

**Capital High School Bruin Track & Field**

**Top 15 Event Performances**

updated 05/28/15

Year		School		Year		School		Year		School		Year		School	
100 Meter Dash				200 Meter Dash				400 Meter Dash				800 Meter Run			
82	Melanie Hull	12.47	10	95	Laura Bennett	25.80	10	97	Laura Bennett	58.55	12	78	Nadine Sneed	2:18.64	11
12	Kalei Scholl	12.51	12	98	Carrie Damschen	25.84	12	13	Marisa Sanchez	59.04	12	09	Tara Will	2:18.99	12
18	Audrey Bloomquist	12.66	11	18	Audrey Bloomquist	26.29	11	96	Betsy Krings	59.60	12	91	Geni Steffens	2:19.84	12
96	Laura Bennett	12.72	11	94	Tiffany Bebach	26.30	12	94	Tiffany Bebach	59.60	12	94	Emily Nay	2:19.89	11
15	Elena Carter	12.77	9	74	Luebeck	26.44	12	98	Carrie Damschen	59.63	12	04	Becky Beall	2:21.54	12
98	Carrie Damschen	12.84	12	80	Kim Wrigg	26.44	12	74	Jeri Burner	59.74	12	79	Diane Taliaferro	2:22.24	12
80	Kim Wrigg	12.84	12	83	Melanie Hull	26.44	11	84	Michelle Eble	59.84	10	04	Kristin Parker	2:22.12	11
83	Kelly Grand	12.84	9	18	Leigha Carter	26.48	10	04	Alexa McLaughlin	1:00.04	11	97	Chris Ricker	2:22.17	12
04	Veronica Krings	12.87	11	08	Claire Bischoff	26.49	12	94	Emily Nay	1:00.54	11	06	Sabrina Smith	2:22.59	9
87	Kim Currie	12.89	10	18	Katie Culver	26.52	12	17	Abigail Harmon	1:00.54	11	12	Marisa Sanchez	2:22.72	11
96	Holly Gabbert	12.90	12	04	Veronica Krings	26.54	11	04	Veronica Krings	1:00.64	11	74	Val Kokoruda	2:22.94	12
95-96-97	Jamie Armbruster	12.94	10-11-12	96	Betsy Krings	26.54	12	79	Diane Talliferro	1:01.04	12	18	Ella Krumm	2:23.04	9
18	Leigha Carter	12.94	10	04	Alexa McLaughlin	26.64	11	97	Christina Rush	1:01.01	12	98	Ann McCauley	2:24.14	12
18	Katie Culver	13	12	97	Danielle Merritt	26.74	12	18	McKinlee Mihelish	1:01.12	10	07	Candace Burner	2:24.78	9
12	Grace Kurtz	13.04	9	15	Shaelyn Lantz	26.79	11	74	Jill Krott	1:01.34	10	01	Allison Squires	2:24.74	10
06	Ashley Kropp	13.04	12												
01	Julia Roos	13.04	11												
Year		School		Year		School		Year		School		Year		School	
1600 Meter Run				3200 Meter Run				100 Meter Hurdles		FAT		300 Meter Hurdles		FAT	
92-94	Emily Nay	5:07.94	9 - 11	95	Emily Nay	11:06.14	12	17	Elena Carter	14.81	11	98	Carrie Damschen	44.51	12
04	Kristin Parker	5:17.62	11	06	Katie Gilboy	11:31.40	11	91	Kristy Wetterling	14.83	12	17	Abigail Harmon	44.96	11
01	Staci Anderson	5:19.64	11	18	Hannah Rohrer-Fitzhugh	11:35.93	12	18	Melissa Moreni	15.04	10	84	Melanie Hull	45.08	12
01	Allison Squires	5:19.74	10	01	Staci Anderson	11:41.44	11	96	Betsy Krings	15.11	12	96	Betsy Krings	45.13	12
06	Katie Gilboy	5:20.38	11	79	Shelly Thompson	11:42.64	12	97	Carrie Damschen	15.14	11	91	Kristy Wetterling	45.41	12
