

# SAINT CHARLES SAINTS GIRLS TRACK AND FIELD



2022

## 2022 GIRLS DEPTH CHART

### 100 Meter Dash:

1. Abbie Disbrow – 13.57 (TT Sect 5/10)
2. Antonia Smith – 13.81 (PEM 4/21)
3. Abby Hoffman – 13.82 (TT Sect 5/10)
4. Mira Paul – 13.87 (Subsection 5/26)
5. Cristina Hernandez – 14.43 (TRC 5/14)
6. Shelby Mosdal – 14.52 (Subsection 5/26)
7. Araceli White – 14.80 (PEM 5/07)
8. Leah Kurth – 14.97 (PEM JH 5/07)
9. Scarlett McConnell Elder – 15.09 (SC 5/03)
10. Nora Fritcher – 15.12 (Cotter 5/20)
11. Noelle Barclay – 15.47 (Cotter 5/20)
12. Avery Klassen – 15.62 (PEM JH 5/07)
13. Cora Davidson – 15.71 (SC JH 4/19)
14. Ray Elliott – 15.78 (SC 5/03)
15. Teia Hulshizer – 15.96 (GMLOKS 4/28)
16. Morgan Carlson – 15.98 (PEM 5/07)
17. Avery DeCook – 16.55 (RP JH 5/12)
18. Brenna Wobschall – 17.04 (PEM 4/11)
19. Cami Jerde – 17.49 (PEM JH 5/07)
20. Iris McGinley – 17.90 (JH TRC 5/17)
21. Emily Brogan – 19.51 (PEM JH 5/07)

### 200 Meter Dash:

1. Antonia Smith – 27.38 (TT Sect 5/10)
2. Cristina Hernandez – 29.23 (TT Sect 5/10)
3. Mira Paul – 29.27 (Subsection 5/26)
4. Claire Siebenaler – 29.30 (JH TRC 5/17)
5. Abbie Disbrow – 29.56 (PEM 4/11)
6. Abby Hoffman – 29.69 (GMLOKS 4/28)
7. Shelby Mosdal – 30.86 (Subsection 5/26)
8. Leah Kurth – 31.16 (JH TRC 5/17)
9. Araceli White – 31.47 (PEM 5/07)
10. Noelle Barclay – 31.59 (SC 5/03)
11. Tessa Matzke – 31.71 (Cotter 5/20)
12. Cora Davidson – 32.40 (SC JH 4/19)
13. Avery Klassen – 32.60 (RP JH 5/12)
14. Ray Elliott – 32.91 (Cotter 5/20))
15. Teia Hulshizer – 33.83 (PEM 4/21)
16. Morgan Carlson – 34.25 (Cotter 5/20)
17. Brenna Wobschall – 36.43 (PEM 4/21)
18. Avery DeCook – 37.73 (LA JH 4/11)
19. Iris McGinley – 38.58 (LA JH 4/11)
20. Cami Jerde – 38.92 (RP 5/12)
21. Emily Brogan – 40.64 (LA JH 4/11)

### 400 Meter Dash:

1. Antonia Smith – 1:00.59 (Section 5/31)
2. Abby Hoffman – 1:06.76 (TT Sect 5/10)
3. Celia Cole – 1:07.33 (PEM 4/21)
4. Claire Siebenaler – 1:07.70 (SC JH 4/19)
5. Tessa Matzke – 1:12.71 (SC 5/03)
6. Cora Davidson – 1:13.67 (PEM JH 4/26)
7. Scarlett Elder McConnell – 1:14.55 (PEM 4/11)
8. Leah Kurth – 1:16.41 (SC JH 4.19)
9. Avery Klassen – 1:18.71 (JH TRC 5/17)

### 400 Meter Splits:

1. Antonia Smith – 1:00.53 (Section 6/02)
2. Claire Siebenaler – 1:02.22 (Section 6/02)
3. Abby Hoffman – 1:03.57 (Section 6/02)
4. Lucia Smith – 1:03.68 (Section 5/31)
5. Mya Slavin – 1:05.22 (Cotter 5/20)
6. Celia Cole – 1:07.39 (PEM 4/11)
7. Cristina Hernandez – 1:10.25 (PEM 4/11)
8. Tessa Matzke – 1:12.68 (TT Sect 5/10)

9. Sami Leistikow – 1:13.20 (Cotter 5/20)
10. Scarlett McConnell Elder – 1:13.32 (Cotter 5/20)
11. Sophia Tuseth – 1:14.06 (Cotter 5/20)
12. Shelby Mosdal – 1:17.93 (Stout 3/26)

### 800 Meter Run:

1. Antonia Smith – 2:36.22 (PEM 4/21)
2. Celia Cole – 2:36.41 (TT Sect 5/10)
3. Mya Slavin – 2:37.33 (Cotter 5/20)
4. Sami Leistikow – 2:43.05 (Cotter 5/20)
5. Sophia Tuseth – 2:46.94 (Cotter 5/20)
6. Tessa Matzke – 2:52.11 (Subsection 5/26)
7. Shelby Mosdal – 3:08.56 (Cotter 5/20)
8. Ilah Daood – 3:10.57 (SC 5/03)
9. Avery Toft – 3:35.03 (SC 5/03)
10. Brianna Brogan – 3:50.00 (PEM JH 4/26)

### 800 Meter Splits:

1. Mya Slavin – 2:34.49 (Section 6/02)
2. Celia Cole – 2:34.82 (TT Sect 5/10)
3. Sami Leistikow – 2:38.84 (Section 6/02)
4. Tessa Matzke – 2:47.69 TT Sect 5/10)
5. Sophia Tuseth – 2:50.73 (Section 6/02)
6. Ilah Daood – 3:05.32 (TT Sect 5/10)
7. Shelby Mosdal – 3:14.17 (GMLOKS 4/28)

### 1600 Meter Run:

1. Mya Slavin – 5:57.71 (TT Sect 5/10)
2. Celia Cole – 6:01.27 (PEM 4/11)
3. Sophia Tuseth – 6:06.56 (TT Sect 5/10)
4. Sami Leistikow – 6:07.19 (Subsection 5/26)
5. Avery Toft – 8:18.35 (PEM 4/21)

### 3200 Meter Run:

1. Mya Slavin – 12:46.02 (Section 5/31)
2. Sophia Tuseth – 13:07.33 (SC 5/03)

### 100 Meter Intermediate Hurdles:

1. Lucia Smith – 18.18 (TT Sect 5/10)
2. Claire Siebenaler – 19.75 (TT Sect 5/10)
3. Scarlett McConnell Elder – 20.28 (PEM 5/07)
4. Tessa Matzke – 22.27 (PEM 4/11)

