

Capital High School Bruin Track & Field

Top 15 Event Performances

updated 05/26/19

| School | | | | School | | | | School | | | | School | | | |
|----------|------------------------|-----------|----------|----------------|------------------------|-----------|-------------------|----------|--------------------|-------------------|----------|--------|----------------------|---------|-------|
| Year | 100 Meter Dash | FAT | Year | 200 Meter Dash | FAT | Year | 400 Meter Dash | FAT | Year | 800 Meter Run | FAT | Year | | | |
| 19 | Audrey Bloomquist | 12.46 | 12 | 95 | Laura Bennett | 25.80 | 10 | 97 | Laura Bennett | 58.55 | 12 | 78 | Nadine Sneed | 2:18.64 | 11 |
| 82 | Melanie Hull | 12.47 | 10 | 98 | Carrie Damschen | 25.84 | 12 | 13 | Marisa Sanchez | 59.04 | 12 | 09 | Tara Will | 2:18.99 | 12 |
| 12 | Kalei Scholl | 12.51 | 12 | 19 | Leigha Carter | 26.11 | 11 | 19 | Sydney Sheridan | 59.37 | 12 | 91 | Geni Steffens | 2:19.84 | 12 |
| 96 | Laura Bennett | 12.72 | 11 | 19 | Audrey Bloomquist | 26.12 | 12 | 96 | Betsy Krings | 59.60 | 12 | 94 | Emily Nay | 2:19.89 | 11 |
| 15 | Elena Carter | 12.77 | 9 | 94 | Tiffany Bebich | 26.30 | 12 | 94 | Tiffany Bebich | 59.60 | 12 | 04 | Becky Beall | 2:21.54 | 12 |
| 19 | Leigha Carter | 12.78 | 11 | 74 | Luebeck | 26.44 | 12 | 98 | Carrie Damschen | 59.63 | 12 | 79 | Diane Taliaferro | 2:22.24 | 12 |
| 98 | Carrie Damschen | 12.84 | 12 | 80 | Kim Wrigg | 26.44 | 12 | 74 | Jeri Burner | 59.74 | 12 | 04 | Kristin Parker | 2:22.12 | 11 |
| 80 | Kim Wrigg | 12.84 | 12 | 83 | Melanie Hull | 26.44 | 11 | 84 | Michelle Eble | 59.84 | 10 | 97 | Chris Ricker | 2:22.17 | 12 |
| 83 | Kelly Grand | 12.84 | 9 | 08 | Claire Bischoff | 26.49 | 12 | 04 | Alexa McLaughlin | 1:00.04 | 11 | 06 | Sabrina Smith | 2:22.59 | 9 |
| 04 | Veronica Krings | 12.87 | 11 | 18 | Katie Culver | 26.52 | 12 | 19 | McKinlee Mihelish | 1:00.49 | 11 | 12 | Marisa Sanchez | 2:22.72 | 11 |
| 87 | Kim Currie | 12.89 | 10 | 19 | Sydney Sheridan | 26.54 | 12 | 94 | Emily Nay | 1:00.54 | 11 | 74 | Val Kokoruda | 2:22.94 | 12 |
| 96 | Holly Gabbert | 12.90 | 12 | 04 | Veronica Krings | 26.54 | 11 | 17 | Abigail Harmon | 1:00.54 | 11 | 18 | Ella Krumm | 2:23.04 | 9 |
| 95-96-97 | Jamie Armbruster | 12.94 | 10-11-12 | 96 | Betsy Krings | 26.54 | 12 | 04 | Veronica Krings | 1:00.64 | 11 | 98 | Ann McCauley | 2:24.14 | 12 |
| 18 | Katie Culver | 13.00 | 12 | 04 | Alexa McLaughlin | 26.64 | 11 | 79 | Diane Talliferro | 1:01.04 | 12 | 07 | Candace Burner | 2:24.78 | 9 |
| 12 | Grace Kurtz | 13.04 | 9 | 97 | Danielle Merritt | 26.74 | 12 | 97 | Christina Rush | 1:01.01 | 12 | 01 | Allison Squires | 2:24.74 | 10 |
| 06 | Ashley Kropp | 13.04 | 12 | | | | | | | | | | | | |
