

**EPJ GIRL'S TRACK AND FIELD TOP 10 HONOR ROLL**

**55 METER HURDLES**

Laura Schmitz	1999	:08.83
Emily Fletcher	1996	:09.35
Jessie Fennel	1999	:09.84
Cari Schmitz	1996	:09.88
Paige Pollard	2004	10.09
Alexis Flynn	2014	10.66
Lillie Simons	1997	:11.30

**60 METER DASH**

Keely Bertram	2014	8.15
Tascha Donnelly	2011	8.84
Domanika Harris	2002	:8.86
Jennifer Mead	2003	:8.97
Tory McCreary	2009	:8.9
Audrey Truhe	2010	:9.0
Kelly Reed	2009	:9.1

**400 METER DASH**

Chrissy Strassburg	2009	:58.8
Paige Pollard	2005	:59.8
Josie Heeren	2015	01:00.0
Beth Knutson	2002	1:01.3
Keely Bertram	2010	01:01.4
Hannah Wilkinson	2008	1:01.6
Jessica Hudelson	2008	01:01.8
Leslie Nebelsick	2000	1:02.2
Caitlin Davis	2011	01:02.2
Audrey Truhe	2010	01:03.1
Anna Erickson	2007	01:03.4

**3200 METER RUN**

Katie Weavill	2003	12:11.8
Josie Hereen	2012	12:12.0
Annie Staum	2005	12:17.3
Bobbie McLaury	2008	12:19.3
Shawna DeSmet	1995	12:49.0
Jenna Donnelly	2007	13:17.1
Mackenzie Klinkhammer	2008	13:19.2
Tatum Adema	2010	13:35.1
Allison Lawler	2006	13:36.4
Robyn McLaury	2008	13:36.8

**HIGH JUMP**

Hannah Wilkinson	2006	5'7 1/2"
Leslie Nebelsick	2002	5' 3"
Nina Rozell	1998	5' 2"
Kathy Trudeau	1995	4' 10"
Drew Keuck	2014	4' 9"
Jessica Riley	2014	4' 9"
Brittany Johnson	2000	4' 8"
Joelien Groethe	2002	4' 8"
Christine Mead	1998	4' 7"
Amy Zeller	2011	4' 7"
Miranda Stabe	2012	4' 7"

**TRIPLE JUMP**

Tascha Donnelly	2011	38'3"
Sandy VanRoekel	1999	33' 9.75"
Kelly Reed	2011	33'8"
Jennifer Erickson	1997	32' 9"
Nina Rozell	1997	32' 1"
Jessie Fennel	2001	31' 4.5"
Kim Wurtz	2006	31' 3.5"

**100 METER DASH**

Chrissy Strassburg	2006/01	12.7
Keely Bertram	2013	:13.0
Rachel Fehr	2008	:13.0
Gina Mollet	1995	:13.1
Beth Knutson	2005	:13.1
Karly Marx	2016	13.1
Emily Mickelson	2014	13.2
Domanika Harris	2002	13.2
Ashley Zeller	2006	13.5
Beth Knutson	2005	:13.5
Audrey Truhe	2010	13.5

**800 METER RUN**

Josie Heeren	2015	02:18.8
Chrissy Strassburg	2010	02:21.0
Jessica Hudelson	2008	2:23.7
Paige Pollard	2005	02:23.9
Bobbie McLaury	2011	02:27.2
Keely Bertram	2010	02:28.4
Annie Staum	2004	02:29.9
Anna Erickson	2007	02:33.0
Alissa Foltz	1995	2:33.3
Mackenzie Klinkhammer	2009	02:35.1

**100 METER HURDLES**

Laura Schmitz	1999	:15.4
Paige Pollard	2005	:15.5
Emily Fletcher	1996	:16.0
Michelle Corio	2009	:16.8
Cari Schmitz	1996	:16.9
Jessie Fennel	2000	:16.9
Natasha Minor	2009	:16.9
Alexis Flynn	2014	16.9
Haylee Erickson	2010	:17.7
Lindsey Nebelsick	1999	:18.1

**DISCUS**

Jenny Dailey	2014	111' 1/2"
Shelby Penfield	2005	109'11"
Angela Curry	1999	106' 11"
Kelsie Pace	2007	106'8"
Ashley Schultz	2000	103' 10"
Maddie Pace	2009	100'9"
Andrea Jacobs	1995	98' 10.5"
Kenna Curry	2016	97' 5"
Devan Penfield	2009	97'4"
Marcia Schmidt	2002	95' 1"
Erin Hasenbank	2005	93'0"

