

**Central Conference Track and Field
Top Ten Performances
Girls**

Long Jump

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Sondra Obermeier	19'05"	Aurora	1976
Merri Kaye Bell	18'06.25"	York	1988
Janice Zoucha	18'04.25"	Central City	1976
Terri Steer	18'02.25"	Crete	1992
Bonnie Jelinek	17'11"	Seward	1984
Jackie Rauert	17'11"	GINW	1987
Janna Hammond	17'10"	York	1989
Mindi King	17'09.75"	Central City	1987
Karen Silver	17'09"	Ord	1976
Brenda Hansen	17'08.5"	Ord	2001

Triple Jump

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Jacey Kuck	37'09"	Central City	2002
Kelly Benson	37'00"	Central City	1996
Ashley Solt	36'09.25"	Central City	2002
Lynn Jirovsky	36'07"	Seward	1998
Vicki Janovec	36'06.5"	Central City	1998
Brenda Hansen	36'06.5"	Ord	2000
Karen Fink	36'05.75"	Crete	1995
Tristin Sanders	36'05.5"	Lakeview	2000
Monica Caspar	36'04"	GINW	1997
Emily McCord	36'01"	Fairbury	2001

High Jump

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Jackie Rauert	5'09"	GINW	1979
Brenda Baumann	5'09"	York	1987
Lisa Gertsch	5'08"	Aurora	1979
Karen Fink	5'08"	Crete	1993
Lynae Loseke	5'07"	Lakeview	1981
Lexi Malm	5'07"	Central City	2009
Bonnie Jelinek	5'06.25"	Seward	1984
Rochelle Weise	5'06"	Central City	1986
Kelle Hart	5'06"	Fairbury	1980
Melissa Meyer	5'06"	GINW	1986
Tanna Walford	5'06"	York	2002
Jackie Jakubowski	5'06"	Schuyler	1997

Pole Vault

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Sarah Bollwitt	11'08"	Seward	2001
Katie Taylor	11'01"	York	2006
Talli Wallford	11'00"	York	2002
Christy Anderson	10'08"	Northwest	2008
Abby Schrier	10'08"	Northwest	2007
Amber Riedy	10'07"	Northwest	2008
Megan Pattison	10'06"	Northwest	2007
Ashley McMahon	10'06"	Northwest	2004
Kellie Fegter	10'06"	Holdrege	2005
Kristin Killough	10'06"	Holdrege	2006

Shot Put

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Terri Steer	50'10.75"	Crete	1993
Jenny Glodowski	47'10.75"	Schuyler	2003
Pam Kreji	45'11.5"	Crete	1997
Lori Uher	44'10"	Fairbury	1997
Dawn Arent	44'07.5"	Aurora	1990
Monica Ross	44'05.25"	Ord	1994
Alicia Fredrick	44'04.75"	Northwest	2005
Erin Wibbels	44'04.25"	Central City	1996
Mandi Muller	44'01.25"	Schuyler	1998
Brandy Tropholz	44'01"	Schuyler	1996
Krista Mader	43'03"	GINW	1990

Discus

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Lori Uher	157'08"	Fairbury	1997
Terri Steer	147'04"	Crete	1990
Sue Kobza	146'11"	Schuyler	1977
Rhonda Wescott	144'05"	Seward	1982
Pam Krejci	142'03"	Crete	1998
Sarah Groothuis	141'09"	Aurora	2004
Julia Soukup	137'10"	GINW	1997
Amy Blackburn	137'02"	York	1992
Colleen Barry	136'06"	Crete	1986
Nikki Watson	135'10"	GINW	1994

100 Meters

Name	Performance	School	Year
Deanna Schwensen	11.9	Central City	1992
Sondra Obermeier	11.9	Aurora	1976
Deb Mueller	12.1	Schuyler	1978
Janice Zoucha	12.1	Central City	1976
Karen Catherall	12.2	Fairbury	1989
Leslie Klone	12.2	York	1990
Mary Rosener	12.3	Fairbury	1992
Julie Schaf	12.3	Lakeview	1979
Patti Gersch	12.3	Seward	1988
Melissa Welch	12.3	York	1993

