

Knoch Girls Track & Field All-Time Top 10 Records

100m			200m			400m		
1. Samantha Logan	12.49	2012	1. Samantha Logan	25.9	2010	1. Samantha Logan	57.96	2011
2. Tori Schafer	12.6	1986	2. Melissa Lazar	26.4	2002	2. Tammie Kelley	59.6	1982
3. Sue Byers	12.8	1977	3. Nicole Cress	26.72	2014	3. Tess Haverstick	60.85	2010
4. Nicole Cress	12.9	2014	4. Tess Haverstick	26.9	2011	4. Kristin Robb	61.3	2006
Emily Huselton	12.9	2006	Emily Huselton	26.9	2007	Beth Bowne	61.3	1982
Melissa Lazar	12.9	2002	5. Tori Schafer	27.0	1985	5. Christine Rummel	61.7	1999
Cheryl Polena	12.9	1978	6. Ashlyn Carlsson	27.3	2015	6. Ashlyn Carlsson	61.8	2015
5. Karen Bowne	13.0	1986	7. Katie Bozo	27.37	2014	7. Karen Bowne	62.0	1988
Connie Fedorski	13.0	1979	8. Tammie Kelley	27.4	1982	8. Jamie Mahan	62.5	2010
6. Logan DeJonge	13.1	2017	9. Maria Adler	27.5	2004	9. Emily Huselton	62.6	2007
Tess Haverstick	13.1	2010	Karen Bowne	27.5	1988	10. Jessica Wise	62.76	2013
Regina Robb	13.1	2009	Sue Byers	27.5	1979			
Maria Adler	13.1	2006	10. Connie Fedorski	27.6	1979			
Tammie Kelley	13.1	1982						
800m			1600m			3200m		
1. Samantha Logan	2:14.53	2012	1. Mandie Moxie	5:03.32	2016	1. Mandie Moxie	11:21.5	2016
2. Anita Merbach	2:24.6	1983	2. Alyssa Kunkle	5:20.2	2008	Jolene Kunkle	11:21.5	2008
3. Ashlyn Carlsson	2:24.94	2013	3. Jolene Kunkle	5:22.4	2008	3. Sammy Jo Barnes	11:39.19	2018
4. Emilee Hertwick	2:26.06	2011	4. Emilee Hertwick	5:25.0	2011	4. Alyssa Kunkle	11:51.5	2008
5. Lauren Karenbauer	2:26.82	2014	5. Rachael Wittmer	5:25.16	2017	5. Shannon Evanhec	11:51.9	2009
6. Wendy Kerr	2:27.2	1980	6. Audrey Scott	5:35.1	2007	6. Lottie Neubert	12:06.3	1998
7. Jenna Shelton	2:27.25	2015	7. Anita Merbach	5:35.3	1983	7. Tena Pettit	12:19.54	2013
8. Jolene Kunkle	2:28.9	2009	8. Lottie Neubert	5:36.3	1999	8. Tricia Graff	12:30.0	1985
9. Lindsey Fanton	2:29.2	2017	9. Ann Schnur	5:37.8	1977	9. Michelle Heinz	12:31.5	1993
Libby Burris	2:29.2	2006	10. Samantha Barnes	5:38.0	2017	10. Rachael Wittmer	12.33	2015
10. Melody Ginter	2:30.1	2000						
100H			300H			Pole Vault		
1. Regina Robb	14.9	2008	1. Regina Robb	45.54	2010	1. Sarah Ruppermund	10' 9"	2005
2. Amy McCall	15.3	1995	2. Tammie Kelley	45.7	1982	2. Lea Welker	9' 0"	2010
3. Brenda Nagel	15.5	1979	3. Katie Bozo	45.8	2013	Becky Lefever	9' 0"	2004
4. Christine Rummel	15.6	2000	4. Christine Rummel	47.1	2000	3. Jenna Plutyk	8' 9"	2013
5. Katie Bozo	15.88	2015	Joycee Kriberney	47.1	1999	4. Leah Fennell	8' 6"	1999
6. Emily Robb	15.90	2015	5. Melissa Spreng	48.18	2011	5. Storm Hajek	8' 0"	2010
7. Joycee Kriberney	16.0	1999	6. Chris Binnie	48.2	1985	Keriann Napora	8' 0"	2006
