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	**Claire Siebenaler**	**16.69**	**2026**
100M	Lindsey Root	12.43	2021
4 X 200M	Abby Hoffman, Evie Benedett Samantha Perez, Madilynn Bjerke	1:46.94	2025
1600M	Mya Slavin	5:18.92	2024
4 X 100 M	Abby Hoffman, Samantha Perez, Kate Vermilya, Madilynn Bjerke	49.73	2025
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	**Kate Vermilya**	**36-07.00**	**2026**
Discus	Karen Koenig	135-09.75	1984
Pole Vault	Lydia Warmkagathje	9-07	2024