

Central Conference Track and Field Meet Girls Meet Records

Event	Record Holder	School	Record	Year
100 M High Hurdles	Heidi Fishler	Central City	14.9	1987
	Janna Hammon	York	14.9	1989
300 M Low Hurdles	Jenny Gill	Fairbury	45.9	1989
100 M Dash	Deanna Schwensen	Central City	11.9	1992
200 M Dash	Patti Gesch	Seward	25.7	1988
400 M Dash	Jensen Cromer	Fairbury	58.4	2010
800 M Run	Maggie Schneider	Aurora	2:20.6	2010
1600 M Run	Nora Shepherd	York	5:02.8	1994
3200 M Run	Nora Shepherd	York	11:01.4	1994
4x100 M Relay	Amy Rosener Jenny Gill Carmen Kapke Karen Catherall	Fairbury	49.8	1990
	Leslie Klone Janna Hammond Melissa Welch Lori Johnsen	York	49.8	1989
4x400 M Relay	Jacey Kuck Jennifer Cobb Shelley Glause Amber Nielsen	Central City	4:05.1	1999
4x800M Relay	Amy Janky Mercy Dinwiddie Katie Kuck Kay Broekemeier	Central City	9:47.95	2004
Shot Put	Terri Steer	Crete	49'10.75"	1993
Discus	Lori Uher	Fairbury	157'08"	1997
Long Jump	Merry Kaye Bell	York	18'06.25"	1988
High Jump	Sue Lind	Albion	5'10"	1980
Triple Jump	Tess Moyer	Aurora	36'07"	2010
Pole Vault	Sarah Bollwitt	Seward	11'06"	2000

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Event	Record Holder	School	Record	Year
110 M High Hurdles	Justin Poots	Seward	13.9	1998
300 M Int. Hurdles	Jeff Luebbe	Seward	38.4	2002
100 M Dash	Jeff Lake	Lakeview	10.5	1992
200 M Dash	Al Strong	Aurora	21.9*	1968
400 M Dash	Justin Staehr	York	48.8	1998
800 M Run	Dean Bowling	Northwest	1:56.7	1989
1600 M Run	Lee Newcomer	York	4:27.4*	1969
3200 M Run	Steve Hoger	Seward	9:33.0*	1975
4x100 M Relay	Justin Loeffler Ben Reed Austin Kaliff Ben Collingham	York	43.5	2000
4x400 M Relay	Conner Hellsten Chas Knight Pat Stoltenberg Cody Rush	Northwest	3:23.20	2010
4x800 M Relay	Kris Kunze Josh Brown Ryan Barrows Jeremy Collins	York	8:09.8	1996
Shot Put	Aaron Golliday	York	61'09.25"	1998
Discus	Marty Kobza	Schuyler	188'05"	1981
Long Jump	Tom Haase	Aurora	23'10.5"	1987
Triple Jump	Scott Meinke	Crete	47'11"	1992
High Jump	Kyle Gabel	Seward	6'10"	2004
Pole Vault	Sam Ogden	Northwest	16'00"	2004

*-Times converted from races in yards to races run in meters.