### 100 Meter Low Hurdles:

1. Claire Siebenaler – 19.71 (LA JH 4/11)
2. Cora Davidson – 20.31 (PEM JH 5/07)
3. Carly Pearson – 22.17 (LA JH 4/11)

### 200 Meter Hurdles:

1. Claire Siebenaler – 32.79 (JH TRC 5/17)
2. Cora Davidson – 35.96 (RP JH 5/12)
3. Carly Pearson – 38.99 (SC JH 4/19)

### 300 Meter Hurdles:

1. Lucia Smith – 49.61 (TT Sect 5/10)
2. Claire Siebenaler – 51.10 (Section 5/31)
3. Tessa Matzke – 1:01.86 (PEM 4/11)

### High Jump:

1. Noelle Barclay – 4' 06" (TRC 5/14, Cotter 5/20)
2. Shelby Mosdal – 4' 04" (PEM 4/21, Cotter 5/20, Sub 5/26)
3. Claire Siebenaler – 4' 02" (LA JH 4/11)
4. Carly Pearson – 4' 02" (PEM JH 4/26)
5. Tessa Matzke – 4' 00" (PEM 4/11, Cotter 5/20)
6. Scarlett McConnell Elder – 4' 00" (PEM 5/07)
7. Cora Davidson – 3' 08" (LA JH 4/11)

**Long Jump:**

1. Abbie Disbrow – 15' 11.25" (Section 5/31)
2. Lucia Smith – 13' 11" (TT Sect 5/10)
3. Mira Paul – 13' 04.50" (PEM 4/11)
4. Cristina Hernandez – 13' 01" (SC 5/03)
5. Ray Elliott – 13' 01" (Cotter 5/20)
6. Avery Klassen – 11' 09.50" (JH TRC 5/17)
8. Morgan Carlson – 9' 10.75" (PEM 4/11)
9. Leah Kurth – 9' 06.25" (SC JH 4/19)

**Triple Jump:**

1. Antonia Smith – 31' 02.50 (SC 5/03)
2. Lucia Smith – 29' 11.50" (SC 5/03)
3. Abby Hoffman – 29' 09.75" (TRC 5/14)
4. Tessa Matzke – 26' 07.50" (Cotter 5/20)
5. Brenna Wobschall – 25' 09.50" (TRC 5/14)
6. Avery Klassen – 23' 09" (PEM JH 4/26)
7. Morgan Carlson – 21' 11.25" (PEM 4/21)
8. Teia Hulshizer – 21' 08" (PEM 4/21)

**Pole Vault:**

1. Nora Fritcher – 8' 00" (TT Sect 5/10)
2. Noelle Barclay – 7' 06" (TT Sect 5/10)

**Shot Put:**

1. Noelle Barclay – 31' 03.75" (Section 6/02)
2. Ilah Daood – 24' 08" (Cotter 5/20)
3. Marabelle Kurth – 23' 10" (TRC 5/14)
4. Iris McGinley – 23' 08" (Cotter 5/20)
5. Zoeie Meister-Smith – 23' 02.25" (SC 5/03)
6. Henry Rounsaville-Breese 20' 06.25" (Cotter 5/20)
7. Nora Fritcher – 20' 06" (PEM 4/21)
8. Avery DeCook – 19' 05" (JH TRC 5/17)
9. Sara Backes – 18' 08" (PEM 4/21)
10. Cami Jerde – 17' 08" (RP JH 5/12)
11. Emily Borgan – 16' 08" (PEM JH 4/26)
12. Angie Zickrick – 16' 07.50" (PEM JH 5/07)
13. Candy Zickrick – 15' 00" (PEM 4/11)

**Discus:**

1. Zoeie Meister-Smith – 79' 03" (Cotter 5/20)
2. Ilah Daood – 77' 02" (SC 5/03)
3. Iris McGinley – 75' 07" (Cotter 5/20)
4. Marabelle Kurth – 64' 10" (Cotter 5/20)
5. Shelby Mosdal – 57' 11" (PEM 4/11)
6. Cami Jerde – 57' 04" (PEM JH 5/07)
7. Henry Rounsaville-Breese – 55' 10" (Cotter 5/20)
8. Noelle Barclay – 54' 11" (PEM 4/21)
9. Avery DeCook – 52' 08" (JH TRC 5/17)
10. Angie Zickrick – 52' 03" (RP JH 5/12)
11. Emily Borgan – 48' 02" (JH TRC 5/17)

12. Sara Backes – 47' 05" (TRC 5/14)
13. Candy Zickrick – 42' 10" (PEM 4/11)

**4x100 Meter Relay:**

1. Disbrow, Paul, Hernandez, Hoffman – 53.60 (Subsection 5/26)
2. Disbrow, Paul, Hernandez, Hoffman – 53.89 (Section 5/31)
3. Disbrow, Fritcher, Hernandez, Hoffman – 54.75 (TRC 5/14)
4. Disbrow, Paul, Fritcher, Hernandez – 55.03 (TT Sect 5/10)
5. Disbrow, Hoffman, Fritcher, Hernandez – 56.23 (GMLOKS 4/28)
6. McConnell Elder, Davidson, Mosdal, White – 58.70 (PEM 5/07)
7. Fritcher, Barclay, Paul, Mosdal – 58.84 (PEM 4/11)
8. Paul, Wobschall, Matzke, Hulshizer – 1:00.15 (PEM 4/21)
9. Pearson, Davidson, Klassen, Siebenaler – 1:00.71 (LA JH 4/11)
10. Pearson, Klassen, Davidson, Kurth – 1:00.75 (RP JH 5/12)
11. Disbrow, Fritcher, Barclay, Mosdal – 1:02.09 (PEM 4/21)
12. Davidson, Pearson, Klassen, Kurth – 1:02.12 (PEM JH 4/26)
13. Elliott, Wobschall, Carlson, McConnell Elder – 1:02.7 (Cotter 5/20)
14. Kurth, Pearson, Klassen, Siebenaler – 1:03.08 (JH TRC 5/17)
15. Pearson, DeCook, Klassen, Kurth – 1:04.23 (PEM JH 5/07)
16. Elliott, Wobschall, Carlson, Leistikow – 1:06.57 (GMLOKS 4/28)

**4x200 Meter Relay:**

1. Disbrow, LSmith, Hoffman, ASmith – 1:52.46 (TRC 5/14)
2. Siebenaler, LSmith, Hoffman, ASmith – 1:52.62 (Cotter 5/20)
3. Disbrow, LSmith, Hoffman, ASmith – 1:52.85 (Subsection 5/26)
4. Disbrow, LSmith, Hoffman, ASmith – 1:54.02 (Section 5/31)
5. Disbrow, Hernandez, LSmith, ASmith – 1:54.56 (PEM 4/21)
6. Disbrow, Hoffman, LSmith, ASmith – 1:55.15 (GMLOKS 4/28)
7. Disbrow, Paul, LSmith, Hernandez – 1:55.17 (TT Sect 5/10)
8. Disbrow, Hernandez, Hoffman, ASmith – 1:55.92 (PEM 4/11)
9. Pearson, DeCook, Klassen, Kurth – 2:18.91 (SC JH 4/19)

