Junior High Girls All-Time Honor Roll

2014-Present

100 meter dash

1.	Madi Bjerke	2024	13.15
2.	**Rebekah Henslin**	**2026**	**13.16**
3.	Lindsey Root	2017	13.58
4.	Antonia Smith	2018	13.59
5.	Kate Vermilya	2024	13.86
6.	Abbie Disbrow	2017	13.88
7.	Catherine Davidson	2025	13.96
8.	Abigail Hoffman	2021	14.57
T9.	Esme Hulshizer	2024	14.58
T9.	Belva Douangdy	2024	14.58

200 Meter Dash

1.	Madi Bjerke	2024	27.51
2.	Antonia Smith	2018	27.83
3.	**Rebekah Henslin**	**2026**	**28.13**
4.	Catherine Davidson `	2025	28.24
5.	Kate Vermilya	2024	28.87
6.	Abbie Disbrow	2018	28.90
7.	Lucia Smith	2018	29.22
8.	Claire Siebenaler	2022	29.30
9.	Lindsey Root	2017	29.30
10.	Rebekah Henslin	2025	29.72
11.	Leah Kurth	2023	30.14

400 meter dash/split

1.	Madi Bjerke	2024	59.98
2.	Antonia Smith	2018	1:01.27
3.	Lindsey Root	2017	1:02.51
4.	Catherine Davidson	2025	1:04.75
5.	Kate Vermilya	2024	1:05.41
6.	Lucia Smith	2018	1:06.13
7.	Claire Siebenaler	2022	1:07.70
8.	Celia Cole	2018	1:07.81
9.	Aylin Perez	2024	1:07.98
10.	Rebekah Henslin	2025	1:08.00

800 meter dash/split

1.	**Aaliyah Douangdy**	**2026**	**2:34.10**
2.	Macy Loechler	2015	2:36.31
3.	Aylin Perez	2024	2:36.55
4.	Catherine Davidson	2025	2:37.83
5.	Celia Cole	2018	2:38.12
6.	Lindsey Root	2017	2:41.96
7.	**Evie Ihrke**	**2026**	**2:44.22**
8.	**Abigail Henslin**	**2026**	**2:44.41**
9.	Anna Daood	2017	2:45.28
10.	Lucia Smith	2018	2:46.35

1600 Meter Run

1.	**Aaliyah Douangdy**	**2026**	**5:32.09**
2.	**Evie Ihrke**	**2026**	**5:54.49**
3.	Macy Loechler	2015	5:58.90
4.	Vanessa Perez	2015	6:00.99
5.	Sami Leistikow	2022	6:10.81
6.	**Kennedy Phelps**	**2026**	**6:12.69**
7.	Emily Siebenaler	2025	6:14.47
8.	Anna Daood	2016	6:20.26
9.	Celia Cole	2018	6:20.99
10.	Allison Hanson	2015	6:33.28

100 hurdles

1.	Belva Douangdy	2025	18.14
2.	Cora Davidson	2023	18.50
3.	**Avery Kiese**	**2026**	**18.84**
4.	Madi Bjerke	2023	19.23
5.	Lauryn Iverson	2025	19.33
6.	Claire Siebenaler	2022	19.71
7.	Ashley Paul	2016	19.71
8.	Lucia Smith	2017	19.74
9.	Noelle Kieffer	2024	20.11
10.	Abbie Disbrow	2017	20.23

200 hurdles

1.	Claire Siebenaler	2022	32.79
2.	Lauryn Iverson	2025	33.43
3.	Belva Douangdy	2024	34.67
4.	Ashley Paul	2016	34.78
5.	Madi Bjerke	2023	34.96
6.	Lucia Smith	2017	35.47
7.	Hannah Fynboh	2017	35.51
8.	Gabby Stowell	2017	35.72
9.	Cora Davidson	2022	35.96
10.	Noelle Kieffer	2024	36.13

High Jump

T1.	Lauryn Iverson	2025	4-08.00
T1.	Aylin Perez	2024	4-08.00
T2.	**Hattie Haugen**	**2026**	**4-06.00**
T2.	Catherine Davidson	2025	4-06.00
T2.	Stella Wendt	2023	4-06.00
T2.	Katie Dailey	2017	4-06.00
3.	Adi Karlen	2019	4-04.00
T4.	**Abbie Rainey**	**2026**	**4-02.00**
T4.	Carly Pearson	2023	4-02.00
T4.	Natalie Kroening	2023	4-02.00
T4.	Claire Siebenaler	2022	4-02.00
T4.	Hannah Fynboh	2017	4-02.00
T4.	Taylin Andring	2019	4-02.00

Long Jump:

1.	Abbie Disbrow	2018	16-06.50
2.	Catherine Davidson	2025	16-04.00
3.	**Vivian Heien**	**2026**	**15-04.00**
4.	Lindsey Root	2017	15-02.00
5.	Belva Douangdy	2025	14-08.00
6.	Paisley McIntire	2025	14-03.75
7.	Emily Siebenaler	2025	14-00.00
8.	**Isabelle Mendoza**	**2026**	**13-11.00**
9.	Esme Hulshizer	2024	13-10.50
10.	Antonia Smith	2017	13-08.25

