

# Bennington Track & Field

## All Time Top Ten Performances

### Bennington Boy's Track & Field Records

Team Scoring Record -- 156 points – East Central Nebraska Conference Meet – 1982  
 Conference Championships – 1982, 1984, 2009  
 Conference Runner-up -- 1977, 1980, 1990, 1997, 2000, 2008, 2011, 2012  
 District Championships -- 1982  
 District Runner-up -- 1983, 1984, 1995, 1996, 1997, 1999, 2000, 2001, 2006

### Top 10 Performances Bennington Boy's Track & Field

#### High Jump

6' 8"	Bryan Hoge, senior	2001	R. Central – Conference & Fremont – District
6' 7"	Jerod Scheleifer, junior	1999	Arlington Inv.
6' 6"	Dexter Higgins, senior	2009	Wahoo Inv./Arlington Inv./Blair - District
6' 6"	Paul Barnes, senior	1984	Boys Town Indoor & Yutan – Conference
6' 4 ¼"	R.G. Martel, senior	1998	Bennington Badger Relays
6' 4"	Kenny Hoge, sophomore	2006	R. Central – Conference
6' 4"	Jerry Kuhl, senior	1993	Burke Stadium
6'4"	Ethan Preissler, soph	2015	Elkhorn- Conference (EMC)
6' 3"	Connor Eurek, senior	2013	Ft. Calhoun District
6' 3"	Jake Reynoso, junior	2012	Blair District
6' 3"	Phil Polen, senior	1983	Mt. Michael Triangular
6' 3"	Alex Mueller, senior	1973	Papillion – Conference

#### Discus

168'7"	Andrew Christensen, senior	2004	Fremont – District
164' 11"	Mike Ferdig, senior	1981	Burke Stadium
158' 3"	Nik Sather, sophomore	1990	Yutan Relays
156' 3"	Mark Ferdig, senior	1990	Yutan Relays & Arlington – District
154' 4"	Jeff Curtsinger, senior	2009	Bennington Badger Relays
148' 1"	Aaron Schmidt, junior	2001	R. Central – Conference
147' 11"	Erik Sather, senior	1996	Yutan Inv.
147' 6"	Brock Sass, senior	1997	Fremont Classic
144' 6"	Doug Pruess, junior	1991	Conestoga – Conference
144' 2"	Josh Edgar, sophomore	2010	Plattsmouth Inv.

#### Shot Put

60' 5"	Andrew Christensen, senior	2004	Burke Stadium
52' 11"	Brian Armstrong, senior	1992	Bennington Inv.
52' 8"	Ron Petersen, senior	1981	Bennington Inv.
51' 7"	Shae Smith, junior	2007	Blair – District
50' 11"	John Empkey, senior	1987	Valley Inv.
50' 5 ½"	Nik Sather, senior	1992	Arlington – District
50' 3"	Rodger Hanten, senior	1977	Papillion – Conference

50' ½"	Aaron Kimnach, senior	1990	Arlington – District
49' 9 ½"	Doug Pruess, senior	1992	Boys Town
49' 8 ½"	Mark Ferdig, senior	1990	Bennington Inv.

#### **Long Jump**

22'	Dennis Morland, senior	1983	Conestoga Inv.
21' 7 ¼"	Chad Blacketer, senior	1997	Ft. Calhoun – District
21' 4"	Matt Turner, senior	1997	Ft. Calhoun – District
21' 4"	Tom Frye, senior	1982	Ft. Calhoun Inv.
21' 1"	Ron Harper, senior	1966	Midland – District
20' 9"	Rob Wemhoff, senior	1988	Elkhorn – District
20' 7"	Rich Barnes, senior	1980	Valley – Conference
20' 5"	Jerry Kuhl, senior	1993	Bennington Inv.
20' 4"	Gabe Carl, sophomore	2000	Wahoo Inv.
20' 1"	Chris Lantz, junior	2006	R. Central – Conference
20' 1"	Tom Polen, senior	1980	Valley – Conference
20' 1"	Randy Smith, sophomore	1980	Bennington Inv.