**4x400 Meter Relay:**

1. LSmith, Hoffman, Siebenaler, ASmith – 4:11.82 (Section 6/02)
2. LSmith, Hoffman, Siebenaler, ASmith – 4:12.77 (Subsection 5/26)
3. LSmith, Hoffman, Siebenaler, ASmith – 4:14.94 (Section 5/31)
4. Hoffman, LSmith, Siebenaler, ASmith – 4:18.09 (TRC 5/14)
5. Cole, Hoffman, Slavin, ASmith – 4:19.41 (Cotter 5/20)
6. Hoffman, Siebenaler, L Smith, ASmith – 4:20.32 (SC 5/03)
7. Hoffman, Matzke, Siebenaler, ASmith – 4:26.26 (TT Sect 5/10)
8. Hoffman, Hernandez, Cole, ASmith – 4:29.91 (PEM 4/11)
9. Hoffman, Mosdahl, Matzke, Hernandez – 4:59 (Stout 3/26)

**4x800 Meter Relay:**

1. Cole, Leistikow, Tuseth, Slavin – 10:42.44 (Section 6/02)
2. Cole, Leistikow, Matzke, Slavin – 10:52.70 (TRC 5/14)
3. Cole, Leistikow, Tuseth, Slavin – 10:59.20 (Subsection 5/26)
4. Cole, Matzke, Daood, Leistikow – 11:11.21 (TT Sect 5/10)
5. Slavin, Tuseth, Leistikow, Matzke – 11:19.67 (SC 5/03)
6. Cole, Tuseth, Leistikow, Daood – 11:41.00 (PEM 4/21)
7. Leistikow, Tuseth, Matzke, Daood – 12:07.71 (GMLOKS 4/28)

## 2022 GIRLS LETTER POINT TOTAL

Antonia Smith 254

Lucia Smith 226.5

Abbie Disbrow 142.5

Abby Hoffman 133

Noelle Barclay 120.5

Claire Siebenaler 108

Mya Slavin 100.5

Sophia Tuseth 99

Nora Fritcher 68.5

Celia Cole 66

Cristina Hernandez 63

Sami Leistikow 53

Ilah Daood 51.5 (71)\*

Tessa Matzke 43.5

Mira Paul 38.5

Shelby Mosdal 20 (44.5)\*

Scarlett McConnell Elder 2 (16)\*

Avery Toft (13)\*

Iris McGinley 12

Zoeie Meister-Smith 1

Ray Elliott 1

Morgan Carlson 1

Brenna Wobscall 1

\*Denotes that an athlete carried letter points over from last year. When an athlete scores points in a season but does not meet the 25-point qualification for lettering, he/she carries those points over. For such athletes, the first number is the total points scored this season. The second number (in parentheses) is the TOTAL points they have (last year's plus this year's). For full letter points rules and explanations, see the team page on the school website.

## 2022 GIRLS PENTATHLON RESULTS

Name	FLYING 55	600M RUN	VERT. SPRING	BROAD JUMP	SHOT PUT
Abbie Disbrow	<b>7.61</b>	<b>2:11</b>	<b>20" (T2)</b>	<b>6' 11"</b>	<b>20' 10"</b>
Antonia Smith	<b>7.15 (1)</b>	<b>1:51 (1)</b>	<b>21" (1)</b>	<b>7' 1" (3)</b>	<b>19' 5.5"</b>
Celia Cole	<b>7.49 (2)</b>	<b>1:54 (2)</b>	<b>20" (T2)</b>	<b>6' 8"</b>	<b>19' 4"</b>
Lucia Smith	<b>7.5 (3)</b>	<b>1:57 (3)</b>	<b>17"</b>	<b>6' 7"</b>	<b>20' 11" (3)</b>
Nora Fritcher	8.55	2:37	<b>18"</b>	6' 2"	<b>22' 0"</b>
Cristina Hernandez	<b>7.86</b>	2:34	<b>16"</b>	6' 3"	10' 5.5"
Noelle Barclay	8.31	2:34	<b>19" (3)</b>	<b>7' 2" (2)</b>	<b>22' 7" (2)</b>
Ray Elliott	8.99	3:25	15"	6' 3"	11' 10"
Riley Ward	8.49		14"	4' 10"	11' 7"
Sara Backes	9.65	3:30	10"	4' 9"	15' 8"
Zoeie Meister-Smith	10.22	N/A	12"	4' 9"	<b>19' 8.5"</b>
Araceli White	8.22	<b>2:25</b>	15"	5' 11"	17' 2"
Avery Toft	8.93	2:57	13"	5' 5"	12' 4"
Candy Zickrick	10.36	3:50	11"	4' 6"	13'
Henry Rounsaville	9.9	4:04	8"	4' 9"	16'
Morgan Carlson	8.88	3:27	12"	6' 0"	15' 3"
Mya Slavin	N/A	N/A	N/A	N/A	N/A
Scarlett McConnell Elder	8.15	<b>2:23</b>	<b>16"</b>	6' 2"	<b>18'</b>
Shelby Mosdal	<b>7.87</b>	<b>2:21</b>	<b>17"</b>	<b>6' 6"</b>	<b>22' 9" (1)</b>
Teia Hulshizer	8.23	2:26	12"	6' 5"	16' 4"
Abbie Hoffman	<b>7.77</b>	2:33	15"	6' 0"	10' 9.5"
Brenna Wobschall	8.96	3:25	14"	5' 2"	15' 7"
Ilah Daood	8.85	2:36	12"	5' 8"	<b>20' 6.5"</b>
Marabelle Kurth	N/A	3:16	14"	6' 0"	17' 8.5"
Mira Paul	<b>7.74</b>	2:31	<b>17"</b>	<b>7' 7" (1)</b>	12' 7.5"
Sophia Tuset	9.12	<b>2:25</b>	14"	<b>6' 8"</b>	12' 1"
Tessa Matzke	<b>8.08</b>	3:03	14"	6' 3"	14' 7.5"
Angie Zickrick	N/A	3:59	7"	4' 4"	13'
Asher Majerus	N/A	N/A	9"	4' 11"	14' 1"
Brianna Brogan	N/A	N/A	N/A	N/A	N/A
Claire Siebenaler	<b>7.87</b>	<b>2:05</b>	12"	5' 10"	15' 7"
Iris McGinley	9.5	2:35	5"	5' 1"	16' 11"
Sami Leistikow	8.22	<b>2:13</b>	10"	3' 11"	14' 6"
Avery DeCook	9.72	3:44	12"	<b>6' 6"</b>	12' 1.5"
Avery Klassen	8.87	3:23	15"	5' 8"	11' 2"
Cami Jerde	9.89	3:55	12"	5' 8"	11' 6"
Carly Pearson	9.2	2:53	14"	5' 9"	13' 6.5"

Cora Davidson	8.97	3:02	15"	6' 2"	16' 4"
Emily Brogan	N/A	N/A	N/A	N/A	N/A
Leah Kurth	8.73	3:09	15"	<b>6' 6"</b>	10' 1"

## 2022 PENTATHLON LEADERBOARD:

*Flying 55* — Antonia Smith (7.15)  
*600 Meter Run* — Antonia Smith (1:51)  
*Shot Put* — Shelby Mosdahl (22' 9")  
*Vertical Spring* — Antonia Smith (21.0")  
*Standing Long* — Mira Paul (7' 7")

