

# SACRED HEART TRACK & FIELD RECORDS

## GIRLS (THROUGH 2024)

<b>100m Dash</b>	Penny Zeneberg	12.40	1979
	Ashley Plum	12.95	2023
<b>200m Dash</b>	Penny Zeneberg	25.70	1979
	Ashley Plum	26.14	2021
	Nicole Olivieri	26.14	2022
<b>400m Dash</b>	Nicole Olivieri	56.01	2022
	Scout Nelson	58.15	2019
	Laurel Bennett	1:00.50	2003
	Ashley Plum	1:01.34	2021
	Katy Heydenberg	1:02.90	1986
<b>800m Run</b>	Laurel Bennett	2:13.95	2005
	Scout Nelson *	2:19.54	2019
	Jane Johnson	2:22.20	1982
	Lisa Zitzelsberger	2:24.90	1997
<b>1600m Run</b>	Bridget Bennett	5:06.09	2010
	Scout Nelson	5:10.75	2019
	Jane Johnson	5:15.10	1982
<b>3200m Run</b>	Alexis McConnell	11:11.06	2016
	Bridget Bennett	11:14.47	2010
	Bailley McConnell	11:26.24	2017
	Cammie McConnell	11:28.09	2016
	Jodi Watters	11:34.90	1982
<b>400m Relay</b>	J. Evans, K. Fermoye, T. Throop, H. Hovey	52.34	2011
	T.Cashen, K.Heydenberg, G.Lopiccolo, A.Powell	52.40	1986
<b>800m Relay</b>	K. Heydenburg, G. Lopiccolo, A. Powell, T. Cashen	1:49.00	1986
	O Middleton, An Plum, L Deja, N Olivieri	1.49.04	2021
<b>1600m Relay</b>	A. Plum, L. MacDonald, N. Olivieri, S. Nelson *	4:06.34	2019
	C. Goenner, A. Kostrzewa, B. Pohl, P. Goenner	4:09.60	1977
	A Spencer, L Deja, An Plum, N Olivieri	4.10.36	2022
	N Olivieri, Ash Plum, L Deja, A Spencer	4.10.74	2021
	L. Bennett, S. Cardon, L. Hasler, M. Olivieri	4:12.10	2006
	L. Bennett, L. Hasler, M. Olivieri, W. Thering	4:12.50	2004

	T. Audretsch, B. Balogh, M. Gray, K. Heydenberg	4:27.80	1988
<b>3200m Relay</b>	N. Olivieri, C. McConnell, L. MacDonald, S. Nelson *	9:50.27	2019
	A. McConnell, M. Nowak, C. McConnell, S. Nelson	9:51.50	2016
	A. McConnell, B. McConnell, C. McConnell, S. Nelson	9:56.95	2017
	M. Olivieri, B. Bennett, K. Maylee, E. English	10:07.17	2009
	L. Bennett, H. Courtright, J. Newman, E. Sias	10:07.50	2003
	G. Lopiccolo, S. Pohl, J. Quillen, J. Watters	10:14.00	1984
<b>6400m Relay</b>	C McConnell, B McConnell, D McConnell, A McConnell	22.36.73	2017
<b>110/100 Hurdles</b>	Melinda Ingram	16.10	1980
	Anna Plum	17.00	2021
<b>300m Hurdles</b>	Anna Plum	45.40	2023
	Karis Terwilliger	48.02	2024
	Laurel Bennett	49.00	2004
	Ella McDonnell	49.84	2024
	Skylar Nelson	51.44	2014
	Chelsea Lynch	52.00	2024
	Jackie Evans	52.14	2011
	Rebecca Collins-Pfeiffer	52.58	2016
	Alison Neyer	52.70	1995
<b>Long Jump</b>	Laurel Bennett	17'4"	2004
<b>High Jump</b>	Nicole Olivieri	5'3"	2021
	Melinda Ingram	5'2"	1980
	Laurel Bennett	5'2"	2004
	Tara Throop	5'2"	2010
	Karis Terwilliger	5'2"	2024
<b>Pole Vault</b>	Lauren Hasler	8'3"	2007
	Bailley McConnell	7'6"	2018
<b>Shot Put</b>	Erikah Cudjoe	37'8.75	2019
	Catherine Newman	36'3"	2007
<b>Discus</b>	Catherine Newman	125'6"	2007
<b>Season Points</b>	Heather Doerr	280	2001
	Lisa Zitzelsberger	242	1999
	Katy Heydenberg	123.5	1988

\* State Champion

\*\* Two Time State Champion