#### **Triple Jump**

47' 4 ½"	Chad Blacketer, senior	1997	Ft. Clahoun – Conference
44' 4"	Denver Klaus, senior	2009	Burke Stadium
43' 10 ¼"	Trevor Bohn, senior	2011	Arlington Inv.
43' 6"	Bryan Hoge, junior	2000	Ft. Calhoun – District
43' 1 ½"	Jerry Kuhl, senior	1993	Yutan Inv.
43' ½"	Paul Barnes, senior	1984	Bennington Inv.
42' 8 ½"	Tom Frye, senior	1982	Bennington Inv.
42' 6 ½"	Matt Turner, Senior	1996	Fremont Classic
42' 2"	Dennis Morland, senior	1983	Conestoga Inv.
41' 8"	Rich Barnes, senior	1980	Valley – Conference

#### **Pole Vault**

13'	Joe Sather, senior	1999	Fremont – District
12' 11"	Phil Polen, junior & senior '81 & '82		Bennington Inv.
12' 6"	Michael Curzon, senior	2012	Badger Relays
12' 6"	Tony Klein	2008	Arlington Inv./Blair – District
12' 6"	Dave Kangas, senior	2000	Burke Stadium
12'	Wes Matheny, senior	2018	Plattsmouth
11' 10"	Brian Jensen, jr.	2012	Blair – District
11' 3"	Joe Biesendorfer, senior	1963	Midland – District
11'	Garrett Anderson, junior	1986	R. Central – Conference
11'	Rex Moats, senior	1982	Yutan – Conference

### **300 Intermediate Hurdles**

40.84 (40.6)	Dennis Morland, senior	1983	Conestoga Inv.
41.76	Nate Rupprecht, senior	2018	Bennington-District.
41.78	Jordan Woodward, jr.	2014	Plattsmouth EMC
41.84 (41.6)	Sean Jennings, senior	1990	Arlington – District
42.38 (41.9)	Dexter Higgins, senior	2009	Arlington – Conference
42.83	Torrin Chase, senior	2018	Bennington-District
43.04 (42.8)	Chris Lantz, senior	2007	Bennington Invitational
43.34 (43.1)	Jared Schleifer, senior	2000	Ft. Calhoun – District
43.44 (43.2)	Joe Sather, senior	1999	Arlington – Conference
43.44 (43.2)	Paul Hanson, senior	2008	Ft. Calhoun – District

### **110 High Hurdles**

14.94 (14.7)	Dexter Higgins, senior	2009	Bennington Inv.
15.04 (14.8)	Frank Borowiak, senior	1972	Burke Stadium
15.58	Torrin Chase, senior	2018	Bennington-District
15.64 (15.4)	Joe Sather, senior	1999	Bennington Inv.
15.64 (15.4)	Rich Barnes, senior	1980	Valley – Conference
15.68	Jordan Woodward	2015	Bennington Invitational
15.94 (15.7)	Paul Barnes, senior	1984	Burke Stadium
16.04 (15.8)	Gary Markmann, senior	1973	Burke Stadium
16.04 (15.8)	Brian Bergman, senior	1977	Burke Stadium
16.04 (15.8)	Bill Polen, senior	1978	Elkhorn – Conference
16.04 (15.8)	Jeff Barglof, junior	1977	Elkhorn – Conference
16.05 (15.9)	Chris Lantz, senior	2007	Wahoo Inv.