79	Shelly Thompson	5:21.34	12	18	Alana Tonidandel	11:47.04	11	96	Holly Gabbert	15.34	12	94	Marci Stumbo	45.52	12
17	Hannah Rohrer-Fitzhugh	5:22.49	11	06	Mandy Jourdonnais	11:48.14	12	94	Marci Stumbo	15.63	12	00'	Katie Roberts	45.75	11
17	Alana Tonidandel	5:22.69	11	03	Erin Ellmaker	11:49.94	12	12	Tori Nickol	15.70	12	96	Holly Gabbert	45.54	12
03	Erin Ellmaker	5:24.64	12	97	Michelle Pilcher	11:55.66	11	84	Melanie Hull	15.74	12	96	Katie McCarvel	46.94	12
97	Chris Ricker	5:24.64	12	86	Sherr Schwertfeger	11:58.24	11	91	Debbie Wilson	15.77	12	83	Kelly Grand	47.34	9
97	Michelle Pilcher	5:24.70	11	15	Abby McBroom	11:59.70	10	95	Gretchen Mockel	15.84	10	89	Angie Brohman	47.38	12
77	Vicki Fred	5:27.24	12	94	Amy Burger	12:00.84	12	88	Kara Campbell	15.87	12	91	Debbie Wilson	47.39	12
74	Reis	5:27.24	12	01	Tracy Martin	12:06.04	9	89	Angie Brohman	15.88	12	12	Tori Nickol	47.60	12
09	Tara Will	5:27.51	12	02	Kristin Parker	12:14.54	11	96	Katie McCarvel	15.94	12	88	Kara Campbell	47.63	12
07	Candace Burner	5:27.94	9	06	Connie Mundt	12:18.34	10	01	Jamie Jones	16.09	12	97	Marshall Moy	47.99	11
Year		School		Year		School		Year		School		Year		School	
Shot Put		Distance		Year		School		Year		School		Year		School	
82	Meg Jones	47' 05 1/2	12	83	Meg Jones	158' 02	12	17	Lexi Wrigg	129' 09	11	90	Amy Pratt	147' 11	
82	Paula Roos	41' 08 3/4	12	80	Kathie Roos	134' 07	12	13	Kaye Bignell	126' 09	12	85	Linda Manolovits	145' 11	
16	Halie Kananan	40' 03	12	87	Tabby Hall	132' 06	12	11	Kaci Mathies	123' 02	12	80	Beth Raymer	143' 11	
06	Lily Peterson	40' 01	12	84	Susan Helvik	130' 03	12	07	Kayty Kapphan	122' 03	12	80	Kathie Roos	138' 03	
86	Billie Bennett	40' 00.75	12	96	Nikki Dixon	129' 09	12	16	Brittania Shephard	119' 05	12	81	Meg Jones	134' 10	
96	Dannai Clayborn	39' 11.75	12	82	Paula Roos	128' 04	12	15	Savanna Bignell	119' 05	11	77	Diane Drake	132' 10	
13	Allie Keleti	39' 05	12	15	Halie Kananan	128' 03	11	10	Catie Carson	117' 03	10	97	Sara McMillan	132' 06	
11	Taylor Corne	39' 04.25	12	96	Dannai Clayborn	128' 02	12	18	Paige Bartsch	116' 09	9	91	Merrilee Rutherford	128' 05	
80	Kathie Roos	39' 01	12	11	Taylor Corne	121' 04	12	07	Jenna Frankino	114' 08	12	96	Nikki Dixon	127' 02	
96	Nikki Dixon	38' 11	12	86	Kris Hiatt	117' 11	12	10	Kaitlin Stewart	112' 00	10	82	Paula Roos	122' 11	
86	Kris Hiatt	38' 07	12	91	Robie Pierson	117'	12	03	Morgan Dolan	111' 10	12	87	Patti Bennett	120' 01	
84	Susan Helvik	38' 05	12	89	Amy Pratt	116' 04	11	05	Nicole Becker	111' 06	11	84	Helen DelaHunt	119' 08	
