

**AQUINAS CATHOLIC TRACK & FIELD
ALL-TIME TOP TEN PERFORMANCES**

GIRLS

100M

1	12.01	Ann Polak	1982
2	12.44	+ Diane Kush	1978
3	12.58	Larissa Sellers	2018
4	12.64	*+ Theresa Homan	1976
4	12.64	+ Amanda Novacek	2011
6	12.84	*+ Karen Polak	1971
7	12.94	+ Carol Schaecher	1979
8	13.04	+ Mary Klosterman	2007
8	13.04	+ Allison Pokorny	2013
8	13.04	+ Amanda Novacek	2009
8	13.04	+ Becky Roh	2015

300M Hurdles

1	46.94	+ Mary Klosterman	2007
2	47.45	Megan Engel	2008
3	49.48	Marie Lavicky	1996
4	49.81	Kris Jakub	1986
5	49.94	+ Shianne Chlupacek	2009
6	50.24	+ Madison Kozisek	2015
7	50.54	+ Amie Chapek	1993
7	50.54	+ Jenny Shipley	1990
9	50.94	+ Becky White	2011
10	51.04	+ Steph Kobza	1990

400M Relay

1	50.34	+ Diane Kush, Theresa Homan, Deni Hilger, Mary Meysenburg	1976
2	50.41	Dulcie Archuleta, Sierra Meysenburg Ella Hilger, Larissa Sellers	2019
3	50.44	+ Ann Polak, Kim Svoboda, Beth Fiala, Carol Schaecher	1981
4	50.52	Dulcie Archuleta, Sierra Meysenburg Becky Roh, Larissa Sellers	2018
5	50.74	+ Ann Polak, Kim Svoboda, Terri Shipley, Carol Schaecher	1979
6	50.94	+ Ann Polak, Kim Svoboda, Beth Fiala, Carol Schaecher	1980
7	51.34	+ Theresa Homan, Terri Shipley, Mary Jo Shipley, Karen Polak	1977
7	51.34	+ Linda Jakub, Denise Engel, Beth Fiala, Ann Polak	1982
9	51.84	+ Caitlin Klosterman, Amy Kreikemeier, Mary Klosterman, Amanda Novacek	2009
10	51.94	+ Dani Masur, Taylor Pelan, Ashley Byers, Cassi Amsler	2007

200M

1	25.24	+ Ann Polak	1982
2	25.92	Becky Roh	2018
3	25.94	*+ Diane Kush	1978
4	26.44	+ Kate Semin	2001
5	26.45	Ella Hilger	2019
6	26.74	*+ Diane Polak	1973
6	26.74	*+ Theresa Homan	1976
6	26.74	+ Rebecca Hilger	1994
9	26.94	+ Carol Schaecher	1980
9	26.94	+ Lynsey Kreikemeier	2007

Discus

1	141' 10"	Conner Novacek	2013
2	131' 5"	Bri Romshek	2011
3	122' 5"	Angela Karpisek	1996
4	119' 5"	Kloe Ruth	2019
5	118' 6"	Michelle Fujan	2004
6	118' 1"	Katerina Reimers	2013
7	117' 8"	Brittany Hilfiker	2014
8	116' 3"	Tina Plasek	1987
9	116' 1"	Cindy Meysenburg	1984
10	115' 3"	Isabel Coufal	2019

1600M Relay

1	04:04.45	Ella Hilger, Jady Siroky, Clare Fiala, Becky Roh	2018
2	04:05.64	+ Amy Kreikemeier, Mary Klosterman, Katie Cech, Lynsey Kreikemeier	2007
3	04:06.94	+ Ann Polak, Kim Svoboda, Beth Fiala, Carol Schaecher	1980
4	04:07.24	+ Ann Polak, Kim Svoboda, Beth Fiala, Carol Schaecher	1981
4	04:07.24	+ Linda Jakub, Brenda Juranek, Beth Fiala, Ann Polak	1982
6	04:07.41	Andrea Hilger, Jamie Didier, Amanda Kreikemeier, Kate Semin	1999
7	04:09.49	Amy Kreikemeier, Katie Cech, Alison Prigge, Lynsey Kreikemeier	2006
8	04:09.84	+ Linda Jakub, Vicki Arps, Karen Rech, Carol Krenk	1983
9	04:10.74	+ Lynsey Kreikemeier, Katie Cech, Alison Prigge, Elizabeth Prigge	2004
10	04:11.34	*+ Carol Schaecher, Cathy Stara, Terri Shipley, Diane Kush	1978

400M

1	57.62	Mary Klosterman	2012
2	57.84	Lynsey Kreikemier	2007
3	57.89	Becky Roh	2018
4	58.11	Ella Hilger	2019
5	58.94	+ Kate Semin	2002
6	01:00.24	+ Diane Kush	1978
7	01:00.64	+ Carol Schaecher	1980
8	01:00.84	+ Kim Svoboda	1980
9	01:01.14	+ Beth Fiala	1982
10	01:01.04	+ Elizabeth Prigge	2003

Shot Put

1	39' 3"	Brittany Hilfiker	2014
2	38' 9"	Conner Novacek	2013
3	38' 5"	Ann Marie Moravec	1987
4	37' 10"	Marilyn Baer	1977
5	37' 6"	Tami Kratochvil	1984
6	37' 3"	Mary Coufal	2001
7	37' 2.5"	Kloe Ruth	2019
8	37' 2"	Shianne Chlupacek	2012
9	37' 1.5"	Bri Romshek	2010
10	37' 1.25"	Michelle Fujan	2004