### **100 M Dash**

10.77	Cody Liske	2017	Bennington Invitational
10.94 (10.7)	Michael Wickham, junior	2011	Arlington Inv.
11.04 (10.8)	R.J. Young, junior	1996	Fremont Classic
In 1997 R.J. set the Class C State Meet Record – 11.0 FAT, the record lasted until 2000.			
11.24 (11.0)	Ryan Brennan, junior	2003	Yutan Inv.
11.24 (11.0)	Josh Long, senior	1998	Syracuse – Conference
11.24 (11.0)	Shane Rosenthal, senior	1998	Burke Stadium
11.24 (11.0)	Karson Gansebom	2018	Elkhorn- Conference
11.34 (11.1)	Jeff Barglof, senior	1997	Bennington Inv.
11.44 (11.2)	Marcus Stewart, senior	2012	Bennington/Arlington.
11.44 (11.2)	Wes Matheny, senior	2018	Elkhorn- Conf

### 200 M Dash

21.97	Michael Wickham, jr	2011	Blair – District
22.21	Cody Liske	2017	Elkhorn- District
22.54 (22.3)	Bill Nelson, senior	1961	Midland – District
Bill's Class C District Record lasted from 1961-1989, it stood for 28 years and was a school record for 50!			
22.64 (22.4)	Josh Long, senior	1998	Arlington – District
22.74 (22.5)	Jess Laible, sophomore	1992	Arlington – District
22.84 (22.6)	Kenny Hoge, senior	2008	Ft. Calhoun -- District
22.84 (22.6)	R.J. Young, jr & sr	96 & 97	Burke Stadium & Fremont Classic
22.84 (22.6)	Shane Rosenthal, senior	1990	Bennington Inv.
23.15	Karson Gansebom	2018	Plattsmouth Inv.
23.24 (23.0)	Ryan Brennan, junior	2003	Yutan Inv.
23.24 (23.0)	Josh Alley, junior	1994	Arlington – District

### 400 M Dash

50.74 (50.5)	Kenny Hoge, senior	2008	Wahoo – Conference
50.84 (50.6)	Michael Wickham, soph.	2010	Blair – District
51.54 (51.3)	Jess Laible, sophomore	1992	Arlington – District
51.68	Jake Dolinski, junior	2018	Bennington-District
52.34 (52.1)	Bernie Fletcher, senior	1966	Midland – District
52.34	Grant Siekman, junior	2012	Blair – District
52.54 (52.3)	Sean Jennings, senior	1990	Arlington – District
52.78	Drew Showers, senior	2014	Plattsmouth EMC
52.84	Mason VanBrunt	2017	Plattsmouth Inv.
53.04 (52.8)	Sean McKenna, senior	1998	Syracuse – Conference

### 800 M Run

2:00.24 (1:59.8)	Daniel Connor, senior	2012	Arlington Inv.
2:00.69	Grant Siekman, senior	2013	Burke Stadium
2:01.44 (2:01.2)	Dave Laaker, senior	1984	Burke Stadium
2:02.64 (2:02.4)	Bert Laaker, senior	1983	Valley – Conference
2:03.33	Triston Nicks	2013	Ft. Calhoun – District
2:04.44 (2:04.2)	Matt Wickham, sophomore	2007	Blair – District
2:04.59	Caleb Lampe, sophomore	2017	18 Plattsmouth Inv./Blair Inv
2:05.14 (2:04.9)	Mike Backhuus, senior	1977	North Bend – District
2:06.34 (2:06.1)	Bob Schmidt, senior	1966	Midland – District
2:07.04 (2:06.8)	Shawn Hall, sophomore	1978	North Bend – District

### **1600 M Run**

4:33.60	Daniel Connor, junior	2011	Burke Stadium
4:35.84 (4:35.6)	Jerod Dolinsky, junior	1989	Elkhorn – District
4:36.44 (4:36.2)	Bert Laaker, senior	1983	Valley – District
4:41.07	Bo Wullenwaber	2015	Bennington-District
4:45.64 (4:45.4)	Ben Wichelt, junior	2010	Bennington Inv.
4:44.64 (4:44.4)	Jeff Barglof, sophomore	1977	North Bend – District
4:44.68	Steve Hemmer, senior	2001	Burke Stadium
4:45.54 (4:45.3)	Rich Hockenbury, senior	1984	Valley – Conference
4:45.75	Caleb Lampe	2017	District- Elkhorn
4:49.64 (4:49.4)	Kenny Parkison, senior	2008	District – Ft. Calhoun