00'	Mary Jo Kraft	38' 02	12	13	Allie Keleti	115' 05	12	03	Amy Nickel	110' 11	12	74	Linda Raunig	119' 02	
13	Kaye Bignell	37' 09.25	12	83	Cindy Bennett	114' 07	12	04	Lacey Burwell	106' 10	12	96	Amanda Walter	118' 09	
16	Brittania Shephard	37' 01	12	86	Billie Bennett	113' 09	12	12	Lexie Starceski	106' 06	12	78	Diane Lund	118' 06	
Year		School		Year		School		Year		School		Year		School	
Long Jump		Distance		Year		School		Year		School		Year		School	
17	Elena Carter	18' 08.25	11	12	Kalei Scholl	37' 03.75	12	97	Suzanne Krings	5' 09	11	98	Suzanne Krings	12' 06	12
80	Kim Wrigg	18' 04	12	88	Mindy Johnson	37' 03.5	12	14	Maggie Settle	5' 05	12	09-10	Sara Lubke	11' 06	11-12
97	Laura Bennett	17' 11.5	12	18	Audrey Bloomquist	37' 02.75	11	79	Kathie Roos	5' 05	11	15	Chiara Morelli	11' 03	11
97	Suzanne Krings	17' 11.5	11	98	Suzanne Krings	37' 02	12	02	Jenna Grant	5' 04	12	02	Morgan Dolan	11'	11
84	Mindy Johnson	17' 04.25	12	88	Kim Currie	36' 05.75	11	15-16	Savannah Perschon	5' 03	11-12	14	Mary Leslie	10' 09	12
18	Maggie Settle	17' 02.5	12	03	Becca Goe	35' 02.5	12	07	Sammie Bignell	5' 03	9	06-07	Kaycee Gillespie	10' 06	11-12
06	Ashley Kropp	17' 01	12	98	Marshall Moy	35' 01	12	92-93	Marci Stumbo	5' 03	10-11	15-16	Grace Allen	9' 06	10-11
89	Kim Currie	17' 01	12	17	McKinlee Mihelish	34' 10.75	9	09-10	Maggie Rowe	5' 02	11-12	06-07	Jackie Polette	9' 06	10-11
79	Judy Walbert	17'	12	16	Savannah Perschon	34' 09	12	09	Mikal Chancy	5' 02	12	00'	Keeley Scott	9' 06	12
81	Meg Jones	16' 11.25	10	00'	Rachelle Rae	34' 08.5	12	88	Mindy Johnson	5' 02	12	18	Emma Rohrer-Fitzhugh	9' 00	9
13	Alexa Welch	16' 10.75	12	13	Kira Parker	34' 03.75	9	80	Nancy Whale	5' 02	12	08	Kristen Oaks	9' 00	12
98	Marshall Moy	16' 10.25	12	96	Gina Solberg	34' 03.25	12	13	Kira Parker	5' 01.5	9	05	Brenna Kerins	9' 00	11
97	Heather Davis	16' 09.25	12	12	Marisa Sanchez	34' 01.75	11	15	Chiara Morelli	5' 01	11	02	Veronica Krings	9' 00	9
00'	Rachelle Rae	16' 09	12	16	Taylor Greene	33' 10.5	12	88	Stephanie Bicknell	5' 01	10	00'	Julia Roos	9' 00	10
10	Sammie Bignell	16' 08	12	84	Heidi Olheiser	33' 10.25	12	98-00	Rachelle Rae	5' 00	10-12	18	Jaymee Sheridan	8' 06	9
								86	Jenny Avery	5' 00	12	16	Audrey Bloomquist	8' 06	9
								83-85	Jenny Flanders	5' 00	10-12	15-16-17	Madison Gates	8' 06	9-10
								84	Michelle Eble	5' 00	10	13	Savanna Bignell	8' 06	9
								83	Susan Mills	5' 00	10	11	Emily Burk	8' 06	12
								82-83	Heidi Olheiser	5' 00	10-11	02	Shannon Tillo	8' 06	12
								77	Char Heen	5' 00	10	01	Melissa Curd	8' 06	11
												98	Bell Ballou	8' 06	12
												98	Michele Malstrom	8' 06	12
												97	Erin Baker	8' 06	10