

SPRING LAKE PARK/ST ANTHONY* HIGH SCHOOL

TRACK & FIELD OUTDOOR

TOP 10 ALL-TIME PERFORMERS (WOMEN)

*ST. ANTHONY HS COOPERATIVELY JOINED WITH SPRING LAKE PARK HS IN 1993, THIS LIST DOES NOT INCLUDE ST ANTHONY HISTORY BEFORE 1993

100 Meter Dash

Theresa Nelson	1984	:12.0 HH
Carol Strickland	1977	:12.5 HH
Pam Lachinski	1977	:12.5 HH
Maria Wiscovitch	1978	:12.5 HH
Bria Jones	2011	:12.59
Rachel Lindquist	2011	:12.70
Melody Karngar	2006	:12.75
Bree Wertz	1997	:12.7 HH
Mandy Magadan	1994	:12.7 HH
Olivia Salzwedel	2017	:12.85

200 Meter Dash

Theresa Nelson	1984	:25.5 HH
Jenna Severson (SA)	2007	:26.18
Mandy Magadan	1994	:26.4 HH
Carol Strickland	1977	:26.5 HH
Melody Karngar	2007	:26.64
Charlotte Wolf	2014	:26.72
Natalee Yeazle	2008	:26.82
Natalie Pawlyshyn (SA)	2012	:26.83
Olivia Salzwedel (SA)	2018	:26.89
Heidi Haagenon	2000	:26.8 HH

400 Meter Dash

Jenna Severson (SA)	2006	:58.02
Brenda Vogel	1985	:59.2 HH
Charlotte Wolf	2014	:59.47
Katelin Rains	2005	:60.04
Melinda King	1985	:60.3 HH
Mandy Magadan	1994	:60.72
Emily Kaup	2005	:60.98
Audra Stevenson	2006	:61.50
Carrie Romano	1985	:61.4 HH
Lauren Gordhamer (SA)	2010	:61.70
Jeanine Twomey	2000	:61.5 HH

800 Meter Run

Diane Loughlin	1983	2:16.62
Jeanine Twomey	2000	2:19.33
Debra Sarell	1983	2:19.4 HH
Holly Reiland	2009	2:22.73
Greta Ganley (SA)	2004	2:24.27
Rachel Hanzal	2007	2:25.14
Meaghan Prickett (SA)	1995	2:24.5 HH
Julie Frantz	1994	2:24.6 HH
Janna Stianson (Norway)	1985	2:25.0 HH
Brenda Vogel	1987	2:25.8 HH

1600 Meter Run

Lynn Schlichting	1980	5:04.0 HH
Riley McGinnity	2016	5:09.73
Greta Ganley (STA)	2005	5:13.44
Holly Reiland	2006	5:21.01
Tracy Nelson	1984	5:20.1 HH
Jeanine Twomey	2000	5:24.26
Kaitlyn Finnegan	2018	5:24.30
Erin Guse	2014	5:27.65
Allie Picard (STA)	2012	5:28.05
Melissa Marsh (STA)	2013	5:29.51

3200 Meter Run

Riley McGinnity	2016	10:59.99
Tracy Nelson	1984	11:30.4 HH
Erin Guse	2014	11:32.46
Greta Ganley (SA)	2005	11:34.0 HH
Kaitlyn Finnegan	2018	11:34.76
Lauren Guse	2010	11:40.12
Lynn Schlichting	1980	11:41.0 HH
Allie Picard (SA)	2012	11:48.38
Holly Reiland	2007	11:48.0 HH
Andrea Larsen (SA)	2010	11:54.44

100 Meter High Hurdles

Jenna Severson (SA)	2008	:14.87
Bria Jones	2010	:15.82
Kirsten Whitney (SA)	2011	:15.93
AmandaENZler (SA)	2002	:15.97
Bree Wertz	1998	:16.1 (HH)
Christy Oishi	1999	:16.3 (HH)
Jessica Irvin	2006	:17.24
Kari Whitney (SA)	2008	:17.60
Stacy Nolte	1996	:17.4 (HH)
Maureen Maloney	1986	:17.6 (HH)