200 Meters

Name	Performance	School	Year
Sondra Obermeier	25.2	Aurora	1976
Karen Catherall	25.5	Fairbury	1989
Karen Silver	25.6	Ord	1976
Julie Shaf	25.7	Lakeview	1979
Patti Gersch	25.7	Seward	1988
Deanna Schwensen	25.7	Central City	1991
Sarah Smith	25.8	Crete	1987
Melissa Welch	25.8	York	1992
Erin Oswald	25.8	Aurora	2002
Tena Wurdeman	25.9	Lakeview	1991
Julie Stoltenberg	25.9	Northwest	2006
Jenny Stewart	25.9	Aurora	2000

400 Meters

Name	Performance	School	Year
Janae Mueller	57.6	Lakeview	2005
Christy Rice	58.3	Central City	1993
Anne Jones	58.6	Seward	1992
Laurie Kaslon	58.6	York	1974
Erin Oswald	58.65	Aurora	2001
Karen Silver	58.7	Ord	1977
Melissa Welch	58.79	York	1993
Janine Svasek	59.06	Schuyler	1978
Kelly Hrouda	59.1	Schuyler	1994
Becky Myers	59.1	Seward	1988

800 Meters

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Nora Shepherd	2:15.84	York	1994
Christy Rice	2:16.56	Central City	1993
Brandy Schwenk	2:18.0	Crete	1993
MaryLou Andrews	2:19.69	Aurora	2006
Melissa Rauert	2:20.1	GINW	1986
Deb Keil	2:20.4	GINW	1983
Pam Volf	2:20.5	Aurora	1986
Janae Mueller	2:20.5	Lakeview	2002
Jenny Sandquist	2:20.81	Aurora	1986
Kathyrn Handrup	2:21.4	Aurora	1999

1600 Meters

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Nora Shepherd	5:00.4	York	1994
Kathyrn Handrup	5:07.1	Aurora	1997
Christy Rice	5:15.39	Central City	1993
Brenda Summers	5:17.0	Aurora	1988
Jacque Dibbern	5:17.87	York	2004
Shelly Mulligan	5:18.6	GINW	1988
Kate Hannon	5:19.919	York	2006
Vicki Croughnan	5:20.4	Schuyler	1981
Mercy Dinwiddie	5:20.46	Central City	2003
Laura Pederson	5:20.63	Aurora	2002

3200 Meters

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
Nora Shepherd	10:46.86	York	1993
Kathyrn Handrup	11:22.3	Aurora	1999
Mercy Dinwiddie	11:22.91	Central City	2003
Christy Rice	11:23.8	Central City	1992
Michelle Steubbe	11:39.9	York	1996
Jacque Dibbern	11:40.59	York	2004
Kate Dibbern	11:43.04	York	2005
Steph Quandt	11:43.9	GINW	1990
Brianne Showman	11:44.82	York	1998
Vicki Croughnan	11:48.0	Schuyler	1982

100 Meter High Hurdles

Name	Performance	School	Year
Carmen Kapke	14.6	Fairbury	1989
Janna Hammon	14.8	York	1990
Heidi Fishler	14.9	Central City	1987
Vicki Janovec	14.9	Central City	1998
Nicole Nielsen	15.0	Central City	1994
Darcee Nienkamp	15.1	Crete	1987
Talli Walford	15.1	York	2002
Jenny Gill	15.2	Fairbury	1989
Amanda Korte	15.2	Lakeview	1988
Rachel Roebke	15.3	Seward	2003
Jena Isaacson	15.3	Holdrege	2006

