

SHA Track & Field records Through 2014

Boys				Girls	
Travis Ganong	46'7.5"	2007	Shot Put	Catherine Newman	36'3"
Travis Ganong	146'1"	2007	Discus	Catherine Newman	125'6"
Mick Natzel	23'11"	1967	Long Jump	Laurel Bennett	17'4"
Kip Hartman	6'4"	1999	High Jump	M. Ingram/L. Bennett/ T. Throop	5'2"
Chris Schafer	11'4"	1978	Pole Vault	Lauren Hasler	8'3"
H. Ahlers, C. Terry, J. English, C. Voisin	8:16.63	2012	3200m Relay	M. Olivieri, B. Bennett, K. Maylee, E. English	10:07.17
Luke Owen	16.01	1999	110/100 Hurdles	Melinda Ingram	16.10
K. Seybert/B. Szelag	11.20	1988, 1998	100m Dash	Penny Zeneberg	12.40
Ervin, Hackett, Thering, Bott	1:35.50	1994	800m Relay	Heydenburg, Lopiccolo, Powell, Cashen	1:49.00
Bill Lannen	4:22.90	1976	1600m Run	Bridget Bennett	5:06.09
Heintz, Chase, Hartman, Szelag	46.18	1999	400m Relay	J. Evans, K. Fermoye, T. Throop, H. Hovey	52.34
J. Pohl/K. Seybert	50.01	1979, 1988	400m Dash	Laurel Bennett	1:00.50
Chris Schafer	39.20	1978	300m Hurdles	Laurel Bennett	49.00
Jim Pohl	1:57.30	1978	800m Run	Laurel Bennett	2:13.95
Keith Seybert	23.00	1988	200m Dash	Penny Zeneberg	25.70
Casey Voisin	9:29.63	2011	3200m Run	Bridget Bennett	11:14.47

Heintz, Kelly, Kruger, Chase	3:37.40	1999	1600m Relay	C. Goenner, A. Kostrzewa, B. Pohl, P. Goenner	4:09.60
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2007
2007
2004
1980, 2004, 2010
2007
2009
1980
1979
1986
2010
2011
2003
2004
2005
1979
2010

1977