300 Meter Intermediate Hurdles

Jenna Severson (SA)	2008	:43.56
Bria Jones	2010	:45.13
Kirsten Whitney (SA)	2010	:45.92
AmandaENZler (SA)	2002	:47.12
Charis Lawson	2016	:47.68
Grace Brandt	2018	:48.78
Sitotaw Dahl	2018	:48.84
Christi Oishi	1999	:48.6 (HH)
Kari Whitney (SA)	2008	:48.97
Bree Wertz	1997	:48.8 (HH)

High Jump

Karianne Wold	1993	5' 4"
Lisa Kollar	1980	5' 3"
Theresa Nelson	1984	5' 3"
Bria Jones	2011	5' 3"
Lindsey Trappen	2009	5' 3"
Ella Paaverud	2015	5' 2"
Alexis Adu-Bobi	2005	5' 2"
Kari Whitney (SA)	2008	5'
Samantha Cady (SA)	2010	5'
Melissa Widman	2008	4' 11"
Anne Bodurtha (SA)	2001	4' 10"
Amy Carlson	2000	4' 10"
Jenna Cooke	1997	4' 10"
Stephanie Driscoll	2005	4' 10"
Cinammon Gedell	1988	4' 10"
Melinda King	1985	4' 10"
Jodi Nehring	1981	4' 10"
Maureen Maloney	1986	4' 10"
Meaghan Prickett (SA) 1993	4' 10"	
Katelin Rains	2002	4' 10"
Kathy Thomsen	1982	4' 10"

Long Jump

Katelin Rains	2005	18' 2 ½"
Renee Pursley	1980	17' 9"
Tori LaBerge	2018	17' 1.25"
Nathalie Doeur	2017	17' 1"
Alexi Stephani	2018	17'
Charlotte Wolf (SA)	2015	16' 10 1/2"
Emily Kaup 2005	16' 10 ½"	
Jenna Severson (SA)	2008	16' 9"
Stacy Appel	2001	16' 8"
Karianne Wold	1993	16' 5½"
Natalie Pawlyshyn	2013	16' 4.25"

Triple Jump

Tori LaBerge	2018	37' 2.75"
Katelin Rains	2005	35' 8 ½"
Barbara Wackher (SA-German)	2007	35' 8 ½"
Karianne Wold	1993	35' 6 ½"
Alexi Stephani	2018	35' 1.75"
Kari Whitney	2009	34' 7.5"
Audra Stevenson	2006	35' 4 ¾"
Amanda Enzler (SA)	2003	35' 1"
Jenna Severson (SA)	2007	35' ½"
Stacy Appel	2001	34' 11 ½"

Shot Put

Pam Summers	1982	42' 5"
Alean Frawley	1998	41' 9"
Julie Murphy	1983	41' 1"
Brittney Widman	2004	37' 9"
Gina Dudley	2007	37' 3"
Jackie Krieger	2018	36' 6"
Emily Stavem	2002	36' 4"
Tricia Korsgren	1986	36' 2"
Paige Krumme	2009	35' 9"
Randi Wolens	1987	35' 8 ½"

Discus

Julie Murphy	1983	139' 8"
Renee Pursley	1980	131' 0"
Pam Summers	1982	127' 2"
Katie Lawrence	1993	122' 10"
Brittney Widman	2004	120' 3 ½"
Alean Frawley	1999	119' 9"
Emily Stavem	2002	117' 8"
Jackie Krieger	2018	116' 4"
Sissy Breider	1986	116' 3"
Haley Keenan	2012	114' 3"

Pole Vault

Katelin Rains	2005	12'
Charis Lawson	2018	11'
Rae Johanness	2016	10' 0"
Kirsten Whitney (SA)	2011	10'
Nathalie Doeur (SA)	2017	9' 6"
Amy Hoffman	2011	9' 1"
Christina Repetowski (SA)	2001	9' 0"
Grace Pierson	2018	8' 6"
Stacy Nolte	1995	8' 6"
Kelly Tudor (SA)	2011	8' 4"
Heidi Haagenonson	2000	8' 0"
Paige Owens	2012	8' 0"
Ann Younker	2002	8' 0"
Becca Walker (SA)	2005	8' 0"

HIGHLIGHT ON NAME INDICATES ATHLETE HAS NOT YET GRADUATED

Electronic times for any distance 300m or less are .24 second faster than any reported hand held time. For distances 400m or higher, an electronic time is 11.4 second faster than hand held.

Last Updated 6/2/18 JL