

**4x200m Relay
Top 50 Times**

| Rank | Year | Members | Location | Time |
|-------------|-------------|--|--------------------------|-------------|
| 1 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | State Prelims | 1:48.5 |
| 2 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Sectional | 1:49.4 |
| 3 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | Sectional: 1st | 1:49.4 |
| 4 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | State Prelims | 1:49.4 |
| 5 | 1992 | Misty Joseph, Dana deRaismes, Dana Lettow, Kari Thorgesen | State Prelims | 1:49.7 |
| 6 | 1992 | Misty Joseph, Dana deRaismes, Dana Lettow, Kari Thorgesen | Sectional: 1st | 1:49.7 |
| 7 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | State Finals: 9th | 1:49.8 |
| 8 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Dixon Relays | 1:49.9 |
| 9 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Sectional: 4th | 1:49.9 |
| 10 | 1982 | Nancy Feddersen, Julie Keck, Laura Neimeier, DeeDee Didier | | 1:50.0 |
| 11 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Patrice Adams | Conference: 2nd | 1:50.6 |
| 12 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | State Prelims | 1:50.6 |
| 13 | 2005 | Lindsay Gruenke, Katie Stouffer, Crystal Edwards, Holly Gruenke | Conference: 1st | 1:50.7 |
| 14 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Banana Relays: 2nd | 1:50.8 |
| 15 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | Sectional: 1st | 1:50.8 |
| 16 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Kane County: 1st | 1:50.9 |
| 17 | 2007 | Krissy Chapman, Abby VanderHeyden, Lindsay Gruenke, Lindsay Gierke | Conference: 2nd | 1:51.1 |

**4x200m Relay
Top 50 Times**

| | | | | |
|-------------|-------------|---|--------------------|-------------|
| 18 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Conference: 2nd | 1:51.1 |
| 19 | 1986 | Emily Vidlak, Shelly McManus, Kim Dreyer, Malora Carson | Sectional: 3rd | 1:51.1 |
| 20 | 2006 | Lindsay Gierke, Katie Stouffer, Carrie Lund, Lindsay Gruenke | Dixon Relays: 5th | 1:51.2 |
| 21 | 1985 | Kim Dreyer, Dana Brubaker, Malora Carson, Robyn Lamczyk | | 1:51.2 |
| 22 | 1983 | Donna Piatt, Laura Neimeier, DeeDee Didier, Sue Hossack | Conference | 1:51.2 |
| 23 | 1995 | Malinda Hankes, Megan deRaismes, Kari Thorgesen, Dana deRaismes | Kane County: 3rd | 1:51.5 |
| 24 | 1985 | Kim Dreyer, Dana Brubaker, Malora Carson, Robyn Lamczyk | Sectional: 3rd | 1:51.5 |
| 25 | 2006 | Lindsay Gierke, Crystal Edwards, Carrie Lund, Lindsay Gruenke | Banana Relays: 1st | 1:51.6 |
| Rank | Year | Members | Location | Time |
| 26 | 2005 | Lindsay Gruenke, Katie Stouffer, Crystal Edwards, Holly Gruenke | | 1:51.6 |
| 27 | 1987 | Jeni Huff, Kendra Lakin, Heather Wagner, Cindy Young | Sectional: 2nd | 1:51.6 |
| 28 | 1986 | Emily Vidlak, Shelly McManus, Kim Dreyer, Malora Carson | Conference: 3rd | 1:51.6 |
| 29 | 1983 | Laura Neimeier, Kim Dreyer, DeeDee Dider, Sue Hossack | Kane County: 5th | 1:51.7 |
| 30 | 2005 | Lindsay Gruenke, Katie Stouffer, Crystal Edwards, Holly Gruenke | Sectional | 1:51.8 |
| 31 | 1988 | Cindy Young, Heather Wagner, Shari Drefke, Kendra Lakin | State Prelims | 1:51.8 |
| 32 | 1995 | Kristy Nelsen, Malinda Hankes, Megan deRaismes, Kari Thorgesen | Conference: 3rd | 1:51.9 |
| 33 | 1985 | Kim Dreyer, Dana Brubaker, Malora Carson, Robyn Lamczyk | | 1:51.9 |
| 34 | 2006 | Crystal Edwards, Katie Stouffer, Carrie Lund, Lindsay Gruenke | | 1:52.0 |

**4x200m Relay
Top 50 Times**

| | | | | |
|----|------|--|------------------|--------|
| 35 | 1992 | Misty Joseph, Dana deRaimes, Dana Lettow, Kari Thorgesen | Conference: 1st | 1:52.1 |
| 36 | 1985 | Kim Dreyer, Dana Brubaker, Malora Carson, Robyn Lamczyk | Conference: 3rd | 1:52.1 |
| 37 | 1980 | Julie Keck, Jackie Kaminski, DeeDee Didier, Marcia Withey | Conference: 2nd | 1:52.1 |
| 38 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Kane County: 2nd | 1:52.2 |
| 39 | 1991 | Misty Joseph, Dana Lettow, Laurie Cieslicki, Sarah Brubaker | Sectional: 5th | 1:52.2 |
| 40 | 1999 | Debbie Lang, Lynda Gould, Jackie Self, Shari Wenz | Sectional: 5th | 1:52.3 |
| 41 | 2008 | Krissy Chapman, Arianna Espino, Sydney Bilotta, Mackenzie Curran | Conference: 4th | 1:52.4 |
| 42 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Banana Relays | 1:52.4 |
| 43 | 1988 | Cindy Young, Heather Wagner, Shari Drefke, Jori Bauer | Conference: 4th | 1:52.4 |
| 44 | 1996 | Christina Palazzolo, Debbie Lang, Malinda Hankes, Anna Van Naarden | Kane County: 2nd | 1:52.4 |
| 45 | 1990 | Cindy Young, Laurie Cieslicki, Diana Walsh, Dana Lettow | Sectional: 3rd | 1:52.5 |
| 46 | 1987 | Jeni Huff, Kendra Lakin, Heather Wagner, Cindy Young | State Prelims | 1:52.5 |
| 47 | 1992 | Misty Joseph, Dana deRaimes, Dana Lettow, Kari Thorgesen | Kane County: 3rd | 1:52.7 |
| 48 | 2004 | Holly Gruenke, Erica Koos, Crystal Edwards, Patrice Adams | Banana Relays | 1:52.8 |
| 49 | 1994 | Misty Joseph, Christina Palazzolo, Kari Thorgesen, Dana deRaimes | Kane County: 4th | 1:52.8 |
| 50 | 1993 | Misty Joseph, Jaclyn Clark, Missy Bridge, Kari Thorgesen | Kane County: 4th | 1:52.8 |

**4x400m Relay
Top 50 Times**

| Rank | Year | Members | Location | Time |
|-------------|-------------|--|--------------------------|-------------|
| 1 | 1987 | Heidi Hagberg, Shelly McManus, Amy Eddington, Kerry Rink | State Prelims | 4:03.7 |
| 2 | 1985 | Kerry Rink, Heidi Hagberg, Amy Eddington, Shelly McManus | State Finals: 3rd | 4:04.1 |
| 3 | 1988 | Cindy Young, Heidi Hagberg, Stephanie Halsey, Kerry Rink | State Finals: 2nd | 4:04.1 |
| 4 | 1986 | Heidi Hagberg, Kerry Rink, Malora Carson, Amy Eddington | State Finals: 1st | 4:04.4 |
| 5 | 1988 | Cindy Young, Stephanie Halsey, Heidi Hagberg, Kerry Rink | State Prelims | 4:05.0 |
| 6 | 1985 | Heidi Hagberg, Amy Eddington, Kerry Rink, Shelly McManus | Conference: 1st | 4:05.3 |
| 7 | 1987 | Heidi Hagberg, Shelly McManus, Amy Eddington, Kerry Rink | State Finals: 3rd | 4:05.5 |
| 8 | 1995 | Megan deRaismes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | State Finals: 4th | 4:05.7 |
| 9 | 1986 | Heidi Hagberg, Kerry Rink, Malora Carson, Amy Eddington | State Prelims | 4:05.8 |
| 10 | 1988 | Cindy Young, Stephanie Halsey, Heidi Hagberg, Kerry Rink | Kane County: 1st | 4:06.4 |
| 11 | 1988 | Cindy Young, Heidi Hagberg, Stephanie Halsey, Kerry Rink | Sectional: 1st | 4:07.9 |
| 12 | 1987 | Heidi Hagberg, Shelly McManus, Amy Eddington, Kerry Rink | Conference: 1st | 4:07.9 |
| 13 | 1986 | Heidi Hagberg, Kerry Rink, Malora Carson, Amy Eddington | Sectional: 1st | 4:07.9 |
| 14 | 1991 | Sarah Brubaker, Stephanie Halsey, Liz Brubaker, Shannon Barber | State Finals: 4th | 4:08.2 |
| 15 | 1986 | Heidi Hagberg, Kerry Rink, Malora Carson, Amy Eddington | Conference | 4:08.9 |
| 16 | 1997 | Jenny Baert, Megan deRaismes, Alex Self, Anna VanNaarden | State Prelims | 4:09.4 |
| 17 | 1995 | Megan deRaismes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | Sectional: 1st | 4:09.4 |
| 18 | 1987 | Heidi Hagberg, Shelly McManus, Amy Eddington, Kerry Rink | Sectional: 1st | 4:09.5 |
| 19 | 1990 | Diana Walsh, Cindy Young, Laurie Cieslicki, Stephanie Halsey | Sectional: 1st | 4:09.7 |

**4x400m Relay
Top 50 Times**

| | | | | |
|-------------|-------------|--|--------------------------|-------------|
| 20 | 1995 | Megan deRaismes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | State Prelims | 4:09.9 |
| 21 | 1991 | Sarah Brubaker, Shannon Barber, Liz Brubaker, Stephanie Halsey | Sectional: 1st | 4:10.3 |
| 22 | 1991 | Sarah Brubaker, Shannon Barber, Liz Brubaker, Stephanie Halsey | State Prelims | 4:10.4 |
| 23 | 1985 | Amy Eddington, Heidi Hagberg, Shelly McManus, Kerry Rink | Kane County: 1st | 4:10.4 |
| 24 | 1984 | Kim Dreyer, Malora Carson, Amy Eddington, Shelly McManus | Conference: 1st | 4:10.6 |
| 25 | 1989 | Cindy Young, Stephanie Halsey, Heather Hagberg, Sarah Brubaker | State Prelims | 4:11.0 |
| Rank | Year | Members | Location | Time |
| 26 | 1985 | Heidi Hagberg, Amy Eddington, Shelly McManus, Kerry Rink | State Prelims | 4:11.0 |
| 27 | 1989 | Cindy Young, Stephanie Halsey, Heather Hagberg, Sarah Brubaker | State Finals: 6th | 4:11.2 |
| 28 | 1984 | Kim Dreyer, Malora Carson, Amy Eddington, Shelly McManus | State Prelims | 4:11.5 |
| 29 | 1986 | Heidi Hagberg, Kerry Rink, Malora Carson, Amy Eddington | Kane County: 1st | 4:11.7 |
| 30 | 1985 | Amy Eddington, Heidi Hagberg, Shelly McManus, Kerry Rink | | 4:11.9 |
| 31 | 1986 | Kerry Rink, Shelly McManus, Malora Carson, Amy Eddington | | 4:12.4 |
| 32 | 1985 | Amy Eddington, Robyn Lamczyk, Shelly McManus, Kerry Rink | Glen East Invite | 4:12.7 |
| 33 | 1985 | Amy Eddington, Shelly McManus, Kerry Rink, Heidi Hagberg | Kaneland Invite | 4:12.7 |
| 34 | 1987 | Heidi Hagberg, Shelly McManus, Amy Eddington, Kerry Rink | | 4:12.8 |
| 35 | 1992 | Dana deRaismes, Kari Thorgesen, Dana Lettow, Shannon Barber | State Prelims | 4:13.2 |
| 36 | 1988 | Heidi Hagberg, Stephanie Halsey, Autumn Caisse, Kerry Rink | Kaneland Invite | 4:13.2 |
| 37 | 1984 | Kim Dreyer, Malora Carson, Amy Eddington, Shelly McManus | Sectional: 1st | 4:13.2 |
| 38 | 1994 | Megan deRaismes, Kari Thorgesen, Christina Palazzolo, Dana deRaismes | State Prelims | 4:13.5 |

**4x400m Relay
Top 50 Times**

| | | | | |
|----|------|--|--------------------------|--------|
| 39 | 1994 | Megan deRaismes, Kari Thorgesen, Christina Palazzolo, Dana deRaismes | Kane County: 2nd | 4:13.7 |
| 40 | 1996 | Megan deRaismes, Jackie Smith, Jenny Baert, Anna VanNaarden | State Prelims | 4:13.9 |
| 41 | 1990 | Diana Walsh, Cindy Young, Laurie Cieslicki, Stephanie Halsey | State Prelims | 4:13.9 |
| 42 | 1990 | Diana Walsh, Cindy Young, Laurie Cieslicki, Stephanie Halsey | State Finals: 4th | 4:14.1 |
| 43 | 1988 | Cindy Young, Stephanie Halsey, Autumn Caisse, Heidi Hagberg | Conference: 1st | 4:14.2 |
| 44 | 1987 | Cindy Young, Heather Hagberg, Amy Eddington, Kerry Rink | | 4:14.2 |
| 45 | 1992 | Dana deRaismes, Dana Lettow, Kari Thorgesen, Shannon Barber | Conference: 2nd | 4:14.3 |
| 46 | 1989 | Cindy Young, Stephanie Halsey, Heather Hagberg, Sarah Brubaker | Sectional: 1st | 4:14.4 |
| 47 | 1994 | Megan deRaismes, Kari Thorgesen, Christina Palazzolo, Dana deRaismes | Sectional: 1st | 4:14.7 |
| 48 | 2000 | Shari Wenz, Alex Self, Kristi Reynolds, Karen Alms | Sectional: 1st | 4:14.9 |
| 49 | 1984 | Kim Dreyer, Malora Carson, Amy Eddington, Shelly McManus | State Finals: 9th | 4:15.0 |
| 50 | 1987 | Cindy Young, Jeni Huff, Shelly McManus, Kerry Rink | | 4:15.1 |

**4x100m Relay
Top 50 Times**

| Rank | Year | Members | Location | Time |
|-------------|-------------|--|--------------------------|-------------|
| 1 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Dixon Relays | :50.6 |
| 2 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Sectional | :50.8 |
| 3 | 1991 | Sarah Brubaker, Dana Lettow, Laurie Cieslicki, Stephanie Halsey | State Prelims | :51.1 |
| 4 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | State Prelims | :51.4 |
| 5 | 2007 | Krissy Chapman, Lindsay Gruenke, Abby VanderHeyden, Lindsay Gierke | Sectional: 3rd | :51.5 |
| 6 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Sectional: 4th | :51.5 |
| 7 | 1991 | Sarah Brubaker, Dana Lettow, Laurie Cieslicki, Stephanie Halsey | State Finals: 6th | :51.5 |
| 8 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | State Prelims | :51.6 |
| 9 | 1991 | Sarah Brubaker, Dana Lettow, Laurie Cieslicki, Stephanie Halsey | Sectional: 2nd | :51.7 |
| 10 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Conference: 2nd | :51.8 |
| 11 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Conference: 2nd | :51.8 |
| 12 | 1983 | Renee Treece, Sue Hossack, DeeDee Didier, Kim Dreyer | | :51.8 |
| 13 | 2001 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Kane County: 2nd | :51.9 |
| 14 | 1992 | Misty Joseph, Dana deRaismes, Missy Bridge, Kari Thorgesen | Sectional: 2nd | :51.9 |
| 15 | 1983 | Sue Hossack, Laura Neimeier, DeeDee Didier, Kim Dreyer | | :51.9 |
| 16 | 1998 | Jenny Baert, Lynda Gould, Shari Wenz, Debbie Lang | Sectional: 4th | :52.1 |
| 17 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | Sectional: 1st | :52.1 |
| 18 | 1993 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | State Prelims | :52.1 |
| 19 | 1983 | Kim Dreyer, Laura Neimeier, DeeDee Didier, Sue Hossack | Kane County: 6th | :52.4 |

**4x100m Relay
Top 50 Times**

| | | | | |
|-------------|-------------|--|------------------|-------------|
| 20 | 2006 | Lindsay Gruenke, Crystal Edwards, Rachel Dratnol, Lindsay Gierke | Banana Relays | :52.5 |
| 21 | 2006 | Lindsay Gruenke, Crystal Edwards, Rachel Dratnol, Lindsay Gierke | Kane County: 6th | :52.5 |
| 22 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | Conference: 1st | :52.5 |
| 23 | 1993 | Misty Joseph, Dana deRaismes, Missy Bridge, Kari Thorgesen | Kane County: 5th | :52.5 |
| 24 | 1993 | Misty Joseph, Dana deRaismes, Missy Bridge, Kari Thorgesen | State Prelims | :52.5 |
| 25 | 1990 | Dana Lettow, Stephanie Halsey, Diana Walsh, Laurie Cieslicki | Sectional: 3rd | :52.5 |
| Rank | Year | Members | Location | Time |
| 26 | 1990 | Dana Lettow, Stephanie Halsey, Diana Walsh, Susan Godfrey | Conference: 2nd | :52.5 |
| 27 | 1982 | Linda Brubaker, Renee Treece, Laura Neimeier, DeeDee Didier | | :52.5 |
| 28 | 2006 | Lindsay Gruenke, Crystal Edwards, Rachel Dratnol, Lindsay Gierke | Sectional | :52.6 |
| 29 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | Kane County: 4th | :52.6 |
| 30 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Kane County: 4th | :52.7 |
| 31 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | | :52.7 |
| 32 | 1994 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | | :52.7 |
| 33 | 1993 | Misty Joseph, Kari Thorgesen, Missy Bridge, Dana deRaismes | Conference: 3rd | :52.7 |
| 34 | 1987 | Tammy Turner, Jeni Huff, Kendra Lakin, Heather Wagner | Sectional: 1st | :52.7 |
| 35 | 1985 | Kim Dreyer, Renee Treece, Linda Brubaker, Robyn Lamczyk | Conference: 4th | :52.7 |
| 36 | 2002 | Jackie Self, Nikki Barr, Brittany Zollers, Kristin Moutray | Banana Relays | :52.8 |
| 37 | 1999 | Jenny Baert, Lynda Gould, Jackie Self, Shari Wenz | Sectional: 6th | :52.8 |
| 38 | 1998 | Shari Wenz, Lynda Gould, Jenny Baert, Debbie Lang | Lockport Invite | :52.8 |

**4x100m Relay
Top 50 Times**

| | | | | |
|----|------|---|--------------------|-------|
| 39 | 1995 | Kristy Nelson, Malinda Hankes, Anna VanNaarden, Karen Pool | Sectional: 2nd | :52.8 |
| 40 | 2009 | Sydney Bilotta, Jordyn Lawrence, Arianna Espino, & Mackenzie Curran | Kane Invite: 6th | :52.9 |
| 41 | 1999 | Jenny Baert, Lynda Gould, Jackie Self, Shari Wenz | Dixon Relays | :52.9 |
| 42 | 1995 | Kristy Nelson, Malinda Hankes, Anna Van Naarden, Karen Pool | State Prelims | :52.9 |
| 43 | 1991 | Sarah Brubaker, Dana Lettow, Laurie Cieslicki, Stephanie Halsey | | :52.9 |
| 44 | 2002 | Nikki Barr, Holly Gruenke, Jackie Self, Kristin Moutray | Sectional | :53.0 |
| 45 | 1998 | Jenny Baert, Lynda Gould, Shari Wenz, Debbie Lang | State Prelims | :53.0 |
| 46 | 1998 | Jenny Baert, Lynda Gould, Shari Wenz, Debbie Lang | Kane County: 2nd | :53.0 |
| 47 | 1993 | Misty Joseph, Dana deRaismes, Missy Bridge, Kari Thorgesen | Oswego Coed Invite | :53.0 |
| 48 | 2008 | Krissy Chapman, Arianna Espino, Sydney Bilotta, Mackenzie Curran | Sectional | :53.1 |
| 49 | 2000 | Lynda Gould, Kristin Moutray, Jackie Self, Shari Wenz | Dixon Relays | :53.1 |
| 50 | 1995 | Malinda Hankes, Anna Van Naarden, Megan deRaismes, Kari Thorgesen | Conference: 4th | :53.1 |

