

SACRED HEART ACADEMY TRACK AND FIELD  
TOP PERFORMANCES (THROUGH 2015)

## SACRED HEART TRACK & FIELD RECORDS (THROUGH 2019)

	<b>Boys</b>		
<b>100m Dash</b>	Keith Seybert	11.20	1988
	Ben Szelag	11.20	1998
<b>200m Dash</b>	Keith Seybert	23.00	1988
<b>400m Dash</b>	Jim Pohl	50.01	1979
	Keith Seybert *	50.01	1988
<b>800m Run</b>	Jim Pohl**	1:57.30	1978
	Casey Voisin	2:00.10	2012
	Bill Miller	2:01.10	1982
<b>1600m Run</b>	Bill Lannen *	4:22.90	1976
<b>3200m Run</b>	Casey Voisin	9:29.63	2011
	Kevin Oblinger	9:32.60	2008
	Rob Utterback *	9:35.30	1978
<b>400m Relay</b>	T. Heintz, M. Chase, K. Hartman, B. Szelag	46.18	1999
<b>800m Relay</b>	J. Ervin, B. Hackett, N. Thering, B. Bott	1:35.50	1994
<b>1600m Relay</b>	X. Addison, B Zeien, TJ Moore, E Chiejina	3:37.09	2018
	X. Addison, B Zeien, TJ Moore, M. Hopp	3:37.90	2019
	T. Heintz, C. Kelly, N. Kruger, M. Chase	3:37.40	1999
	M. Arends, S. Fox, C. Gray, K. Seybert	3:39.70	1987
<b>3200m Relay</b>	H. Ahlers, C. Terry, J. English, C. Voisin	8:16.63	2012
<b>110/100 Hurdles</b>	Luke Owen	16.01	1999
<b>300m Hurdles</b>	Chris Schafer	39.20	1978
<b>Long Jump</b>	Mick Natzel	23'11"	1967
<b>High Jump</b>	Kip Hartman *	6'4"	1999
	Ben Hackett	6'3"	1994
<b>Pole Vault</b>	Ken Neyer	11'8"	1963
	Chris Schafer	11'4"	1978
	Ben Szelag	10'6"	1998
<b>Shot Put</b>	Cole Younger	46'6.75"	2014
	Travis Ganong	46'7.5"	2007
	John Obeid	45'7.25"	2015
	Richie Flannery	44'11.5"	2010
	Kristian Gostomski	43'1"	2016
	Jacob Fritz	42'11"	2019
	Colton Hyble	42'3.5"	2017
	Patrick Sweeney	41'3"	2005
	Jack Dibble *		1951

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<b>Discus</b>	Travis Ganong	146'1"	2007
	Joel Parker	143'7"	2012
	Cole Younger	140'4"	2014
	Bubba Curtis	135'9"	2005
	Carl Champion	134'6"	2002
	Mike Newman	127'9"	1977
<b>Season Points</b>	Keith Seybert	294	1988

		<b>Girls</b>	
<b>100m Dash</b>	Penny Zeneberg	12.40	1979
<b>200m Dash</b>	Penny Zeneberg	25.70	1979
<b>400m Dash</b>	Scout Nelson	58.15	2019
	Laurel Bennett	1:00.50	2003
	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. Fermoyle, 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
<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
	L. Bennett, S. Cardon, L. Hasler, M. Olivieri	4:12.10	2006
	L. Bennett, L. Hasler, K. 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

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	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>110/100 Hurdles</b>	Melinda Ingram	16.10	1980
<b>300m Hurdles</b>	Laurel Bennett	49.00	2004
	Skylar Nelson	51.44	2014
	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>	Melinda Ingram	5'2"	1980
	Laurel Bennett	5'2"	2004
	Tara Throop	5'2"	2010
	Nicole Olivieri	5'2"	2019
<b>Pole Vault</b>	Lauren Hasler	8'3"	2007
	Lauen Hasler	7'6"	2004
	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