

## OWATONNA GIRLS TRACK AND FIELD HONOR ROLL

### **100 M Hurdles 30" (15.5)**

Karen Arndt*	15.3	1976
Jenny Nelson*	15.3	1977
Jeanne Clementson*	15.3	1980
Jamie Meilahn	15.4	1982

### **100M Hurdles 33" (16.0)**

Amy Matejcek*	15.32	1996
Samantha Spinler*	15.40	2004
Alicia Blomquist	15.41	2004
Beth Christensen*	15.42	2008
Heidi Schewe*	15.84	1999
Teresa Raichle	15.9	1985

### **200M Hurdles (30.5)**

Jamie Meilahn*	30.0	1980
----------------	------	------

### **300M Hurdles (48.0)**

Madeline Koslosky	46.28	2022
Samantha Spinler	46.51	2004
Amy Matejcek	46.52	1995
Carsyn Brady	47.03	2024
Heidi Schewe	47.34	1999
Kennedy Schammel	47.64	2023
Teresa Raichle	47.7	1985
Jenny Hartle	47.88	2001
Alicia Blomquist	48.00	2004

### **100M Dash (13.0)**

Shai Nichols*	11.88	2007
Lauren Cochlin*	12.30	2006
Jozie Johnson*	12.35	2025
Ava Wolfe*	12.45	2019
Christina Rozeske	12.46	2008
Sydney Schultz*	12.51	2016
Sarah Parks	12.52	1980
Jamie Orłowski	12.60	1999
Shelly Oberle	12.70	1988
Shannon MCAuley	12.78	1995
Amber Johnson	12.80	1999
Steph Kretlow	12.82	2016

Halle Theis	12.84	2025
Lauren Waypa	12.88	2023
Tara Thiede	12.9	1986
Tonja Worrell	12.9	1987
Margo Achterkirch	12.98	2016

### **200M Dash (26.6)**

Shai Nicholas	24.95	2006
Mary Jandro	25.2	1973
Joni Meilahn*	25.2	1976
Lauren Cochlin*	25.63	2006
Steph Kretlow	26.0	2016
Margo Achterkirch*	26.15	2015
Jamie Orłowski	26.2	1999
Sarah Parks	26.2	1980
Shelly Oberle	26.24	1988
Karissa Gregory	26.29	2015
Christina Rozeske	26.33	2008
Patty Clemens	26.4	1976
Laken Meier	26.60	2022

### **400M Dash (61.00)**

Sarah Parks*	57.2	1981
Joni Meilahn*	58.5	1974
Sydney Kretlow	59.54	2016
Shelly Oberle	59.57	1988
Lauren Cochlin	59.72	2006
Sara Ridge	59.79	1994
Maggie Hartle	60.03	2003
Loree Haugland	60.1	1979
Tara Thiede	60.3	1984
Heather Rietz	60.4	1985
Julie Speikers	60.4	1985
Carsyn Brady	60.97	2024

### **800M Run (2:22.0)**

Carsyn Brady*	2:13.03	2024
Sydney Kretlow*	2:14.84	2016
Sarah Parks*	2:16.74	1983
Victoria Paulson*	2:16.80	2009
Lani Granowski	2:18.1	1978
Julie Speikers*	2:19.2	1985
Amy Casey*	2:19.6	1976
Jody Neuleib*	2:20.4	1981

Zandy Zweiebel	2:20.9	1977
Loree Haugland*	2:21.7	1979

### **1600M Run (5:25.0)**

Lani Granowski*	4:54.8	1979
Loree Haugland*	5:04.15	1980
Carsyn Brady	5:10.81	2024
Annika Scheuneman	5:15.26	2008
Nicole McCann	5:16.22	2000
Doris Carlson*	5:16.3	1977
Tara Jenkins	5:22.16	2000
Patty Reynolds	5:23.5	1981
Dee Dee Kubat	5:24.5	1982