### **3200 M Run**

9:57.35	Daniel Connor, junior	2011	Burke Stadium
10:00.34 (10:00.1)	Ben Wichelt	2011	Bennington Inv.
10:07.34 (10:07.1)	Rich Hockenbury, senior	1984	Bennington Inv.
10:21.24 (10:21)	Jim Hansen, senior	1977	Elkhorn – Conference
10:24.24 (10:24)	Steve Hemmer, junior	2001	Burke Stadium
10:29.74 (10:29.5)	Nick Hoins	2012	Bennington Inv.
10:37.24 (10:37)	Jerod Dolinsky, sophomore	1988	Boys Town Indoor
10:37.24 (10:37)	Dan Palmer, senior	1985	Elkhorn – District
10:46.24 (10:46)	Jeff Barglof, sophomore	1977	North Bend – District
10:47.03	Drew LaBreck	2015	Mike Lehl Invitational (Elkhorn)
10:47.24 (10:47)	Bert Laaker, senior	1983	Conestoga Inv.

### **400 M Relay**

43.23	2017	Wes Matheny, Cody Liske, Mason VanBrunt, Karson Gansebom
43.71	2018	Nate Rupprecht, Karson Gansebom, Mason VanBrunt, Wes Matheny
44.14 (43.9)	1997	R.J. Young, Josh Long, Matt Turner, Chad Blacketer
44.38	2016	Wes Matheny, Mason Van Brunt, Andrew Eihausen, Cody Liske
44.42	2015	Cody Liske, Dan Bressman, Riley Rischling, Triston Nicks
44.54 (44.3)	2012	Marcus Stewart, Dave Bressman, Jake Reynoso, Michael Wickham
44.54 (44.3)	2011	Trevor Bohn, Marcus Stewart, Dave Bressman, Michael Wickham
44.64 (44.4)	1990	Sean Jennings, Mark Krejci, Chris Polen, Shane Rosenthal
44.69	2018	Blake Olbrich, Karson Gansebom, Mason VanBrunt, Nate Rupprecht
44.74 (44.5)	1998	Justin Towey, Josh Long, Sean McKenna, R.G. Martel
44.84 (44.6)	1996	R.J. Young, Josh Long, Matt Turner, Matt McKenna

### 1600 M Relay

3:26.44 (3:26.2)	2007	Denver Klaus, Chris Lantz, Craig Jewell, Kenny Hoge	Blair – District
3:27.84 (3:27.6)	2008	Kenny Hoge, Denver Klaus, Pat Meads, Andrew Bleich	Ft. Calhoun – District
3:27.94 (3:27.7)	2009	Michael Wickham, Pat Meads, Matt Wickham, Denver Klaus	Blair – District
3:30.94 (3:30.7)	1980	Tom Polen, Randy Smith, Rich Barnes, Shawn Hall	Burke Stadium
3:32.76	2013	Grant Siekman, Layne Laaker, Jon Mahon, Drew Showers	Ft. Calhoun-District
3:31.05	2012	Grant Siekman, Jon Mahon, Drew Showers, Jake Reynoso	Blair -- District
3:33.24 (3:33.0)	2009	Josh Barger, Michael Wickham, Matt Wickham, Denver Klaus	
3:33.059	2007	Denver Klaus, Matt Wickham, Craig Jewell, Kenny Hoge	Burke Stadium
3:33.3	2008	Michael Wickham, Pat Meads, Ben Sowers, Denver Klaus	
3:33.62	2018	Jake Dolinski, Blake Olbrich, Mason VanBrunt, Karson Gansebom	Bryan

