



GIRLS TRACK AND FIELD RECORDS

Event	Record Holder	Time/Distance	Year
High Jump	Emma Haugen (La Grange - St. John's)	5' 04.00"	2011
Long Jump	Maura Niemeier (Bethalto – Zion)	16' 06.25"	2017
Triple Jump	Madison Davis (Belvidere - Immanuel)	35' 02.50"	2014
Discus	Jannie Satterlee (Staunton - Zion)	103' 05.00"	2002
Shot Put	Samantha Ennis (Palatine - Immanuel)	35' 00.50"	2015
100 Meter Dash	Kelsey Meyer (Marengo - Zion)	12.46 s	2002
200 Meter Dash	Katie Hasheider (Okawville - Immanuel)	26.17 s	1999
400 Meter Dash	Lia Potter (Champaign - St. John)	1m 00.58s	2016
800 Meter Run	Lauren Huber (Lombard – St. John's)	2m 21.97s	2017
1600 Meter Run	Katie Adams (Marengo - Zion)	5m 17.96s	2009
100 Meter Hurdles (5 Hurdles)	Ruth Mitkos (Staunton-Zion)	16.16 s	1995
100 Meter Hurdles (10 Hurdles)	Jillian Tappendorf (Belleville - Zion)	15.83 s	2001
4 x 100 Meter Relay	Peoria – Christ Tamiah Duncan, Kammie Hess, Jasmin McDaniel, Jamya Russel, Miracle Thomas	52.72 s	2017
4 x 200 Meter Relay	Peoria – Christ Tamiah Duncan, Kammie Hess, Jasmin McDaniel, Jamya Russel, Miracle Thomas	1m 52.33s	2017
4 X 400 Meter Relay	Yorkville – Cross Kelsey Adamson, Chelsea Cooper, Alexis Redman, Albree Streiter	4 m 23.37s	2004
4 X 800 Meter Relay	Marengo – Zion Katie Adams, Alexis Olson, Megan Semro, Allie Sprague	10m 12.56s	2009

Team Points: Marengo - Zion 112 Points (2007)

Most Championships: Yorkville - Cross (7)