| 01 | Julia Roos | 13.04 | 11 | | | | | | | | | | | | |
| School | | | | School | | | | School | | | | School | | | |
| Year | 1600 Meter Run | FAT | Year | 3200 Meter Run | FAT | Year | 100 Meter Hurdles | FAT | Year | 300 Meter Hurdles | FAT | Year | | | |
| 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 | 19 | Melissa Moreni | 14.97 | 11 | 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 | 19 | Eliza Thomas | 15.29 | 11 | 94 | Marci Stumbo | 45.52 | 12 |
| 17 | Hannah Rohrer-Fitzhugh | 5:22.49 | 11 | 06 | Mandy Jourdonnais | 11:48.14 | 12 | 96 | Holly Gabbert | 15.34 | 12 | 00' | Katie McCarvel | 45.75 | 11 |
| 17 | Alana Tonidandel | 5:22.69 | 11 | 03 | Erin Ellmaker | 11:49.94 | 12 | 94 | Marci Stumbo | 15.63 | 12 | 96 | Holly Gabbert | 45.54 | 12 |
| 03 | Erin Ellmaker | 5:24.64 | 12 | 97 | Michelle Pilcher | 11:55.66 | 11 | 12 | Tori Nickol | 15.70 | 12 | 19 | Melissa Moreni | 46.24 | 11 |
| 97 | Chris Ricker | 5:24.64 | 12 | 86 | Sherri Schwertfeger | 11:58.24 | 11 | 84 | Melanie Hull | 15.74 | 12 | 96 | Katie McCarvel | 46.94 | 12 |
| 97 | Michelle Pilcher | 5:24.70 | 11 | 15 | Abby McBroom | 11:59.70 | 10 | 91 | Debbie Wilson | 15.77 | 12 | 83 | Kelly Grand | 47.34 | 9 |
| 77 | Vicki Fred | 5:27.24 | 12 | 94 | Amy Burger | 12:00.84 | 12 | 95 | Gretchen Mockel | 15.84 | 10 | 89 | Angie Brohman | 47.38 | 12 |
| 74 | Reis | 5:27.24 | 12 | 01 | Tracy Martin | 12:06.04 | 9 | 88 | Kara Campbell | 15.87 | 12 | 91 | Debbie Wilson | 47.39 | 12 |
| 09 | Tara Will | 5:27.51 | 12 | 18 | Nina Bracht-Bedell | 12:13.26 | 9 | 89 | Angie Brohman | 15.88 | 12 | 12 | Tori Nickol | 47.60 | 12 |
| 07 | Candace Burner | 5:27.94 | 9 | 02 | Kristin Parker | 12:14.54 | 11 | 96 | Katie McCarvel | 15.94 | 12 | 88 | Kara Campbell | 47.63 | 12 |
| School | | | | School | | | | School | | | | School | | | |
| Year | Shot Put | Distance | Year | Discus | Distance | Year | New Javelin | Distance | Year | Javelin | Distance | Year | | | |
| 82 | Meg Jones | 47' 05.5 | 12 | 83 | Meg Jones | 158' 02 | 12 | 17 | Lexi Wrigg | 129' 09 | 11 | 90 | Amy Pratt | 147' 11 | |
| 82 | Paula Roos | 41' 08.75 | 12 | 80 | Kathie Roos | 134' 07 | 12 | 13 | Kaye Bignell | 126' 09 | 12 | 85 | Linda Manolovits | 145' 11 | |
| 16 | Halie Kananen | 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 | Kayti 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 Kananen | 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 | 19 | Audrey Hofer | 114' 02 | 10 | 82 | Paula Roos | 122' 11 | |
| 86 | Kris Hiatt | 38' 07 | 12 | 91 | Robie Pierson | 117' | 12 | 10 | Kaitlin Stewart | 112' 00 | 10 | 87 | Patti Bennett | 120' 01 | |
| 84 | Susan Helvik | 38' 05 | 12 | 89 | Amy Pratt | 116' 04 | 11 | 03 | Morgan Dolan | 111' 10 | 12 | 84 | Helen DelaHunt | 119' 08 | |