### **3200M Run (11:40.00)**

Lani Granowski*	10:34.2	1979
Nicole McCann*	11:01.71	2001
Patty Reynolds*	11:22.3	1980
Tara Jenkins	11:39.56	2000

### **Long Jump (17'0")**

Becky Kirchgasser*	17'11.25"	1976
Halle Theis*	17'9.75"	2025
Tonja Worrell*	17'9	1989
Patty Clemens*	17'6.5"	1976
Sarah Parks*	17'6.25"	1983
Jenny Nelson*	17'5	1979
Rene Jandro*	17'1.25"	1981
Lauren Cochlin*	17'1	2006
Christina Rozeske	17'0.75"	2010
Jozie Johnson	17'0.5"	2024

### **Triple Jump (35'0")**

Jozie Johnson*	36'8	2024
Halle Theis	35'9.75"	2025
Carli Langeland	35'2.25"	2016
Hillary Haarstad	35'0	2022

### **High Jump (5'2")**

Cheryl Stoltz*	5'7	1974
Allison Fairchild*	5'5	1988
Beth Christensen*	5'4	2008
Lindsay Bangs	5'3	2019

Lisa Yule	5'3	1977
Tammy Kaplan	5'2	1977
Jennifer Finne*	5'2	1988
Rachel Halverson*	5'2	1994
Brooke Radel*	5'2	2004

### **Pole Vault (9'0")**

Aubrie Bowers*	11'0	2008
Emma Johnson*	10'9	2024
Alicia Bloomquist*	10'7	2004
Dyllan Norrid	10'6	2025
Rachel Meyer	9'7	2011
Mckenna Edel	9'6	2025
Kayla Docken	9'1	2011
Laura Lyons	9'1	2010
Isabella Horn	9'0	2025
Jamie Hood	9'0	2007
Sarah Belmore	9'0	2001
Heidi Schewe	9'0	2000

### **Discus (121'0")**

Samantha Dehn*	136'2	2005
Julie Peterson	132'9	1978
Amy Kubat*	130'4	2008
Tammy Dols*	130'1	1982
Victoria Parker	125'4	2004
Kaylyn Knopp	124'10	2001
Amber Zak	122'2	2002

~~~~~Met a prior standard of 115'~~~~~

|                |        |      |
|----------------|--------|------|
| Connie Seykora | 119'5" | 1979 |
| Jenny Nelsen   | 118'1  | 1980 |
| Nicole Kubat   | 116'1  | 2004 |
| Debbie Evans*  | 115'9  | 1984 |
| Heidi Mussman* | 115'2  | 1980 |

### **Shot Put (37'0")**

|                 |          |      |
|-----------------|----------|------|
| Amy Kubat*      | 44'3.5   | 2008 |
| Victoria Parker | 43'0.5   | 2004 |
| Samantha Dehn*  | 42'9.5   | 2005 |
| Kelsey Rohrig*  | 42'05.75 | 2012 |
| Kyleah Miller*  | 39'9"    | 2025 |
| Lindsey Draayer | 39'1.5   | 2006 |
| Leslie Holm     | 38'8     | 1988 |

|               |          |      |
|---------------|----------|------|
| Tammy Dols    | 38'1     | 1982 |
| Sarah Tuttle* | 37'11.5  | 1985 |
| Mary Biegert  | 37'10.75 | 2016 |
| Debbie Evans* | 37'6.5   | 1984 |
| Janna Powell  | 37'1     | 1983 |

~~~~~*Met a prior standard of 36'* ~~~~~

|                 |        |      |
|-----------------|--------|------|
| Renee Keller    | 36'6.5 | 1992 |
| Renee Patterson | 36'5   | 1986 |
| Kaylyn Knopp    | 36'2   | 2001 |
| Dawn Braatz     | 36'    | 1992 |

\*Indicates state participant in that event.

Standards set minimum of 82% USATF qualifiers at FAT with the exception of pole vault

Shot and Discus have athletes listed that met an honor roll standard that existed prior to the current set standards in those events.