

SAINT CHARLES SAINTS ALL TIME TRACK AND FIELD RECORDS

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