

SPRING LAKE PARK OUTDOOR TRACK & FIELD RECORDS

<u>EVENT</u>	<u>SCHOOL</u>	<u>RECORD HOLDER</u>	<u>RECORD</u>	<u>YEAR</u>
100 Meter Dash	SLP	Chris Norgaard	:10.81	2008
		Theresa Nelson	:12.0	1984
200 Meter Dash	SLP	Theresa Nelson	:25.5	1984
		David Shaddock	:21.88	2012
400 Meter Dash	SLP	Matthew Prebil	:49.44	1998
		Jenna Severson	:58.02	2006
800 Meter Run	SLP	Isaac Krause	1:56.79	2013
		Diane Loughlin	2:16.62	1983
1600 Meter Run	SLP	Lynn Schlichting	5:04.0	1980
		Nick Lawson	4:27.82	2014
3200 Meter Run	SLP	David Helm	9:34.5	1990
		Riley McGinnity	10:59.99	2016
110/100 Meter High Hurdles	SLP	CJ Janu	:14.32	2013
		Jenna Severson	:14.87	2008
300 Meter Intermediate Hurdles	SLP	CJ Janu	:37.83	2013
		Jenna Severson	:43.56	2008
High Jump	SLP	Anthony Fleischfresser	6' 11"	2016
		Karianne Wold	5' 4"	1993
Long Jump	SLP	Duane Lachinski	23'4.25"	1973
		Katelin Rains	18' 2 ½"	2005
Triple Jump	SLP	Ryan Wold	46' 5 ¼"	1998
		Tori LaBerge	37' 2.75"	2018
Shot Put	SLP	Brian Leonhardt	58' 11"	2008
		Pamela Summers	42' 5"	1982

Discus	SLP	Jason Cook	180' 7"	2000
		Julie Murphy	139' 8"	1983
Pole Vault	SLP	Andrew Eggerth	14' 6 "	1995
		Katelin Rains	12'	2005
4 x 100 Meter Relay	SLP	Duane Lachinski John Hornseth Robert Zimmer Alan Becklin	:42.9	1973
		Melody Karngar Jenna Severson Torey Seigfried Rachel Lindquist	:49.99	2008
4 x 200 Meter Relay	SLP	Justin Greaves Jacob Ojile CJ Janu David Shadduck	1:28.54	2012
		Devon Rachac Bria Jones Natalie Pawlyshyn Rachel Lindquist	1:45.68	2011
4 x 400 Meter Relay	SLP	Michael Wiscovitch Scott Miller Steven Maki Timothy Dwyer	3:24.0	1980
		Tracie Geerdes Colleen Luck Kathy Miller Lynn Schlichting	4:04.4	1981
4x 800 Meter Relay	SLP	Andrew Hoffman Kelsey Duer Matt Rengo Lloyd Gbahtuo	8:01.33	2006
		Melinda King Julie Tykeson Susan Schlichting Brenda Vogel	9:53.0	1986

Wheelchair Event: (All Spring Lake Park)

100m	Jolynn Super	:27.32	2013
800m	Jolynn Super	3:59.49	2013
1600m	Jolynn Super	8:16.41	2013

* If previous records were unknown, established records as of date of performance.

If a relay sets a record and is made up of at least half of STA athletes, that will also be considered a STA record (2005).

Last updated 5/31/16