### JH Leaderboard

*Flying 55* — Claire Siebenaler (7.87)  
*600 Meter Run* — Claire Siebenaler (2:05)  
*Shot Put* — Iris McGinley (16' 11")  
*Vertical Spring* — Avery Klassen, Cora Davidson, Leah Kurth (15.0")  
*Standing Long* — Avery DeCook, Leah Kurth (6' 6")

## 2022 FINAL LIST OF SCORES

1. **Antonia Smith** **4100**
2. Abbie Disbrow 3450
3. Celia Cole 3400
4. Lucia Smith 3100
5. Noelle Barclay 2500
6. Shelby Mosdal 2250
7. Mira Paul 2000
8. Nora Fritcher 1400
9. Claire Siebenaler 950
10. Sophia Tuseth 700
11. Cristina Hernandez 550
11. Scarlett McConnell Elder 550
12. Abby Hoffman 500
12. Sami Leistikow 500
12. Ilah Daood 500
13. Zoeie Meister-Smith 400
14. Avery DeCook 200
15. Leah Kurth 200
16. Araceli White 150
17. Tessa Matzke 100

\*37 participants

# **PENTATHLON HISTORY**

## **PENTATHLON CHAMPIONS**

2014: Analise Fabre/Abby Ludens — 3400 (no vert. spring)

2015: Anna Smith — 4300

2016: Anna Smith — 4350

2017: Anna Smith — 4000

2018: Lindsey Root — 3450

2019: Lindsey Root — 4200

2020: Lindsey Root — 4650

2021: Lindsey Root — 4300

2022: Antonia Smith — 4100

### **EVENT RECORDS:**

Flying 55—Lindsey Root—6.74 (2021)

600 Meter Run—Antonia Smith 1:50 (2021)

Shot Put—Hailey Soulier—30' 6" (2020)

Standing Long Jump—Anna Smith ('16) & **Mira Paul ('22)—7' 7"**

Vertical Spring—Katie Dailey—24.0" (2018 & 2021)

### **JH Event Records:**

Flying 55—Abbie Disbrow—7.29 (2018)

600—Antonia Smith—2:00 (2018)

Shot Put—Abby McCready—21' 2" (2017)

Standing LJ—Mira Paul—7' 3" (2021)

Vertical Spring—Abbie Disbrow—21.0" (2018)

## GIRLS AWARDS—2022

Letter Winners: Antonia Smith, Lucia Smith, Abbie Disbrow, Abby Hoffman, Noelle Barclay, Claire Siebenaler, Mya Slavin, Sophia Tuseth, Nora Fritcher, Celia Cole, Cristina Hernandez, Sami Leistikow, Ilah Daood, Tessa Matzke, Mira Paul, Shelby Mosdal

Top 5 Scorers: Antonia Smith (254), Lucia Smith (226.5), Abbie Disbrow (142.5), Abby Hoffman (133), Noelle Barclay (120.5)

Conference Placers: Celia Cole (4x800), Mya Slavin (4x800, 3200), Tessa Matzke (4x800), Sami Leistikow (4x800), Abbie Disbrow (100, 4x200, 4x100, LJ), Lucia Smith (4x200, 300H, 4x400), Abby Hoffman (4x200, 4x100, 4x400), Antonia Smith (4x200, 400, 4x400, TJ), Sophia Tuseth (1600, 3200), Nora Fritcher (4x100), Cristina Hernandez (4x100, 200), Claire Siebenaler (300H, 4x400), Noelle Barclay (HJ, PV, SP)

Conference Champions: Abbie Disbrow (LJ), Abby Hoffman (4x400), Lucia Smith (4x400), Claire Siebenaler (4x400), Antonia Smith (4x400)

All-Conference: Abbie Disbrow, Abby Hoffman, Antonia Smith, Claire Siebenaler, Lucia Smith

Subsection Placers: Celia Cole (4x800), Sami Leistikow (4x800, 1600), Sophia Tuseth (4x800, 3200), Mya Slavin (4x800, 3200), Mira Paul (100, 4x100), Shelby Mosdal (100, HJ), Abbie Disbrow (4x200, 4x100, LJ), Lucia Smith (4x200, 300H, 4x400), Abby Hoffman (4x200, 4x100, 4x400, TJ), Antonia Smith (4x200, 400, 4x400), Cristina Hernandez (4x100), Claire Siebenaler (300H, 4x400), Noelle Barclay (HJ, SP), Nora Fritcher (PV)

Subsection Champion: Antonia Smith (400), Lucia Smith (300H)

Section Meet Qualifiers: Celia Cole (4x800), Sami Leistikow (4x800), Sophia Tuseth (4x800, 3200), Mya Slavin (4x800, 3200), Mira Paul (100, 4x100), Antonia Smith (4x200, 400, 4x400), Lucia Smith (4x200, 300H, 4x400), Claire Siebenaler (300H, 4x400), Abbie Disbrow (4x200, 4x100, LJ), Cristina Hernandez (4x100), Abby Hoffman (4x200, 4x100, 4x400), Nora Fritcher (PV), Noelle Barclay (SP)

Section Meet Placers: Abbie Disbrow (LJ), Antonia Smith (400, 4x400), Lucia Smith (300H, 4x400), Abby Hoffman (4x400), Claire Siebenaler (4x400), Celia Cole (4x800), Sami Leistikow (4x800), Sophia Tuseth (4x800), Mya Slavin (4x800), Noelle Barclay (SP)



# GIRLS TEAM AWARDS—2022

There are three team awards presented each year in recognition of exceptional performance and contribution to the Saint Charles Track and Field team and the Saint Charles Track and Field program. These awards in no way should be interpreted as being given to the only people who met the criteria. They are awards given to those individuals by their teammates in recognition of what the team feels are *exceptional* contributions.

MOST VALUABLE: Awarded each year to the team's leading scorer

## **2022 Top Scorer: Antonia Smith**

MOST IMPROVED: The recipient of the Most Improved Athlete award is not be based solely on statistics. Rather, it is given to an athlete who, through their hard work, dedication, and perseverance, noticeably improved their performances AND, as a result, helped improve the team's performances. This may be an improvement from last season to this season, or (in the case of a first-year athlete) from the beginning of this season to the end.

## **2022 Most Improved Award: Sami Leistikow**

MOST DEDICATED: Given each year to an athlete whose dedication goes beyond their own events; this award goes to the athlete who is most dedicated to the St. Charles Track and Field program. These athletes are not necessarily the top performers. Recipients of this award are dedicated not only to their own performances, but also the performances of their teammates and of the program as a whole. They are dedicated to a positive attitude and positive environment, at practice, meets, and school. They are dedicated to working hard, and enabling and inspiring others to work hard as well. They are dedicated not only to the present of this program, but making sure to put their positive stamp on the program's future as well.