### 3200 M Relay

8:24.40	2013	Grant Siekman, Triston Nicks, Seth Dotzler, Drew Showers	Ft. Calhoun - District
8:26.15	2018	Hunter Shanks, Eric Tomjack, Brett Tomjack, Caleb Lampe	Bennington-District
8:32.34 (8:32.1)	2008	Ken Parkison, Kole Gansebom, Matt Wickham, Kyle Hanson	Ft. Calhoun - District
8:32.44 (8:32.2)	1982	Tom Frye, Terry Backhuus, Marc Kimmach, Bert Laaker	Valley – District
8:32.74 (8:32.5)	1983	Dave Laaker, Rich Hockenbury, Scott Hall, Bert Laaker	
8:35.64 (8:35.4)	1981	Tom Frye, Dave Laaker, Terry Backhuus, Bert Laaker	
8:37.24 (8:37.0)	2011	Ben Wichelt, Grant Siekman, Drew Showers, Dan Connor	
8:45.74 (8:45.5)	1976	Rich Fox, Mike Backhuus, Jeff Barglof, Dennis Barglof	
8:48.14 (8:47.9)	1980	Dave Laaker, Terry Backhuus, Bert Laaker, Rob Loptin	
8:48.44 (8:48.2)	2007	Matt Wickham, Kenny Parkison, Aaron Couch, Kyle O’Connell	

## **Bennington Girl's Track & Field Records**

Team Scoring Record – 170 points	2002 Bennington Invitational
Conference Championships	1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1989, 1990, 1991, 1996, 1997, 2002
Conference Runner-up	1999, 2000, 2011
District Championships	1975, 1977, 1978, 1979, 1990, 1999, 2000
District Runner-up	1983, 1989, 1996, 1997, 2001, 2002, 2013

### **Top Performances Bennington Girl's Track & Field**

#### **Long Jump**

Michelle Wakefield	17' 8 ½"	1981	Yutan Inv.
Cindy Wemhoff	17' 2"	1978	Tekamah – District
Lulu Mlynek	16' 10.25"	2014	Plattsmouth Inv.
Teri Sue Robinson	16' 9"	1988	Yutan Inv.
Jenny Jacobsen	16' 8"	1999	Bennington Inv.
Taylor Ryan	16' 2"	2018	Bennington-District
Teresa Frye	16' 1"	1977	Yutan Inv.
Dawn Wemhoff	16' ¾"	1977	Fremont Inv.
Kayla Smith	16' ¼"	2013	Bennington Inv.
Megan Bohn	15' 8"	2009	Bennington Inv.

#### **Discus**

Beth Christensen	137' 10"	2006	Yutan Inv.
Joy Cohrs	134' 10"	1983	Valley – District
Amber Lukowski	132' 2"	1990	Yutan Relays
Gwen Cohrs	127' 3"	1981	Valley – District
Alison Anderson	121' 4"	1998	Arlington Inv.
Abbie Christensen	117' 5"	2010	Blair – District
Becky Mills	116' 3"	1997	Ft. Calhoun – Conference
Melayana Miller	114' 8"	2011	Ft. Calhoun – Conference
Candy Kessler	113' 1"	1993	Arlington Inv.
Brynlee Loptin	111' 01"	2016	Elkhorn - Districts

#### **Shot Put**

Becky Mills	40' 10 ½"	1997	Boys Town Indoor
Melayana Miller	38' 1"	2010	Plattsmouth Inv.
Gwen Cohrs	37' 11"	1978	North Bend – District
Dani Rayman	36' 3 ¾"	2004	Wahoo Inv.
Candy Kessler	35' 11 ¾"	1993	Arlington Inv.
Beth Christensen	35' 8 ¾"	2006	Oakland-Craig – District
Amber Lukowski	35' 5"	1990	Syracuse – Conference
Jodi Lukowski	35' ½"	1998	Yutan Inv.
Mackenzie Renyoso	34' 9 ½"	2010	Arlington Inv.
Kelsey Hanson	34' 6"	2007	Syracuse – Conference