800m Med-Fly Relay
Top 50

| Rank | Year | Members | Location | Time |
|------|------|---|--------------------------|--------|
| 1 | 1988 | Cindy Young, Tammy Turner, Jori Bauer, Kerry Rink | State Finals: 2nd | 1:50.9 |
| 2 | 1988 | Cindy Young, Tammy Turner, Jori Bauer, Kerry Rink | State Prelims | 1:52.0 |
| 3 | 1988 | Cindy Young, Tammy Turner, Jori Bauer, Kerry Rink | Conference: 1st | 1:52.3 |
| 4 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | State Prelims | 1:52.4 |
| 5 | 1994 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | State Finals: 6th | 1:52.4 |
| 6 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | State Finals: 2nd | 1:52.7 |
| 7 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | Sectional: 1st | 1:53.6 |
| 8 | 1994 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | Sectional: 1st | 1:53.8 |
| 9 | 1988 | Tammy Turner, Michelle Neumann, Jori Bauer, Kerry Rink | Kane County: 1st | 1:53.9 |
| 10 | 1993 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | Conference: 2nd | 1:53.9 |
| 11 | 1994 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | State Prelims | 1:54.0 |
| 12 | 1988 | Cindy Young, Tammy Turner, Jori Bauer, Kerry Rink | Sectional: 1st | 1:54.0 |
| 13 | 1985 | Renee Treece, Linda Brubaker, Malora Carson, Kerry Rink | Kane County: 1st | 1:54.3 |
| 14 | 1993 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | Kane County: 4th | 1:54.6 |
| 15 | 1992 | Misty Joseph, Kari Thorgesen, Dana deRaismes, Shannon Barber | State Prelims | 1:54.6 |
| 16 | 1995 | Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes | Conference: 1st | 1:54.7 |
| 17 | 1988 | Tammy Turner, Michelle Neumann, Cindy Young, Kerry Rink | | 1:54.7 |
| 18 | 1987 | Jeni Huff, Cindy Young, Heather Wagner, Heidi Hagberg | Sectional: 2nd | 1:54.7 |
| 19 | 1984 | Stacey Sauer, Renee Treece, Shelly McManus, Amy Eddington | Sectional: 1st | 1:54.9 |
| 20 | 1993 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | State Prelims | 1:55.0 |

800m Med-Fly Relay
Top 50

| | | | | |
|-------------|-------------|---|------------------|-------------|
| 21 | 1992 | Misty Joseph, Kari Thorgesen, Dana deRaismes, Shannon Barber | Sectional: 3rd | 1:55.1 |
| 22 | 1985 | Renee Treece, Linda Brubaker, Malora Carson, Kerry Rink | Sectional: 2nd | 1:55.1 |
| 23 | 1987 | Jeni Huff, Cindy Young, Heather Wagner, Heidi Hagberg | State Prelims | 1:55.2 |
| 24 | 1985 | Renee Treece, Linda Brubaker, Malora Carson, Kerry Rink | Glen East Invite | 1:55.4 |
| 25 | 1989 | Dana Lettow, Diana Walsh, Laurie Cieslicki, Sarah Brubaker | State Prelims | 1:55.7 |
| Rank | Year | Members | Location | Time |
| 26 | 1989 | Dana Lettow, Diana Walsh, Laurie Cieslicki, Sarah Brubaker | Sectional: 2nd | 1:55.8 |
| 27 | 1992 | Misty Joseph, Kari Thorgesen, Dana deRaismes, Shannon Barber | Conference: 2nd | 1:56.1 |
| 28 | 1988 | Donielle Pfeffer, Michelle Neumann, Jori Bauer, Kerry Rink | | 1:56.2 |
| 29 | 1995 | Kari Thorgesen, Malinda Hankes, Dana deRaismes, Anna VanNaarden | Kane County: 3rd | 1:56.5 |
| 30 | 1989 | Dana Lettow, Diana Walsh, Laurie Cieslicki, Sarah Brubaker | | 1:56.5 |
| 31 | 1985 | Renee Treece, Linda Brubaker, Malora Carson, Amy Eddington | Conference: 3rd | 1:56.6 |
| 32 | 1984 | Stacy Sauer, Renee Treece, Shelly McManus, Amy Eddington | Conference: 3rd | 1:56.7 |
| 33 | 1994 | Missy Bridge, Christina Palazzolo, Dana deRaismes, Kari Thorgesen | Glen East Invite | 1:56.9 |
| 34 | 1987 | Jeni Huff, Cindy Young, Heather Wagner, Amy Eddington | Conference: 2nd | 1:57.0 |
| 35 | 1991 | Misty Joseph, Heather Wagner, Sarah Brubaker, Shannon Barber | Conference: 2nd | 1:57.3 |
| 36 | 1987 | Jeni Huff, Cindy Young, Heather Wagner, Heidi Hagberg | | 1:57.3 |
| 37 | 1985 | Linda Brubaker, Dana Brubaker, Kim Dreyer, Kerry Rink | | 1:57.3 |
| 38 | 1993 | Misty Joseph, Missy Bridge, Dana deRaismes, Kari Thorgesen | Kaneland Invite | 1:57.5 |
| 39 | 1988 | Tammy Turner, Michelle Neumann, Cindy Young, Kerry Rink | Glen East Invite | 1:57.6 |
| 40 | 1991 | Jaime Hessenflow, Misty Joseph, Laurie Cieslicki, Shannon Barber | | 1:57.7 |

800m Med-Fly Relay
Top 50

| | | | | |
|----|------|--|------------------|--------|
| 41 | 1984 | Stacy Sauer, Renee Treece, Shelly McManus, Amy Eddington | State Prelims | 1:57.8 |
| 42 | 1986 | Chris DeZutel, Kim Dreyer, Malora Carson, Shelly McManus | Kane County: 5th | 1:57.9 |
| 43 | 1994 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | | 1:58.0 |
| 44 | 1991 | Misty Joseph, Heather Wagner, Sarah Brubaker, Stephanie Halsey | Kane County: 4th | 1:58.0 |
| 45 | 1995 | Kari Thorgesen, Malinda Hankes, Dana deRaismes, Anna VanNaarden | Kaneland Invite | 1:58.1 |
| 46 | 1986 | Chris DeZutel, Kim Dreyer, Malora Carson, Shelly McManus | Sectional: 3rd | 1:58.2 |
| 47 | 1995 | Malinda Hankes, Kari Thorgesen, Anna Van Naarden, Dana deRaismes | | 1:58.4 |
| 48 | 1992 | Misty Joseph, Kari Thorgesen, Dana deRaismes, Shannon Barber | Kane County: 4th | 1:58.4 |
| 49 | 1995 | Malinda Hankes, Anna VanNaarden, Kari Thorgesen, Dana deRaismes | | 1:58.5 |
| 50 | 1993 | Misty Joseph, Missy Bridge, Kari Thorgesen, Dana deRaismes | Glen East Invite | 1:58.5 |

**4x800m Relay
Top 50 Times**

| Rank | Year | Members | Location | Time |
|-------------|-------------|---|--------------------------|---------------|
| 1 | 1986 | Shelly McManus, Heidi Hagberg, Amy Eddington, Kerry Rink | State Finals: 1st | 9:30.9 |
| 2 | 1986 | Shelly McManus, Heidi Hagberg, Amy Eddington, Kerry Rink | State Prelims | 9:38.5 |
| 3 | 1986 | Shelly McManus, Heidi Hagberg, Amy Eddington, Kerry Rink | Sectional: 1st | 9:39.8 |
| 4 | 1987 | Heather Hagberg, Ann Krueger, Shelly McManus, Kerry Rink | State Finals: 2nd | 9:42.9 |
| 5 | 1988 | Michelle Bjornson, Heidi Hagberg, Autumn Caisse, Heather Hagberg | State Finals: 4th | 9:46.1 |
| 6 | 1987 | Heather Hagberg, Shelly McManus, Ann Krueger, Kerry Rink | Sectional: 1st | 9:49.1 |
| 7 | 2009 | Lisa Roberson, Kelly Evers, Kris Bowen, Andie Strang | State Finals: 9th | 9:49.9 |
| 8 | 2009 | Lisa Roberson, Kelly Evers, Kris Bowen, Andie Strang | State Prelims | 9:51.1 |
| 9 | 1988 | Michelle Bjornson, Heidi Hagberg, Autumn Caisse, Heather Hagberg | State Prelims | 9:53.6 |
| 10 | 1987 | Heather Hagberg, Shelly McManus, Ann Krueger, Kerry Rink | State Prelims | 9:54.0 |
| 11 | 1987 | Heather Hagberg, Shelly McManus, Ann Krueger, Kerry Rink | Conference: 1st | 9:55.3 |
| 12 | 1991 | Shannon Barber, Laura McReynolds, Liz Brubaker, Sharon Cieslicki | State Finals: 5th | 9:55.5 |
| 13 | 1990 | Cindy Young, Laura McReynolds, Sharon Cieslicki, Shannon Barber | State Prelims | 9:56.9 |
| 14 | 1987 | Shelly McManus, Ann Kreuger, Heather Hagberg, Kerry Rink | | 9:57.2 |
| 15 | 1987 | Shelly McManus, Heather Hagberg, Heidi Hagberg, Kerry Rink | Kane County: 1st | 9:57.3 |
| 16 | 2009 | Lisa Roberson, Kelly Evers, Kris Bowen, Andie Strang | Conference: 3rd | 9:57.4 |
| 17 | 1986 | Shelly McManus, Kerry Rink, Amy Eddington, Heather Hagberg | Kane County: 1st | 9:57.4 |
| 18 | 1994 | Jackie Smith, Marsha Williams, Sarah Miller, Alicia Scalici | State Finals: 9th | 9:58.6 |
| 19 | 1987 | Heather Hagberg, Shelly McManus, Ann Krueger, Kerry Rink | | 9:58.7 |

**4x800m Relay
Top 50 Times**

| | | | | |
|-------------|-------------|--|--------------------------|----------------|
| 20 | 1991 | Shannon Barber, Laura McReynolds, Liz Brubaker, Sharon Cieslicki | State Prelims | 9:58.8 |
| 21 | 1986 | Shelly McManus, Kerry Rink, Amy Eddington, Heather Hagberg | Glen East Invite | 9:59.3 |
| 22 | 2008 | Lisa Roberson, Lindsay Gruenke, Laney Deligianis, Andie Strang | Sectional: 4th | 9:59.8 |
| 23 | 1987 | Heather Hagberg, Ann Kreuger, Kerry Rink, Heidi Hagberg | Glen East Invite | 9:59.9 |
| 24 | 1986 | Shelly McManus, Kerry Rink, Amy Eddington, Heather Hagberg | Conference: 1st | 9:59.9 |
| 25 | 1990 | Cindy Young, Sharon Cieslicki, Laura McReynolds, Shannon Barber | State Finals: 3rd | 10:00.0 |
| Rank | Year | Members | Location | Time |
| 26 | 1990 | Cindy Young, Laura McReynolds, Sharon Cieslicki, Shannon Barber | Sectional: 1st | 10:01.5 |
| 27 | 1986 | Heather Hagberg, Shelly McManus, Amy Eddington, Kerry Rink | | 10:02.2 |
| 28 | 1986 | Heidi Hagberg, Shelly McManus, Kerry Rink, Amy Eddington | | 10:02.9 |
| 29 | 1991 | Shannon Barber, Laura McReynolds, Liz Brubaker, Sharon Cieslicki | Sectional: 1st | 10:03.4 |
| 30 | 2009 | Lisa Roberson, Kelly Evers, Kris Bowen, Andie Strang | Sectional: 4th | 10:04.4 |
| 31 | 1988 | Heidi Hagberg, Ann Krueger, Autumn Caisse, Kerry Rink | Kaneland Invite | 10:05.1 |
| 32 | 1988 | Autumn Caisse, Heather Hagberg, Ann Krueger, Heidi Hagberg | Sectional: 2nd | 10:05.9 |
| 33 | 1988 | Michelle Bjornson, Heather Hagberg, Ann Krueger, Heidi Hagberg | Conference: 2nd | 10:07.7 |
| 34 | 1994 | Marsha Williams, Alicia Scalici, Sarah Miller, Jackie Smith | Sectional: 1st | 10:07.4 |
| 35 | 1986 | Heidi Hagberg, Heather Hagberg, Kerry Rink, Amy Eddington | | 10:07.6 |
| 36 | 1994 | Jackie Smith, Alicia Scalici, Sarah Miller, Marsha Williams | State Prelims | 10:08.2 |
| 37 | 1990 | Shannon Barber, Laura McReynolds, Sharon Cieslicki, Cindy Young | Glen East Invite | 10:09.2 |
| 38 | 1986 | Heidi Hagberg, Heather Hagberg, Kerry Rink, Amy Eddington | Kaneland Invite | 10:12.6 |

**4x800m Relay
Top 50 Times**

| | | | | |
|----|------|---|---------------------------|---------|
| 39 | 2006 | Katie Stouffer, Kristen Swiech, Megan Cinto, Marissa Duffey | Sectional: 4th | 10:13.6 |
| 40 | 2008 | Lisa Roberson, Lindsay Gruenke, Laney Deligianis, Andie Strang | | 10:13.7 |
| 41 | 2007 | Lisa Roberson, Marissa Duffey, Carrie Lund, Kristen Swiech | Sectional: 4th | 10:15.3 |
| 42 | 1989 | Shannon Barber, Cindy Kozlowski, Stephanie Halsey, Heather Hagberg | Sectional: 2nd | 10:16.0 |
| 43 | 1989 | Shannon Barber, Stephanie Halsey, Cindy Kozlowski, Heather Hagberg | Glen East Invite | 10:16.2 |
| 44 | 1987 | Shelly McManus, Lisa Miller, Kerry Rink, Heidi Hagberg | | 10:16.3 |
| 45 | 1987 | Amy Eddington, Heather Hagberg, Kerry Rink, Heidi Hagberg | | 10:16.5 |
| 46 | 1993 | Chrissy Porter, Sharon Cieslicki, Kirstin Foss, Alicia Scalici | Kane County: 3rd | 10:17.4 |
| 47 | 1994 | Alicia Scalici, Marsha Williams, Sarah Miller, Jackie Smith | | 10:17.6 |
| 48 | 1995 | Jackie Smith, Mary Richardson, Kareen Murray, Sarah Miller | Sectional: 2nd | 10:18.8 |
| 49 | 1989 | Laura McReynolds, Stephanie Halsey, Shannon Barber, Heather Hagberg | State Finals: 13th | 10:19.0 |
| 50 | 1995 | Jackie Smith, Mary Richardson, Rhyan Burke, Sarah Miller | Kane County: 3rd | 10:19.6 |

**100m
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|-----------------------|--------------------------|--------------|
| 1 | 2007 | Lindsay Gierke | Sectional: 2nd | :11.7 |
| 2 | 2007 | Lindsay Gierke | | :11.8 |
| 3 | 2008 | Lindsay Gierke | Sectional: 2nd | :12.0 |
| 4 | 2007 | Lindsay Gierke | | :12.0 |
| 5 | 2008 | Lindsay Gierke | State Prel | :12.1 |
| 6 | 2008 | Lindsay Gierke | Conference: 2nd | :12.1 |
| 7 | 2008 | Lindsay Gierke | Sectional: Prel | :12.1 |
| 8 | 2009 | Lindsay Gierke | State Finals: 4th | :12.2 |
| 9 | 2007 | Lindsay Gierke | Sectional: Prel | :12.2 |
| 10 | 2008 | Lindsay Gierke | Kane County: 2nd | :12.2 |
| 11 | 2008 | Lindsay Gierke | Kaneland Invite: 1st | :12.2 |
| 12 | 2009 | Lindsay Gierke | State Prel | :12.3 |
| 13 | 2009 | Lindsay Gierke | Kane Invite: Semi | :12.3 |
| 14 | 2008 | Lindsay Gruenke | Kane County: Semi | :12.3 |
| 15 | 2009 | Lindsay Gierke | Sectional: 2nd | :12.4 |
| 16 | 2009 | Lindsay Gierke | Conference: 2nd | :12.4 |
| 17 | 2008 | Lindsay Gierke | State Finals: 7th | :12.4 |
| 18 | 2007 | Lindsay Gierke | State Prel | :12.4 |
| 19 | 2006 | Lindsay Gierke | Sectional Semi | :12.6 |
| 20 | 1979 | Linda Callaghan | | :12.6 |
| 21 | 2008 | Lindsay Gruenke | Kane Invite: Semi | :12.7 |
| 22 | 2007 | Lindsay Gruenke | Kane County: 6th | :12.7 |
| 23 | 2006 | Lindsay Gruenke | Conference: 4th | :12.7 |
| 24 | 2006 | Lindsay Gierke | | :12.7 |
| 25 | 2003 | Kristen Moutray | | :12.7 |
| Rank | Year | Runner | Location | Time |

**100m
Top 50 Times**

| | | | | |
|----|------|-----------------|-------------------|-------|
| 26 | 2001 | Shari Wenz | Conference: 3rd | :12.7 |
| 27 | 2009 | Lindsay Gierke | Kane Invite: 1st | :12.8 |
| 28 | 2006 | Lindsay Gierke | Sectional: 2nd | :12.8 |
| 29 | 2006 | Lindsay Gruenke | Sectional Semi | :12.8 |
| 30 | 2001 | Shari Wenz | Kane County Semi | :12.8 |
| 31 | 1973 | Lynn Meredith | | :12.8 |
| 32 | 2008 | Lindsay Gruenke | Glen So Inv: Semi | :12.9 |
| 33 | 2006 | Lindsay Gierke | State Semi | :12.9 |
| 34 | 2006 | Lindsay Gruenke | Conference Semi | :12.9 |
| 35 | 2004 | Patrice Adams | Sectional | :12.9 |
| 36 | 2003 | Kristen Moutray | Conference: 4th | :12.9 |
| 37 | 2002 | Jackie Self | | :12.9 |
| 38 | 2000 | Shari Wenz | | :12.9 |
| 39 | 1982 | Renee Treece | | :12.9 |
| 40 | 2006 | Lindsay Gierke | | :13.0 |
| 41 | 2004 | Patrice Adams | Conference | :13.0 |
| 42 | 2003 | Kristen Moutray | Kane County Semi | :13.0 |
| 43 | 2002 | Jackie Self | Conference: 3rd | :13.0 |
| 44 | 2001 | Lynda Gould | Conference: 4th | :13.0 |
| 45 | 2001 | Lynda Gould | Kane County Semi | :13.0 |
| 46 | 1994 | Dana deRaismes | | :13.0 |
| 47 | 1990 | Susan Godfrey | Conference | :13.0 |
| 48 | 2008 | Lindsay Gruenke | Glen So Inv: 1st | :13.1 |
| 49 | 2008 | Lindsay Gruenke | Kane Invite: 4th | :13.1 |
| 50 | 2006 | Lindsay Gruenke | | :13.1 |

**100m
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|---------------------|-------------------|-------------|
| 1 | 2007 | Lindsay Gierke | Sectional: 2nd | :11.7 |
| 2 | 2008 | Lindsay Gruenke | Kane County: Semi | :12.3 |
| 3 | 1979 | Linda Callaghan | | :12.6 |
| 4 | 2003 | Kristen Moutray | | :12.7 |
| 5 | 2001 | Shari Wenz | Conference: 3rd | :12.7 |
| 6 | 1973 | Lynn Meredith | | :12.8 |
| 7 | 2004 | Patrice Adams | Sectional: 8th | :12.9 |
| 8 | 2002 | Jackie Self | | :12.9 |
| 9 | 1982 | Renee Treece | | :12.9 |
| 10 | 2001 | Lynda Gould | Conference: 4th | :13.0 |
| 11 | 1994 | Dana deRaismes | | :13.0 |
| 12 | 1990 | Susan Godfrey | Conference: Semi | :13.0 |
| 13 | 2005 | Holly Gruenke | | :13.1 |
| 14 | 1998 | Debbie Lang | | :13.1 |
| 15 | 1983 | Kim Dreyer | Conference: Semi | :13.1 |
| 16 | 2009 | Jordyn Lawrence | | :13.2 |
| 17 | 1996 | Christina Palazzolo | Sectional: 5th | :13.2 |
| 18 | 2005 | Crystal Edwards | | :13.3 |
| 19 | 2003 | Janet Barry | | :13.3 |
| 20 | 1998 | Shari Wenz | Kaneland Invite | :13.3 |
| 21 | 1988 | Cindy Young | Conference | :13.3 |
| 22 | 2004 | Carrie Lund | | :13.4 |
| 23 | 1995 | Kari Thorgesen | | :13.4 |
| 24 | 1993 | Misty Joseph | Sectional: Semi | :13.4 |
| 25 | 1990 | Amy Carnes | Kane County: Semi | :13.4 |
| Rank | Year | Runner | Location | Time |