**SHOT PUT**

Erin Hasenbank	2006	35'7.5"
Lauren Dossdall	2014	34' 2 1/2"
Brenna Martin	2010	33'9.5"
Kelsie Pace	2007	33'1"
Andrea Jacobs	1995	32' 9"
Emily Strom	2002	32' 3"
Ashley Schultz	1999	32' 0.25"

**200 METER DASH**

Chrissy Strassburg	2009	:26.3
Keely Bertram	2011	:26.3
Gina Mollet	1998	:27.0
Beth Knutson	2003	:27.1
Calli Davis	2016	27.2
Erin Trudeau	1995	:27.4
Rachel Fehr	2008	:27.6
Emily Mickelson	2016	27.9
Sandy VanRoekel	1998	:28.0
Leslie Nebelsick	2002	:28.1
Mary Nebelsick	2005	:28.1
Karly Marx	2016	28.1

**1600 METER RUN**

Josie Hereen	2014	05:16.1
Katie Weavill	2003	5:33.7
Annie Staum	2005	5:40.5
Jenna Donnelly	2007	05:43.2
Bobbie McLaury	2008	05:45.2
Mandy Rosenbaum	1998	5:48.7
Jordyn Hudelson	2010	05:50.2
Robin Stark	2016	05:53.9
Tatum Adema	2011	05:55.1
Shawna DeSmet	1995	5:57.9

**300 METER HURDLES**

Paige Pollard	2005	46.1
Laura Schmitz	1999	:47.2
Emily Fletcher	1995	:47.9
Leslie Nebelsick	2002	:48.4
Haylee Erickson	2010	:51.1
Katie Trometer	2003	:53.0
Christine Mead	1997	:53.8
Natasha Minor	2008	:54.2
Jade Rosenbaum	2011	:54.2
Michelle Corio	2007	54.3

**LONG JUMP**

Hannah Wilkinson	2006	16' 7 3/4"
Caitlin Davis	2011	16'5.5"
Leslie Nebelsick	2003	16' 4.5"
Tascha Donnelly	2011	16'3"
Chrissy Strassburg	2008	16' 0"
Laura Schmitz	2000	15' 11.75"
Kelly Reed	2011	15'11.75"
Sandy VanRoekel	1997	15' 11"
Gina Mollet	1998	15' 11"
Andrea Jacobs	1995	15' 7.5"

**400 METER HURDLES**

Laura Schmitz	2000	1:12.87
Leslie Nebelsick	2001	1:13.8
Shelby Larsen	2008	1:18.9
Natasha Minor	2008	1:21.4