| 00' | Mary Jo Kraft | 38' 02 | 12 | 13 | Allie Keleti | 115' 05 | 12 | 05 | Nicole Becker | 111' 06 | 11 | 74 | Linda Raunig | 119' 02 | |
| 13 | Kaye Bignell | 37' 09.25 | 12 | 83 | Cindy Bennett | 114' 07 | 12 | 03 | Amy Nickel | 110' 11 | 12 | 96 | Amanda Walter | 118' 09 | |
| 16 | Brittania Shephard | 37' 01 | 12 | 86 | Billie Bennett | 113' 09 | 12 | 04 | Lacey Burwell | 106' 10 | 12 | 78 | Diane Lund | 118' 06 | |
| School | | | | School | | | | School | | | | School | | | |
| Year | Long Jump | Distance | Year | Triple Jump | Distance | Year | High Jump | Distance | Year | Pole Vault | Distance | Year | | | |
| 17 | Elena Carter | 18' 08.25 | 11 | 19 | Audrey Bloomquist | 38' 10" | 12 | 97 | Suzanne Krings | 5' 09 | 11 | 98 | Suzanne Krings | 12' 06 | 12 |
| 80 | Kim Wrigg | 18' 04 | 12 | 12 | Kalei Scholl | 37' 03.75 | 12 | 14 | Maggie Settle | 5' 05 | 12 | 09-10 | Sara Lubke | 11' 06 | 11-12 |
| 97 | Laura Bennett | 17' 11.5 | 12 | 88 | Mindy Johnson | 37' 03.5 | 12 | 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 |
| 88 | 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 |
| 14 | Maggie Settle | 17' 02.5 | 12 | 03 | Becca Goe | 35' 02.5 | 12 | 07 | Sammi Bignell | 5' 03 | 9 | 06-07 | Kaycee Gillespie | 10' 06 | 11-12 |
| 19 | Audrey Bloomquist | 17' 01.5 | 12 | 98 | Marshall Moy | 35' 01 | 12 | 92-93 | Marci Stumbo | 5' 03 | 10-11 | 19 | Emma Rohrer-Fitzhugh | 9' 06 | 10 |
| 06 | Ashley Kropp | 17' 01 | 12 | 17 | McKinlee Mihelish | 34' 10.75 | 9 | 09-10 | Maggie Rowe | 5' 02 | 11-12 | 19 | Jaymee Sheridan | 9' 06 | 10 |
| 89 | Kim Currie | 17' 01 | 12 | 16 | Savannah Perschon | 34' 09 | 12 | 09 | Mikal Chancy | 5' 02 | 12 | 19 | Pressly Smith | 9' 06 | 10 |
| 79 | Judy Walbert | 17' | 12 | 00' | Rachelle Rae | 34' 08.5 | 12 | 88 | Mindy Johnson | 5' 02 | 12 | 15-16 | Grace Allen | 9' 06 | 10-11 |
| 81 | Meg Jones | 16' 11.25 | 10 | 13 | Kira Parker | 34' 03.75 | 9 | 80 | Nancy Whale | 5' 02 | 12 | 06-07 | Jackie Polette | 9' 06 | 10-11 |
| 13 | Alexa Welch | 16' 10.75 | 12 | 96 | Gina Solberg | 34' 03.25 | 12 | 13 | Kira Parker | 5' 01.5 | 9 | 00' | Keeley Scott | 9' 06 | 12 |
| 98 | Marshall Moy | 16' 10.25 | 12 | 12 | Marisa Sanchez | 34' 01.75 | 11 | 19 | Paige Bartsch | 5' 01 | 10 | 19 | Libby Hansen | 9' 00 | 9 |
| 97 | Heather Davis | 16' 09.25 | 12 | 16 | Taylor Greene | 33' 10.5 | 12 | 15 | Chiara Morelli | 5' 01 | 11 | 08 | Kristen Oaks | 9' 00 | 12 |
| 00' | Rachelle Rae | 16' 09 | 12 | 84 | Heidi Olheiser | 33' 10.25 | 12 | 88 | Stephanie Bicknell | 5' 01 | 10 | 05 | Brenna Kerins | 9' 00 | 11 |
| | | | | | | | | | | | | 02 | Veronica Krings | 9' 00 | 9 |
| | | | | | | | | | | | | 00' | Julia Roos | 9' 00 | 10 |