**100m
Top 50 Individuals**

| | | | | |
|----|------|-------------------|-----------------------|-------|
| 26 | 1988 | Shari Drefke | | :13.4 |
| 27 | 1986 | Malora Carson | | :13.4 |
| 28 | 1984 | Linda Brubaker | | :13.4 |
| 29 | 1982 | Laura Neimeier | Kaneland Invite | :13.4 |
| 30 | 1979 | Dede Sanchez | | :13.4 |
| 31 | 2003 | Erica Koos | Conference: Semi | :13.5 |
| 32 | 2003 | Lauren Firchau | JV Conference: 1st | :13.5 |
| 33 | 2003 | Nikki Barr | Kane County: Semi | :13.5 |
| 34 | 2001 | Latrec Adams | Kaneland Invite: Semi | :13.5 |
| 35 | 1995 | Karen Pool | Conference: Prelim | :13.5 |
| 36 | 1994 | Megan deRaismes | | :13.5 |
| 37 | 1994 | Dani Heinrich | | :13.5 |
| 38 | 1991 | Sarah Brubaker | Sectional: Prelim | :13.5 |
| 39 | 1991 | Stephanie Halsey | | :13.5 |
| 40 | 1988 | Heather Wagner | | :13.5 |
| 41 | 1978 | Lesia Schusler | | :13.5 |
| 42 | 1997 | Anna VanNaarden | | :13.6 |
| 43 | 1995 | Malinda Hankes | | :13.6 |
| 44 | 1994 | Jaimie Knoerzer | Stagg Invite | :13.6 |
| 45 | 1984 | Robyn Lamczyk | | :13.6 |
| 46 | 1983 | Donna Piatt | | :13.6 |
| 47 | 2004 | Stephanie Schultz | | :13.7 |
| 48 | 1997 | Krissy Stover | | :13.7 |
| 49 | 1990 | Diana Walsh | | :13.7 |
| 50 | 1980 | Julie Keck | | :13.7 |

**200m
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|-----------------------|--------------------------|--------------|
| 1 | 2007 | Lindsay Gierke | Conference: Prel | :24.8 |
| 2 | 2008 | Lindsay Gierke | Sectional: 2nd | :25.0 |
| 3 | 2007 | Lindsay Gierke | Kane County: 1st | :25.0 |
| 4 | 2007 | Lindsay Gierke | Conference: 2nd | :25.1 |
| 5 | 2007 | Lindsay Gierke | Sectional: 1st | :25.1 |
| 6 | 2008 | Lindsay Gierke | State Finals: 7th | :25.2 |
| 7 | 2008 | Lindsay Gierke | State Prel | :25.2 |
| 8 | 2007 | Lindsay Gierke | Sectional: Prel | :25.2 |
| 9 | 2007 | Lindsay Gierke | State Prel | :25.4 |
| 10 | 2007 | Lindsay Gierke | Kane County: Prel | :25.4 |
| 11 | 2009 | Lindsay Gierke | Conference: 1st | :25.5 |
| 12 | 2008 | Lindsay Gierke | Glen South Invite: 1st | :25.5 |
| 13 | 2008 | Lindsay Gierke | Sectional: Semi | :25.6 |
| 14 | 2007 | Lindsay Gierke | | :25.6 |
| 15 | 2008 | Lindsay Gierke | Kane County: 1st | :25.8 |
| 16 | 2008 | Lindsay Gierke | Kane Invite: 1st | :25.8 |
| 17 | 2006 | Lindsay Gierke | State Semi | :25.8 |
| 18 | 2006 | Lindsay Gierke | Conference: 1st | :25.8 |
| 19 | 2008 | Lindsay Gierke | Conference: 2nd | :25.9 |
| 20 | 2006 | Lindsay Gruenke | Conference: 3rd | :26.0 |
| 21 | 2006 | Lindsay Gierke | Sectional: 2nd | :26.0 |
| 22 | 2007 | Lindsay Gierke | Kaneland ABC: 1st | :26.1 |
| 23 | 2006 | Lindsay Gierke | Conference Semi | :26.1 |
| 24 | 2009 | Lindsay Gierke | Sectional: 3rd | :26.2 |
| 25 | 2008 | Lindsay Gierke | Conference Semi | :26.2 |
| Rank | Year | Runner | Location | Time |

**200m
Top 50 Times**

| | | | | |
|----|------|-----------------|----------------------|-------|
| 26 | 2009 | Lindsay Gierke | Kane ABC Invite: 1st | :26.3 |
| 27 | 2009 | Lindsay Gierke | Kane Invite: 3rd | :26.3 |
| 28 | 2008 | Lindsay Gierke | Kane County Semi | :26.3 |
| 29 | 2006 | Lindsay Gierke | Sectional Semi | :26.4 |
| 30 | 2006 | Lindsay Gruenke | Sectional: Prel | :26.6 |
| 31 | 2008 | Lindsay Gruenke | Kane County Semi | :26.7 |
| 32 | 2008 | Lindsay Gruenke | | :26.7 |
| 33 | 2001 | Shari Wenz | Conference Semi | :26.7 |
| 34 | 2006 | Lindsay Gruenke | Sectional: 4th | :26.8 |
| 35 | 2006 | Lindsay Gruenke | Kane County Semi | :26.8 |
| 36 | 2003 | Kristen Moutray | Conference Semi | :26.8 |
| 37 | 2007 | Lindsay Gruenke | Conference: Prel | :26.9 |
| 38 | 2007 | Lindsay Gruenke | Kane County: 5th | :26.9 |
| 39 | 2006 | Lindsay Gierke | Kaneland Invite: 2nd | :26.9 |
| 40 | 1977 | Connie McManus | | :26.9 |
| 41 | 2006 | Lindsay Gruenke | Kane County: 6th | :27.0 |
| 42 | 2005 | Holly Gruenke | | :27.0 |
| 43 | 1977 | Connie McManus | | :27.0 |
| 44 | 2007 | Lindsay Gruenke | Kane County: Prel | :27.1 |
| 45 | 2007 | Lindsay Gruenke | Sectional: 5th | :27.1 |
| 46 | 2006 | Lindsay Gruenke | Sectional Semi | :27.1 |
| 47 | 2006 | Lindsay Gruenke | | :27.1 |
| 48 | 2004 | Patrice Adams | Sectional Semi | :27.1 |
| 49 | 1994 | Dana deRaismes | Conference: 1st | :27.1 |
| 50 | 2007 | Lindsay Gruenke | Kane County: Prel | :27.2 |

**200m
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|-------------------|------------------|-------------|
| 1 | 2007 | Lindsay Gierke | Conference: Prel | :24.8 |
| 2 | 2006 | Lindsay Gruenke | Conference: 3rd | :26.0 |
| 3 | 2001 | Shari Wenz | Conference | :26.7 |
| 4 | 2003 | Kristen Moutray | Conference | :26.8 |
| 5 | 1977 | Connie McManus | | :26.9 |
| 6 | 2005 | Holly Gruenke | | :27.0 |
| 7 | 2004 | Patrice Adams | Sectional | :27.1 |
| 8 | 1994 | Dana deRaismes | Conference: 1st | :27.1 |
| 9 | 1995 | Anna VanNaarden | | :27.5 |
| 10 | 1985 | Kim Dreyer | Conference | :27.5 |
| 11 | 1996 | Debbie Lang | Conference | :27.6 |
| 12 | 1987 | Heather Wagner | | :27.7 |
| 13 | 1980 | Jackie Kaminski | | :27.7 |
| 14 | 1978 | Marcia Withey | | :27.7 |
| 15 | 1978 | Lesia Schusler | | :27.8 |
| 16 | 1988 | Shari Drefke | Conference | :27.9 |
| 17 | 1987 | Cindy Young | Sectional: 4th | :27.9 |
| 18 | 1983 | Sue Hossack | | :27.9 |
| 19 | 1999 | Lynda Gould | Conference | :28.0 |
| 20 | 1990 | Susan Godfrey | | :28.0 |
| 21 | 1989 | Sarah Brubaker | | :28.0 |
| 22 | 2004 | Katie Stouffer | | :28.0 |
| 23 | 2003 | Krystal Schneegas | | :28.1 |
| 24 | 1990 | Diana Walsh | | :28.1 |
| 25 | 1981 | DeeDee Didier | | :28.1 |
| Rank | Year | Runner | Location | Time |

**200m
Top 50 Individuals**

| | | | | |
|----|------|---------------------|-----------------|-------|
| 26 | 2001 | Karen Alms | | :28.1 |
| 27 | 1982 | Laura Neimeier | Kane County | :28.2 |
| 28 | 1997 | Jenny Baert | | :28.3 |
| 29 | 1990 | Laurie Cieslicki | | :28.3 |
| 30 | 1985 | Robyn Lamczyk | | :28.3 |
| 31 | 1994 | Christina Palazzolo | Kaneland Invite | :28.4 |
| 32 | 1985 | Malora Carson | | :28.4 |
| 33 | 1995 | Karen Pool | | :28.5 |
| 34 | 1994 | Missy Bridge | | :28.5 |
| 35 | 1987 | Jeni Huff | | :28.5 |
| 36 | 1983 | Donna Piatt | Kane County | :28.5 |
| 37 | 2008 | Krissy Chapman | | :28.6 |
| 38 | 2003 | Erica Koos | Sectional | :28.6 |
| 39 | 2003 | Trina Kainz | | :28.6 |
| 40 | 2001 | Kristi Reynolds | | :28.6 |
| 41 | 2001 | Latrec Adams | Kane County | :28.6 |
| 42 | 1996 | Kristy Nelsen | Sectional | :28.6 |
| 43 | 1995 | Kari Thorgesen | | :28.6 |
| 44 | 1992 | Jaimie Heseflow | Sectional | :28.6 |
| 45 | 1989 | Dana Lettow | | :28.6 |
| 46 | 1982 | Linda Brubaker | | :28.6 |
| 47 | 1981 | Nancy Feddersen | | :28.6 |
| 48 | 1978 | Diane Paschen | | :28.6 |
| 49 | 2003 | Lauren Firchau | | :28.7 |
| 50 | 2000 | Jackie Self | | :28.7 |

**400m
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|-----------------|----------------------|-------------|
| 1 | 1988 | Kerry Rink | | :58.5 |
| 2 | 1988 | Heidi Hagberg | State Finals: 5th | :59.2 |
| 3 | 1987 | Kerry Rink | | :59.2 |
| 4 | 1988 | Heidi Hagberg | State Prelims | :59.5 |
| 5 | 1988 | Heidi Hagberg | Conference: 1st | 1:00.2 |
| 6 | 1995 | Dana deRaismes | Conference: 1st | 1:00.3 |
| 7 | 2008 | Lindsay Gruenke | Sectional: 1st | 1:00.4 |
| 8 | 1985 | Kerry Rink | Conference: 3rd | 1:00.4 |
| 9 | 2007 | Lindsay Gruenke | Sectional: 1st | 1:00.5 |
| 10 | 1993 | Dana deRaismes | Conference: 1st | 1:00.6 |
| 11 | 1988 | Heidi Hagberg | Kane County: 2nd | 1:00.8 |
| 12 | 1987 | Heidi Hagberg | Conference: 2nd | 1:00.8 |
| 13 | 2007 | Lindsay Gruenke | | 1:00.9 |
| 14 | 1977 | Connie McManus | | 1:01.0 |
| 15 | 2007 | Lindsay Gruenke | State Prelims | 1:01.1 |
| 16 | 1988 | Heidi Hagberg | Kaneland Invite | 1:01.1 |
| 17 | 2008 | Lindsay Gruenke | State Prelims | 1:01.2 |
| 18 | 1988 | Heidi Hagberg | Sectional: 2nd | 1:01.2 |
| 19 | 2007 | Lindsay Gruenke | Conference | 1:01.3 |
| 20 | 1982 | Lea Ann Machias | Sectional: 1st | 1:01.4 |
| 21 | 2007 | Lindsay Gierke | | 1:01.5 |
| 22 | 2008 | Lindsay Gruenke | Ore Prep Invite: 1st | 1:01.6 |
| 23 | 1987 | Heidi Hagberg | Sectional: 2nd | 1:01.6 |
| 24 | 1982 | Lea Ann Machias | Conference: 1st | 1:01.6 |
| 25 | 1993 | Dana deRaismes | Sectional: 1st | 1:01.7 |

Rank

Year

Runner

Location

Time

**400m
Top 50 Times**

| | | | | |
|----|------|---------------------|-------------------|--------|
| 26 | 1977 | Connie McManus | Conference: 1st | 1:01.7 |
| 27 | 1987 | Heidi Hagberg | State Prelims | 1:01.8 |
| 28 | 1985 | Heidi Hagberg | Conference: 4th | 1:01.8 |
| 29 | 2007 | Lindsay Gruenke | | 1:01.9 |
| 30 | 1995 | Anna VanNaarden | Conference: 4th | 1:01.9 |
| 31 | 1995 | Anna VanNaarden | Kane County: 4th | 1:01.9 |
| 32 | 1993 | Dana deRaismes | Sectional: 1st | 1:01.9 |
| 33 | 1989 | Sarah Brubaker | Schaumburg Invite | 1:01.9 |
| 34 | 1982 | Lea Ann Machias | Kane County: 4th | 1:02.0 |
| 35 | 1981 | Lea Ann Machias | | 1:02.0 |
| 36 | 2006 | Lindsay Gruenke | | 1:02.1 |
| 37 | 1994 | Megan deRaismes | Sectional: 2nd | 1:02.2 |
| 38 | 1994 | Christina Palazzolo | Sectional: 3rd | 1:02.2 |
| 39 | 1977 | Connie McManus | Kane County: 1st | 1:02.2 |
| 40 | 1993 | Dana deRaismes | Kaneland Invite | 1:02.4 |
| 41 | 1987 | Heidi Hagberg | | 1:02.4 |
| 42 | 1997 | Anna VanNaarden | | 1:02.5 |
| 43 | 1993 | Dana deRaismes | Kane County: 3rd | 1:02.5 |
| 44 | 1987 | Heidi Hagberg | Glen East Invite | 1:02.5 |
| 45 | 1988 | Heidi Hagberg | Glen East Invite | 1:02.6 |
| 46 | 1981 | Lea Ann Machias | Conference: 3rd | 1:02.6 |
| 47 | 2003 | Krystal Schneegas | Conference: 3rd | 1:02.8 |
| 48 | 1983 | Kim Dreyer | Conference: 4th | 1:02.8 |
| 49 | 1989 | Sarah Brubaker | Glen East Invite | 1:02.9 |
| 50 | 1993 | Dana deRaismes | State Prelims | 1:03.0 |

**400m
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|---------------------|----------------------|-------------|
| 1 | 1988 | Kerry Rink | | :58.5 |
| 2 | 1988 | Heidi Hagberg | State Finals: 5th | :59.2 |
| 3 | 1995 | Dana deRaismes | Conference: 1st | 1:00.3 |
| 4 | 2008 | Lindsay Gruenke | Sectional: 1st | 1:00.4 |
| 5 | 1977 | Connie McManus | | 1:01.0 |
| 6 | 1982 | Lea Ann Machias | Sectional: 1st | 1:01.4 |
| 7 | 2007 | Lindsay Gierke | | 1:01.5 |
| 8 | 1995 | Anna VanNaarden | Conference: 4th | 1:01.9 |
| 9 | 1989 | Sarah Brubaker | Schaumburg Invite | 1:01.9 |
| 10 | 1994 | Christina Palazzolo | Sectional: 3rd | 1:02.2 |
| 11 | 1994 | Megan deRaismes | Sectional: 2nd | 1:02.2 |
| 12 | 2003 | Krystal Schneegas | Conference: 3rd | 1:02.8 |
| 13 | 1983 | Kim Dreyer | Conference: 4th | 1:02.8 |
| 14 | 2004 | Carrie Lund | Kaneland Invite: 8th | 1:03.1 |
| 15 | 1990 | Cindy Young | Conference: 3rd | 1:03.1 |
| 16 | 1987 | Amy Eddington | | 1:03.2 |
| 17 | 1990 | Diana Walsh | Conference: 4th | 1:03.3 |
| 18 | 1984 | Malora Carson | Sectional: 1st | 1:03.3 |
| 19 | 2001 | Shari Wenz | Conference: 4th | 1:03.8 |
| 20 | 1980 | Nancy Feddersen | Conference: 4th | 1:03.8 |
| 21 | 1998 | Kristi Reynolds | | 1:03.9 |
| 22 | 2008 | Andie Strang | | 1:04.1 |
| 23 | 1993 | Kari Thorgesen | Kaneland Invite | 1:04.1 |
| 24 | 2005 | Marissa Duffey | | 1:04.5 |
| 25 | 1988 | Stephanie Halsey | | 1:04.5 |

Rank

Year

Runner

Location

Time

**400m
Top 50 Individuals**

| | | | | |
|----|------|-----------------|-----------------|--------|
| 26 | 2008 | Lisa Roberson | | 1:05.0 |
| 27 | 2005 | Vanessa App | Sectional | 1:05.0 |
| 28 | 1987 | Shelly McManus | | 1:05.0 |
| 29 | 2001 | Karen Alms | | 1:05.3 |
| 30 | 1992 | Shannon Barber | | 1:05.3 |
| 31 | 1996 | Jackie Smith | | 1:05.5 |
| 32 | 1991 | Dana Lettow | | 1:05.6 |
| 33 | 2002 | Kristen Heckert | | 1:05.7 |
| 34 | 2003 | Katie Stouffer | Sectional | 1:05.8 |
| 35 | 1998 | Jessica Johnson | Conference: 3rd | 1:05.8 |
| 36 | 1991 | Liz Brubaker | Kane County | 1:05.8 |
| 37 | 1989 | Heather Hagberg | | 1:05.8 |
| 38 | 1988 | Autumn Caisse | | 1:05.8 |
| 39 | 1987 | Heather Wagner | | 1:05.8 |
| 40 | 1988 | Chris Probst | Conference | 1:05.9 |
| 41 | 1984 | Robyn Lamczyk | Sectional: 5th | 1:05.9 |
| 42 | 1982 | Amy Rink | Kane County | 1:05.9 |
| 43 | 2008 | Sydney Bilotta | | 1:06.0 |
| 44 | 2001 | Kelly Larson | Conference | 1:06.0 |
| 45 | 2001 | Kristi Reynolds | | 1:06.1 |
| 46 | 1992 | Jaime Heseflow | Sectional | 1:06.2 |
| 47 | 2008 | Krissy Chapman | | 1:06.3 |
| 48 | 1996 | Jenny Baert | | 1:06.3 |
| 49 | 1984 | Stacey Sauer | | 1:06.3 |
| 50 | 1981 | Mary Herra | | 1:06.3 |

**800m
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|----------------|-------------------|-------------|
| 1 | 1888 | Kerry Rink | State Finals: 1st | 2:12.0 |
| 2 | 1988 | Kerry Rink | State Prelims | 2:12.1 |
| 3 | 1988 | Kerry Rink | Conference: 1st | 2:13.1 |
| 4 | 1987 | Kerry Rink | State Finals: 1st | 2:14.1 |
| 5 | 1988 | Kerry Rink | Sectional: 1st | 2:14.3 |
| 6 | 1988 | Kerry Rink | Glen East Invite | 2:15.0 |
| 7 | 1988 | Kerry Rink | Kane County: 1st | 2:15.6 |
| 8 | 1987 | Kerry Rink | | 2:16.1 |
| 9 | 1988 | Kerry Rink | | 2:16.2 |
| 10 | 1988 | Kerry Rink | Kaneland Invite | 2:16.4 |
| 11 | 1987 | Kerry Rink | Sectional: 1st | 2:16.6 |
| 12 | 1985 | Kerry Rink | State Finals: 2nd | 2:16.8 |
| 13 | 1987 | Kerry Rink | State Prelims | 2:17.2 |
| 14 | 1986 | Kerry Rink | Sectional: 1st | 2:17.4 |
| 15 | 1986 | Kerry Rink | State Finals: 1st | 2:17.9 |
| 16 | 1986 | Kerry Rink | Conference: 1st | 2:17.9 |
| 17 | 1987 | Kerry Rink | Conference: 1st | 2:18.4 |
| 18 | 1986 | Kerry Rink | State Prelims | 2:18.4 |
| 19 | 1986 | Kerry Rink | Kane County: 1st | 2:18.5 |
| 20 | 1985 | Kerry Rink | Conference: 1st | 2:18.5 |
| 21 | 1986 | Kerry Rink | | 2:18.6 |
| 22 | 1987 | Kerry Rink | Kaneland Invite | 2:19.0 |
| 23 | 1987 | Kerry Rink | Glen East Invite | 2:19.1 |
| 24 | 1984 | Shelly McManus | State Prelims | 2:19.4 |
| 25 | 1986 | Kerry Rink | Glen East Invite | 2:20.4 |