8. Tammy Kelley	16.1	1983	7. Donna Fox	49.1	1988	Margaret Blank	8' 0"	2005
9. Melissa Balsiger	16.1	2007	8. Ronnie Kennedy	49.2	1982	Kayla Huselton	8' 0"	2003
10. Sali Frndak	16.3	1997	9. Emily Robb	49.3	2013	Kayla Bowser	8' 0"	2001
Abby Galcik	16.3`	1997	Sali Frndak	49.3	1997	6. Erin Gorman	7' 6"	2002
Donna Fox	16.3	1988	Edie Rhoades	49.3	1986	Nicki Kubit	7' 6"	2002
			10. Mary Klabnik	49.5	1986	Katie Washburn	7' 6"	2000
High Jump			Long Jump			Triple Jump		
1. Hannah Rowe	5' 5"	2018	1. Claire Fleeger	16' 11"	2003	1. Sarah Robb	35' 8 ½"	2007
2. Amy McCall	5' 4"	1995	2. Rachel McCall	16' 10 ½"	2003	2. Regina Robb	35' 6"	2008
3. Samantha Logan	5' 2"	2012	3. Logan DeJonge	16' 8 ½"	2017	3. Christine Rummel	35' 3 ¼"	2001
Sarah Reppermund	5' 2"	2005	Amanda Shaw	16' 8 ½"	1999	4. Natalia Alamo	35' 2"	1997
Amanda Shaw	5' 2"	1999	4. Regina Robb	16' 7"	2010	5. Claire Fleeger	34' 11 ½"	2002
4. Emily Robb	5' 0"	2013	5. Tanja Pamilo	16' 6 ½"	1988	6. Katie Rummel	34' 9"	2004
Tori Lark	5' 0"	2010	6. Heather Rebut	16' 5"	1985	Leah Fennell	34' 9"	1999
Erin Black	5' 0"	2003	7. Melissa Balsinger	16' 4 ¾"	2005	7. Macrina Robb	34' 6 ½"	2021
Leah Fennell	5' 0"	1998	8. Addy Albert	16' 4 ½"	2017	8. Rachel McCall	34' 5"	2003
Abby Galcik	5' 0"	1996	9. Christine Rummel	16' 2 ½"	2000	9. Amanda Shaw	34' 4"	1999
Michelle Smay	5' 0"	1993	10. Sarah Robb	16' 1"	2007	10. Ronna Wise	33' 11 "	1983
Tori Franke	5' 0"	1988				Lori Faust	33' 11"	1981
Melissa Dawson	5' 0"	1987						
Sue Behrens	5' 0"	1984						
Brenda Nagel	5' 0"	1979						

Shot Put			Discus			Javelin (New)		
1. Jen Crouch	43' 7"	1989	1 Renee Lassinger	129' 7"	1986	1 Kerri Melis	126' 5"	2003
2. Carol Cress	42' 6 ¼"	2008	2. Jen Crouch	123' 7"	1989	2. Carol Cress	119' 11"	2007
3. Hope McCorkle	39' 6 ½"	1994	3. Barb Lawson	123 3 ½"	1979	3. Abby Pospisil	112' 9"	2018
4. Allyson Cress	39' 1"	2009	4. Mary Gaines	120' 2 ½"	1985	4. Mackenzie Rodgers	108' 3"	2015
5. Renee Lassinger	38' 2"	1986	5. Rachel Kroneberg	117' 11"	2014	5. Rachel Cypher	107' 6"	2002
6. Amanda Cooper	37' 10"	2003	6. Allyson Cress	115' 3"	2010	6. Mary Zellhart	106' 0"	2013
7. Jessica Crouch	37' 7"	2000	7. Abby Kopac	114' 4"	2017	7. Melissa Hanson	104' 2"	2003
8. Abby Kopac	36' 2"	2017	8. Anne Lawson	114' 2"	1986	8. Mackenzie Rodgers	101' 2"	2014
9. Athena Hammel	36' 0"	1996	9. Sarah Cooper	111' 4"	2006	9. Tori Lark	101' 1"	2011
10. Barb Lawson	35' 5 ½"	1978	10. Carol Cress	110' 0"	2008	10. Lauren Wiefeling	100' 4"	2004
Javelin (Retired)								
1 Jen Crouch	165' 9"	1989						
2. Sheila Cypher	134' 10"	1977						
3. Kerri Melis	130' 8"	2001						
4. Jessica Crouch	128' 4"	1998						