## **2022 Most Dedicated Award: Scarlett McConnell Elder**

LEADERSHIP AWARD: *The recipient of the Leadership Award goes to an athlete is a profound leader. A profound leader leads, but not primarily through instruction and prime performance, but through example and invitation. A profound leader invites those around him/her to more deeply invest in their team, their program, their teammates, and themselves. A profound leader invites not merely through words but through their own example of work, through the dignity and respect with which they treat their coaches, teammates, teachers, and competition, and through the humility and selflessness with which they approach their own role in the program. A profound leader invites those outside of his/her friend group, outside of his/her grade level, and outside of his/her event group. A profound leader, through their words, actions, and example, invites others to be more than they think they can be.*

## **2022 LEADERSHIP AWARD: Abbie Disbrow & Lucia Smith**

# ST. CHARLES GIRLS TRACK AND FIELD AWARDS HISTORY

YEAR	Top Scorer	Most Improved	Most Dedicated	Leadership
2014	Analise Fabre	Anna Smith	Allie McDonough	---
2015	Anna Smith	Macy Loechler	Katherine Smith	---
2016	Anna Smith	Macy Loechler	Ebony Mitchell	---
2017	Analise Fabre	Allison Hansen	Anna Smith	---
2018	Lindsey Root	Gabby Stowell	Lindsey Root	---
2019	Lindsey Root	Gabby Stowell	Lindsey Root	Piper Krenik
2020	---	---	---	---
2021	Lindsey Root	Hadli Heim & Katie Dailey	Lindsey Root	Abbie Disbrow & Lucia Smith
2022	Antonia Smith	Sami Leistikow	Scarlett McConnell Elder	Abbie Disbrow & Lucia Smith

## All-Conference: (champs in bold)

2014-2015: none

2016: Anna Smith

2017: Analise Fabre, Lindsey Root, Lydia O'Hara, Anna Smith

2018: **Lindsey Root (long jump), 4x400 (A. Smith, Cole, L. Smith, Root)**

2019: **Lindsey Root (long jump), 4x200 (Disbrow, L. Smith, Stowell, Root)**, Celia Cole

2020: \*\*Season Cancelled Due to COVID-19\*\*

2021: **Lindsey Root (long jump, 100m, 200m), Katie Dailey (High Jump), 4x200 (Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root)**, Celia Cole

2022: **Abbie Disbrow, Abby Hoffman, Antonia Smith, Claire Siebenaler, Lucia Smith**

## Section Qualifiers: (subsection champs in bold)

2014: Abby Ludens (triple jump), Anna Smith (400)

2015: 4x100 Meter Dash (Lydia O'Hara, Anna Ferden, Bianca Harris, Analise Fabre), Bianca Harris (100)

2016: Anna Smith (400), Macy Loechler (1600)

2017: Abbie Disbrow (300h), Analise Fabre (pole vault, **triple jump**), 4x100 (Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre)

2018: Antonia Smith (400), Ashley Paul (100h), Lindsey Root (long jump), Abbie Disbrow (long jump), 4x800 (Anna Daood, Allison Hansen, Brooke Spaulding, Celia Cole)

2019: Celia Cole (1600), Lucia Smith (300h), Lindsey Root (200, long jump), 4x200 (Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root), 4x400 (Lucia Smith, Celia Cole, Gabby Stowell, Lindsey Root)

2020: \*\*Season Cancelled Due to COVID-19\*\*

2021: Celia Cole (1600), **Katie Dailey (high jump)**, 4x200 (Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root), Lucia Smith (100h, 300h), Hailey Soulier (Shot Put), Sophia Tuset (3200), **Lindsey Root (100, 200, long jump), Antonia Smith (400)**

2022: Celia Cole (4x800), Sami Leistikow (4x800), Sophia Tuset (4x800, 3200), Mya Slavin (4x800, 3200), Mira Paul (100, 4x100), **Antonia Smith (4x200, 400, 4x400), Lucia Smith (4x200, 300H, 4x400)**, Claire Siebenaler (300H, 4x400), Abbie Disbrow (4x200, 4x100, LJ), Cristina Hernandez (4x100), Abby Hoffman (4x200, 4x100, 4x400), Nora Fritcher (PV), Noelle Barclay (SP)

## State Qualifiers: (section champs in bold)

2019: **Lindsey Root (long jump)**

2021: **Lindsey Root (long jump, 200)**

## All-State Placers:

2019: Lindsey Root, long jump - 4th Place

2021: Lindsey Root, long jump - 3rd Place, 200 - 6th Place

## GIRLS WIN-LOSS RECORDS 2014-present

Year	Won	Lost	Winning %	Conf.	True Team	TT State	Subsection	Section	STATE
2014	3	54	5.3%	8	18	-----	8	25	-----
2015	26	46	36.1%	9	10	-----	6	DNS	-----
2016	9	68	11.7%	10	14	-----	8	DNS	-----
2017	32	52	38.1%	8	7	-----	4	28	-----
2018	38	28	57.6%	4	6	-----	4	19	-----
2019	54	29	65.1%	4	3	-----	5	15	46
2020	***season cancelled due to COVID-19 pandemic***								
2021	37	18	67.3%	2	4	8	2	4	26
2022	37	26	58.7%	4	6	-----	3	13	-----

# ST. CHARLES SAINTS GIRLS HONOR ROLL

## 2014-present

### 100 Meter Dash

1.	Lindsey Root	2021	12.43
2.	Abbie Disbrow	2019	13.37
3.	Antonia Smith	2018	13.59
4.	Analise Fabre	2014	13.61
5.	Katie Kramer	2017	13.76
6.	Bianca Harris	2015	13.76
7.	Halle McCormick	2019	13.81
<b>8.</b>	<b>Abby Hoffman</b>	<b>2022</b>	<b>13.82</b>
<b>9.</b>	<b>Mira Paul</b>	<b>2022</b>	<b>13.87</b>
10.	Anna Smith	2017	13.93

### 200 Meter dash

1.	Lindsey Root	2021	25.81
<b>2.</b>	<b>Antonia Smith</b>	<b>2022</b>	<b>27.38</b>
3.	Anna Smith	2014	28.13
4.	Gabby Stowell	2019	28.35
5.	Abbie Disbrow	2019	28.38
6.	Analise Fabre	2016	28.46
7.	Lydia O'Hara	2017	28.69
8.	Katie Dailey	2021	28.96
<b>9.</b>	<b>Cristina Hernandez</b>	<b>2022</b>	<b>29.23</b>
<b>10.</b>	<b>Mira Paul</b>	<b>2022</b>	<b>29.27</b>

### 400 Meter dash

1.	Antonia Smith	2021	59.15
2.	Anna Smith	2016	1:02.02
3.	Lindsey Root	2017	1:02.51
4.	Gabby Stowell	2019	1:04.67
5.	Piper Krenik	2017	1:05.77
6.	Abby Ludens	2014	1:06.38
7.	Katie Dailey	2021	1:06.43
<b>8.</b>	<b>Abby Hoffman</b>	<b>2022</b>	<b>1:06.76</b>
<b>9.</b>	<b>Celia Cole</b>	<b>2022</b>	<b>1:07.33</b>
10.	Lydia O'Hara	2015	1:08.38

### 400 Meter Split

1.	Antonia Smith	2021	59.86
<b>2.</b>	<b>Claire Siebenaler</b>	<b>2022</b>	<b>1:02.22</b>
3.	Piper Krenik	2019	1:02.28
4.	Lindsey Root	2018	1:02.32
5.	Gabby Stowell	2019	1:02.40
6.	Lucia Smith	2019	1:03.11
<b>7.</b>	<b>Abby Hoffman</b>	<b>2022</b>	<b>1:03.57</b>
8.	Anna Smith	2015	1:03.44
<b>9.</b>	<b>Mya Slavin</b>	<b>2022</b>	<b>1:05.22</b>
10.	Celia Cole	2021	1:05.61