Rank

Year

Runner

Location

Time

**800m
Top 50 Times**

| | | | | |
|----|------|----------------|--------------------------|--------|
| 26 | 2008 | Andie Strang | Sectional: 1st | 2:20.5 |
| 27 | 1984 | Shelly McManus | State Finals: 5th | 2:20.5 |
| 28 | 1987 | Amy Eddington | | 2:21.0 |
| 29 | 1985 | Kerry Rink | Glen East Invite | 2:21.3 |
| 30 | 2008 | Andie Strang | State Prelims | 2:21.4 |
| 31 | 1987 | Kerry Rink | Kane County: 1st | 2:21.4 |
| 32 | 1984 | Shelly McManus | Conference: 1st | 2:22.0 |
| 33 | 2009 | Andie Strang | State Prelims | 2:22.1 |
| 34 | 1985 | Kerry Rink | State Prelims | 2:22.3 |
| 35 | 1985 | Kerry Rink | | 2:22.3 |
| 36 | 1992 | Shannon Barber | Conference: 1st | 2:22.5 |
| 37 | 1992 | Shannon Barber | Sectional: 1st | 2:22.6 |
| 38 | 1985 | Kerry Rink | Sectional: 1st | 2:22.6 |
| 39 | 2009 | Andie Strang | State Finals | 2:22.9 |
| 40 | 1985 | Shelly McManus | Conference: 1st | 2:22.9 |
| 41 | 2008 | Andie Strang | Conference: 3rd | 2:23.0 |
| 42 | 1992 | Shannon Barber | State Prelims | 2:23.3 |
| 43 | 1986 | Amy Eddington | | 2:23.3 |
| 44 | 1986 | Kerry Rink | Kaneland Invite | 2:23.3 |
| 45 | 1985 | Shelly McManus | Sectional: 2nd | 2:23.4 |
| 46 | 1987 | Shelly McManus | Sectional: 3rd | 2:23.9 |
| 47 | 2009 | Andie Strang | Conference: 5th | 2:24.2 |
| 48 | 1984 | Shelly McManus | Sectional: 1st | 2:24.2 |
| 49 | 1991 | Shannon Barber | Sectional: 2nd | 2:24.4 |
| 50 | 1990 | Shannon Barber | Conference: 1st | 2:24.5 |

**800m
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|--------------------|-------------------|-------------|
| 1 | 1888 | Kerry Rink | State Finals: 1st | 2:12.0 |
| 2 | 1984 | Shelly McManus | State Prelims | 2:19.4 |
| 3 | 2008 | Andie Strang | Sectional: 1st | 2:20.5 |
| 4 | 1987 | Amy Eddington | | 2:21.0 |
| 5 | 1992 | Shannon Barber | Conference: 1st | 2:22.5 |
| 6 | 2009 | Lisa Roberson | Sectional: 6th | 2:25.6 |
| 7 | 1988 | Autumn Caisse | Conference: 2nd | 2:27.2 |
| 8 | 1995 | Jackie Smith | Conference: 4th | 2:29.1 |
| 9 | 1981 | Raqual Slay | Conference: 1st | 2:29.5 |
| 10 | 2002 | Beth Schramer | Sectional | 2:29.7 |
| 11 | 1990 | Ashley Baumgartner | Sectional: 4th | 2:29.9 |
| 12 | 1988 | Heidi Hagberg | | 2:29.9 |
| 13 | 1995 | Sarah Miller | Conference: 5th | 2:30.3 |
| 14 | 1991 | Sharon Cieslicki | Kane County: 4th | 2:30.9 |
| 15 | 1986 | Heather Hagberg | Sectional | 2:31.3 |
| 16 | 2007 | Kristen Swiech | Conference | 2:32.2 |
| 17 | 1980 | Amy Rink | Conference: 3rd | 2:32.2 |
| 18 | 2005 | Marissa Duffey | Sectional | 2:32.3 |
| 19 | 1994 | Marsha Williams | Sectional: 2nd | 2:32.3 |
| 20 | 1998 | Alex Self | Conference: 4th | 2:32.5 |
| 21 | 1978 | Mary Herra | Conference: 1st | 2:32.6 |
| 22 | 2009 | Kelly Evers | | 2:33.9 |
| 23 | 2004 | Megan Cinto | | 2:34.0 |
| 24 | 1987 | Ann Krueger | | 2:34.8 |
| 25 | 1993 | Crissy Porter | Conference: 6th | 2:35.0 |
| Rank | Year | Runner | Location | Time |

**800m
Top 50 Individuals**

| | | | | |
|----|------|-------------------|--------------------|--------|
| 26 | 1991 | Liz Brubaker | | 2:35.0 |
| 27 | 2006 | Katie Stouffer | | 2:35.2 |
| 28 | 1998 | Kristi Reynolds | Stagg Invite | 2:35.2 |
| 29 | 1993 | Alicia Scalici | Kane County | 2:35.5 |
| 30 | 1998 | Lindsay Kirwan | | 2:35.6 |
| 31 | 2004 | Natalie Levita | | 2:36.0 |
| 32 | 1990 | Cindy Young | Kaneland Invite | 2:36.0 |
| 33 | 1990 | Laura McReynolds | | 2:36.3 |
| 34 | 2009 | Kris Bowen | | 2:36.5 |
| 35 | 2008 | Laney Deligianis | | 2:36.5 |
| 36 | 1991 | Chris Probst | Sectional | 2:37.0 |
| 37 | 1974 | Mary Sauber | | 2:37.2 |
| 38 | 2008 | Brianna Stark | Sectional | 2:37.3 |
| 39 | 1998 | Tricia Overhaug | | 2:37.4 |
| 40 | 1989 | Cindy Kozlowski | | 2:37.6 |
| 41 | 1988 | Michelle Bjornson | | 2:37.6 |
| 42 | 1987 | Kathy Dodd | | 2:37.6 |
| 43 | 2006 | Carrie Lund | | 2:37.9 |
| 44 | 1998 | Rhyan Burke | Sectional | 2:37.9 |
| 45 | 2002 | Olivia Kovacevich | Sectional | 2:38.3 |
| 46 | 2009 | Sydney Bilotta | | 2:39.2 |
| 47 | 2002 | Sarah McKenna | | 2:40.0 |
| 48 | 2008 | Lindsay Gruenke | | 2:40.1 |
| 49 | 1983 | Robyn Lamczyk | Geneva-Coed Invite | 2:40.2 |
| 50 | 1995 | Kareen Murray | | 2:40.3 |

**1600m
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|----------------------|--------------------------|---------------|
| 1 | 1988 | Kerry Rink | Conference: 1st | 5:11.2 |
| 2 | 1987 | Amy Eddington | Conference: 1st | 5:15.1 |
| 3 | 1988 | Kerry Rink | | 5:16.0 |
| 4 | 1987 | Amy Eddington | State Finals: 3rd | 5:16.5 |
| 5 | 1987 | Amy Eddington | Kaneland Invite | 5:17.2 |
| 6 | 1987 | Kerry Rink | Glen East Relays | 5:19.0 |
| 7 | 1985 | Amy Eddington | State Finals: 8th | 5:19.0 |
| 8 | 1984 | Amy Eddington | State Prelims | 5:19.3 |
| 9 | 1987 | Amy Eddington | State Prelims | 5:19.9 |
| 10 | 1987 | Kerry Rink | | 5:22.1 |
| 11 | 1986 | Amy Eddington | State Prelims | 5:22.5 |
| 12 | 1986 | Amy Eddington | State Finals: 5th | 5:23.4 |
| 13 | 1987 | Amy Eddington | Glen East Relays | 5:23.5 |
| 14 | 1986 | Amy Eddington | Sectional: 1st | 5:25.0 |
| 15 | 1985 | Amy Eddington | State Prelims | 5:25.0 |
| 16 | 2008 | Andie Strang | Conference: 5th | 5:25.6 |
| 17 | 1987 | Amy Eddington | Kane County: 1st | 5:25.8 |
| 18 | 1987 | Amy Eddington | | 5:26.0 |
| 19 | 1984 | Amy Eddington | Conference: 2nd | 5:27.5 |
| 20 | 1986 | Amy Eddington | Conference: 2nd | 5:27.8 |
| 21 | 1986 | Amy Eddington | | 5:29.8 |
| 22 | 1985 | Amy Eddington | Sectional: 1st | 5:31.1 |
| 23 | 1984 | Amy Eddington | Sectional: 1st | 5:31.1 |
| 24 | 1987 | Amy Eddington | Sectional: 1st | 5:31.8 |
| 25 | 1990 | Shannon Barber | | 5:32.0 |

Rank

Year

Runner

Location

Time

**1600m
Top 50 Times**

| | | | | |
|----|------|------------------|----------------------|--------|
| 26 | 1986 | Amy Eddington | Glen East Invite | 5:32.5 |
| 27 | 1985 | Amy Eddington | Conference: 4th | 5:32.6 |
| 28 | 1990 | Shannon Barber | Sectional: 1st | 5:33.0 |
| 29 | 2009 | Andie Strang | Kane ABC Invite: 2nd | 5:34.1 |
| 30 | 1985 | Amy Eddington | | 5:34.2 |
| 31 | 2009 | Andie Strang | Dixon Relays: 2nd | 5:34.3 |
| 32 | 2008 | Andie Strang | Dixon Relays: 4th | 5:34.3 |
| 33 | 1985 | Amy Eddington | Glen East Relays | 5:34.3 |
| 34 | 1986 | Amy Eddington | Kane County: 1st | 5:34.7 |
| 35 | 1990 | Shannon Barber | Conference: 2nd | 5:35.1 |
| 36 | 1984 | Amy Eddington | | 5:35.7 |
| 37 | 1995 | Sarah Miller | Sectional: 1st | 5:36.3 |
| 38 | 1984 | Amy Eddington | Kaneland Invite | 5:36.4 |
| 39 | 1990 | Shannon Barber | Kane County: 2nd | 5:37.0 |
| 40 | 1985 | Amy Eddington | Kane County: 1st | 5:37.5 |
| 41 | 2009 | Lisa Roberson | Dixon Relays: 2nd | 5:37.7 |
| 42 | 2009 | Kelly Evers | Dixon Relays: 2nd | 5:38.3 |
| 43 | 1985 | Amy Eddington | Kaneland Invite | 5:38.5 |
| 44 | 1990 | Sharon Cieslicki | Sectional: 3rd | 5:38.6 |
| 45 | 1990 | Sharon Cieslicki | Conference: 4th | 5:39.0 |
| 46 | 1991 | Shannon Barber | Kane County: 2nd | 5:39.2 |
| 47 | 1993 | Sarah Miller | Conference: 3rd | 5:39.8 |
| 48 | 1984 | Amy Eddington | Kane County: 2nd | 5:39.8 |
| 49 | 2006 | Kristen Swiech | Kane County | 5:40.0 |
| 50 | 1991 | Sharon Cieslicki | Kane County: 3rd | 5:40.1 |

**1600m
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|------------------|-------------------|-------------|
| 1 | 1988 | Kerry Rink | Conference: 1st | 5:11.2 |
| 2 | 1987 | Amy Eddington | Conference: 1st | 5:15.1 |
| 3 | 2008 | Andie Strang | Conference: 5th | 5:25.6 |
| 4 | 1990 | Shannon Barber | | 5:32.0 |
| 5 | 1995 | Sarah Miller | Sectional: 1st | 5:36.3 |
| 6 | 2009 | Lisa Roberson | Dixon Relays: 2nd | 5:37.7 |
| 7 | 2009 | Kelly Evers | Dixon Relays: 2nd | 5:38.3 |
| 8 | 1990 | Sharon Cieslicki | Sectional: 3rd | 5:38.6 |
| 9 | 2006 | Kristen Swiech | Kane County | 5:40.0 |
| 10 | 1981 | Dana Alexander | Conference: 3rd | 5:40.2 |
| 11 | 1981 | Raqual Slay | Conference: 4th | 5:40.3 |
| 12 | 2001 | Lindsay Kirwan | Kane County | 5:41.0 |
| 13 | 1986 | Kathy Dodd | | 5:45.2 |
| 14 | 2002 | Sarah McKenna | Sectional | 5:48.7 |
| 15 | 1987 | Ann Krueger | Kaneland Invite | 5:48.8 |
| 16 | 1996 | Jenni Kirwan | Conference: 3rd | 5:50.5 |
| 17 | 2008 | Sally Gorenz | Dixon Relays: 4th | 5:50.7 |
| 18 | 2008 | Kris Bowen | Sectional | 5:51.9 |
| 19 | 1990 | Laura McReynolds | Kaneland Invite | 5:52.0 |
| 20 | 2006 | Marissa Duffey | Dixon Relays | 5:52.4 |
| 21 | 2004 | Natalie Levita | Sectional | 5:52.4 |
| 22 | 1984 | Shelly McManus | | 5:52.4 |
| 23 | 2004 | Megan Cinto | Dixon Relays | 5:52.7 |
| 24 | 2006 | Kelli Patterson | Banana Relays | 5:53.0 |
| 25 | 1989 | Heather Hagberg | | 5:54.3 |
| Rank | Year | Runner | Location | Time |

**1600m
Top 50 Individuals**

| | | | | |
|----|------|---------------------|--------------------|--------|
| 26 | 1994 | Jackie Smith | Conference: 4th | 5:54.9 |
| 27 | 1980 | Mary Herra | Conference: 3rd | 5:57.8 |
| 28 | 1997 | Rhyan Burke | Banana Relays | 5:57.9 |
| 29 | 2000 | Tricia Overhaug | Sectional: 6th | 5:58.1 |
| 30 | 2008 | Lexie Pniewski | | 5:58.5 |
| 31 | 2006 | Laney Deligianis | JV Conference: 2nd | 5:59.1 |
| 32 | 1993 | Alicia Scalici | Kaneland Invite | 5:59.4 |
| 33 | 1993 | Kathy McReynolds | Kane County | 5:59.6 |
| 34 | 1983 | Jodi Hess | Kane County | 6:00.1 |
| 35 | 1973 | Mary Sauber | | 6:00.4 |
| 36 | 1994 | Kirstin Foss | Sectional: 4th | 6:02.0 |
| 37 | 2003 | Olivia Kovacevich | Conference | 6:02.2 |
| 38 | 1987 | Sarah Richmond | | 6:04.1 |
| 39 | 2005 | Erin Cinto | | 6:05.8 |
| 40 | 1982 | Jenny Gould | Conference | 6:05.8 |
| 41 | 1980 | Leanore Baumgartner | Kane County | 6:08.0 |
| 42 | 1981 | Trudy Herrmann | | 6:09.0 |
| 43 | 1998 | Tricia Overhaug | Kane County | 6:09.7 |
| 44 | 1995 | Lisa Zielke | Kaneland Invite | 6:10.2 |
| 45 | 1978 | Dawn Schleifer | | 6:11.4 |
| 46 | 1998 | Emily Guthke | Conference | 6:11.7 |
| 47 | 1988 | Christine Kozlowski | | 6:11.7 |
| 48 | 2007 | Ashley Clinton | Stagg Invite | 6:11.9 |
| 49 | 2005 | Melissa Castrovillo | Kane County | 6:12.5 |
| 50 | 1985 | Tammy Chidester | | 6:13.3 |

**3200m
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|----------------|----------------------|-------------|
| 1 | 1987 | Amy Eddington | State Finals: 1st | 11:20.7 |
| 2 | 1987 | Amy Eddington | Glen East Invite | 11:33.6 |
| 3 | 1987 | Amy Eddington | Sectional: 1st | 11:39.0 |
| 4 | 1987 | Amy Eddington | | 11:40.0 |
| 5 | 1987 | Kathy Dodd | Sectional: 2nd | 11:54.7 |
| 6 | 1987 | Kathy Dodd | State Finals: 11th | 11:58.3 |
| 7 | 1986 | Kathy Dodd | Sectional: 1st | 12:00.8 |
| 8 | 1987 | Kathy Dodd | Conference: 2nd | 12:03.6 |
| 9 | 1986 | Kathy Dodd | Conference: 3rd | 12:04.7 |
| 10 | 1986 | Kathy Dodd | State Finals: 10th | 12:06.0 |
| 11 | 1981 | Dana Alexander | Conference: 2nd | 12:07.0 |
| 12 | 1987 | Kathy Dodd | Glen East Invite | 12:09.6 |
| 13 | 1986 | Kathy Dodd | | 12:09.6 |
| 14 | 1981 | Dana Alexander | | 12:10.2 |
| 15 | 1981 | Dana Alexander | Kaneland Invite | 12:11.5 |
| 16 | 1987 | Kathy Dodd | | 12:16.3 |
| 17 | 1986 | Kathy Dodd | Glen East Invite | 12:20.4 |
| 18 | 1987 | Kathy Dodd | Kane County: 1st | 12:22.9 |
| 19 | 1990 | Shannon Barber | | 12:23.0 |
| 20 | 2009 | Kelly Evers | Kane ABC Invite: 1st | 12:24.4 |
| 21 | 1981 | Dana Alexander | Kane County: 4th | 12:27.0 |
| 22 | 1986 | Kathy Dodd | Kane County: 1st | 12:27.2 |
| 23 | 2008 | Sally Gorenz | Sectional: 5th | 12:30.1 |
| 24 | 2002 | Sarah McKenna | Conference: 4th | 12:33.2 |
| 25 | 1986 | Kathy Dodd | Kaneland Invite | 12:33.8 |
| Rank | Year | Runner | Location | Time |

**3200m
Top 50 Times**

| | | | | |
|----|------|------------------|----------------------------|---------|
| 26 | 2008 | Sally Gorenz | Kaneland Invite: 6th | 12:34.2 |
| 27 | 1987 | Kathy Dodd | Kaneland Invite | 12:35.3 |
| 28 | 2008 | Sally Gorenz | Conference: 5th | 12:36.1 |
| 29 | 1989 | Laura McReynolds | Kane County: 4th | 12:40.0 |
| 30 | 1981 | Dana Alexander | Wheaton-Warrenville Invite | 12:42.9 |
| 31 | 1990 | Nicki Miller | Sectional: 2nd | 12:43.0 |
| 32 | 1992 | Kathy McReynolds | Sectional: 5th | 12:43.7 |
| 33 | 1981 | LeaAnn Machias | | 12:43.8 |
| 34 | 1976 | Kathy Lyle | | 12:44.0 |
| 35 | 1990 | Shannon Barber | Geneva Invite | 12:45.0 |
| 36 | 2006 | Kelli Patterson | Sectional | 12:45.1 |
| 37 | 2008 | Sally Gorenz | | 12:47.8 |
| 38 | 1987 | Shelly McManus | | 12:48.1 |
| 39 | 1993 | Nicki Miller | Conference: 4th | 12:49.4 |
| 40 | 1989 | Shannon Barber | | 12:49.7 |
| 41 | 2008 | Sally Gorenz | Glen South Invite: 3rd | 12:50.2 |
| 42 | 1990 | Sarah Richmond | Kane County: 1st | 12:51.6 |
| 43 | 1988 | Sarah Richmond | Kane County: 1st | 12:51.6 |
| 44 | 1989 | Laura McReynolds | Glen East Invite | 12:52.2 |
| 45 | 2006 | Kristen Swiech | Conference: 5th | 12:52.4 |
| 46 | 1980 | Trudy Herrmann | Kane County | 12:53.7 |
| 47 | 1980 | Krista Dates | Kane County | 12:53.9 |
| 48 | 1987 | Sarah Richmond | | 12:54.7 |
| 49 | 1981 | Trudy Herrmann | | 12:55.6 |
| 50 | 1987 | Sarah Richmond | Conference | 12:56.1 |

**3200m
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|------------------|----------------------|-------------|
| 1 | 1987 | Amy Eddington | State Finals: 1st | 11:20.7 |
| 2 | 1987 | Kathy Dodd | Sectional: 2nd | 11:54.7 |
| 3 | 1981 | Dana Alexander | Conference: 2nd | 12:07.0 |
| 4 | 1990 | Shannon Barber | | 12:23.0 |
| 5 | 2009 | Kelly Evers | Kane ABC Invite: 1st | 12:24.4 |
| 6 | 2008 | Sally Gorenz | Sectional: 5th | 12:30.1 |
| 7 | 2002 | Sarah McKenna | Conference: 4th | 12:33.2 |
| 8 | 1989 | Laura McReynolds | Kane County: 4th | 12:40.0 |
| 9 | 1990 | Nicki Miller | Sectional: 2nd | 12:43.0 |
| 10 | 1992 | Kathy McReynolds | Sectional: 5th | 12:43.7 |
| 11 | 1981 | LeaAnn Machias | | 12:43.8 |
| 12 | 1976 | Kathy Lyle | | 12:44.0 |
| 13 | 2006 | Kelli Patterson | Sectional | 12:45.1 |
| 14 | 1987 | Shelly McManus | | 12:48.1 |
| 15 | 1988 | Sarah Richmond | Kane County: 1st | 12:51.6 |
| 16 | 2006 | Kristen Swiech | Conference: 5th | 12:52.4 |
| 17 | 1980 | Trudy Herrmann | Kane County | 12:53.7 |
| 18 | 1980 | Krista Dates | Kane County | 12:53.9 |
| 19 | 2003 | Megan Cinto | Conference: 4th | 12:59.3 |
| 20 | 1985 | Ann Krueger | Conference | 13:11.4 |
| 21 | 2005 | Erin Cinto | Sectional | 13:13.4 |
| 22 | 1985 | Tammy Chidester | Conference | 13:17.3 |
| 23 | 2005 | Marissa Duffey | | 13:26.9 |
| 24 | 1978 | Sonia LePage | | 13:33.4 |
| 25 | 1998 | Lauren App | Kane County | 13:34.3 |
| Rank | Year | Runner | Location | Time |