Triple Jump

1.	Antonia Smith	2018	31-04.75
2.	Lucia Smith	2018	30-06.00
3.	**Rebekah Henslin**	**2026**	**29-08.25**
4.	Tala Rounsaville	2025	29-00.50
5.	Stella Wendt	2023	28-08.00
6.	Kate Vermilya	2023	27-02.00
7.	**Abigail Henslin**	**2026**	**26-04.00**
8.	**Aaliyah Douangdy**	**2026**	**25-08.50**
9.	Avery Klassen	2023	25-03.50
10.	Nevaeh Mitchell	2025	24-11.00

Pole Vault

1.	Kate Vermilya	2024	8-00.00
2.	Courtney Dayland	2014	7-00.00
T3.	Taylin Andring	2018	6-06.00
T3.	Erin Torres	2018	6-06.00
T4.	Katie Dailey	2017	6-00.00
T4.	Tala Rounsaville	2025	6-00.00
T5.	Belva Douangdy	2024	5-06.00
T5.	Avery DeCook	2023	5-06.00
T6.	Brianne Torres	2025	5-00.00
T6.	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
T7.	Avery DeCook	2023	23-05.00
T7.	Iris McGinley	2022	23-05.00
9.	Cora Davidson	2023	22-10.00
T10.	Greta Mosdal	2025	22-08.00
T10.	Lilli Shea	2014	22-08.00

Discus

1.	Abby McCready	2017	74-08
2.	Triniti Gbala	2017	71-05
3.	Iris McGinley	2022	68-10
4.	Cami Jerde	2023	67-09
5.	Mariana Arriaga	2019	64-11
6.	Ilah Daood	2021	62-00
7.	Haleigh Hahn	2023	60-01.50
8.	Krisha Brahmbhatt	2019	60-01
9.	Sonia Howen	2016	58-08
10.	Lilli Shea	2014	58-04

4x100

1. Belva Douangdy, Catherine Davidson, Abigail Henslin, Rebekah Henslin—55.87 (2025)
2. **Bella Ludwig, Isabella Mendoza, Lilli Hernandez, Rebekah Henslin – 56.37 (2026)**
3. Cora Davidson, Esme Hulzhiser, Leah Kurth, Aylin Perez—57.22 (2023)
4. Esme Hulshizer, Belva Douangdy, Catherine Davidson, Jordan Lewis—57.45 (2024)
5. Antonia Smith, Erin Torres, Lucia Smith, Abbie Disbrow—1:00.04 (2017)
6. Carly Pearson, Cora Davidson, Avery Klassen, Claire Siebenaler–1:00.71 (2022)
7. Erin Torres, Isabelle Gray, Taylin Andring, Claire Dorman—1:01.44 (2018)
8. Adi Karlen, Morgan Carlson, Teia Hulshizer, Shelby Mosdal—1:01.56 (2019)

4x200

1. Esme Hulshizer, Jordan Lewis, Kate Vermilya, Madi Bjerke—1:58.92 (2024)
2. Emma Schram, Tala Rounsaville, Abigail Henslin, Rebekah Henslin—1:59.24 (2025)
3. **Abigail Henslin, Isabella Mendoza, Vivian Heien, Rebekah Henslin – 2:02.47 (2026)**
4. Jayne Decker, Natalie Kroening, Stella Wendt, Leah Kurth—2:04.45 (2023)
5. Ashley Paul, Katie Dailey, Hannah Fynboh, Gabby Stowell—2:05.96 (2017)
6. Adi Karlen, Morgan Carlson, Taylin Andring, Shelby Mosdal—2:07.99 (2019)
7. Erin Torres, Isabelle Gray, Claire Dorman, Taylin Andring—2:15.60 (2018)
8. Carly Pearson, Avery DeCook, Avery Klassen, Leah Kurth–2:18.91 (2022)

4x400

1. Stella Wendt, Cora Davidson, Aylin Perez, Kate Vermilya—4:38.89 (2023)
2. Ashley Paul, Celia Cole, Antonia Smith, Lindsey Root—4:46.73 (2017)
3. Abigail Henslin, Emma Schram, Emily Siebenaler, Catherine Davidson–4:49.91 (2025)
4. **Evie Ihrke, Abbie Rainery, Vivian Heien, Aaliyah Douangdy – 4:50.24 (2026)**
5. Adi Karlen, Riley Ward, Taylin Andring, Shelby Mosdal—4:53.52 (2019)
6. Jayne Decker, Matti Phetsomphou, Emma Schram, Catherine Davidson—4:55.32
7. Taylin Andring, Olivia Drath, Reliegh Hoover, Erin Torres—5:11.78 (2018)

4x800

1. Aylin Perez, Emma Schram, Evie Ihrke, Emily Siebenaler – 11:41.45 (2025)
2. **Aaliyah Douangdy, Emma Jadwin, Kennedy Phelps, Katelyn Jutz – 12:07.46 (2026)**
3. Anna Daood, Nora Fritcher, Brooke Spaulding, Celia Cole—12:19.63 (2017)
4. Tuseth, Daood, Brogan, Leistikow — 12:51.34 (2021)