300 Meter Low Hurdles

Name	Performance	School	Year
Janna Hammon	43.9	York	1989
Jenny Gill	44.6	Fairbury	1989
Amber Nielsen	45.59	Central City	1999
Carmen Kapke	45.64	Fairbury	1988
Kara Wegele	45.98	Fairbury	1997
Nicole Nielsen	46.11	Central City	1994
Talli Walford	46.10	York	2002
Nicole Ripa	46.2	Crete	1994
Andrea Tietmeyer	46.4	York	1996
Heidi Fishler	46.5	Central City	1987
Lynn Jirovsky	46.5	Seward	1996

4x100 M Relay

Name	Performance	School	Year
J.Hammon-K.Klone	49.4	York	1988
L.Johnsen-MK Bell			
J.Hammon-M.Welch	49.55	York	1990
L.Johnsen-L.Klone			
M.Mann-T.Swanson	49.6	Aurora	1997
A.Daly-L.Jauncey			
K.Klone-D.Heiden	49.7	York	1993
D.Sjuts-M.Welch			
A.Rosener-J.Gill	49.8	Fairbury	1989
C.Kapke-K.Catherall			
J.Hammon-L.Klone	49.82	York	1989
L.Johnsen-C.Sorenson			
T.Kruse-J.Kruse	49.9	Aurora	1989
A.Vetter-K.Herbig			
T.Kruse-J.Huebert	49.9	Aurora	1988
S.Buchholz-K.Herbig			
M.Svellwold-S.Eicher	50.0	Seward	1988
J.Oborny-P.Gosch			
M.Mann-T.Swanson	50.06	Aurora	1996
A.Daly-S.Handrup			

4x400 M Relay

Name	Performance	School	Year
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A.Rosener-J.Gill	3:59.22	Fairbury	1989
C.Kapke-K.Catherall			
H.Hennig-A.Jones	4:00.7	Seward	1992
M.Schlotman-N.Oborny			
S.Kremmer-A.Vetter	4:02.68	Aurora	1989
J.Sandquist-K.Herbig			
J.Kuck-J.Cobb	4:03.1	Central City	1999
S.Glause-A.Nielsen			
S.Greguras-J.Oborny	4:03.8	Seward	1991
B.Meyers-A.Jones			
L.Brandenburg-M.Hummel	4:04.04	Central City	1993
N.Nielsen-C.Rice			
L.Hansmeyer-C.Williams	4:04.19	Crete	1998
N.Stehlik-N.Ripa			
A.Daly-K.Miller	4:04.45	Aurora	1997
K.Handrup-L.Jauncey			
E.Demuth-D.Gesch	4:04.7	Seward	1988
C.Morse-B.Myers			
L.Washburn-MK Bell	4:05.4	York	1987
L.Worden-C.Sorensen			

4x800 M Relay

<u>Name</u>	<u>Performance</u>	<u>School</u>	<u>Year</u>
R.Wojtalewicz-B.Rauch	9:38.9	GINW	1990
S.Mulligan-S.Quandt			
A.Morgan-J.Eberspacher	9:42.3	Crete	1986
S.Nienkamp-H.Schwenk			
K. Kuck-A. Janky	9:42.81	Central City	2004
M. Dinwiddie-K. Broekemeier			
K. Broekemeier-J. Kuck	9:43.80	Central City	2002
A Schwarz-C. Manhart			
R.Wojtalewicz-B.Rauch	9:43.9	GINW	1992
S.Mulligan-A.Gordon			
A.Mitchell-M.Grosshana	9:44.4	Aurora	2006
V.Bergan-M.Andrews			
K. Kuck-A. Schwarz	9:44.8	Central City	2003
M. Dinwiddie- K.Broekemeier			
J.Sandquist-S.Kremer	9:44.83	Aurora	1988
J.Huevert-B.Summers			
M.Renn-K.Miller	9:46.57	Aurora	1999
S.Handrup-K.Handrup			
K. Spader-K.Hannon	9:46.90	York	2004
K. Dibbern-J. Dibbern			