5. Hope McCorkle	122' 7"	1993						
Andrea Kemple	122' 7"	1985						
7. Beth Nagel	122' 3"	1985						
8. Linda Rumbaugh	118' 10 ½"	1988						
9. Rachel Cypher	117' 2"	2001						
10. Diane Curry	110' 2 ½"	1980						
400 Meter Relay								
1. Melissa Spreng, Samantha Logan, Tess Haverstick, Jessica Wise						51.3	2011	
2. Gabi Lassinger, Nicole Cress, Kenley Renfrew, Jenna Plutyk						51.67	2014	
3. Melissa Spreng, Samantha Logan, Regina Robb, Tess Haverstick						51.9	2010	
4. Gabi Lassinger, Nicole Cress, Addie Albert, Jenna Plutyk						52.03	2014	
5. Kerri Melis, Claire Fleeeger, Rachel McCall, Maria Adler						52.2	2003	
6. Hoffman, Wissinger, S. Brewer, T. Schafer						52.3	1986	
7. Melis, Fleeeger, Dougherty, Lazar						52.5	2001	
Byers, Polena, Nagel, Fedorski						52.5	1979	
8. S. Brewer, P. Bowne, Maharg, T. Schafer						52.6	1983	
9. Lazar, Fleeeger, McCall, Melis						52.7	2002	
10. Huselton, Balsiger, Robb, Adler						52.8	2005	
1600 Meter Relay								
1. Samantha Logan, Regina Robb, Tess Haverstick, Jamie Mahan						3:59.8	2010	
2. Samantha Logan, Emilee Hertweck, Tess Haverstick, Ashlyn Carlsson						4:02.59	2012	
3. Samantha Logan, Jamie Mahan, Tess Haverstick, Jessica Wise						4:03.66	2011	
4. Tammie Kelley, Beth Bowne, Darcy Peters, Laurie Zendron						4:06.7	1982	
5. Emilee Hertweck, Samantha Logan, Jessica Wise, Tess Haverstick						4:08.31	2012	
6. Ashlyn Carlsson, Emily Robb, Jessica Wise, Katie Bozo						4:11.25	2013	
7. Rhoades, Wissinger, Fox, L. Jackovac						4:13.7	1987	
8. C. Rummel, Kriberney, Hutchinson, Williams						4:15.3	1999	
K. Bowne, Rhoades, Wissinger, Boldy						4:15.3	1986	
9. S. Robb, Vogus, Scott, E. Huselton						4:15.9	2007	
10. T. Haverstick, J. Mahan, K. Daubner, R. Robb						4:16.0	2009	
3200 Meter Relay								
1. Samantha Logan, Emilee Hertweck, Tess Haverstick, Ashlyn Carlsson						9:26.60	2012	
2. Mandi Moxie, Ashlyn Carlsson, Lauren Karenbauer, Jenna Shelton						9:32.96	2015	
3. Emilee Hertweck, Tess Haverstick, Ashlyn Carlsson, Jessica Wise						9:48.41	2012	
4. Mandi Moxie, Rachael Wittmer, Ashlyn Carlsson, Lauren Karenbauer						9:58.59	2015	
5. Rachael Wittmer, Heather Wittmer, Lindsey Fanton, Samantha Barnes						9:58.78	2017	
6. Chloe Ciora, Mandi Moxie, Lauren Karenbauer, Rachael Wittmer						10:01	2016	
7. Anita Merbach, Linda Kelley, Laurie Zendron, Kim McDonald						10:01.3	1982	
8. Grace Bogacz, Elyse Chess, Brooke Galcik, Emma Haugh						10:02.70	2021	
9. Ashlyn Carlsson, Mandy Hunt, Lauren Karenbauer, Tena Pettit						10:02.80	2013	
10. Jenna Shelton, Rachael Wittmer, Lauren Karenbauer, Ashlyn Carlsson						10:06.42	2015	