3200m
Top 50 Individuals

| | | | | |
|----|------|----------------------|----------------------|---------|
| 26 | 1996 | Lisa Zielke | Sectional: 5th | 13:34.8 |
| 27 | 1981 | Lysa Slay | | 13:42.3 |
| 28 | 1995 | Jaclyn Clark | Conference | 13:44.3 |
| 29 | 2009 | Laney Deligianis | Conference | 13:44.4 |
| 30 | 1988 | Lisa Miller | Sectional | 13:45.2 |
| 31 | 2005 | Ashley Clinton | Sectional | 13:45.9 |
| 32 | 1977 | Sandy Fowler | Kane County: 6th | 13:46.6 |
| 33 | 2003 | Sarah Alef | Kaneland Invite | 13:49.2 |
| 34 | 1978 | Joanne Blatner | Conference: 6th | 13:52.0 |
| 35 | 1983 | Robyn Lamczyk | | 13:54.1 |
| 36 | 2005 | Melissa Castrovillo | | 13:55.2 |
| 37 | 1998 | Emily Guthke | Kaneland Invite: 6th | 13:56.2 |
| 38 | 2000 | Tricia Overhaug | Conference | 13:56.3 |
| 39 | 2003 | Stephanie Collins | | 14:05.3 |
| 40 | 1990 | Brigette Seraphin | Conference | 14:06.5 |
| 41 | 2000 | Mary Chris Zielinski | | 14:15.8 |
| 42 | 1983 | Valerie Baumgartner | | 14:23.4 |
| 43 | 1982 | Jenny Gould | | 14:24.0 |
| 44 | 2009 | Carolina Tovar | Kane Invite | 14:24.4 |
| 45 | 1993 | Katie Edelmann | Kane County | 14:28.2 |
| 46 | 1992 | Heather Biles | Kane County | 14:43.6 |
| 47 | 1993 | Sheryl Stover | Sectional | 14:45.9 |
| 48 | 1977 | Jenna Wernli | | 14:55.6 |
| 49 | 1990 | Courtney Baumgartner | | 15:02.4 |
| 50 | 1996 | Nickie Blatner | Kaneland Invite | 15:04.7 |

**300m Low Hurdles
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|------------------|----------------------|-------------|
| 1 | 2008 | Lindsay Gierke | State Finals: 5th | :44.2 |
| 2 | 2008 | Lindsay Gierke | State Prelims | :44.5 |
| 3 | 2007 | Lindsay Gierke | State Prelims | :44.6 |
| 4 | 2008 | Lindsay Gierke | Sectional: 2nd | :44.9 |
| 5 | 2009 | Lindsay Gierke | State Finals: 4th | :45.1 |
| 6 | 2007 | Lindsay Gierke | State Finals: 6th | :45.3 |
| 7 | 2007 | Lindsay Gierke | Conference: 2nd | :45.5 |
| 8 | 2007 | Lindsay Gierke | Kane County: 2nd | :45.5 |
| 9 | 2007 | Lindsay Gierke | Sectional: 1st | :45.7 |
| 10 | 2008 | Lindsay Gierke | Ore Prep Invite: 1st | :45.8 |
| 11 | 2009 | Lindsay Gierke | State Prelims | :46.1 |
| 12 | 2008 | Lindsay Gierke | Conference: 2nd | :46.3 |
| 13 | 2003 | Kristen Heckert | Sectional: 2nd | :46.4 |
| 14 | 2008 | Lindsay Gierke | | :46.5 |
| 15 | 1991 | Stephanie Halsey | Sectional: 1st | :46.6 |
| 16 | 2003 | Kristen Heckert | Conference: 1st | :46.9 |
| 17 | 2009 | Lindsay Gierke | Conference: 3rd | :47.0 |
| 18 | 2008 | Lindsay Gierke | Kane Invite: 1st | :47.2 |
| 19 | 2007 | Lindsay Gierke | Kaneland ABC: 1st | :47.2 |
| 20 | 2005 | Kristen Heckert | Sectional: 2nd | :47.2 |
| 21 | 2008 | Lindsay Gierke | Conference: 3rd | :47.3 |
| 22 | 2005 | Kristen Heckert | Conference: 2nd | :47.3 |
| 23 | 2007 | Lindsay Gierke | | :47.4 |
| 24 | 2006 | Lindsay Gierke | Sectional: 2nd | :47.5 |
| 25 | 2006 | Lindsay Gierke | Kane County: 2nd | :47.5 |

| Rank | Year | Runner | Location | Time |
|-------------|-------------|---------------|-----------------|-------------|
|-------------|-------------|---------------|-----------------|-------------|

**300m Low Hurdles
Top 50 Times**

| | | | | |
|----|------|-------------------------|--------------------------|--------------|
| 26 | 2003 | Kristen Heckert | Kane County: 1st | :47.7 |
| 27 | 1990 | Stephanie Halsey | State Finals: 5th | :47.7 |
| 28 | 2009 | Lindsay Gierke | | :47.8 |
| 29 | 2006 | Lindsay Gierke | | :47.8 |
| 30 | 2005 | Kristen Heckert | Kane County: 1st | :48.0 |
| 31 | 1997 | Jenny Baert | State Prelims | :48.0 |
| 32 | 1991 | Stephanie Halsey | | :48.0 |
| 33 | 2008 | Lindsay Gierke | Glen South Invite: 1st | :48.1 |
| 34 | 2000 | Karen Alms | Sectional: 4th | :48.1 |
| 35 | 1999 | Jenny Baert | Sectional: 2nd | :48.1 |
| 36 | 2006 | Lindsay Gierke | Conference: 2nd | :48.2 |
| 37 | 2003 | Kristen Heckert | | :48.3 |
| 38 | 1990 | Stephanie Halsey | Glen East Invite | :48.3 |
| 39 | 1990 | Stephanie Halsey | Sectional: 2nd | :48.3 |
| 40 | 2006 | Lindsay Gierke | State Prelims | :48.4 |
| 41 | 2003 | Kristen Heckert | State Prelims | :48.4 |
| 42 | 2002 | Kristen Heckert | Sectional | :48.4 |
| 43 | 1991 | Stephanie Halsey | State Prelims | :48.4 |
| 44 | 1990 | Stephanie Halsey | State Prelims | :48.5 |
| 45 | 2009 | Lindsay Gierke | Sectional: 2nd | :48.6 |
| 46 | 2009 | Lindsay Gierke | Oregon Prep Invite: 1st | :48.6 |
| 47 | 2004 | Kristen Heckert | Kane County: 2nd | :48.6 |
| 48 | 1991 | Stephanie Halsey | Glen East Invite | :48.6 |
| 49 | 1991 | Stephanie Halsey | Conference: 2nd | :48.7 |
| 50 | 2009 | Lindsay Gierke | Kane ABC Invite: 1st | :48.8 |

**300m Low Hurdles
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|-------------------|-------------------|-------------|
| 1 | 2008 | Lindsay Gierke | State Finals: 5th | :44.2 |
| 2 | 2003 | Kristen Heckert | Sectional: 2nd | :46.4 |
| 3 | 1991 | Stephanie Halsey | Sectional: 1st | :46.6 |
| 4 | 1997 | Jenny Baert | State Prelims | :48.0 |
| 5 | 2000 | Karen Alms | Sectional: 4th | :48.1 |
| 6 | 1987 | Stacey Springborn | Sectional: 2nd | :50.3 |
| 7 | 2007 | Jessica Brinkman | Sectional | :51.3 |
| 8 | 1995 | April App | Sectional | :52.0 |
| 9 | 1994 | Alicia Scalici | Sectional | :52.3 |
| 10 | 1994 | Trisha Weydert | Sectional | :52.3 |
| 11 | 1987 | Emily Vidlak | Conference | :52.3 |
| 12 | 2000 | Biranna Musser | Kane County | :52.5 |
| 13 | 1989 | Laurie Cieslicki | Kaneland Invite | :52.5 |
| 14 | 2004 | Theresa Loth | | :52.6 |
| 15 | 1995 | Kristy Jones | Sectional | :52.6 |
| 16 | 2006 | Danielle Ikemire | Kane County | :52.7 |
| 17 | 2005 | Erica Koos | Sectional | :52.8 |
| 18 | 1992 | Shannon Barber | | :52.8 |
| 19 | 1989 | Kim Beetham | Conference | :52.9 |
| 20 | 2002 | Tirna Kainz | Banana Relays | :53.1 |
| 21 | 1999 | Shari Wenz | Banana Relays | :53.3 |
| 22 | 1998 | Stacy Lettow | Conference: 5th | :53.5 |
| 23 | 2009 | Sara Wallace | | :54.4 |
| 24 | 1989 | Chris Probst | Kaneland Invite | :54.5 |
| 25 | 2004 | Kristina Pniewski | | :54.8 |
| Rank | Year | Runner | Location | Time |

**300m Low Hurdles
Top 50 Individuals**

| | | | | |
|----|------|-------------------|--------------------|--------|
| 26 | 1988 | Gwen Young | | :54.8 |
| 27 | 2006 | Jordan Pinkston | Banana Relays | :55.3 |
| 28 | 2003 | Janet Berry | | :55.3 |
| 29 | 2007 | Hillary Luse | JV Conference | :55.6 |
| 30 | 2003 | Abbi Theisen | | :56.2 |
| 31 | 2001 | Melissa Daniels | Banana Relays | :56.8 |
| 32 | 2005 | Meghan Lane | | :57.1 |
| 33 | 1988 | Stacey Sloat | Kaneland Invite | :57.1 |
| 34 | 1996 | Cindy Hanson | Banana Relays | :57.3 |
| 35 | 2009 | Ashley Diddell | | :57.6 |
| 36 | 1999 | Amanda Brown | Banana Relays | :57.7 |
| 37 | 1996 | Nicki Schusler | Banana Relays | :58.4 |
| 38 | 2001 | Emily Schmidt | JV Conference: 5th | :58.5 |
| 39 | 1991 | Misty Joseph | | :58.8 |
| 40 | 1991 | Jeannie Cieslicki | | :59.1 |
| 41 | 1987 | Chris DeZutel | | :59.1 |
| 42 | 1994 | Amy Wojszko | | :59.6 |
| 43 | 2009 | Ashley Augusty | | :59.7 |
| 44 | 1996 | Kristen Haidle | | :59.9 |
| 45 | 2000 | Crystal Bieritz | | 1:00.4 |
| 46 | 2001 | Lisa Molitor | JV Conference | 1:00.9 |
| 47 | 2005 | Lauren Scott | | 1:01.2 |
| 48 | 2009 | Grace Snyder | | 1:01.3 |
| 49 | 1988 | Courtney Frost | | 1:01.3 |
| 50 | 2000 | Megan Gruber | | 1:01.4 |

**100m High Hurdles
Top 50 Times**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|----------------|------------------------|-------------|
| 1 | 2009 | Lindsay Gierke | State Finals: 2nd | :14.6 |
| 2 | 2008 | Lindsay Gierke | State Prelim | :14.9 |
| 3 | 2008 | Lindsay Gierke | Sectional: 1st | :14.9 |
| 4 | 2007 | Lindsay Gierke | Kane County: Prel | :14.9 |
| 5 | 2009 | Lindsay Gierke | State Prelim | :15.0 |
| 6 | 2009 | Lindsay Gierke | Sectional: 1st | :15.0 |
| 7 | 2008 | Lindsay Gierke | Ore Prep Invite: 1st | :15.0 |
| 8 | 2008 | Lindsay Gierke | Glen South Invite: 1st | :15.0 |
| 9 | 2007 | Lindsay Gierke | Kane County: 4th | :15.0 |
| 10 | 2009 | Lindsay Gierke | Dixon Relays: 4th | :15.1 |
| 11 | 2008 | Lindsay Gierke | Conference: 3rd | :15.1 |
| 12 | 2007 | Lindsay Gierke | Conference: 2nd | :15.1 |
| 13 | 2009 | Lindsay Gierke | Conference: 2nd | :15.2 |
| 14 | 2009 | Lindsay Gierke | | :15.3 |
| 15 | 2008 | Lindsay Gierke | Sectional: Prelim | :15.4 |
| 16 | 2007 | Lindsay Gierke | | :15.4 |
| 17 | 2008 | Lindsay Gierke | Kane Invite Prelim | :15.5 |
| 18 | 2008 | Lindsay Gierke | Kane Invite: 2nd | :15.6 |
| 19 | 2009 | Lindsay Gierke | Kane ABC Invite: 1st | :15.7 |
| 20 | 2007 | Lindsay Gierke | Dixon Relays | :15.7 |
| 21 | 2006 | Lindsay Gierke | Conference: 2nd | :15.8 |
| 22 | 2003 | Trina Kainz | Conference: 2nd | :15.8 |
| 23 | 2006 | Lindsay Gierke | | :16.0 |
| 24 | 2003 | Trina Kainz | | :16.0 |
| 25 | 2006 | Lindsay Gierke | | :16.1 |

Rank

Year

Runner

Location

Time

**100m High Hurdles
Top 50 Times**

| | | | | |
|----|------|------------------|--------------------|-------|
| 26 | 2003 | Trina Kainz | Kane County | :16.1 |
| 27 | 2007 | Lindsay Gierke | Kaneland ABC Meet | :16.2 |
| 28 | 2006 | Lindsay Gierke | Conference | :16.2 |
| 29 | 2006 | Lindsay Gierke | Kane County | :16.2 |
| 30 | 2003 | Trina Kainz | | :16.2 |
| 31 | 2006 | Lindsay Gierke | | :16.3 |
| 32 | 2003 | Trina Kainz | Kane County: 2nd | :16.3 |
| 33 | 1991 | Laurie Cieslicki | Sectional: 2nd | :16.3 |
| 34 | 2003 | Trina Kainz | Sectional: 4th | :16.3 |
| 35 | 2003 | Trina Kainz | Sectional | :16.3 |
| 36 | 2006 | Lindsay Gierke | Kane County: 4th | :16.4 |
| 37 | 2002 | Trina Kainz | | :16.4 |
| 38 | 2003 | Trina Kainz | | :16.5 |
| 39 | 2003 | Trina Kainz | Kaneland Invite | :16.6 |
| 40 | 2002 | Trina Kainz | Banana Relays: 2nd | :16.6 |
| 41 | 2002 | Trina Kainz | Kane County: 4th | :16.6 |
| 42 | 1991 | Laurie Cieslicki | Kaneland Invite | :16.6 |
| 43 | 1991 | Laurie Cieslicki | Glen East Invite | :16.6 |
| 44 | 1991 | Laurie Cieslicki | Kane County: 3rd | :16.6 |
| 45 | 2003 | Trina Kainz | Sectional | :16.7 |
| 46 | 2002 | Trina Kainz | Sectional | :16.7 |
| 47 | 1991 | Laurie Cieslicki | | :16.7 |
| 48 | 1990 | Laurie Cieslicki | Sectional | :16.7 |
| 49 | 1989 | Laurie Cieslicki | Sectional | :16.7 |
| 50 | 1998 | Jenny Baert | Kaneland Invite | :16.8 |

**100m High Hurdles
Top 50 Individuals**

| Rank | Year | Runner | Location | Time |
|-------------|-------------|------------------|-----------------------|-------------|
| 1 | 2009 | Lindsay Gierke | State Finals: 2nd | :14.6 |
| 2 | 2003 | Trina Kainz | Conference: 2nd | :15.8 |
| 3 | 1991 | Laurie Cieslicki | Sectional: 2nd | :16.3 |
| 4 | 1998 | Jenny Baert | Ralph's Relays | :16.8 |
| 5 | 2009 | Sara Wallace | | :17.0 |
| 6 | 1992 | Kim Beetham | Sectional: 4th | :17.0 |
| 7 | 2003 | Kristen Heckert | Conference: 5th | :17.1 |
| 8 | 2005 | Danielle Ikemire | Conference | :17.2 |
| 9 | 1997 | April App | Sectional: 3rd | :17.2 |
| 10 | 1994 | Misty Joseph | Sectional: 5th | :17.2 |
| 11 | 1993 | Trisha Weydert | Stagg Invite | :17.2 |
| 12 | 2004 | Theresa Loth | Sectional | :17.3 |
| 13 | 2008 | Jordan Pinkston | Conference | :17.5 |
| 14 | 2007 | Jessica Brinkman | JV-Conference: 2nd | :17.5 |
| 15 | 2005 | Erica Koos | | :17.7 |
| 16 | 1998 | Stacy Lettow | Sectional | :17.8 |
| 17 | 1997 | Kristen Haidle | | :17.8 |
| 18 | 1995 | Amy Wojszko | Conference | :17.9 |
| 19 | 1998 | Shari Wenz | Stagg Invite | :18.0 |
| 20 | 2008 | Sara Wallace | Glen South Inv: JV2nd | :18.1 |
| 21 | 1995 | Kristy Jones | Conference | :18.4 |
| 22 | 2007 | Hillary Luse | | :18.6 |
| 23 | 2007 | Emily Unruh | Sectional | :18.9 |
| 24 | 2002 | Melissa Daniels | Kaneland JV Invite | :18.9 |
| 25 | 2008 | Mackenzie Curran | Kane Invite: Semi | :19.0 |
| Rank | Year | Runner | Location | Time |

**100m High Hurdles
Top 50 Individuals**

| | | | | |
|----|------|-------------------|--------------------|-------|
| 26 | 2002 | Karen Alms | Dixon Relays | :19.0 |
| 27 | 2005 | Lauren Scott | | :19.2 |
| 28 | 1997 | Cara Lippold | JV-Conference: 3rd | :19.2 |
| 29 | 2005 | Kristina Pniewski | | :19.4 |
| 30 | 2003 | Abbi Thiesen | | :19.6 |
| 31 | 2001 | Lisa Molitor | Conference | :19.8 |
| 32 | 2001 | Emily Schmidt | JV-Conference | :19.8 |
| 33 | 1996 | Heather DeKing | | :19.8 |
| 34 | 2009 | Taylor Olson | Kane Invite | :20.0 |
| 35 | 2005 | Meghan Lane | | :20.1 |
| 36 | 2001 | Kelly Larson | | :20.2 |
| 37 | 1997 | Rachel Hahn | | :20.3 |
| 38 | 1996 | Ashley Peterson | | :20.4 |
| 39 | 1991 | Jeannie Cieslicki | | :20.5 |
| 40 | 1998 | Kari Harner | | :20.7 |
| 41 | 2009 | Ashley Diddell | Oregon Prep Invite | :20.9 |
| 42 | 2005 | Elsbeth Klotz | | :21.0 |
| 43 | 2000 | Crystal Biertz | Stagg Invite | :21.0 |
| 44 | 2009 | Grace Snyder | | :21.1 |
| 45 | 2000 | Megan Gruber | Sectional | :21.1 |
| 46 | 1995 | Cindy Hanson | | :21.1 |
| 47 | 2009 | Ashley Augusty | | :21.2 |
| 48 | 1989 | Allison Gardner | Kaneland Invite | :21.5 |
| 49 | 2008 | Danielle Frost | | :22.7 |

Note: This event was first established for Girls Track in 1989.