<b><u>High Jump</u></b>			
Demi Higgins	5' 7"	2012	Plattsmouth
Jessica Taylor	5' 6"	2002	Burke Stadium
Julia Wells	5' 5"	1999	Arlington – Conference
Heather Showers	5' 4"	2014	Plattsmouth Inv.
Carli Carl	5' 4"	2003	Ft. Calhoun – Conference
Michelle Wakefield	5' 2 ½"	1982	Yutan – Conference
Brooke Dutton	5' 2"	2009	Arlington – Conference
Julie Johansen	5' 2"	1976	Papillion – Conference
Brenda Mueller	5' 2"	1979	Boys Town Indoor
Marti Gottsch	5'	1999	Arlington – Conference
Kathy Kuhl	5'	1999	Arlington – Conference
Becky Dillon	5'	1981	Valley – Conference

<b><u>Triple Jump</u></b>			
Jessica Bird	35' 1"	2013	Bennington -- Conference
Gabby Diamond	35' 0.25"	2017	Elkhorn- District
Julia Wells	34' 6"	2000	Ft. Calhoun – District
Erica Backhuus	34' 3"	1997	Bennington Inv.
Megan Bohn	33' 10"	2010	Blair District
Becky Lewis	32' 11"	1996	Bennington Inv.
Kylie John	32' 7 ¾"	2018	Elkhorn-Conference
Natalie Sass	32' 7"	1997	Ft. Calhoun – District
Michaela Bohn	32' 6"	2014	Elkhorn JV
Meghan Hoge	32' 5 ½"	2004	Yutan Inv.

<b><u>Pole Vault</u></b>			
Miriam Calderon	10'6"	2017	Elkhorn- District, Burke
Bailey May	9' 7"	2012	Blair – District
Cayla Sorensen	9' 6"	2015	Burke Stadium
Katie Schrum	9"	2011	Ft. Calhoun – Conference
Abby Blankenship	9'	2008	Arlington Inv.
Jennifer Wilson	8' 6"	1999	Midland – District
Sidney LeClair	8'2"	2018	Bennington-Districts
Tori Klaus	8'0"	2010-2011	Ashland – Con./Ft. Calhoun-Con.
Aimee Warren	7' 6"	1999	Midland – District
Sarah Johnson	7' 6"	1997	Bennington Inv.



**100 M Int. Hurdles**

Erica Backhuus	16.24 (16.0)	96 & 97	Bennington Inv/Ft. Calhoun – Conf
Elizabeth Bridgeford	16.44 (16.2)	2002	Wahoo Inv.
Heather Showers	16.64 (16.4)	2012	Wahoo
Abbie Hunke	16.84 (16.6)	2010	Arlington Inv.
Hannah Unger	17.04	2017	Blair- EMC
Raquel Beltzner	17.20	2016	Elkhorn - District
Demi Higgins	17.32	2012	Gretna
Sarah Johnson	17.34 (17.1)	1998	Wahoo Inv.
Becky Dillon	17.44 (17.2)	1982	Yutan Inv.
Heather Cohrs	17.54 (17.3)	1991	Arlington – District

**300 M Low Hurdles**

Erica Backhuus	46.64 (46.4)	1997	Burke Stadium
Abbie Hunke	48.64 (48.4)	2010	Blair – District
Hannah Unger	48.84	2017	Blair- EMC
Elizabeth Bridgeford	49.84 (49.6)	2001	Bennington Inv.
Stacey Havekost	49.94 (49.7)	2009	Arlington -- Conference
Natalie Sass	49.94 (49.7)	1998	Arlington – District
Amber Goertz	50.01	2018	Bennington-District
Katelyn McKnight	50.28	2016	Elkhorn HS - District
Shelby Sass	51.14 (50.9)	2009	Bennington Inv.
Laurel Neumeyer	51.14 (50.9)	1990	Arlington Inv.
Heather Cohrs	51.24 (51.0)	1990	Arlington Inv.