### 800 Meter Run

<b>1.</b>	<b>Antonia Smith</b>	<b>2022</b>	<b>2:36.22</b>
2.	Celia Cole	2019	2:36.29
<b>3.</b>	<b>Mya Slavin</b>	<b>2022</b>	<b>2:37.33</b>
4.	Macy Loechler	2016	2:39.86
<b>5.</b>	<b>Sami Leistikow</b>	<b>2022</b>	<b>2:43.05</b>
6.	Allison Hansen	2017	2:46.87
<b>7.</b>	<b>Sophia Tuseth</b>	<b>2022</b>	<b>2:46.94</b>
8.	Anna Daood	2017	2:47.75
9.	Riley Ward	2021	2:48.70
10.	Piper Krenik	2015	2:50.74

### 800 Meter Run (split)

<b>1.</b>	<b>Mya Slavin</b>	<b>2022</b>	<b>2:34.49</b>
<b>2.</b>	<b>Celia Cole</b>	<b>2022</b>	<b>2:34.82</b>
3.	Macy Loechler	2015	2:36.31
<b>4.</b>	<b>Sami Leistikow</b>	<b>2022</b>	<b>2:38.84</b>
5.	Piper Krenik	2019	2:41.26
6.	Lindsey Root	2017	2:41.96
7.	Allison Hansen	2017	2:43.55
8.	Brooke Spaulding	2018	2:44.22
9.	Anna Daood	2017	2:45.28
10.	Lucia Smith	2018	2:46.35

### 1600 Meter Run

1.	Celia Cole	2021	5:45.81
2.	Macy Loechler	2016	5:46.69
3.	Allison Hansen	2017	5:51.49
<b>4.</b>	<b>Mya Slavin</b>	<b>2022</b>	<b>5:57.71</b>
5.	Vanessa Perez	2015	6:00.99
<b>6.</b>	<b>Sophia Tuseth</b>	<b>2022</b>	<b>6:06.56</b>
<b>7.</b>	<b>Sami Leistikow</b>	<b>2022</b>	<b>6:07.19</b>
8.	Evelyn Daood	2014	6:18.69
9.	Anna Daood	2016	6:20.26
10.	Courtney Dayland	2014	6:33.62

### 3200 Meter Run

<b>1.</b>	<b>Mya Slavin</b>	<b>2022</b>	<b>12:46.02</b>
2.	Allison Hansen	2017	12:51.16
3.	Evelyn Daood	2014	13:02.64
<b>4.</b>	<b>Sophia Tuseth</b>	<b>2022</b>	<b>13:07.33</b>
5.	Lilli Shea	2015	13:34.07
6.	Anna Daood	2017	14:02.66
7.	Riley Ward	2021	14:07.04
8.	Celia Cole	2019	14:12.22
9.	Tori Kittleson	2017	14:13.05
10.	Jaclyn Storey	2015	14:45.20

### 100 Meter Hurdles

1.	Lucia Smith	2021	17.27
2.	Ashley Paul	2019	17.65
3.	Katherine Smith	2015	18.19
4.	Abbie Disbrow	2017	18.60
5.	Katie Dailey	2017	18.73
6.	Jenny Kramer	2018	19.79
7.	<b>Claire Siebenaler</b>	<b>2022</b>	<b>19.75</b>
8.	Mimi Kivi	2015	19.93
9.	<b>Scarlett McConnell Elder</b>	<b>2022</b>	<b>20.28</b>
10.	Gabby Stowell	2018	20.39

### 300 Meter Hurdles

1.	Lucia Smith	2021	48.51
2.	Abbie Disbrow	2018	50.58
3.	<b>Claire Siebenaler</b>	<b>2022</b>	<b>51.10</b>
4.	Ashley Paul	2019	52.76
5.	Katherine Smith	2014	53.81
6.	Katie Dailey	2017	54.09
7.	Jenny Kramer	2018	57.30
8.	Gabby Stowell	2017	58.40
9.	Hannah Fynboh	2017	59.42
10.	Mimi Kivi	2015	59.77

### High Jump

1.	Katie Dailey	2021	5-02.00
2.	Bianca Harris	2015	4-08.00
3.	Lindsey Root	2018	4-08.00
4.	<b>Noelle Barclay</b>	<b>2022</b>	<b>4-06.00</b>
5.	Leah Mundt	2018	4-08.00
6.	<b>Shelby Mosdal</b>	<b>2022</b>	<b>4-06.00</b>
7.	Taylor Ness	2016	4-04.00
8.	Maria Dorrnsoro	2019	4-04.00
9.	Adi Karlen	2019	4-04.00
10.	<b>Claire Siebenaler</b>	<b>2022</b>	<b>4-02.00</b>
11.	Allie McDonough	2015	4-02.00
12.	Hannah Fynboh	2017	4-02.00
13.	Taylin Andring	2019	4-02.00

### Long Jump

1.	Lindsey Root	2019	17-09.50
2.	Abbie Disbrow	2019	17-02.50
3.	Katherine Smith	2014	14-08.00
4.	Halle McCormick	2019	14-07.00
5.	Analise Fabre	2017	14-01.50
6.	Anna Smith	2016	14-01.00
7.	Maria Dorrnsoro	2019	14-01.00
8.	Lucia Smith	2022	13-11.00
9.	Jenny Kramer	2018	13-10.75
10.	Antonia Smith	2017	13-08.25

### Triple Jump

1.	Abby Ludens	2014	34-02.75
2.	Analise Fabre	2017	33-09.25
3.	Anna Smith	2017	31-09.25
4.	Antonia Smith	2018	31-04.75
5.	Lucia Smith	2021	31-05.50
6.	<b>Abby Hoffman</b>	<b>2022</b>	<b>29-09.75</b>
7.	Ashley Paul	2021	29-00.00
8.	Katherine Smith	2014	28-05.00
9.	Piper Krenik	2019	27-11.50
10.	<b>Tessa Matzke</b>	<b>2022</b>	<b>26.07.50</b>

### Pole Vault

1.	Analise Fabre	2017	8-10.00
2.	<b>Nora Fritcher</b>	<b>2022</b>	<b>8-00.00</b>
3.	<b>Noelle Barclay</b>	<b>2022</b>	<b>7-06.00</b>
4.	Katie Kramer	2017	7-06.00
5.	Courtney Dayland	2014	7-00.00
6.	Lucia Smith	2019	7-00.00
7.	Hadli Heim	2021	6-09.00
8.	Katie Dailey	2018	6-07.00
9.	Taylin Andring	2018	6-06.00
10.	Erin Torres	2018	6-06.00

