

SACRED HEART ACADEMY TRACK AND FIELD
TOP PERFORMANCES (THROUGH 2018)

		Boys	
100m Dash	Keith Seybert	11.20	1988
	Ben Szelag	11.20	1998
200m Dash	Keith Seybert	23.00	1988
400m Dash	Jim Pohl	50.01	1979
	Keith Seybert *	50.01	1988
800m Run	Jim Pohl**	1:57.30	1978
	Bill Miller	2:01.10	1982
1600m Run	Bill Lannen *	4:22.90	1976
3200m Run	Casey Voisin	9:29.63	2011
	Kevin Oblinger	9:32.60	2008
	Rob Utterback *	9:35.30	1978
400m Relay	T. Heintz, M. Chase, K. Hartman, B. Szelag	46.18	1999
800m Relay	J. Ervin, B. Hackett, N. Thering, B. Bott	1:35.50	1994
1600m Relay	X. Addison, B Zeien, TJ Moore, E Chiejina	3:37.09	2018
	T. Heintz, C. Kelly, N. Kruger, M. Chase	3:37.40	1999
	M. Arends, S. Fox, C. Gray, K. Seybert	3:39.70	1987
3200m Relay	H. Ahlers, C. Terry, J. English, C. Voisin	8:16.63	2012
110/100 Hurdles	Luke Owen	16.01	1999
300m Hurdles	Chris Schafer	39.20	1978
Long Jump	Mick Natzel	23'11"	1967
High Jump	Kip Hartman *	6'4"	1999
	Ben Hackett	6'3"	1994
Pole Vault	Ken Neyer	11'8"	1963
	Chris Schafer	11'4"	1978
	Ben Szelag	10'6"	1998
Shot Put	Travis Ganong	46'7.5"	2007
	Patrick Sweeney	41'3"	2005
	Jack Dibble *		1951
Discus	Travis Ganong	146'1"	2007
	Bubba Curtis	135'9"	2005
	Carl Champion	134'6"	2002
	Mike Newman	127'9"	1977
Season Points	Keith Seybert	294	1988

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		Girls	
100m Dash	Penny Zeneberg	12.40	1979
200m Dash	Penny Zeneberg	25.70	1979
400m Dash	Scout Nelson	59.96	2018
	Laurel Bennett	1:00.50	2003
	Katy Heydenberg	1:02.90	1986
800m Run	Laurel Bennett	2:13.95	2005
	Laurel Bennett	2:16.00	2004
	Jane Johnson	2:22.20	1982
	Lisa Zitzelsberger	2:24.90	1997
1600m Run	Bridget Bennett	5:06.09	2010
	Jane Johnson	5:15.10	1982
3200m Run	Alexis McConnell	11:11.06	2016
	Bridget Bennett	11:14.47	2010
	Jodi Watters	11:34.90	1982
400m Relay	J. Evans, K. Fermoye, T. Throop, H. Hovey	52.34	2011
	T.Cashen, K.Heydenberg, G.Lopiccolo, A.Powell	52.40	1986
800m Relay	K. Heydenburg, G. Lopiccolo, A. Powell, T. Cashen	1:49.00	1986
1600m Relay	C. Goenner, A. Kostrzewa, B. Pohl, P. Goenner	4:09.60	1977
	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
3200m Relay	A. McConnell, M. Nowak, C. McConnell, S. Nelson	9:51.50	2016
	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
110/100 Hurdles	Melinda Ingram	16.10	1980
300m Hurdles	Laurel Bennett	49.00	2004
	Alison Neyer	52.70	1995
Long Jump	Laurel Bennett	17'4"	2004
High Jump	Melinda Ingram	5'2"	1980
	Laurel Bennett	5'2"	2004
	Tara Throop	5'2"	2010
Pole Vault	Lauren Hasler	8'3"	2007
	Lauen Hasler	7'6"	2004

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Shot Put	Erikah Cudjoe	37'1.5"	2018
	Catherine Newman	36'3"	2007
Discus	Catherine Newman	125'6"	2007
Season Points	Heather Doerr	280	2001
	Lisa Zitzelsberger	242	1999
	Katy Heydenberg	123.5	1988

* State Champion

** Two Time State Champion