**100 M Dash**

Michaela Bartels	12.44 (12.20)	2018	Elkhorn-Conference
Amber Taylor	12.65 (12.41)	1990	Burke Stadium
Jenny Jacobsen	12.74 (12.5)	2001	Midland – District
Kilie Trader	12.74 (12.5)	2001	Midland – District
Kelsey Gansebom	12.74	2015	Bennington Invitational
Sheaya Cleays	12.84 (*:12.6)	1978	North Bend – District
Dawn Wemhoff	12.94 (*:12.7)	76/77	Papillion – Conference
Laurel Dunker	12.94 (*:12.7)	1978	North Bend – District
Pam Jensen	12.94 (*:12.7)	1976	Fremont Inv.
Trista Hepfinger	13.14 (12.9)	1998	Wahoo Inv.
Tiffany Redel	13.14 (12.9)	1997	Ft. Calhoun – District
Julie Burkhead	13.14 (12.9)	1991	Conestoga – Conference
Alexa Armentrout	13.14	2018	Bennington-District

**200 M Dash**

Michaela Bartels	26.21	2017	Elkhorn- District
Kilie Trader	26.34 (26.1)	2002	North Bend – District
Kelsey Gansebom	26.57	2014	Plattsmouth EMC
Jenny Jacobsen	26.64 (26.4)	2001	R. Central – Conference
Julie Burkhead	26.74 (26.5)	1991	Arlington – District
Shannon Townshend	26.84 (26.6)	1994	Arlington – District
Trista Hepfingewr	27.14 (26.9)	1998	Wahoo Inv.
Dawn Wemhoff	27.24 (*:27.0)	1977	Elkhorn – Conference
Shaya Claeys	27.44 (27.2)	1980	Ft. Calhoun Inv.
Alexa Armentrout	27.44	2018	Plattsmouth Inv.
Tiffany Redel	27.64 (27.4)	1997	Ft. Calhoun – District

**400 M Dash**

Abbie Hunke	59.03	2013	Burke Stadium
Michaela Bartels	59.47	2018	Bennington-District
Karlee Gansebom	59.61	2009	Burke Stadium
Denise Wemhoff	1:01.84 (*1:01.6)	1976	Papillion – Conference
Lori Christensen	1:01.94 (*1:01.7)	1980	Valley – Conference
Teri Sue Robinson	1:02.24 (1:02.0)	1990	Arlington – District
Jessica Taylor	1:02.34 (1:02.1)	2002	Wahoo – Conference
Stephanie Kessler	1:02.54 (1:02.3)	1988	Arlington – Conference
Taylor Ryan	1:03.23	2018	Bennington-District
Debbie Pachunka	1:03.34 (*1:03.1)	1978	Elkhorn – Conference

**800 M Run**

Brooke Sass	2:19.14 (2:18.9)	2011	Arlington Inv.
Karlee Gansebom	2:19.50	2010	Burke Stadium
Abbie Hunke	2:21.40	2013	Burke Stadium
Shelia Eipperle	2:23.14 (*2:22.9)	1978	North Bend – District
This was once the Class C District Record and the Class C State Record!			
Stephanie Kessler	2:24.74 (2:24.5)	1990	Arlington Inv.
Kendra Heddens	2:25.19	2014	Blair Inv.
Madelyn Hunke	2:25.91	2015	Bennington-District
Jenny Mogensen	2:26.04 (2:25.8)	1989	Burke Stadium
Shelly Eipperle	2:26.74 (*2:26.5)	1980	Valley – District
Jennifer Lockhart	2:29.24 (2:29.0)	1990	Arlington – District