**Discus
Top 50 Throws**

| Rank | Year | Thrower | Location | Time |
|-------------|-------------|------------------------|--------------------------|---------------|
| 1 | 2003 | Janine Zylinski | Sectional: 1st | 134'7" |
| 2 | 2004 | Janine Zylinski | | 133'10" |
| 3 | 2004 | Janine Zylinski | Dixon Relays: 2nd | 131'6" |
| 4 | 2004 | Janine Zylinski | State Final: 10th | 130'8" |
| 5 | 2004 | Janine Zylinski | Sectional: 2nd | 127'0" |
| 6 | 2004 | Janine Zylinski | State Prelims | 126'2" |
| 7 | 2004 | Janine Zylinski | Conference: 1st | 125'10" |
| 8 | 2004 | Janine Zylinski | Kane County: 1st | 124'5" |
| 9 | 2004 | Janine Zylinski | Kaneland Invite: 2nd | 121'7" |
| 10 | 1978 | Sue Medernach | | 121'0" |
| 11 | 2003 | Janine Zylinski | | 119'2" |
| 12 | 2003 | Janine Zylinski | State Prelims | 118'2" |
| 13 | 2003 | Janine Zylinski | Conference: 1st | 116'8" |
| 14 | 1978 | Sue Medernach | Sectional: 3rd | 116'6" |
| 15 | 1983 | Denise Wolf | | 115'8" |
| 16 | 2003 | Janine Zylinski | | 115'1" |
| 17 | 1979 | Sue Medernach | | 114'3" |
| 18 | 1978 | Sue Medernach | Kane County: 1st | 112'9" |
| 19 | 1984 | Lisa Thorgesen | State Prelims | 112'4" |
| 20 | 1992 | Dana Lettow | Conference: 2nd | 112'2" |
| 21 | 1985 | Jenny Freund | Kane County: 2nd | 112'2" |
| 22 | 1983 | Lisa Thorgesen | Geneva Coed Invite | 111'9" |
| 23 | 2002 | Janine Zylinski | Sectional: 2nd | 111'8" |
| 24 | 1985 | Jenny Freund | Conference: 1st | 111'3" |
| 25 | 2002 | Janine Zylinski | Conference: 2nd | 110'11" |

Rank

Year

Thrower

Location

Time

**Discus
Top 50 Throws**

| | | | | |
|----|------|-----------------|----------------------|---------|
| 26 | 1979 | Sue Medernach | Conference: 1st | 110'11" |
| 27 | 1984 | Lisa Thorgesen | | 110'5" |
| 28 | 1983 | Lisa Thorgesen | Glen East Invite | 110'0" |
| 29 | 2003 | Janine Zylinski | Kane County: 2nd | 109'10" |
| 30 | 1982 | Denise Wolf | Conference: 2nd | 109'9" |
| 31 | 1997 | Erica Houtz | Conference: 2nd | 109'5" |
| 32 | 1983 | Lisa Thorgesen | | 108'11" |
| 33 | 1992 | Dana Lettow | Sectional: 2nd | 108'9" |
| 34 | 1983 | Lisa Thorgesen | Conference: 1st | 108'6" |
| 35 | 1997 | Erica Houtz | Sectional: 1st | 107'8" |
| 36 | 1984 | Jenny Freund | | 107'2" |
| 37 | 1997 | Erica Houtz | State Prelims | 107'0" |
| 38 | 2003 | Janine Zylinski | Kaneland Invite: 4th | 106'10" |
| 39 | 1985 | Lisa Thorgesen | Sectional: 1st | 106'9" |
| 40 | 1985 | Lisa Thorgesen | | 106'7" |
| 41 | 1985 | Lisa Thorgesen | State Prelims | 106'7" |
| 42 | 2002 | Janine Zylinski | Kane County: 5th | 106'6" |
| 43 | 1982 | Denise Wolf | Sectional: 1st | 106'6" |
| 44 | 1982 | Lisa Thorgesen | Sectional: 2nd | 106'4" |
| 45 | 1985 | Jenny Freund | Glen East Invite | 106'1" |
| 46 | 1984 | Jenny Freund | Sectional: 1st | 105'11" |
| 47 | 1984 | Lisa Thorgesen | Conference: 1st | 105'10" |
| 48 | 2003 | Janine Zylinski | Banana Relays | 105'7" |
| 49 | 1999 | Maranda Schenk | Sectional: 2nd | 105'5" |
| 50 | 1992 | Dana Lettow | | 105'5" |

**Discus
Top 50 Individuals**

| Rank | Year | Thrower | Location | Time |
|-------------|-------------|------------------|------------------|-------------|
| 1 | 2003 | Janine Zylinski | Sectional: 1st | 134'7" |
| 2 | 1978 | Sue Medernach | | 121'0" |
| 3 | 1983 | Denise Wolf | | 115'8" |
| 4 | 1984 | Lisa Thorgesen | State Prelims | 112'4" |
| 5 | 1992 | Dana Lettow | Conference: 2nd | 112'2" |
| 6 | 1985 | Jenny Freund | Kane County: 2nd | 112'2" |
| 7 | 1997 | Erica Houtz | Conference: 2nd | 109'5" |
| 8 | 1999 | Maranda Schenk | Sectional: 2nd | 105'5" |
| 9 | 1989 | Kate Wiltse | Conference: 4th | 104'10" |
| 10 | 2009 | Lauren Whittaker | | 104'3" |
| 11 | 2006 | Theresa Pryor | | 103'5" |
| 12 | 1978 | Julie Fabrizius | | 100'9" |
| 13 | 1987 | Gwen Young | | 100'7" |
| 14 | 1985 | Dana Brubaker | | 100'7" |
| 15 | 2006 | Carolyn Herget | Conference: 3rd | 100'5" |
| 16 | 1991 | Stephanie Halsey | Conference: 3rd | 100'5" |
| 17 | 2002 | Megan Wagner | Conference: 4th | 99'11" |
| 18 | 1990 | Natalie Krueger | Sectional: 3rd | 96'4" |
| 19 | 1980 | Lynda Wolf | Conference: 5th | 96'0" |
| 20 | 2009 | Katie Weiss | Conference: 5th | 93'4" |
| 21 | 1977 | Alice Fabrizius | | 93'4" |
| 22 | 2009 | Nicole Ketzka | | 92'11" |
| 23 | 1994 | Trisha Weydert | Sectional: 3rd | 92'11" |
| 24 | 2000 | Becky Kasper | Conference: 2nd | 92'6" |
| 25 | 1987 | Laura Hauser | | 92'0" |
| Rank | Year | Thrower | Location | Time |

**Discus
Top 50 Individuals**

| | | | | |
|----|------|--------------------|--------------------|--------|
| 26 | 1997 | Shelley Behrens | | 90'10" |
| 27 | 1997 | Brianna Veldhuizen | | 90'6" |
| 28 | 1996 | Sarah Parzick | Stagg Invite | 88'8" |
| 29 | 1983 | Julie Ekstrom | | 88'0" |
| 30 | 1978 | Tami Forth | Conference: 5th | 86'6" |
| 31 | 2009 | Kathleen Kuhar | Oregon Prep Invite | 84'2" |
| 32 | 2003 | Kelsey Flanagan | Sectional | 84'0" |
| 33 | 2006 | Megan Christensen | Kaneland Invite | 83'8" |
| 34 | 2002 | Tara Vandelinde | JV Conference: 1st | 83'5" |
| 35 | 2003 | Brooke Irving | | 83'3" |
| 36 | 1995 | Sheri Hanks | Kane County | 83'1" |
| 37 | 2007 | Danielle Kilberry | | 82'10" |
| 38 | 1990 | Karen Andree | | 82'10" |
| 39 | 1992 | Susan Simon | Conference | 82'3" |
| 40 | 2009 | Alyssa Galvan | | 82'1" |
| 41 | 1981 | Heather Vidlak | | 81'10" |
| 42 | 2009 | Mel Mazuc | JV Conference: 5th | 80'9" |
| 43 | 1986 | Serina Lee | Kane County | 80'9" |
| 44 | 1998 | Heidi Striedl | | 79'11" |
| 45 | 2000 | Erin Arno | | 79'10" |
| 46 | 1997 | Laura Alms | | 79'9" |
| 47 | 2004 | Melanie Carlson | JV Conference: 3rd | 79'8" |
| 48 | 2005 | Brittany Hanks | Sectional | 79'7" |
| 49 | 1986 | Shelly McManus | | 79'2" |
| 50 | 1985 | Cathy Medernach | | 79'2" |

**Shot Put
Top 50 Throws**

| Rank | Year | Thrower | Location | Time |
|-------------|-------------|-----------------|----------------------|-------------|
| 1 | 2004 | Janine Zylinski | State Prelims | 42'2" |
| 2 | 2004 | Janine Zylinski | State Finals: 1st | 41'10" |
| 3 | 2004 | Janine Zylinski | Sectional: 1st | 41'4" |
| 4 | 2004 | Janine Zylinski | | 40'11" |
| 5 | 2004 | Janine Zylinski | Kane County: 1st | 40'4" |
| 6 | 2004 | Janine Zylinski | Dixon Relays: 1st | 39'9" |
| 7 | 2004 | Janine Zylinski | Conference: 1st | 39'5" |
| 8 | 2004 | Janine Zylinski | Kaneland Invite: 1st | 39'3" |
| 9 | 2003 | Janine Zylinski | Sectional: 3rd | 37'7" |
| 10 | 1978 | Sue Medernach | | 37'7" |
| 11 | 2006 | Theresa Pryor | Sectional: 3rd | 37'4" |
| 12 | 2003 | Janine Zylinski | Banana Relays: 2nd | 36'11" |
| 13 | 1978 | Sue Medernach | Conference: 1st | 36'11" |
| 14 | 1978 | Sue Medernach | Sectional: 4th | 36'11" |
| 15 | 2003 | Janine Zylinski | Kane County: 1st | 36'10" |
| 16 | 1985 | Jenny Freund | Conference: 2nd | 36'8" |
| 17 | 1985 | Jenny Freund | | 36'8" |
| 18 | 1979 | Sue Medernach | | 36'8" |
| 19 | 1978 | Sue Medernach | Kane County: 2nd | 36'7" |
| 20 | 2002 | Janine Zylinski | Dixon Relays: 3rd | 36'4" |
| 21 | 1985 | Jenny Freund | Sectional: 1st | 36'3" |
| 22 | 2003 | Janine Zylinski | | 35'11" |
| 23 | 2001 | Megan Wagner | | 35'9" |
| 24 | 1977 | Sue Medernach | | 35'7" |
| 25 | 1999 | Maranda Schenk | Conference: 1st | 35'6" |
| Rank | Year | Thrower | Location | Time |

**Shot Put
Top 50 Throws**

| | | | | |
|----|------|-----------------|--------------------|--------|
| 26 | 1985 | Jenny Freund | Kane County: 2nd | 35'4" |
| 27 | 2001 | Megan Wagner | Sectional: 6th | 35'0" |
| 28 | 1985 | Jenny Freund | State Prelims | 35'0" |
| 29 | 1984 | Jenny Freund | Sectional: 1st | 35'0" |
| 30 | 1984 | Jenny Freund | | 35'0" |
| 31 | 2006 | Theresa Pryor | Conference: 3rd | 34'11" |
| 32 | 1999 | Maranda Schenk | Sectional: 2nd | 34'11" |
| 33 | 1997 | Erica Houtz | Conference: 2nd | 34'11" |
| 34 | 1982 | Denise Wolf | | 34'11" |
| 35 | 2007 | Theresa Pryor | Conference: 2nd | 34'10" |
| 36 | 1999 | Maranda Schenk | Dixon Relays | 34'10" |
| 37 | 2006 | Theresa Pryor | Kane County: 5th | 34'9" |
| 38 | 2003 | Janine Zylinski | Dixon Relays | 34'9" |
| 39 | 2002 | Janine Zylinski | Sectional | 34'7" |
| 40 | 2002 | Janine Zylinski | Conference: 3rd | 34'7" |
| 41 | 1979 | Sue Medernach | Conference: 2nd | 34'7" |
| 42 | 1998 | Maranda Schenk | Kane County: 4th | 34'6" |
| 43 | 1997 | Erica Houtz | State Prelims | 34'6" |
| 44 | 1997 | Erica Houtz | Sectional: 1st | 34'6" |
| 45 | 2002 | Janine Zylinski | Banana Relays: 1st | 34'5" |
| 46 | 2002 | Janine Zylinski | Kane County: 3rd | 34'4" |
| 47 | 1998 | Maranda Schenk | Conference: 3rd | 34'3" |
| 48 | 2003 | Janine Zylinski | | 34'2" |
| 49 | 2007 | Theresa Pryor | Conference: 2nd | 34'0" |
| 50 | 2005 | Theresa Pryor | Conference: 3rd | 33'11" |

**Shot Put
Top 50 Individuals**

| Rank | Year | Thrower | Location | Time |
|-------------|-------------|------------------|---------------------------|-------------|
| 1 | 2004 | Janine Zylinski | State Prelims/Finals: 1st | 42'2" |
| 2 | 1978 | Sue Medernach | | 37'7" |
| 3 | 2006 | Theresa Pryor | Sectional: 3rd | 37'4" |
| 4 | 1985 | Jenny Freund | | 36'8" |
| 5 | 2001 | Megan Wagner | | 35'9" |
| 6 | 1999 | Maranda Schenk | Conference: 1st | 35'6" |
| 7 | 1997 | Erica Houtz | Conference: 2nd | 34'11" |
| 8 | 1982 | Denise Wolf | | 34'11" |
| 9 | 1997 | Laura Alms | Sectional: 2nd | 33'4" |
| 10 | 1978 | Lynda Wolf | Conference: 4th | 32'11" |
| 11 | 2009 | Alyssa Galvan | Dixon Relays | 32'10" |
| 12 | 2008 | Hope Zegiel | Kane County: 3rd | 30'8" |
| 13 | 2006 | Carolyn Herget | | 30'8" |
| 14 | 2009 | Lauren Whittaker | | 30'4" |
| 15 | 2009 | Nicole Ketzka | | 30'3" |
| 16 | 2000 | Becky Kasper | Indoor Conference | 30'3" |
| 17 | 1990 | Karen Andree | Sectional: 4th | 30'2" |
| 18 | 2009 | Katie Weiss | | 30'1" |
| 19 | 2009 | Katie Hatch | | 30'0" |
| 20 | 2000 | Erin Arno | Kane County | 29'11" |
| 21 | 2006 | Jamie Fields | Banana Relays | 29'9" |
| 22 | 1993 | Becky Bradford | | 29'8" |
| 23 | 1978 | Debbie Petty | | 29'8" |
| 24 | 2002 | Tara Vandelinde | Banana Relays | 29'4" |
| 25 | 1978 | Julie Fabrizius | | 29'1" |

Rank

Year

Thrower

Location

Time

**Shot Put
Top 50 Individuals**

| | | | | |
|----|------|--------------------|--------------------|--------|
| 26 | 2003 | Brooke Irving | | 29'0" |
| 27 | 1984 | Lisa Thorgesen | | 28'10" |
| 28 | 1998 | Cindi Garbarz | Conference: 6th | 28'9" |
| 29 | 1986 | Malora Carson | | 28'7" |
| 30 | 2001 | Heather Nolan | Dixon Relays | 28'6" |
| 31 | 1982 | Kari Buss | | 28'6" |
| 32 | 2007 | Melanie Marr | | 28'1" |
| 33 | 1993 | April Garver | | 28'1" |
| 34 | 2007 | Erin Hanold | | 27'10" |
| 35 | 1990 | Natalie Krueger | | 27'10" |
| 36 | 1985 | Chris Embry | Conference | 27'10" |
| 37 | 1978 | Tami Forth | | 27'10" |
| 38 | 2005 | Mackenzie Liss | | 27'7" |
| 39 | 2001 | Jessica Nelsen | | 27'7" |
| 40 | 1990 | Tara Paradis | | 27'7" |
| 41 | 2009 | Kelsey Gould | ABC Invite: 2nd | 27'6" |
| 42 | 1993 | Christina Sandberg | | 27'5" |
| 43 | 1999 | Linda Gould | Dixon Relays | 27'4" |
| 44 | 2007 | Jill Chapple | | 27'2" |
| 45 | 2000 | Breanne Kahl | | 27'2" |
| 46 | 2009 | Keara Palpant | Oregon Prep Invite | 27'1" |
| 47 | 1989 | Cindy Potts | | 27'1" |
| 48 | 1983 | Becky VanSickle | | 27'0" |
| 49 | 1988 | Jenny Weidmann | Kane County | 26'10" |
| 50 | 1988 | Cindi Polz | Sectional | 26'9" |

**High Jump
Top 50 Heights**

| Rank | Year | Jumper | Location | Height |
|-------------|-------------|-------------------------|--------------------------|---------------|
| 1 | 1987 | Gwen Young | Sectional: 1st | 5'7" |
| 2 | 1987 | Gwen Young | State Finals: 2nd | 5'6" |
| 3 | 1988 | Gwen Young | State Finals: 3rd | 5'6" |
| 4 | 1987 | Gwen Young | | 5'5" |
| 5 | 1987 | Gwen Young | State Prelims | 5'4" |
| 6 | 1988 | Gwen Young | Sectional: 1st | 5'4" |
| 7 | 1984 | Becki VanSickle | Kaneland Invite | 5'4" |
| 8 | 1988 | Gwen Young | Conference: 1st | 5'4" |
| 9 | 1979 | Karin Malm | | 5'4" |
| 10 | 1990 | Laurie Cieslicki | State Finals: 5th | 5'3" |
| 11 | 1988 | Gwen Young | State Prelims | 5'3" |
| 12 | 1985 | Becki VanSickle | Conference: 1st | 5'3" |
| 13 | 1979 | Karin Malm | Conference: 2nd | 5'3" |
| 14 | 1991 | Laurie Cieslicki | Kaneland Invite | 5'3" |
| 15 | 1991 | Laurie Cieslicki | Wheaton Cent Invite | 5'3" |
| 16 | 2003 | Kristin Moutray | | 5'2" |
| 17 | 2003 | Kristin Moutray | Bananas Relays: 2nd | 5'2" |
| 18 | 2002 | Kristin Moutray | Conference: 1st | 5'2" |
| 19 | 2002 | Kristin Moutray | Bananas Relays: 1st | 5'2" |
| 20 | 1991 | Laurie Cieslicki | State Prelims | 5'2" |
| 21 | 1990 | Laurie Cieslicki | State Prelims | 5'2" |
| 22 | 1998 | Kelly Malone | Sectional: 1st | 5'2" |
| 23 | 1994 | Cindy Hanson | Sectional: 1st | 5'2" |
| 24 | 1991 | Laurie Cieslicki | Sectional: 1st | 5'2" |
| 25 | 1992 | Dana Lettow | Sectional: 2nd | 5'2" |
| Rank | Year | Jumper | Location | Height |

**High Jump
Top 50 Heights**

| | | | | |
|----|------|------------------|--------------------|------|
| 26 | 1986 | Becki VanSickle | Sectional: 2nd | 5'2" |
| 27 | 1991 | Laurie Cieslicki | Conference: 1st | 5'2" |
| 28 | 1987 | Gwen Young | Conference: 1st | 5'2" |
| 29 | 1984 | Becki VanSickle | Conference: 1st | 5'2" |
| 30 | 1994 | Cindy Hanson | Conference: 2nd | 5'2" |
| 31 | 1992 | Dana Lettow | Conference: 2nd | 5'2" |
| 32 | 1990 | Laurie Cieslicki | Conference: 3rd | 5'2" |
| 33 | 1991 | Laurie Cieslicki | Kane County: 1st | 5'2" |
| 34 | 1990 | Laurie Cieslicki | Kane County: 1st | 5'2" |
| 35 | 1992 | Dana Lettow | Kaneland Invite | 5'2" |
| 36 | 1988 | Gwen Young | Kaneland Invite | 5'2" |
| 37 | 1987 | Gwen Young | Kaneland Invite | 5'2" |
| 38 | 1991 | Laurie Cieslicki | Glen East Invite | 5'2" |
| 39 | 1988 | Gwen Young | Glen East Invite | 5'2" |
| 40 | 1985 | Becki VanSickle | Glen East Invite | 5'2" |
| 41 | 1991 | Laurie Cieslicki | East Moline Invite | 5'2" |
| 42 | 1999 | Debbie Lang | | 5'2" |
| 43 | 2002 | Kristin Moutray | Sectional: 2nd | 5'1" |
| 44 | 1990 | Laurie Cieslicki | Sectional: 2nd | 5'1" |
| 45 | 1984 | Becki VanSickle | Sectional: 2nd | 5'1" |
| 46 | 1981 | Karin Malm | Conference: 3rd | 5'1" |
| 47 | 1988 | Gwen Young | Kane County: 1st | 5'1" |
| 48 | 1987 | Gwen Young | Kane County: 2nd | 5'1" |
| 49 | 1994 | Cindy Hanson | Kane County: 4th | 5'1" |
| 50 | 1995 | Cindy Hanson | Kane County: 5th | 5'1" |

**High Jump
Top 50 Individuals**

| Rank | Year | Jumper | Location | Height |
|-------------|-------------|-------------------------|--------------------------|---------------|
| 1 | 1987 | Gwen Young | Sectional: 1st | 5'7" |
| 2 | 1979 | Karin Malm | | 5'4" |
| 3 | 1984 | Becki VanSickle | Kaneland Invite | 5'4" |
| 4 | 1990 | Laurie Cieslicki | State Finals: 5th | 5'3" |
| 5 | 2003 | Kristin Moutray | Bananas Relays: 2nd | 5'2" |
| 6 | 1998 | Kelly Malone | Sectional: 1st | 5'2" |
| 7 | 1998 | Debbie Lang | | 5'2" |
| 8 | 1994 | Cindy Hanson | Sectional: 1st | 5'2" |
| 9 | 1992 | Dana Lettow | Sectional: 2nd | 5'2" |
| 10 | 2001 | Kristi Reynolds | Kane County: 1st | 5'1" |
| 11 | 1991 | Sharon Cieslicki | Sectional: 2nd | 5'0" |
| 12 | 1981 | Hattie Fabrizius | Sectional: 3rd | 5'0" |
| 13 | 1972 | Betty Anderson | | 5'0" |
| 14 | 1982 | Janet Andrew | | 4'11" |
| 15 | 2009 | Keli Patterson | Oregon Prep Invite | 4'10" |
| 16 | 2008 | Mackenzie Curran | | 4'10" |
| 17 | 1999 | Kristi Reynolds | | 4'10" |
| 18 | 1994 | Jaimie Knoerzer | Sectional: 5th | 4'10" |
| 19 | 1987 | Carrie Harness | Sectional | 4'10" |
| 20 | 1982 | LeaAnn Machias | Sectional: 4th | 4'10" |
| 21 | 1979 | Jamie Quist | | 4'10" |
| 22 | 2007 | Jordan Pinkston | Dixon Relays: 5th | 4'8" |
| 23 | 1993 | Jeannie Cieslicki | JV-Conference: 2nd | 4'8" |
| 24 | 1997 | Jamie Fitzpatrick | | 4'8" |
| 25 | 1992 | Dana deRaismes | | 4'8" |
| Rank | Year | Jumper | Location | Height |

