SACRED HEART TRACK & FIELD RECORDS
GIRLS (THROUGH 2025)

60m Dash	Kaylee Fermoyle	8.66	2012
100m Dash	Penny Zeneberg	12.40	1979
	Ashley Plum	12.95	2023
200m Dash	Penny Zeneberg	25.70	1979
	Ashley Plum	26.14	2021
	Nicole Olivieri	26.14	2022
400m Dash	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
800m Run	Laurel Bennett	2:13.95	2005
	Scout Nelson *	2:19.54	2019
	Jane Johnson	2:22.20	1982
	Lisa Zitzelsberger	2:24.90	1997
1600m Run	Bridget Bennett	5:06.09	2010
	Scout Nelson	5:10.75	2019
	Jane Johnson	5:15.10	1982
3200m Run	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
400m Relay	J. Evans, K. Fermoyle, 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
	O Middleton, An Plum, L Deja, N Olivieri	1.49.04	2021
1600m Relay	As. 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
3200m Relay	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
6400m Relay	C McConnell, B McConnell, D McConnell, A McConnell	22.36.73	2017
60m Hurdles	Cristina Guytingco	07:12.00	2017
110/100 Hurdles	Melinda Ingram	16.10	1980
	Anna Plum	17.00	2021
300m Hurdles	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
Long Jump	Laurel Bennett	17'4"	2004
	Penny Zeneberg	16'6-1/2	1978
	Sandy Pohl	16'4"	1984
High Jump	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
Pole Vault	Lauren Hasler	8'3"	2007
	Bailley McConnell	7'6"	2018
	Caitlyn Campbell	7'6"	2025
Shot Put	Erikah Cudjoe	37'8.75	2019
	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