**60 M HURDLES**

Paige Pollard	2005	9.7
Michelle Corio	2010	10.7

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Caitlin Davis	2011	31'2"	Maddie Pace	2008	31'9"	Natasha Minor	2009	10.7
Leah LaFerrier	1995	30' 10.5"	Joelle Geary	1998	31' 8"	Haylee Erickson	2010	11.2
Dawn Fennel	1998	29' 9"	Sandy Bouck	2001	31' 7"			
			Jenny Dailey	2013	31'7"			
<b>4 X 100 METER RELAY</b>			<b>4 X 200 METER RELAY</b>			<b>4 X 400 METER RELAY</b>		
R. Fehr, H. Wilkinson	2008	52.3	M. Nebelsick, P. Pollard		01:48.1	A. Murphy, K. Bertram	2010	04:08.4
A. Erickson, C. Strassburg			C. Strassburg, B. Knutson	2005		A. Truhe, C. Strassburg		
A. Zeller, H. Wilkinson	2007	52.5	M. Nebelsick, P. Pollard		01:49.7	B. Knutson, H. Wilkinsor	2005	04:08.9
A. Erickson, C. Strassburg			J. Mead, B. Knutson	2004		M. Nebelsick, P. Pollard		
G. Mollet, E. Fletcher	1995	:52.8	R. Fehr, A. Erickson	2008	01:49.8	A. Erickson, H. Wilkinsor	2008	04:09.0
K. Trudeau, E. Trudeau			H. Wilkinson, C. Strassburg			J. Hudelson, C. Strassburg		
G. Mollet, N. Klasey,	1998	:52.8	A. Truhe, K. Bertram	2010	01:50.2	K. Bertram, A. Truhe	2010	04:10.6
L. Schmitz, S. VanRoekel			A. Murphy, C. Strassburg			A. Murphy, C. Strassburg		
G. Mollet, N. Klasey,	1997	:53.0	A. Truhe, K. Bertram	2009	01:50.3	C. Davis, B. McLaury	2011	04:11.0
S. VanRoekel, E. Trudeau			J. Hudelson, C. Strassburg			J. Hudelson, K. Bertram		
M. Nebelsick, K. Trometer	2004	53	Anna E, Hannah W,		01:50.6	A. Murphy, T. McCre	2009	04:11.5
J. Mead, B. Knutson			Ashley Z, Chrissy S	2006		K. Bertram, C. Strassburg		
G. Mollet, N. Klasey,	1998	:53.3	A. Truhe, K. Bertram	2010	01:50.7	Chrissy S, Ashley Z,		
L. Schmitz, S. VanRoekel			A. Murphy, C. Strassburg			Anna E, Hannah W	2007	04:11.5
G. Mollet, A. Petekavich,	1997	:53.5	M. Nebelsick, P. Pollard		1:51.1	P. Pollard, J. Mead		
S. VanRoekel, E. Trudeau			H. Wilkinson, B. Knutson	2005		H. Wilkinson, B. Knutsor	2004	04:11.5
J. Mead, K. Trometer,	2003	:53.6	C. Davis, T. Donnelly			Chrissy S, Ashley Z		
M. Nebelsick, B. Knutson			K. Reed, K. Bertram	2011	01:51.3	Kelsie Pau, Hannah V	2006	04:11.7
A. Truhe, K. Bertram	2010	:53.7	A. Erickson, H. Wilkinson		01:51.4	K. Marx, Calli Davis,		
A. Murphy, C. Strassburg			J. Hudelson, C. Strassburg	2008		Ka. Bertram, J. Heeren	2016	04:12.5
			A. Zeller, A. Murphy	2007	01:51.4			
			A. Erickson, C. Strassburg					
<b>4 x 800 METER RELAY</b>			<b>Medley Relay</b>					
B. McLaury, Jo. Hudelson			E. Mickelson, A. Nearman		2016			
T. Adema, K. Bertram	2011	10:05.8	K. Marx, J. Heeren		04:18.9			
A. Erickson, Jo Hudelson	2008	10:10.0	A. Murphy, A. Truhe	2010				
J. Donnelly, Je Hudelson			K. Bertram, C. Strassburg		04:21.6			
B. McLaury, Jo. Hudels	2010	10:15.3	M.Nebelsick, H. Wilkinson	2005				
H. Bosse, T. Adema			B. Knutson, P. Pollard		04:23.4			
A. Erickson, Jo Hudelson	2008	10:22.0	R. Fehr, C. Strassburg					
Cay Hilbrands, Je Hudelson			H. Wilkinson, Je. Hudelson	2008	04:24.5			
A. Foltz, M. Allard,	1995	10:28.3	A. Erickson, H. Wilkinson	2008				
A. Allard, S. DeSmet			C. Strassburg, Je. Hudelson		04:26.4			
J. Donnelly, M. Klinkhammer			K. Bertram, E. Mickelson		04:26.5			
C. Hilbrands, J. Hudelson	2008	10:28.7	M. Mennenga, J. Heeren	2014				
A. Foltz, M. Allard,	1995	10:32.3	A. Truhe, A. Murphy	2010	04:26.7			
K. Trudeau, S. DeSmet			K. Bertram, C. Strassburg					
J. Hudelson, N. Ober	2004	10:33.5	E. Mickelson, L. Klunder		04:26.8			
A. Begnoche, A. Staum			K. Bertram, J. Heeren	2014				
M. Klinkhammer, R. McLaury		10:41.5	A. Zeller, H. Wilkinson					
C. Hilbrands, B. McLau	2009		C. Strassburg, A. Erickson	2007	04:27.2			
C. Mead, M. Rosenbaum,	1998	10:46.0	M. Nebelsick, B. Knutson					
K. Oberg, A. Lee			P. Pollard, A. Staum	2004	04:27.5			
			C. Davis, C. Strassburg					
			A. Murphy, K. Bertram	2010	04:27.6			

ESTABLISHED: 1995