**High Jump
Top 50 Individuals**

| | | | | |
|----|------|------------------|----------------------|------|
| 26 | 1988 | Stephanie Halsey | | 4'8" |
| 27 | 1984 | Becky Smith | | 4'8" |
| 28 | 1982 | Val Baumgartner | | 4'8" |
| 29 | 1978 | Julie Fabrizius | | 4'8" |
| 30 | 2007 | Erin Hanold | Stagg Invite | 4'6" |
| 31 | 2007 | Mera Kolisnyk | Kaneland ABC | 4'6" |
| 32 | 2006 | Morgan Coburn | | 4'6" |
| 33 | 2004 | Kristen Swiech | Kane County | 4'6" |
| 34 | 2002 | Megan Wagner | Banana Relays | 4'6" |
| 35 | 2003 | Brianna Musser | Dixon Relays: 5th | 4'6" |
| 36 | 2001 | Katrina Kainz | Banana Relays | 4'6" |
| 37 | 2001 | Barbara Mnich | Banana Relays | 4'6" |
| 38 | 1993 | Sarah Parzick | JV-Conference: 5th | 4'6" |
| 39 | 1987 | Cindy Mills | Kaneland Invite | 4'6" |
| 40 | 1986 | Emily Vidlak | | 4'6" |
| 41 | 1985 | Sherri Drefke | Sectional | 4'6" |
| 42 | 1984 | Anne Gissel | Glen East Invite | 4'6" |
| 43 | 1983 | Robyn Lamczyk | | 4'6" |
| 44 | 1981 | Lesley Hudgins | Wheat-Warren Invite | 4'6" |
| 45 | 1978 | Sandy Fabrizius | | 4'6" |
| 46 | 1978 | Chris Nelson | | 4'6" |
| 47 | 1977 | Julie Flint | | 4'6" |
| 48 | 2009 | Kelly Evers | Kane ABC Invite: 1st | 4'4" |
| 49 | 2006 | Rayanne Pack | JV Conference: 4th | 4'4" |
| 50 | 2003 | Lauren Firchau | JV Conference: 4th | 4'4" |

Kaneland Track Field
High Jump

| Rank | Year | Jumper | Location | Height |
|-------------|-------------|------------------|---------------------|---------------|
| 1 | 1987 | Gwen Young | Sectional: 1st | 5'7" |
| 2 | 1987 | Gwen Young | State Finals: 2nd | 5'6" |
| 3 | 1988 | Gwen Young | State Finals: 3rd | 5'6" |
| 4 | 1987 | Gwen Young | | 5'5" |
| 5 | 1987 | Gwen Young | State Prelims | 5'4" |
| 6 | 1988 | Gwen Young | Sectional: 1st | 5'4" |
| 7 | 1984 | Becki VanSickle | Kaneland Invite | 5'4" |
| 8 | 1988 | Gwen Young | Conference: 1st | 5'4" |
| 9 | 1979 | Karin Malm | | 5'4" |
| 10 | 1990 | Laurie Cieslicki | State Finals: 5th | 5'3" |
| 11 | 1988 | Gwen Young | State Prelims | 5'3" |
| 12 | 1985 | Becki VanSickle | Conference: 1st | 5'3" |
| 13 | 1979 | Karin Malm | Conference: 2nd | 5'3" |
| 14 | 1991 | Laurie Cieslicki | Kaneland Invite | 5'3" |
| 15 | 1991 | Laurie Cieslicki | Wheaton Cent Invite | 5'3" |
| 16 | 1991 | Laurie Cieslicki | State Prelims | 5'2" |
| 17 | 1990 | Laurie Cieslicki | State Prelims | 5'2" |
| 18 | 1998 | Kelly Malone | Sectional: 1st | 5'2" |
| 19 | 1994 | Cindy Hanson | Sectional: 1st | 5'2" |
| 20 | 1991 | Laurie Cieslicki | Sectional: 1st | 5'2" |
| 21 | 1992 | Dana Lettow | Sectional: 2nd | 5'2" |
| 22 | 1986 | Becki VanSickle | Sectional: 2nd | 5'2" |
| 23 | 1991 | Laurie Cieslicki | Conference: 1st | 5'2" |
| 24 | 1987 | Gwen Young | Conference: 1st | 5'2" |
| 25 | 1984 | Becki VanSickle | Conference: 1st | 5'2" |
| 26 | 1994 | Cindy Hanson | Conference: 2nd | 5'2" |
| 27 | 1992 | Dana Lettow | Conference: 2nd | 5'2" |
| 28 | 1990 | Laurie Cieslicki | Conference: 3rd | 5'2" |
| 29 | 1991 | Laurie Cieslicki | Kane County: 1st | 5'2" |
| 30 | 1990 | Laurie Cieslicki | Kane County: 1st | 5'2" |
| 31 | 1992 | Dana Lettow | Kaneland Invite | 5'2" |
| 32 | 1988 | Gwen Young | Kaneland Invite | 5'2" |
| 33 | 1987 | Gwen Young | Kaneland Invite | 5'2" |
| 34 | 1991 | Laurie Cieslicki | Glen East Invite | 5'2" |
| 35 | 1988 | Gwen Young | Glen East Invite | 5'2" |
| 36 | 1985 | Becki VanSickle | Glen East Invite | 5'2" |
| 37 | 1991 | Laurie Cieslicki | East Moline Invite | 5'2" |
| 38 | 1999 | Debbie Lang | | 5'2" |
| 39 | 1990 | Laurie Cieslicki | Sectional: 2nd | 5'1" |
| 40 | 1984 | Becki VanSickle | Sectional: 2nd | 5'1" |
| 41 | 1981 | Karin Malm | Conference: 3rd | 5'1" |
| 42 | 1988 | Gwen Young | Kane County: 1st | 5'1" |
| 43 | 1987 | Gwen Young | Kane County: 2nd | 5'1" |
| 44 | 1994 | Cindy Hanson | Kane County: 4th | 5'1" |
| 45 | 1995 | Cindy Hanson | Kane County: 5th | 5'1" |
| 46 | 1988 | Laurie Cieslicki | Kaneland Invite | 5'1" |
| 47 | 1995 | Cindy Hanson | Glen East Invite | 5'1" |
| 48 | 1991 | Sharon Cieslicki | Sectional: 2nd | 5'0" |
| 49 | 1981 | Hattie Fabrizius | Sectional: 3rd | 5'0" |
| 50 | 1972 | Betty Anderson | | 5'0" |
| 51 | 1999 | Debbie Lang | State Prelims | 5'0" |
| 52 | 1998 | Debbie Lang | State Prelims | 5'0" |
| 53 | 1997 | Kelly Malone | State Prelims | 5'0" |

Kaneland Track Field
High Jump

| | | | | |
|-----|------|------------------|------------------------|------|
| 54 | 1985 | Becki VanSickle | State Prelims | 5'0" |
| 55 | 1984 | Becki VanSickle | State Prelims | 5'0" |
| 56 | 1992 | Dana Lettow | Stagg Invite | 5'0" |
| 57 | 1988 | Laurie Cieslicki | Sectional: 4th | 5'0" |
| 58 | 1996 | Cindy Hanson | Sectional: 3rd | 5'0" |
| 59 | 1998 | Debbie Lang | Sectional: 2nd | 5'0" |
| 60 | 1993 | Cindy Hanson | Sectional: 2nd | 5'0" |
| 61 | 1989 | Laurie Cieslicki | Sectional: 2nd | 5'0" |
| 62 | 1985 | Becki VanSickle | Sectional: 2nd | 5'0" |
| 63 | 1999 | Debbie Lang | Sectional: 1st | 5'0" |
| 64 | 1997 | Kelly Malone | Sectional: 1st | 5'0" |
| 65 | 1995 | Cindy Hanson | Sectional: 1st | 5'0" |
| 66 | 1989 | Laurie Cieslicki | Schaumburg Invite | 5'0" |
| 67 | 1994 | Cindy Hanson | Rolling Meadows Invite | 5'0" |
| 68 | 1998 | Debbie Lang | Kaneland Invite | 5'0" |
| 69 | 1992 | Sharon Cieslicki | Kaneland Invite | 5'0" |
| 70 | 1990 | Laurie Cieslicki | Kaneland Invite | 5'0" |
| 71 | 1989 | Laurie Cieslicki | Kaneland Invite | 5'0" |
| 72 | 1985 | Becki VanSickle | Kaneland Invite | 5'0" |
| 73 | 1996 | Kelly Malone | Glen East JV-Invite | 5'0" |
| 74 | 1994 | Cindy Hanson | Glen East Invite | 5'0" |
| 75 | 1992 | Dana Lettow | Glen East Invite | 5'0" |
| 76 | 1988 | Laurie Cieslicki | Glen East Invite | 5'0" |
| 77 | 1984 | Becki VanSickle | Glen East Invite | 5'0" |
| 78 | 1990 | Laurie Cieslicki | Geneva Invite | 5'0" |
| 79 | 1989 | Laurie Cieslicki | Conference: 5th | 5'0" |
| 80 | 1998 | Debbie Lang | Conference: 4th | 5'0" |
| 81 | 1988 | Laurie Cieslicki | Conference: 4th | 5'0" |
| 82 | 1980 | Karin Malm | Conference: 4th | 5'0" |
| 83 | 1998 | Kelly Malone | Conference: 3rd | 5'0" |
| 84 | 1996 | Kelly Malone | Conference: 3rd | 5'0" |
| 85 | 1995 | Cindy Hanson | Conference: 3rd | 5'0" |
| 86 | 1993 | Cindy Hanson | Conference: 3rd | 5'0" |
| 87 | 1993 | Sharon Cieslicki | Conference: 3rd | 5'0" |
| 88 | 1986 | Becki VanSickle | Conference: 3rd | 5'0" |
| 89 | 1999 | Debbie Lang | Conference: 2nd | 5'0" |
| 90 | 1996 | Cindy Hanson | Conference: 2nd | 5'0" |
| 91 | 1983 | Becki VanSickle | Conference: 2nd | 5'0" |
| 92 | 1997 | Kelly Malone | Conference: 1st | 5'0" |
| 93 | 1978 | Karin Malm | Conference: 1st | 5'0" |
| 94 | 1999 | Debbie Lang | Banana Relays | 5'0" |
| 95 | 1997 | Debbie Lang | Banana Relays | 5'0" |
| 96 | 1997 | Debbie Lang | | 5'0" |
| 97 | 1996 | Cindy Hanson | | 5'0" |
| 98 | 1996 | Debbie Lang | | 5'0" |
| 99 | 1994 | Cindy Hanson | | 5'0" |
| 100 | 1992 | Sharon Cieslicki | | 5'0" |
| 101 | 1981 | Hattie Fabrizius | | 5'0" |
| 102 | 1987 | Carrie Harness | | 4'9" |
| 103 | 1998 | Kelly Malone | Stagg Invite | 4'8" |
| 104 | 1997 | Debbie Lang | Stagg Invite | 4'8" |
| 105 | 1995 | Cindy Hanson | Stagg Invite | 4'8" |
| 106 | 1994 | Jaimie Knoerzer | Stagg Invite | 4'8" |
| 107 | 1992 | Sharon Cieslicki | Stagg Invite | 4'8" |

Kaneland Track Field
High Jump

| | | | | |
|-----|------|-------------------|------------------------|------|
| 108 | 1993 | Sharon Cieslicki | Sectional: 4th | 4'8" |
| 109 | 1992 | Sharon Cieslicki | Sectional | 4'8" |
| 110 | 1990 | Dana Lettow | Sectional | 4'8" |
| 111 | 1993 | Jeannie Cieslicki | Oswego Coed Invite | 4'8" |
| 112 | 1993 | Sharon Cieslicki | Oswego Coed Invite | 4'8" |
| 113 | 1997 | Debbie Lang | Lockport Invite | 4'8" |
| 114 | 1999 | Debbie Lang | Kaneland Invite | 4'8" |
| 115 | 1995 | Cindy Hanson | Kaneland Invite | 4'8" |
| 116 | 1993 | Cindy Hanson | Kaneland Invite | 4'8" |
| 117 | 1997 | Debbie Lang | Kane County: 5th | 4'8" |
| 118 | 1997 | Kelly Malone | Kane County: 3rd | 4'8" |
| 119 | 1980 | Hattie Fabrizius | Kane County | 4'8" |
| 120 | 1994 | Jaimie Knoerzer | Kane County | 4'8" |
| 121 | 1992 | Sharon Cieslicki | Kane County | 4'8" |
| 122 | 1993 | Jeannie Cieslicki | JV-Conference: 2nd | 4'8" |
| 123 | 1994 | Jaimie Knoerzer | Glen East Invite | 4'8" |
| 124 | 1993 | Sharon Cieslicki | Glen East Invite | 4'8" |
| 125 | 1992 | Sharon Cieslicki | Glen East Invite | 4'8" |
| 126 | 1987 | Carrie Harness | Glen East Invite | 4'8" |
| 127 | 1983 | Becki VanSickle | Glen East Invite | 4'8" |
| 128 | 1982 | Janet Andrew | Glen East Invite | 4'8" |
| 129 | 1991 | Sharon Cieslicki | East Moline Invite | 4'8" |
| 130 | 1994 | Jaimie Knoerzer | Conference: 6th | 4'8" |
| 131 | 1999 | Kristi Reynolds | Banana Relays | 4'8" |
| 132 | 1997 | Kelly Malone | Banana Relays | 4'8" |
| 133 | 1995 | Cindy Hanson | Banana Relays | 4'8" |
| 134 | 1997 | Jamie Fitzpatrick | | 4'8" |
| 135 | 1996 | Kelly Malone | | 4'8" |
| 136 | 1992 | Dana deRaismes | | 4'8" |
| 137 | 1988 | Stephanie Halsey | | 4'8" |
| 138 | 1986 | Carrie Harness | | 4'8" |
| 139 | 1984 | Becky Smith | | 4'8" |
| 140 | 1982 | Val Baumgartner | | 4'8" |
| 141 | 1981 | Karin Malm | | 4'8" |
| 142 | 1978 | Hattie Fabrizius | | 4'8" |
| 143 | 1978 | Julie Fabrizius | | 4'8" |
| 144 | 1978 | Sandy Fabrizius | | 4'8" |
| 145 | 1981 | Lesley Hudgins | Wheat-Warren Invite | 4'6" |
| 146 | 1985 | Sherri Drefke | Sectional | 4'6" |
| 147 | 1994 | Jaimie Knoerzer | Rolling Meadows Invite | 4'6" |
| 148 | 1991 | Sharon Cieslicki | Kaneland Invite | 4'6" |
| 149 | 1987 | Cindy Mills | Kaneland Invite | 4'6" |
| 150 | 1982 | Janet Andrew | Kaneland Invite | 4'6" |
| 151 | 1990 | Dana Lettow | Kane County: 4th | 4'6" |
| 152 | 1987 | Carrie Harness | Kane County | 4'6" |
| 153 | 1985 | Sherri Drefke | Kane County | 4'6" |
| 154 | 1993 | Sarah Parzick | JV-Conference: 5th | 4'6" |
| 155 | 1984 | Anne Gissel | Glen East Invite | 4'6" |
| 156 | 1977 | Sandy Fabrizius | Conference: 5th | 4'6" |
| 157 | 1999 | Kristi Reynolds | Conference | 4'6" |
| 158 | 1997 | Jamie Fitzpatrick | Banana Relays | 4'6" |
| 159 | 1996 | Debbie Lang | Banana Relays | 4'6" |
| 160 | 1999 | Jamie Fitzpatrick | | 4'6" |
| 161 | 1993 | Jeannie Cieslicki | | 4'6" |

Kaneland Track Field
High Jump

| | | | | |
|-----|------|---------------------|---------------------|-------|
| 162 | 1993 | Sarah Parzick | | 4'6" |
| 163 | 1992 | Jeannie Cieslicki | | 4'6" |
| 164 | 1991 | Jeannie Cieslicki | | 4'6" |
| 165 | 1987 | Cindy Mills | | 4'6" |
| 166 | 1986 | Emily Vidlak | | 4'6" |
| 167 | 1985 | Becky Smith | | 4'6" |
| 168 | 1985 | Sherri Drefke | | 4'6" |
| 169 | 1983 | Robyn Lamczyk | | 4'6" |
| 170 | 1982 | Lesley Hudgins | | 4'6" |
| 171 | 1981 | Lesley Hudgins | | 4'6" |
| 172 | 1978 | Chris Nelson | | 4'6" |
| 173 | 1978 | Sandy Fabrizius | | 4'6" |
| 174 | 1977 | Julie Flint | | 4'6" |
| 175 | 1977 | Sandy Fabrizius | | 4'5" |
| 176 | 1991 | Jeannie Cieslicki | Wheaton Cent Invite | 4'4" |
| 177 | 1997 | Jamie Fitzpatrick | Stagg Invite | 4'4" |
| 178 | 1986 | Carrie Harness | Kaneland Invite | 4'4" |
| 179 | 1982 | Lesley Hudgins | Kaneland Invite | 4'4" |
| 180 | 1986 | Carrie Harness | Kane County | 4'4" |
| 181 | 1984 | Becky Smith | Kane County | 4'4" |
| 182 | 1994 | Stephanie Lackey | JV-Conference: 4th | 4'4" |
| 183 | 1995 | Michelle Smith | Glen East Invite | 4'4" |
| 184 | 1985 | Sherri Drefke | Glen East Invite | 4'4" |
| 185 | 1983 | Robyn Lamczyk | Glen East Invite | 4'4" |
| 186 | 1986 | Carrie Harness | Conference | 4'4" |
| 187 | 1984 | Becky Smith | Conference | 4'4" |
| 188 | 1998 | Kristi Reynolds | Banana Relays | 4'4" |
| 189 | 1995 | Kristie Stover | | 4'4" |
| 190 | 1994 | Chrissy Fitzpatrick | | 4'4" |
| 191 | 1994 | Stephanie Lackey | | 4'4" |
| 192 | 1984 | Anne Gissel | | 4'4" |
| 193 | 1983 | Ann Fisher | | 4'4" |
| 194 | 1978 | Kim Keller | | 4'4" |
| 195 | 1977 | Kim Keller | | 4'4" |
| 196 | 1981 | LeaAnn Machias | | 4'4' |
| 197 | 1995 | Stephanie Lackey | Kaneland Invite | 4'2" |
| 198 | 1983 | Robyn Lamczyk | Kane County | 4'2" |
| 199 | 1995 | Michelle Smith | JV-Conference: 6th | 4'2" |
| 200 | 1995 | Stephanie Lackey | JV-Conference: 6th | 4'2" |
| 201 | 1995 | Kristie Stover | Glen East Invite | 4'2" |
| 202 | 1985 | Sherri Drefke | Conference | 4'2" |
| 203 | 1983 | Robyn Lamczyk | Conference | 4'2" |
| 204 | 1995 | Sarah Parzick | Banana Relays | 4'2" |
| 205 | 1995 | Stephanie Lackey | Banana Relays | 4'2" |
| 206 | 1995 | Sarah Parzick | | 4'2" |
| 207 | 1994 | Sarah Parzick | | 4'2" |
| 208 | 1993 | Sarah Miller | | 4'2" |
| 209 | 1989 | Jodi Peterson | | 4'2" |
| 210 | 1983 | Robyn Kuebelbeck | | 4'2" |
| 211 | 1982 | Jenny Hudgins | | 4'2" |
| 212 | 1989 | Laurie Cieslicki | State Prelims | 4'11" |
| 213 | 1986 | Becki VanSickle | State Prelims | 4'11" |
| 214 | 1978 | Karin Malm | Sectional: 3rd | 4'11" |
| 215 | 1982 | Janet Andrew | | 4'11" |