### Shot Put

1.	Hailey Soulier	2021	33-10.00
2.	Triniti Gbala	2021	31-08.00
3.	<b>Noelle Barclay</b>	<b>2022</b>	<b>31-03.75</b>
4.	Abby McCready	2021	27-11.00
5.	Sonia Howen	2018	26-00.00
6.	<b>Ilah Daood</b>	<b>2022</b>	<b>24-08.00</b>
7.	Erin Hongerholt	2017	24-01.50
8.	<b>Marabelle Kurth</b>	<b>2022</b>	<b>23-10.00</b>
9.	<b>Iris McGinley</b>	<b>2022</b>	<b>23-08.00</b>
10.	Allie McDonough	2016	23-08.00

### Discus

1.	Sonia Howen	2019	90-09.00
2.	Hailey Soulier	2021	89-03.00
3.	Abby McCready	2021	87-05.00
4.	Triniti Gbala	2021	86-08.00
5.	Allie McDonough	2016	80-10.00
6.	<b>Zoeie Meister Smith</b>	<b>2022</b>	<b>79-03.00</b>
7.	<b>Ilah Daood</b>	<b>2022</b>	<b>77-02.00</b>
8.	<b>Iris McGinley</b>	<b>2022</b>	<b>75-07.00</b>
9.	Sammy Pietrzak	2015	66-08.00
10.	Annika O'Hara	2019	65-10.00

#### **4X100**

1. Lydia O'Hara, Anna Smith, Katie Kramer, Analise Fabre—52.45 (2017)
2. Lydia O'Hara, Bianca Harris, Anna Smith, Analise Fabre—53.38 (2016)
3. **Abbie Disbrow, Mira Paul, Cristina Hernandez, Abby Hoffman—53.60 (2022)**
4. Lucia Smith, Jenny Kramer, Abbie Disbrow, Antonia Smith—54.22 (2018)
5. Ashley Paul, Maria Dorransoro, Halle McCormick, Abbie Disbrow—54.31 (2019)
6. Lydia O'Hara, Anna Ferden, Bianca Harris, Analise Fabre—54.63 (2015)
7. Abby Disbrow, Hadli Heim, Teia Hulshizer, Lindsey Root — 55.06 (2021)

#### **4X200**

1. Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root — 1:47.35 (2021)
2. Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root—1:49.84 (2019)
3. Antonia Smith, Lucia Smith, Abbie Disbrow, Lindsey Root—1:50.96 (2018)
4. **Abbie Disbrow, Lucia Smith, Abby Hoffman, Antonia Smith—1:52.46 (2022)**
5. Lydia O'Hara, Abbie Disbrow, Lindsey Root, Analise Fabre—1:52.81 (2017)
6. Lydia O'Hara, Anna Ferden, Analise Fabre, Anna Smith—1:54.48 (2016)
7. Anna Smith, Katherine Smith, Abby Ludens, Analise Fabre—1:54.66 (2014)

#### **4X400**

1. **Lucia Smith, Abby Hoffman, Claire Siebenaler, Antonia Smith—4:11.82 (2022)**
2. Lucia Smith, Piper Krenik, Gabby Stowell, Lindsey Root—4:11.83 (2019)
3. Antonia Smith, Celia Cole, Lucia Smith, Lindsey Root—4:19.37 (2018)
4. Katie Dailey, Celia Cole, Abigail Hoffman, Antonia Smith — 4:24.08 (2021)
5. Anna Smith, Piper Krenik, Antonia Smith, Lindsey Root—4:29.92 (2017)
6. Katherine Smith, Vanessa Perez, Lydia O'Hara, Anna Smith—4:37.75 (2015)

#### **4X800**

1. **Celia Cole, Sami Leistikow, Sophia Tuseth, Mya Slavin—10:42.44 (2022)**
2. Macy Loechler, Anna Daood, Celia Cole, Allison Hansen—10:57.32 (2017)
3. Anna Daood, Allison Hansen, Brooke Spaulding, Celia Cole—11:06.82 (2018)
4. Macy Loechler, Jaclyn Storey, Piper Krenik, Lilli Shea—11:18.16 (2015)
5. Piper Krenik, Olivia Drath, Anna Daood, Celia Cole—11:18.93 (2019)
6. Riley Ward, Sophia Tuseth, Sami Leistikow, Celia Cole — 11:21.17 (2021)

## Junior High Girls All-Time Honor Roll

2014 - Present

### 100 meter dash

1.	Lindsey Root	2017	13.58
2.	Antonia Smith	2018	13.59
3.	Abbie Disbrow	2017	13.88
4.	Abigail Hoffman	2021	14.57
5.	Hannah Fynboh	2017	14.67
6.	Lydia O'Hara	2014	15.28
7.	Gabby Stowell	2017	15.34
8.	Claire Dorman	2018	15.36
9.	Erin Torres	2018	15.46

**10. Leah Kurth 2022 15.62**

### 200 Meter Dash

1.	Antonia Smith	2018	27.83
2.	Abbie Disbrow	2018	28.90
3.	Lucia Smith	2018	29.22
<b>4.</b>	<b>Claire Siebenaler</b>	<b>2022</b>	<b>29.30</b>
5.	Lindsey Root	2017	29.30
6.	Abigail Hoffman	2021	30.34
7.	Gabby Stowell	2017	30.69
8.	Shelby Mosdal	2019	31.07
<b>9.</b>	<b>Leah Kurth</b>	<b>2022</b>	<b>31.16</b>
10.	Lydia O'Hara	2014	31.26

### 400 meter dash/split

1.	Antonia Smith	2018	1:01.27
2.	Lindsey Root	2017	1:02.51
3.	Lucia Smith	2018	1:06.13
<b>4.</b>	<b>Claire Siebenaler</b>	<b>2022</b>	<b>1:07.70</b>
5.	Celia Cole	2018	1:07.81
6.	Abigail Hoffman	2021	1:09.12
7.	Ashley Paul	2017	1:10.57
8.	Shelby Mosdal	2019	1:10.89
9.	Lydia O'Hara	2014	1:10.98
10.	Abbie Disbrow	2018	1:11.12

### 800 meter dash/split

1.	Macy Loechler	2015	2:36.31
2.	Celia Cole	2018	2:38.12
3.	Lindsey Root	2017	2:41.96
4.	Anna Daood	2017	2:45.28
5.	Lucia Smith	2018	2:46.35
6.	Antonia Smith	2018	2:47.12
7.	Piper Krenik	2016	2:50.74
8.	Allison Hansen	2015	2:53.34
9.	Sophia Tuseth	2021	2:55.49
10.	Sami Leistikow	2021	2:57.66

### 1600 Meter Run

1.	Macy Loechler	2015	5:58.90
2.	Vanessa Perez	2015	6:00.99
3.	Sami Leistikow	2022	6:10.81
4.	Anna Daood	2016	6:20.26
5.	Celia Cole	2018	6:20.99
6.	Allison Hanson	2015	6:33.28
7.	Courtney Dayland	2014	6:33.62
8.	Sophia Tuseth	2021	6:35.36
9.	Alayna Reps	2018	6:35.39
10.	Riley Ward	2019	6:35.41

