

# McCool Jct. Track & Field Girls Top 5 All-Time Records (Updated 5/07)

\*Denotes times converted to metric system

<b>100 meters</b>			<b>200 meters</b>			<b>400 meters</b>		
Deb Teaford	12.2*	1979	Molly Reynolds	26.2	1993	Steph Thomas	59.62	1985
Molly Reynolds	12.6	1996	Steph Thomas	26.5	1988	Nicky White	59.78	1999
Steph Thomas	12.6	1985	Janet Lemkau	26.8	1982	Molly Reynolds	61.7	1996
Ronda Hofmann	12.9	1998	Deb Teaford	27.0*	1978	Jan Volkmer	61.8*	1977
Janet Lemkau	13.0	1982	Brit Brisk	27.9	2000	Aftan Smith	62.3	2004
Channa Hess	13.0	2006						
<b>800 meters</b>			<b>1600 meters</b>			<b>3200 meters</b>		
Nicky White	2:19.93	2000	Lisa Ochsner	5:28.48	2000	Jamie Miller	12:03.41	1997
Jamie Miller	2:30.3	1997	Jamie Miller	5:30.44	1997	Candiacce Clark	12:22.1	2006
Brooke Bellows	2:31.3	2001	Jenny Feldt	5:43.2	1997	Haili Bonde	12:58.83	1989
Lisa Ochsner	2:31.7	1999	Leann Bolte	5:45.31	2002	Sheila Clark	13:04.2	1991
Jenny Feldt	2:32.6	1997	Candiacce Clark	5:45.51	2006	Lisa Ochsner	13:05.1	2001
<b>100 meter High Hurdles</b>			<b>300 meter Low Hurdles</b>			<b>Long Jump</b>		
Steph Thomas	15.6	1987	Steph Thomas	46.45	1987	Steph Thomas	17'3.5	1988
Ronda Hofmann	16.4	1996	Ronda Hofmann	47.41	1996	Aftan Smith	17'2.25	2005
Sherri Sklenar	16.6	2004	Nicky White	47.8	2000	Molly Reynolds	16'5.75	1995
Casey Brisk	17.6	1990	Aftan Smith	48.3	2005	Frances Dunavan	15'8.75	1986
Jeanna Lemkau	18.3	1986	Sherri Sklenar	49.0	2004	Michelle Green	15'8	2000
						Melanie Friesen	15'8	2005
<b>Triple Jump</b>			<b>High Jump</b>			<b>Pole Vault</b>		
Aftan Smith	37'0.25	2005	Aftan Smith	5'7.5	2005	Molly Underwood	9'10	2006
Britoni Brisk	34'5.5	2001	Steph Thomas	5'7.5	1988	Nicky White	9'4	2000
Melanie Friesen	31'10.5	2006	Victoria Jensen	4'11	2006	Brooke Bellows	8'6	2002
Ronda Hofmann	31'10.25	1996	Linda Otto	4'10	1985	Mikaela White	8'6	2006
Bridget Clark	31'8.25	2000	Heather Siebert	4'10	1995	Channa Hess	8'6	2006
<b>Shot Put</b>			<b>Discus</b>					
Michelle Green	36'7	2001	Donell Smith	113'8.5	1996			
Aundrea Morner	35'3	2007	Abbie Robson	107'3	1998			
Donell Smith	34'6	1996	Michelle Green	96'11	2001			
Kathy Green	33'4	1976	Shannon Neville	96'1	1991			
Abbie Robson	32'4.5	1998	Angie Hall	93'3	2002			
<b>400 meter Relay</b>			<b>1600 meter Relay</b>			<b>3200 meter Relay</b>		
52.2		2007	4:17.73		1998	10:10.30		2000
52.8		2006	4:18.6		2004	10:19.59		1997
53.1		1985	4:19.1		1999	10:23.1		1999
53.69		2000	4:19.3		1997	10:25.2		1998
53.9		1983	4:23.7		1986	10:26.3		2001

*Times and distances before 1987 are based on information found on school record board, record books, and clippings from Grandpa White's scrapbooks. If anyone has documentation for other records, please submit them.*