

# Capital High School

## Varsity Girls Track Records

Event	Record	Holder	Year
100 Meter Dash	12.47	Melanie Hull	1983
200 Meter Dash	25.80	Laura Bennett	1995
400 Meter Dash	58.55	Laura Bennett	1997
800 Meter Run	2:18.64	Nadine Sneed	1978
1600 Meter Run	5:07.94	Emily Nay	1992 & 1994
3200 Meter Run	11:06.14	Emily Nay	1995
100 Meter Hurdles 33"	14.81	Elena Carter	2017
300 Meter Hurdles 30"	44.51	Carrie Damschen	1998
Shot Put	47' 05 1/2"	Meg Jones	1983
Discus	158' 02"	Meg Jones	1983
Javelin	129' 09"	Lexi Wrigg	2017
	147' 11"	Amy Pratt	1990
High Jump	5' 09"	Suzanne Krings	1997
Long Jump	18' 08.25"	Elena Carter	2017
Triple Jump	37' 03 3/4"	Kalei Scholl	2012
Pole Vault	12' 06"	Suzanne Krings	1998
400 Meter Relay	48.46	Leigha Carter	2018
		Elena Carter	
		Melissa Moreni	
		Audrey Bloomquist	
1600 Meter Relay	4:01.02	Laura Bennett	1995
		Carrie Damschen	
		Betsy Krings	
		Emily Nay	
Retired Records			
80 Yard Hurdles	11.1	Jacque Jakovac	1977
100 Meter Hurdles 30"	15.4	Julie Langford	1979
800 Medley Relay	1:52.3.	Kim Wrigg	1979
		Diane Taliaferro	
		Judy Walbert	
		Carrie Cloninger	

# Capital High School

## Freshman Girls Track Records

Event	Record	Holder	Year
100 Meter Dash	12.77	Elena Carter	2015
200 Meter Dash	26.14	Carrie Damschen	1995
400 Meter Dash	60.52	Carrie Damschen	1995
800 Meter Run	2:22.59	Sabrina Smith	2006
1600 Meter Run	5:07.94	Emily Nay	1992
3200 Meter Run	11:19.05	Emily Nay	1992
100 Meter Hurdles 33"	15.43	Elena Carter	2015
300 Meter Hurdles 30"	46.80	Carrie Damschen	1995
Shot Put	38' 06"	Meg Jones	1980
Discus	113' 08"	Kayla Eichenfels	2004
Javelin	116' 09"	Paige Bartsch	2018
High Jump	5' 03"	Sammi Bignell	2007
Long Jump	16' 05 1/2"	Heidi Olheiser	1981
Triple Jump	34' 11 1/2"	Marshell Moy	1995
Pole Vault	9' 06	Suzanne Krings	1995
400 Meter Relay	52.36	Leigha Carter Melissa Moreni McKinlee Mihelish Sarah Ashley	2017
1600 Meter Relay	4:18.11	Melissa Moreni McKinlee Mihelish Zoey Wall Maria Moore	2017
Retired Records			
80 Yard Hurdles	11.9	K. Iverson	1978
100 Meter Hurdles 30"	16.3	K. Iverson	1978
800 Medley Relay	2:00.2	Nancy Whale Tori Kall Nadine Sneed Jean Brekke	1977