Kaneland Track Field
High Jump

| | | | | |
|-----|------|------------------|---------------------|-------|
| 216 | 1982 | Janet Andrew | Wheat-Warren Invite | 4'10" |
| 217 | 1991 | Sharon Cieslicki | Wheaton Cent Invite | 4'10" |
| 218 | 1998 | Kelly Malone | State Prelims | 4'10" |
| 219 | 1996 | Cindy Hanson | Stagg Invite | 4'10" |
| 220 | 1993 | Sharon Cieslicki | Stagg Invite | 4'10" |
| 221 | 1994 | Jaimie Knoerzer | Sectional: 5th | 4'10" |
| 222 | 1983 | Becki VanSickle | Sectional: 5th | 4'10" |
| 223 | 1996 | Kelly Malone | Sectional: 4th | 4'10" |
| 224 | 1982 | LeaAnn Machias | Sectional: 4th | 4'10" |
| 225 | 1980 | Hattie Fabrizius | Sectional: 4th | 4'10" |
| 226 | 1980 | Karin Malm | Sectional: 4th | 4'10" |
| 227 | 1997 | Debbie Lang | Sectional: 2nd | 4'10" |
| 228 | 1987 | Carrie Harness | Sectional | 4'10" |
| 229 | 1986 | Carrie Harness | Sectional | 4'10" |
| 230 | 1993 | Cindy Hanson | Oswego Coed Invite | 4'10" |
| 231 | 1998 | Debbie Lang | Lockport Invite | 4'10" |
| 232 | 1998 | Kelly Malone | Lockport Invite | 4'10" |
| 233 | 1998 | Kelly Malone | Kaneland Invite | 4'10" |
| 234 | 1994 | Cindy Hanson | Kaneland Invite | 4'10" |
| 235 | 1994 | Jaimie Knoerzer | Kaneland Invite | 4'10" |
| 236 | 1993 | Sharon Cieslicki | Kaneland Invite | 4'10" |
| 237 | 1989 | Dana Lettow | Kaneland Invite | 4'10" |
| 238 | 1986 | Becki VanSickle | Kaneland Invite | 4'10" |
| 239 | 1981 | Hattie Fabrizius | Kaneland Invite | 4'10" |
| 240 | 1981 | Karin Malm | Kaneland Invite | 4'10" |
| 241 | 1993 | Sharon Cieslicki | Kane County: 6th | 4'10" |
| 242 | 1996 | Cindy Hanson | Kane County: 5th | 4'10" |
| 243 | 1996 | Kelly Malone | Kane County: 5th | 4'10" |
| 244 | 1993 | Cindy Hanson | Kane County: 5th | 4'10" |
| 245 | 1983 | Becki VanSickle | Kane County: 5th | 4'10" |
| 246 | 1989 | Dana Lettow | Kane County: 4th | 4'10" |
| 247 | 1984 | Becki VanSickle | Kane County: 4th | 4'10" |
| 248 | 1978 | Karin Malm | Kane County: 4th | 4'10" |
| 249 | 1978 | Karin Malm | Kane County: 4th | 4'10" |
| 250 | 1998 | Kelly Malone | Kane County: 3rd | 4'10" |
| 251 | 1992 | Dana Lettow | Kane County: 3rd | 4'10" |
| 252 | 1989 | Laurie Cieslicki | Kane County: 3rd | 4'10" |
| 253 | 1986 | Becki VanSickle | Kane County: 3rd | 4'10" |
| 254 | 1980 | Karin Malm | Kane County: 3rd | 4'10" |
| 255 | 1999 | Debbie Lang | Kane County: 2nd | 4'10" |
| 256 | 1998 | Debbie Lang | Kane County: 2nd | 4'10" |
| 257 | 1988 | Laurie Cieslicki | Kane County: 2nd | 4'10" |
| 258 | 1993 | Cindy Hanson | Glen East Invite | 4'10" |
| 259 | 1991 | Sharon Cieslicki | Glen East Invite | 4'10" |
| 260 | 1987 | Gwen Young | Glen East Invite | 4'10" |
| 261 | 1986 | Becki VanSickle | Glen East Invite | 4'10" |
| 262 | 1982 | LeaAnn Machias | Glen East Invite | 4'10" |
| 263 | 1982 | LeaAnn Machias | Conference: 5th | 4'10" |
| 264 | 1990 | Dana Lettow | Conference: 4th | 4'10" |
| 265 | 1997 | Debbie Lang | Conference: 2nd | 4'10" |
| 266 | 1991 | Sharon Cieslicki | Conference: 2nd | 4'10" |
| 267 | 1980 | Hattie Fabrizius | Conference | 4'10" |
| 268 | 1998 | Kelly Malone | Banana Relays | 4'10" |
| 269 | 1996 | Kelly Malone | Banana Relays | 4'10" |

Kaneland Track Field
High Jump

| | | | | |
|-----|------|-------------------|------------------------|-------|
| 270 | 1999 | Kristi Reynolds | | 4'10" |
| 271 | 1988 | Carrie Harness | | 4'10" |
| 272 | 1979 | Jamie Quist | | 4'10" |
| 273 | 1994 | Stephanie Lackey | Rolling Meadows Invite | 4'0" |
| 274 | 1999 | Jamie Fitzpatrick | Banana Relays | 4'0" |
| 275 | 1998 | Jamie Fitzpatrick | Banana Relays | 4'0" |
| 276 | 1991 | Trisha Weydert | | 4'0" |
| 277 | 1989 | Nicole Wolf | | 4'0" |
| 278 | 1985 | Claudine Trudeau | | 4'0" |
| 279 | 1984 | Robyn Lamczyk | | 4'0" |
| 280 | 1982 | Linda Callaghan | | 4'0" |
| 281 | 1977 | Joanne Blatner | | 4'0" |
| 282 | | | | |

**Triple Jump
Top 50 Distances**

| Rank | Year | Jumper | Location | Distance |
|-------------|-------------|-------------------|----------------------|-----------------|
| 1 | 2001 | Brianna Musser | | 35'1" |
| 2 | 2002 | Brianna Musser | Sectional: 4th | 34'5" |
| 3 | 2009 | Keli Patterson | Sectional: 5th | 34'2" |
| 4 | 2002 | Brianna Musser | Conference: 2nd | 34'2" |
| 5 | 2002 | Brianna Musser | Kaneland Invite: 2nd | 34'1" |
| 6 | 2002 | Brianna Musser | Banana Relays: 1st | 33'11" |
| 7 | 2003 | Trina Kainz | Conference: 2nd | 33'6" |
| 8 | 2009 | Keli Patterson | | 33'4" |
| 9 | 2000 | Brianna Musser | Kane County: 3rd | 33'3" |
| 10 | 2009 | Keli Patterson | | 33'1" |
| 11 | 2000 | Brianna Musser | Sectional: 4th | 32'10" |
| 12 | 2009 | Keli Patterson | | 32'11" |
| 13 | 2000 | Brianna Musser | Conference: 2nd | 32'10" |
| 14 | 2002 | Trina Kainz | Banana Relays: 1st | 32'9" |
| 15 | 2009 | Keli Patterson | Dixon Relays | 32'8" |
| 16 | 2002 | Brianna Musser | | 32'7" |
| 17 | 2009 | Keli Patterson | Oregon Prep Invite | 32'6" |
| 18 | 1996 | Cindy Hanson | State Prelims | 32'6" |
| 19 | 2003 | Brianna Musser | Banana Relays: 2nd | 32'5" |
| 20 | 2000 | Brianna Musser | Banana Relays | 32'4" |
| 21 | 2003 | Brianna Musser | | 32'3" |
| 22 | 2009 | Keli Patterson | Conference | 32'2" |
| 23 | 2007 | Abby VanderHeyden | | 32'2" |
| 24 | 2002 | Brianna Musser | Kane County: 3rd | 32'2" |
| 25 | 2002 | Trina Kainz | Conference: 5th | 32'1" |
| Rank | Year | Jumper | Location | Distance |

**Triple Jump
Top 50 Distances**

| | | | | |
|----|------|-------------------|----------------------|--------|
| 26 | 2003 | Trina Kainz | Banana Relays: 2nd | 32'0" |
| 27 | 2003 | Brianna Musser | Kaneland Invite | 32'0" |
| 28 | 2002 | Trina Kainz | | 32'0" |
| 29 | 1998 | Jessica Johnson | Stagg Invite | 32'0" |
| 30 | 2009 | Briana Stark | Oregon Prep Invite | 31'11" |
| 31 | 2003 | Brianna Musser | Dixon Relays: 1st | 31'10" |
| 32 | 2003 | Brianna Musser | Conference: 5th | 31'10" |
| 33 | 2000 | Brianna Musser | | 31'9" |
| 34 | 2007 | Abby VanderHeyden | | 31'8" |
| 35 | 2000 | Brianna Musser | State Prelims | 31'8" |
| 36 | 2000 | Brianna Musser | Stagg Invite | 31'8" |
| 37 | 2000 | Brianna Musser | Glen East JV-Invite | 31'8" |
| 38 | 1997 | April App | Conference: 3rd | 31'8" |
| 39 | 2002 | Brianna Musser | Dixon Relays: 6th | 31'7" |
| 40 | 2002 | Beth Schramer | Kaneland Invite: 5th | 31'7" |
| 41 | 1998 | Jessica Johnson | | 31'7" |
| 42 | 2003 | Beth Schramer | Banana Relays: 2nd | 31'6" |
| 43 | 2002 | Trina Kainz | Sectional | 31'6" |
| 44 | 2000 | Beth Schramer | Conference: 6th | 31'6" |
| 45 | 2003 | Trina Kainz | Kane County: 3rd | 31'5" |
| 46 | 1996 | Cindy Hanson | Conference: 3rd | 31'5" |
| 47 | 2000 | Brianna Musser | | 31'4" |
| 48 | 1998 | Jessica Johnson | Kaneland Invite | 31'4" |
| 49 | 2000 | Beth Schramer | Sectional: 5th | 31'3" |
| 50 | 2003 | Trina Kainz | Dixon Relays: 1st | 31'2" |

**Triple Jump
Top 50 Individuals**

| Rank | Year | Jumper | Location | Distance |
|-------------|-------------|-------------------|----------------------|-----------------|
| 1 | 2001 | Brianna Musser | | 35'1" |
| 2 | 2009 | Keli Patterson | Sectional: 5th | 34'2" |
| 3 | 2003 | Trina Kainz | Conference: 2nd | 33'6" |
| 4 | 1996 | Cindy Hanson | State Prelims | 32'6" |
| 5 | 2007 | Abby VanderHeyden | | 32'2" |
| 6 | 1998 | Jessica Johnson | Stagg Invite | 32'0" |
| 7 | 2009 | Briana Stark | Oregon Prep Invite | 31'11" |
| 8 | 1997 | April App | Conference: 3rd | 31'8" |
| 9 | 2002 | Beth Schramer | Kaneland Invite: 5th | 31'7" |
| 10 | 2001 | Kristi Reynolds | | 31'1" |
| 11 | 1999 | Debbie Lang | | 31'1" |
| 12 | 1998 | Stacy Lettow | | 31'1" |
| 13 | 2003 | Kelsey Flanagan | | 30'8" |
| 14 | 2006 | Carrie Lund | | 30'5" |
| 15 | 1996 | Jenny Baert | | 29'11" |
| 16 | 2002 | Kristen Heckert | Stagg Invite | 29'6" |
| 17 | 2005 | Megan Cinto | | 29'3" |
| 18 | 2007 | Mera Kolisnyk | | 29'0" |
| 19 | 1998 | Kelly Malone | | 28'9" |
| 20 | 2009 | Lindsay Douglas | | 28'5" |
| 21 | 2000 | Karen Alms | | 28'5" |
| 22 | 2003 | Lauren Firchau | Banana Relays: 1st | 28'4" |
| 23 | 2006 | Devin Heath | Banana Relays | 27'10" |
| 24 | 1996 | Sarah Parzick | | 27'7" |
| 25 | 2002 | Kelsey Drendel | Banana Relays: 1st | 27'6" |

Rank

Year

Jumper

Location

Distance

**Triple Jump
Top 50 Individuals**

| | | | | |
|----|------|-------------------|--------------------|-------|
| 26 | 1999 | Megan Gruber | | 26'5" |
| 27 | 2005 | Kristen Swiech | | 26'2" |
| 28 | 1997 | Beth Nolte | | 25'9" |
| 29 | 2001 | Suzy Lackey | Banana Relays | 25'7" |
| 30 | 2004 | Niki Neale | Banana Relays | 25'2" |
| 31 | 1997 | Andrea Schuppner | JV-Conference: 4th | 25'2" |
| 32 | 2004 | Melanie Marr | | 24'9" |
| 33 | 2004 | Jamie Fields | Dixon Relays: 5th | 21'9" |
| 34 | 2002 | Stephanie Collins | | 21'1" |

Note: This field event was first established for girls in 1996.

**Long Jump
Top 50 Distances**

| Rank | Year | Jumper | Location | Distance |
|-------------|-------------|-----------------|----------------------|-----------------|
| 1 | 1983 | Linda Brubaker | State Finals: 5th | 17'1.5" |
| 2 | 2002 | Brianna Musser | Conference: 2nd | 16'11" |
| 3 | 1985 | Linda Brubaker | Sectional: 2nd | 16'11" |
| 4 | 1984 | Linda Brubaker | | 16'11" |
| 5 | 2002 | Brianna Musser | Sectional: 3rd | 16'10" |
| 6 | 1985 | Linda Brubaker | Kane County: 2nd | 16'7" |
| 7 | 2000 | Brianna Musser | Sectional: 2nd | 16'6" |
| 8 | 2002 | Brianna Musser | Banana Relays: 1st | 16'5" |
| 9 | 1985 | Dana Brubaker | Sectional: 3rd | 16'5" |
| 10 | 1985 | Dana Brubaker | Conference: 2nd | 16'5" |
| 11 | 1985 | Linda Brubaker | Conference: 3rd | 16'5" |
| 12 | 2008 | Lindsay Gierke | Kane County: 5th | 16'4" |
| 13 | 2003 | Brianna Musser | | 16'4" |
| 14 | 1983 | Linda Brubaker | Sectional: 2nd | 16'4" |
| 15 | 1994 | Megan deRaismes | Conference: 1st | 16'4" |
| 16 | 2008 | Lindsay Gierke | | 16'3" |
| 17 | 2002 | Brianna Musser | | 16'3" |
| 18 | 1995 | Megan deRaismes | State Prelims | 16'3" |
| 19 | 1999 | Jackie Self | Kaneland Invite | 16'3" |
| 20 | 2008 | Lindsay Gierke | Glen South Inv: 2nd | 16'2" |
| 21 | 2002 | Brianna Musser | Kaneland Invite: 2nd | 16'2" |
| 22 | 1994 | Megan deRaismes | Sectional: 1st | 16'2" |
| 23 | 1982 | Linda Brubaker | Sectional: 3rd | 16'2" |
| 24 | 1995 | Megan deRaismes | Conference: 1st | 16'2" |
| 25 | 1995 | Megan deRaismes | Kane County: 2nd | 16'2" |

Rank

Year

Jumper

Location

Distance

**Long Jump
Top 50 Distances**

| | | | | |
|----|------|------------------|--------------------|--------|
| 26 | 1985 | Dana Brubaker | Kane County | 16'2" |
| 27 | 1983 | Linda Brubaker | | 16'2" |
| 28 | 2008 | Lindsay Gierke | | 16'1" |
| 29 | 1983 | Linda Brubaker | Conference: 1st | 16'1" |
| 30 | 1991 | Dana Lettow | East Moline Invite | 16'1" |
| 31 | 1990 | Dana Lettow | Conference: 1st | 16'0" |
| 32 | 1988 | Laurie Cieslicki | Kane County: 4th | 16'0" |
| 33 | 1983 | Linda Brubaker | Kaneland Invite | 16'0" |
| 34 | 1988 | Laurie Cieslicki | | 16'0" |
| 35 | 2002 | Beth Schramer | Conference: 4th | 15'11" |
| 36 | 2000 | Brianna Musser | Conference: 3rd | 15'11" |
| 37 | 2003 | Brianna Musser | | 15'10" |
| 38 | 1990 | Dana Lettow | Sectional | 15'10" |
| 39 | 1985 | Linda Brubaker | Kaneland Invite | 15'10" |
| 40 | 1985 | Dana Brubaker | | 15'10" |
| 41 | 1994 | Megan deRaismes | State Prelims | 15'9" |
| 42 | 1986 | Emily Vidlak | Sectional: 1st | 15'9" |
| 43 | 1979 | Karin Malm | Conference: 2nd | 15'9" |
| 44 | 1994 | Megan deRaismes | Kaneland Invite | 15'9" |
| 45 | 2009 | Keli Patterson | | 15'8" |
| 46 | 2003 | Brianna Musser | Conference: 3rd | 15'8" |
| 47 | 2003 | Brianna Musser | Kane County: 2nd | 15'8" |
| 48 | 2003 | Brianna Musser | Banana Relays: 1st | 15'8" |
| 49 | 2000 | Brianna Musser | Kane County: 2nd | 15'8" |
| 50 | 1994 | Jaimie Knoerzer | Kaneland Invite | 15'8" |

**Long Jump
Top 50 Individuals**

| Rank | Year | Jumper | Location | Distance |
|-------------|-------------|-------------------|--------------------|-----------------|
| 1 | 1983 | Linda Brubaker | State Prelims: 5th | 17'1.5" |
| 2 | 2002 | Brianna Musser | Conference: 2nd | 16'11" |
| 3 | 2008 | Lindsay Gierke | Kane County: 5th | 16'4" |
| 4 | 1985 | Dana Brubaker | Sectional: 3rd | 16'5" |
| 5 | 1994 | Megan deRaismes | Conference: 1st | 16'4" |
| 6 | 1999 | Jackie Self | Kaneland Invite | 16'3" |
| 7 | 1991 | Dana Lettow | East Moline Invite | 16'1" |
| 8 | 1988 | Laurie Cieslicki | Kane County: 4th | 16'0" |
| 9 | 2002 | Beth Schramer | Conference: 4th | 15'11" |
| 10 | 1986 | Emily Vidlak | Sectional: 1st | 15'9" |
| 11 | 1979 | Karin Malm | Conference: 2nd | 15'9" |
| 12 | 2009 | Keli Patterson | | 15'8" |
| 13 | 1994 | Jaimie Knoerzer | Kaneland Invite | 15'8" |
| 14 | 1978 | Diane Paschen | | 15'7" |
| 15 | 1984 | Kim Dreyer | | 15'6" |
| 16 | 2003 | Trina Kainz | Conference: 4th | 15'5" |
| 17 | 1978 | Lisa Schusler | Conference: 5th | 15'5" |
| 18 | 1983 | Lesley Hudgins | Geneva Coed Invite | 15'4" |
| 19 | 1995 | April App | | 15'4" |
| 20 | 1988 | Jori Bauer | | 15'4" |
| 21 | 2007 | Abby VanderHeyden | | 15'3" |
| 22 | 1985 | Malora Carson | Glen East Invite | 15'3" |
| 23 | 1992 | Misty Joseph | Kane County | 15'0" |
| 24 | 1999 | Debbie Lang | | 15'0" |
| 25 | 2009 | Briana Stark | | 14'11" |

Rank

Year

Jumper

Location

Distance

**Long Jump
Top 50 Individuals**

| | | | | |
|----|------|---------------------|--------------------|--------|
| 26 | 1984 | Katie Hooley | | 14'11" |
| 27 | 1996 | Kelly Malone | | 14'10" |
| 28 | 1985 | Kendra Lakin | | 14'10" |
| 29 | 1989 | Laura McReynolds | | 14'9" |
| 30 | 1987 | Brandi Nikkel | Sectional | 14'7" |
| 31 | 1989 | Sarah Brubaker | | 14'7" |
| 32 | 1999 | Heather DeKing | Kaneland Invite | 14'6" |
| 33 | 1995 | Malinda Hankes | Glen East Invite | 14'6" |
| 34 | 1992 | Missy Bridge | | 14'6" |
| 35 | 1990 | Diana Walsh | | 14'6" |
| 36 | 1982 | Julie Keck | | 14'6" |
| 37 | 2005 | Megan Cinto | | 14'5" |
| 38 | 2005 | Crystal Edwards | | 14'5" |
| 39 | 2003 | Kristin Moutray | Banana Relays: 1st | 14'5" |
| 40 | 2003 | Kelsey Flanagan | | 14'5" |
| 41 | 1980 | Hattie Fabrizius | Kane County | 14'5" |
| 42 | 1988 | Christine Kozlowski | | 14'5" |
| 43 | 2008 | Danielle Anderson | Kane County | 14'4" |
| 44 | 2003 | Abbie Theisen | | 14'1" |
| 45 | 1997 | Jamie Fitzpatrick | Stagg Invite | 14'1" |
| 46 | 1991 | Trisha Weydert | Glen East Invite | 14'1" |
| 47 | 1999 | Linda Gould | | 14'1" |
| 48 | 1994 | Amy Wojszko | | 14'1" |
| 49 | 1988 | Carrie Harness | | 14'1" |
| 50 | 1982 | Jenny Hudgins | | 14'1" |