

**4x200m Relay  
Top 50 Times**

<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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	<b>State Finals: 9th</b>	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
<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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  
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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**

<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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	<b>State Finals: 3rd</b>	4:04.1
3	1988	Cindy Young, Heidi Hagberg, Stephanie Halsey, Kerry Rink	<b>State Finals: 2nd</b>	4:04.1
4	1986	Heidi Hagberg, Kerry Rink, Malora Carson, Amy Eddington	<b>State Finals: 1st</b>	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	<b>State Finals: 3rd</b>	4:05.5
8	1995	Megan deRaismes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes	<b>State Finals: 4th</b>	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	<b>State Finals: 4th</b>	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
<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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	<b>State Finals: 6th</b>	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	<b>State Finals: 4th</b>	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	<b>State Finals: 9th</b>	4:15.0
50	1987	Cindy Young, Jeni Huff, Shelly McManus, Kerry Rink		4:15.1

**4x100m Relay  
Top 50 Times**

<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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	<b>State Finals: 6th</b>	: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
<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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	<b>State Finals: 2nd</b>	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	<b>State Finals: 6th</b>	1:52.4
6	1995	Malinda Hankes, Kari Thorgesen, Anna VanNaarden, Dana deRaismes	<b>State Finals: 2nd</b>	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
<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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

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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**

<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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	<b>1990</b>	<b>Cindy Young, Sharon Cieslicki, Laura McReynolds, Shannon Barber</b>	<b>State Finals: 3rd</b>	<b>10:00.0</b>
<b>Rank</b>	<b>Year</b>	<b>Members</b>	<b>Location</b>	<b>Time</b>
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**

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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	<b>State Finals: 13th</b>	10:19.0
50	1995	Jackie Smith, Mary Richardson, Rhyan Burke, Sarah Miller	Kane County: 3rd	10:19.6

**100m  
Top 50 Times**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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	<b>2009</b>	<b>Lindsay Gierke</b>	<b>State Finals: 4th</b>	<b>:12.2</b>
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	<b>2008</b>	<b>Lindsay Gierke</b>	<b>State Finals: 7th</b>	<b>:12.4</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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	<b>2008</b>	<b>Lindsay Gierke</b>	<b>State Finals: 7th</b>	<b>:25.2</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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	<b>State Finals: 5th</b>	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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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	<b>1987</b>	<b>Amy Eddington</b>	<b>State Finals: 3rd</b>	<b>5:16.5</b>
5	1987	Amy Eddington	Kaneland Invite	5:17.2
6	1987	Kerry Rink	Glen East Relays	5:19.0
7	<b>1985</b>	<b>Amy Eddington</b>	<b>State Finals: 8th</b>	<b>5:19.0</b>
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	<b>1986</b>	<b>Amy Eddington</b>	<b>State Finals: 5th</b>	<b>5:23.4</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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**300m Low Hurdles  
Top 50 Times**

26	2003	Kristen Heckert	Kane County: 1st	:47.7
27	1990	<b>Stephanie Halsey</b>	<b>State Finals: 5th</b>	<b>:47.7</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>
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
<b>Rank</b>	<b>Year</b>	<b>Runner</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Thrower</b>	<b>Location</b>	<b>Time</b>
1	2003	Janine Zylinski	Sectional: 1st	134'7"
2	2004	Janine Zylinski		133'10"
3	2004	Janine Zylinski	Dixon Relays: 2nd	131'6"
4	<b>2004</b>	<b>Janine Zylinski</b>	<b>State Final: 10th</b>	<b>130'8"</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Thrower</b>	<b>Location</b>	<b>Time</b>
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"
<b>Rank</b>	<b>Year</b>	<b>Thrower</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Thrower</b>	<b>Location</b>	<b>Time</b>
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"
<b>Rank</b>	<b>Year</b>	<b>Thrower</b>	<b>Location</b>	<b>Time</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Thrower</b>	<b>Location</b>	<b>Time</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Height</b>
1	1987	Gwen Young	Sectional: 1st	5'7"
2	<b>1987</b>	<b>Gwen Young</b>	<b>State Finals: 2nd</b>	<b>5'6"</b>
3	<b>1988</b>	<b>Gwen Young</b>	<b>State Finals: 3rd</b>	<b>5'6"</b>
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	<b>1990</b>	<b>Laurie Cieslicki</b>	<b>State Finals: 5th</b>	<b>5'3"</b>
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"
<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Height</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Height</b>
1	1987	Gwen Young	Sectional: 1st	5'7"
2	1979	Karin Malm		5'4"
3	1984	Becki VanSickle	Kaneland Invite	5'4"
4	<b>1990</b>	<b>Laurie Cieslicki</b>	<b>State Finals: 5th</b>	<b>5'3"</b>
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"
<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Height</b>

**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  
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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  
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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  
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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"

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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"
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**Triple Jump  
Top 50 Distances**

<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Distance</b>
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"
<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Distance</b>

**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**

<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Distance</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Distance</b>
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**

<b>Rank</b>	<b>Year</b>	<b>Jumper</b>	<b>Location</b>	<b>Distance</b>
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"