

CONRAD HIGH SCHOOL
VARSITY GIRLS TRACK & FIELD RECORDS

100 M DASH	Loni Perkins	12.2	2002
200 M DASH	Loni Perkins	24.81*	2003
400 M DASH	Loni Perkins	54.62*	2003
800 M RUN	Tara Zoanni	2:23.09*	1999
1600 M RUN	Tara Zoanni	5:22.23*	1999
3200 M RUN	Elizabeth Davis	12:32.2	1993
100 M HURDLES	Lisa Onstot	15.6	1993
300 M HURDLES	Tanya Olson	46.35*	1985
400 M RELAY	Kelli Irvin Brandi Ellefsen Dianna Zempel Loni Perkins	50.45*	2002
1600 M RELAY	Kelli Irvin Kendra Moes Dianna Zempel Loni Perkins	4:05.49*	2002
SHOT PUT	Rhonda Iverson	37' 11 ½"	1981
DISCUS	Brenda Heramb	111' 9 ½"	1976
JAVELIN	Julie Brown Kelcy Bakken	127' 0" (IAAF rule) 127' 1" (old rule)	2007 1995
LONG JUMP	Loni Perkins	17' 7"	2003
TRIPLE JUMP	Heather Tweet	36' 5 ¼"	1990
HIGH JUMP	Loni Perkins	5' 6"	2001
POLE VAULT	Julie McFarland	9' 9"	2001

* These times were recorded using fully automatic timing (FAT). All other times listed are hand times.

updated 6-1-14