

## SAINT CHARLES SAINTS ALL TIME TRACK AND FIELD RECORDS

<b>4 X 800 M</b>	Kirsten Mueller, Jenna Jensen, Katie Mueller, Amber Mazzitelli	9:55	
<b>100 HH</b>	Melissa Koenig	16.8	1994
<b>100M</b>	<b>Lindsey Root</b>	<b>12.43</b>	<b>2021</b>
<b>4 X 200M</b>	<b>Abbie Disbrow, Lucia Smith Antonia Smith, Lindsey Root</b>	<b>1:47.35</b>	<b>2021</b>
<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>	<b>Antonia Smith</b>	<b>59.15</b>	<b>2021</b>
<b>300 LH</b>	Brigid Smith	47.91	
<b>800 M</b>	Kirsten Mueller	2:24.97	
<b>200 M</b>	<b>Lindsey Root</b>	<b>25.81</b>	<b>2021</b>
<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 Siebenaller	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	
<b>Discus</b>	Karen Koenig	135-09.75	1984
<b>Pole Vault</b>	Analise Fabre	8-10	2017