### 100 hurdles

<b>1.</b>	<b>Claire Siebenaler</b>	<b>2022</b>	<b>19.71</b>
2.	Ashley Paul	2016	19.71
3.	Lucia Smith	2017	19.74
4.	Abbie Disbrow	2017	20.23
5.	Gabby Stowell	2017	20.24
<b>6.</b>	<b>Cora Davidson</b>	<b>2022</b>	<b>20.31</b>
7.	Katie Dailey	2017	20.96
8.	Jenny Kramer	2015	21.34
9.	Tessa Matzke	2021	21.83
10.	Hannah Fynboh	2017	21.86

### 200 hurdles

<b>1.</b>	<b>Claire Siebenaler</b>	<b>2022</b>	<b>32.79</b>
2.	Ashley Paul	2016	34.78
3.	Lucia Smith	2017	35.47
4.	Hannah Fynboh	2017	35.51
5.	Gabby Stowell	2017	35.72
<b>6.</b>	<b>Cora Davidson</b>	<b>2022</b>	<b>35.96</b>
7.	Tessa Matzke	2021	36.19
8.	Jenny Kramer	2015	36.47
9.	Abbie Disbrow	2017	36.61
10.	Katie Dailey	2017	37.10

### High Jump

1.	Katie Dailey	2017	4-06.00
2.	Adi Karlen	2019	4-04.00
<b>3.</b>	<b>Carly Pearson</b>	<b>2022</b>	<b>4-02.00</b>
<b>4.</b>	<b>Claire Siebenaler</b>	<b>2022</b>	<b>4-02.00</b>
5.	Hannah Fynboh	2017	4-02.00
6.	Taylin Andring	2019	4-02.00
7.	Shelby Mosdal	2019	4-00.00
8.	Tessa Matzke	2021	4-00.00
9.	Madison Snyder	2016	3-10.00
10.	Christina McDonough	2015	3-10.00

### Long Jump:

1. Abbie Disbrow	2018	16-06.50
2. Lindsey Root	2017	15-02.00
3. Antonia Smith	2017	13-08.25
4. Ashley Paul	2017	13-02.50
5. Claire Dorman	2018	12-11.00
6. Hannah Fynboh	2017	12-10.50
7. Jenny Kramer	2015	12-07.00
8. Lucia Smith	2017	12-06.00
9. Taylin Andring	2018	12-03.50
10. Vanessa Perez	2015	11-10.00

#### Triple Jump

1. Antonia Smith	2018	31-04.75
2. Lucia Smith	2018	30-06.00
<b>3. Avery Klassen</b>	<b>2022</b>	<b>23-09.00</b>
4. Tessa Matzke	2021	23-06.00

#### Pole Vault

1. Courtney Dayland	2014	7-00.00
2. Taylin Andring	2018	6-06.00
3. Erin Torres	2018	6-06.00
4. Katie Dailey	2017	6-00.00
5. Madison Snyder	2016	5-00.00

#### Shot Put:

1. Triniti Gbala	2017	28-01.50
2. Abby McCready	2017	26-01.50
3. Annika O'Hara	2016	25-03.00*
4. Ilah Daood	2021	24-09.00
5. Sonia Howen	2016	24-01.50*
6. Mariana Arriaga	2019	23-08.00*
<b>7. Iris McGinley</b>	<b>2022</b>	<b>23-05.00</b>
8. Lilli Shea	2014	22-08.00*
9. Erin Hongerholt	2015	21-02.00*
10. Krisha Brahmbhatt	2019	20-10.50*

#### Discus

1. Abby McCready	2017	74-08
2. Triniti Gbala	2017	71-05
<b>3. Iris McGinley</b>	<b>2022</b>	<b>68-10</b>
4. Mariana Arriaga	2019	64-11

5. Ilah Daood	2021	62-00
6. Krisha Brahmbhatt	2019	60-01
7. Sonia Howen	2016	58-08
8. Lilli Shea	2014	58-04
<b>9. Cami Jerde</b>	<b>2022</b>	<b>57-04</b>
<b>10. Avery DeCook</b>	<b>2022</b>	<b>52-08</b>

#### 4x100

1. Antonia Smith, Erin Torres, Lucia Smith, Abbie Disbrow—1:00.04 (2017)
- 2. Carly Pearson, Cora Davidson, Avery Klassen, Claire Siebenaler—1:00.71 (2022)**
3. Erin Torres, Isabelle Gray, Taylin Andring, Claire Dorman—1:01.44 (2018)
4. Adi Karlen, Morgan Carlson, Teia Hulshizer, Shelby Mosdal—1:01.56 (2019)

#### 4x200

1. Ashley Paul, Katie Dailey, Hannah Fynboh, Gabby Stowell—2:05.96 (2017)
2. Adi Karlen, Morgan Carlson, Taylin Andring, Shelby Mosdal—2:07.99 (2019)
3. Erin Torres, Isabelle Gray, Claire Dorman, Taylin Andring—2:15.60 (2018)
- 4. Carly Pearson, Avery DeCook, Avery Klassen, Leah Kurth—2:18.91 (2022)**

#### 4x400

1. Ashley Paul, Celia Cole, Antonia Smith, Lindsey Root—4:46.73 (2017)
2. Adi Karlen, Riley Ward, Taylin Andring, Shelby Mosdal—4:53.52 (2019)
3. Taylin Andring, Olivia Drath, Reliegh Hoover, Erin Torres—5:11.78 (2018)

#### 4x800

1. Anna Daood, Nora Fritcher, Brooke Spaulding, Celia Cole—12:19.63 (2017)
2. Tuset, Daood, Brogan, Leistikow — 12:51.34 (2021)



## SAINT CHARLES SAINTS GIRLS ALL-TIME TRACK AND FIELD RECORDS

<b>4 X 800 M</b>	Kirsten Mueller, Jenna Jensen, Katie Mueller, Amber Mazzitelli	9:55	2004
<b>100 HH</b>	Melissa Koenig	16.8	1994
<b>100M</b>	Lindsey Root	12.43	2021
<b>4 X 200M</b>	Abbie Disbrow, Lucia Smith, Antonia Smith, Lindsey Root	1:47.35	2021
<b>1600M</b>	Rochelle Swiggum	5:19.95	1983
<b>4 X 100 M</b>	Melissa Koenig, Kathy Benedett, Amy Clausen, Cathy Siebenaler	51.3	1994
<b>400 M</b>	Antonia Smith	59.15	2021
<b>300 LH</b>	Bridgid Smith	47.91	2011
<b>800 M</b>	Kirsten Mueller	2:24.97	2003
<b>200 M</b>	Lindsey Root	25.81	2021
<b>3200 M</b>	Rochelle Swiggum	11 :34.40	1983
<b>4 X 400 M</b>	Bridgid Smith, Ahna Buntrock Brandi Blattner, Kaitlyn Gathje	4:05.54	2011
<b>High Jump</b>	Amie Siebenaler	5-05.00	1993
<b>Long Jump</b>	Lindsey Root	17-09.50	2019
<b>Triple Jump</b>	Abby Ludens	34-08.75	2013
<b>Shot</b>	Chloe Spaeth	35-08.00	2013
<b>Discus</b>	Karen Koenig	135-09.75	1984
<b>Pole Vault</b>	Analise Fabre	8-10	2017