

### 800m Relay

1	1:48.5	Cox, Jankiewicz, Majerowicz, Foreman	2005
2	1:50.2	Stark, Owen, Spann, Middleton	1992
3	1:50.8	Cox, Owen, Majerowicz, Foreman	2006
4	1:50.85	Millford, Bruce, Freeman, Bernaix	2001
5	1:51.8	Quick Feet Invite 2007	2007

### 1600m Relay

1	4:15.1	Stevens, Stark, Thomas, Middleton	1991
2	4:18.9	Baker, Jessilonis, Shifflet, Foreman	2006
3	4:22.15	Lenz, J Reilly, Romanchak, Lingenfelter	2012
4	4:22.6	Greene, Freeman, Blubaugh, Bernaix	2001
5	4:23.38	Lenz, Powell R., Romanchak, Reilly	2011

### 3200m Relay

1	10:04.5	Thomas, Bean, Gibson, Starke	
2	10:12.2	Baker, Lee, Jessilonis, Tollett	2006
3	10:14.77	J Reilly, Cash, Forrester, Lingenfelter	2012
4	10:22.4	Lee, Tollett, Baker, Jessilonis	2006
5	10:24.44	Walker, LaMarsh, Lingenfelter, Rilee	2010

### DMR (Distance Medly Relay)

1	13:23.89	County Relays 1-19-2010	2010
2	13:37.48	Reilly, Reilly, Doyle, Rilee	2011
3	13:54.17	FIT Invite 2009	2010
4	13:55.20	Reilly, Reilly, Lingenfelter, Rilee	2011
5	13:57.90	Coaches Classic 2007	2007



## Girls Indoor Track & Field All-Time Top 5 Record Board

## Field Events

### High Jump

1	5-04.00	Aubree Frye	2009
2	5-02.00	Jennifer Clark	1990
2	5-02.00	Brittany Frye	2001
2	5-02.00	Tina DiPaola	2009
3	5-00.00	Kelli Robinson	2007
3	5-00.00	Kerri Robinson	2010
4	4-10.00	Erin Broome	2002
4	4-10.00	Colleen French	2004
5	4-08.00	Jaclyn Ward	2009
5	4-08.00	Marcy Lenz	2012

### Pole Vault

1	11-00.00	Kara Lingenfelter	2012
2	10-00.00	Heather Milford	2005
2	10-00.00	Sarah Taylor	2012
3	9-06.00	Holly Bowen	2010
3	9-06.00	Ashley Reilly	2011
4	8-06.00	Jessica Nazarenas	2007
4	8-06.00	Sam Appolin	2006
5	8-03.00	Jackie Redmond	2002

### Long Jump

1	16-08.00	Melanie Waters	2010
2	16-01.50	Masha Romanchak	2012
3	15-09.00	Stephanie Cox	2007
4	15-08.00	Ashley Reilly	2011
5	15-06.00	Brittany Forman	2006

### Triple Jump

1	35-00.00	Melanie Waters	2010
2	31-05.75	Aubree Frye	2011
3	31-05.00	Holly Bowen	2009
4	31-00.00	Nora Simon	2009
5	30-05.00	Kelli Robinson	2009

### Shot Put

1	40-06.00	Matti Cymek	1992
2	38-07.75	Lauren Allam	2010
3	36-05.75	Casey Smith	2011
4	34-07.50	Kristen Janne	2009
5	33-05.00	Emily Neal	2007