3200M Relay

1	09:40.54	+ Becky Rech, Jill Anderson, Deni Hilger, Mary Meysenburg	1986
2	09:42.84	+ Becky Rech, Angie Metzner, Deni Hilger, Jill Anderson	1987
3	09:48.08	Clare Fiala, Mary Fiala, Vanessa Bohuslavsky, Jady Siroky	2018
4	09:56.84	+ Mary Meysenburg, Deni Hilger, Becky Rech, Linda Jakub	1985
5	09:57.64	+ Lyne' Mick, Carol Krenk, Kim Svoboda, Carol Schaecher	1981
6	09:58.94	+ Lyne' Mick, Carol Krenk, Cathy Vobiril, Mary Meysenburg	1983
7	10:04.94	+ Renee Birkel, Karla Schmit, Angie Pflum, Nicole Stara	1991
8	10:06.04	+ Renee Birkel, Nicole Stara, Tina Cihal, Sheila Cihal	1993
9	10:06.14	+ Kim Stara, Cathy Vobiril, Lyne' Mick, Carol Krenk	1982
10	10:10.07	+ Allie Frasher, Emma Sellers, Vanessa Bohuslavsky, Jady Siroky	2019

800M

1	02:16.24	Lynsey Kreikemeier	2007
2	02:20.35	Marissa DeWispelare	2012
3	02:24.67	Clare Fiala	2018
4	02:25.04	+ Renee Birkel	1992
5	02:25.84	+ Mary Meysenburg	1986
6	02:26.94	+ Barb Fiala	1980
7	02:27.34	+ Jill Anderson	1987
8	02:27.15	+ Angie Pflum	1989
9	02:27.64	+ Sheila Cihal	1994
10	02:27.92	+ Vanessa Bohuslavsky	2019

High Jump

1	5' 6"	Amanda Novacek	2011
1	5' 6"	Beth Semin	1997
3	5' 4"	Beth Fiala	1982
4	5' 4"	Lynsey Kreikemeier	2007
5	5' 3"	Katie Holoubek	2010
6	5' 2"	Renee Birkel	1992
6	5' 2"	Jill Stewart	1998
6	5' 2"	Cortny Novacek	2010
6	5' 2"	Andrea Urbaneck	1998
10	5' 1"	Patty Jakub	1986
10	5' 1"	Amy Yindrick	1989

1600M

1	05:14.94	+ Marissa DeWispelare	2011
2	05:28.34	Clare Fiala	2018
3	05:30.85	Vanessa Bohuslavsky	2019
4	05:32.44	+ Jill Anderson	1988
5	05:34.48	Renee Birkel	1993
6	05:38.04	+ Deni Hilger	1986
7	05:38.51	Julia Daro	2014
8	05:39.94	+ Colleen Hotovy	1981
9	05:40.24	+ Allie Frasher	2019
10	05:41.24	+ Nicole Stara	1992

Pole Vault

1	11' 2"	Gabrielle Oborny	2019
2	10' 2"	Bridget Sisco	2018
3	9' 8"	Sadie Horacek	2012
4	9' 2"	Sophia Skrdla	2004
5	9' 0"	Mary Fiala	2018
5	9' 0"	Katie Meister	2006
7	8' 8"	Toni Fiala	2013
7	8' 8"	Olivia Fiala	2015
9	8' 6"	Megan Kucera	2005
9	8' 6"	Kristine Fiala	2009
9	8' 6"	Kaitlyn Eller	2014

3200M

1	11:20.55	Marissa DeWispelare	2011
2	11:51.01	Clare Fiala	2017
3	12:03.84	+ Jill Anderson	1988
4	12:06.04	+ Renee Birkel	1993
5	12:10.54	+ Colleen Hotovy	1981
6	12:14.63	Allie Frasher	2019
7	12:18.54	+ Brooke Anderson	2009
8	12:24.64	+ Mary Meysenburg	1984
9	12:25.77	Lesley Schmit	2002
10	12:28.24	+ Jayne Meysenburg	1986

Long Jump

1	17' 0.75"	Kate Semin	1999
2	16' 10.5"	Amanda Novacek	2012
3	16' 10.5"	Patty Jakub	1986
4	16' 9.25"	Beth Fiala	1982
5	16' 9"	Marie Lavicky	1997
6	16' 7.75"	Sheila Cihal	1993
7	16' 5.25"	Amanda Kreikemeier	1998
8	16' 4"	Kinsey Kozisek	2015
9	16' 2.5"	Becky White	2012
10	16' 2"	Karla Polivka	1991

100M Hurdles

1	15.35	Larissa Sellers	2018
2	15.44	+ Mary Klosterman	2010
3	15.78	Becky White	2012
4	16.14	+ Jenny Shipley	1990
5	16.44	+ Megan Engel	2008
6	16.84	+ Marie Lavicky	1998
7	16.94	+ Beth Miratsky	1993
8	16.94	+ Steph Kobza	1994
9	17.14	+ Jenna Engel	2005
9	17.14	+ Shianne Chlupacek	2010

Triple Jump

1	37' 8.25"	Kate Semin	2000
2	35' 6.75"	Kinsey Kozisek	2015
3	35' 2"	Marie Lavicky	1998
4	35' 1.5"	Amanda Novacek	2012
5	34' 10.5"	Amy Kreikemeier	2006
6	34' 3.5"	Lynsey Kreikemeier	2004
7	34' 2.25"	Amanda Kreikemeier	2000
8	34' 0.25"	Natalie Semin	2019
8	33' 11.5"	Beth Miratsky	1994
10	33' 8"	Madison Jelinek	2019
10	33' 8"	Christy Kerkman	1995
10	33' 8"	Andrea Hilger	1997

* Time converted from yards to meters +1.1
+ Handheld conversion +0.24