

HELENA HIGH GIRLS TRACK TOP 15

HELENA HIGH GIRLS TRACK TOP 15						
100 Meter Dash			200 Meter Dash			
1993	12.1	H. Lewis		2014	:25.08	C. Kanthack
2000	12.3	J. Penner		2021	:25.12	O. Zentz
2013	12.33	C. Kanthack		1993	:25.3	H. Lewis
2021	12.4	O. Zentz		*1972	:25.5	C. Chilton
2000	12.5	L. Mortensen		2000	:25.59	J. Penner
2004	12.5	W. Haseman		1998	:26.0	N. Howard
2019	12.52	E. Maes		1984	:26.0	J. Jackson
2003	12.6	R. School		1979	:26.2	D. Kennedy
1998	12.7	N. Howard		2015	:26.08	C. Smiedala
1986	12.7	T. Zinnecker		2014	:26.23	J. Smiedala
2021	12.8	L. Todorovich		2000	:26.35	L. Price
2003	12.8	M. Miller		1986	:26.4	T. Zinnecker
1993	12.9	D. O'Neil		2004	:26.43	W. Haseman
1987	12.9	K. Fiehrer		2007	:26.45	D. Wignot
1984	12.9	J. Jackson		2003	:26.5	A. Waltee
1983	12.9	L. Ursich		1993	:26.5	D. O'Neil
				1974	:26.5	L. Bunkowske
400 Meter Dash			800 Meter			
2015	56.13	C. Smiedala		2016	02:08.5	C. Smiedala
1992	57.2	H. Lewis		2021	02:12.55	O. Zentz
2021	57.21	O. Zentz		2021	02:18.56	C. Ryan
2005	57.42	J. Roskam-Purnell		1976	02:19.0	L. Adams
2011	58.64	K. Oliver		1991	02:19.3	J. Brown
2015	58.89	J. Smiedala		1988	02:20.2	J. Berthiaume
2011	59.27	A. Morrison		2019	02:21.54	K. Hartnett
1989	59.28	T. Zinnecker		2012	02:22.1	J. Smiedala
2000	59.39	L. Price		2000	02:22.26	A. Lehman
1997	59.72	N. Zeller		2006	02:23.00	A. Bossler
1974	59.9	L. Harrison		1977	02:23.10	L. Cheek
2001	60.0	C. Ferriter		2016	02:23.3	M. Smiedala
1978	60.2	J. Glenn		2017	02:23.9	A. Lawlor
1981	60.3	M. Smijag		1977	02:24.1	A. Kamlowsky
1986	60.4	K. Fiehrer		2009	02:24.2	C. Seed

1600 Meter			3200 Meter		
2019	05:02.0	K. Hartnett	2019	10:54.9	K. Hartnett
2014	05:04.2	C. Smiedala	2013	11:16.7	L. Esposito
1976	05:06.2	L. Adams	1980	11:29.1	M. O'Leary
2012	05:07.9	L. Esposito	1987	11:35.6	K. Redfield
1977	05:14.0	A. Kamlowsky	1989	11:41.8	J. Berthiaume
1980	05:14.9	M. O'Leary	2005	11:47.8	A. Bossler
1989	05:16.4	J. Brown	2019	11:48.7	K. McKay
1989	05:17.0	J. Berthiaume	2017	11:49.0	A. Plant
1985	05:17.2	S. Beason	2008	11:51.5	M. Menahan
1978	05:18.3	P. Sodja	1994	11:53.4	L. Worthy
1978	05:18.4	L. Creek	1991	11:57.0	L. Kilmer
2019	05:18.75	O. Zentz	1994	11:59.7	J. Batson
2021	05:19.08	C. Ryan	2019	11:59.9	L. Onuscho
1978	05:20.3	T. Ward	1979	12:00.1	P. Sodja
2005	05:20.3	A. Bossler	2001	12:03.1	S. Snyder
100 Meter Hurdles			300 Meter Hurdles		
2000	14.9	L. Mortensen	2012	:45.47	A. Morrison
*1978	14.98	C. Mansfield	2000	:45.9	L. Mortensen
1983	15.2	K. Shepherd	2015	:46.23	J. Smiedala
1972	15.2	M. Nelson	2006	:46.6	K. Krpan
2021	15.36	L. Todorovich	1993	:46.89	K. Porter
1978	15.4	S. Mallee	2011	:46.94	Mo. Grimsrud
2017	15.5	E. Pizzini	1997	:47.11	S. Agee
2018	15.6	K Hilborn	1990	:47.3	W. Bellwood
1975	15.6	D. Williams	1980	:47.3	R. Rognile
2004	15.7	C. Molloy	2004	:47.32	C. Molloy
2007	15.8	K. Krpan	1997	:47.4	L. Sprinkle
1975	15.9	R. Rognile	1981	:47.5	K. Shepherd
1998	16.0	S. Agee	1993	:48.2	L. Schoer
1979	16.0	M. Stranberg	2021	:48.76	R. Plaster
1979	16.0	L. Linqvist	1990	:48.78	H. Humphrey

Long Jump			High Jump		
2021	17'10	L. Todorovich	1983	5'9.5	K. Shepherd
2012	17'10"	A. Morrison	2011	5'6	Allison Morrison
2007	17'5.5"	W. Haseman	2021	5'5	L. Todorovich
2018	17'5	K. Hilborn	2011	5'5	A. Gilchrist
1992	17'5	S. Dudley	1996	5'5	D. Sasek
1984	17'5	L. Ursich	1977	5'5	M. Petrie
1973	17'4.5	J. Bunkowski	1995	5'4	C. McCain
1979	16'9.5	B. Bauer	1988	5'4	T. Freeman
1995	16'8.5	D. Lamb	2012	5'3"	Ma. Grimsrud
1989	16'8	T. Freeman	2018	5'3"	K. Lloyd
1983	16'7.5	K. Shepherd	2004	5'3"	Shara Flores
1979	16'7	R. Rognile	1980	5'3	R. Rognile
1979	16'7	J. Myles	2017	5'2	T. Krantz
1999	16'6.5	N. Peterson	2009	5'2	B. Johnson
2019	16'6	S. Garrett	2009	5'2	H. Thompson
1992	16'6	M. Freeman	2007	5'2	J. Pillatzke
1986	16'6	T. Zinnecker	2000	5'2	L. Price
1985	16'6	K. Kockler	1996	5'2	C. Synness
			1973	5'2	B. Robertson
Pole Vault			Triple Jump		
1998	13'2	S. Agee	1992	37'10.5	S. Dudley
2018	12'3	K. Hilborn	2017	36'4"	G. Kerr
2000	12'1	J. Penner	2003	36'2.75	J. Roskam-Purnell
2006	11'7"	A. May-Fraser	2017	36'	T. Krantz
2016	11'6"	J. Rockenbaugh	1989	35'9	T. Freeman
2012	11'6"	T. Cundith	2017	35'6"	S. Garrett
2001	11'3	B. Tatchell	2019	35'3"	E. Heuser
1997	11'2	N. Zeller	1997	35'1.5	L. Hubber
2009	11'	M. Evanson	1996	35'1.25	S. Agee
2004	11'	Kari Heiple	2009	34'11.75	H. Thompson
2019	10'7	S. Unger	1992	34'7.5	K. Downs
2017	10'6	K. Benson	1991	34'5	M. Freeman
2018	10'0	K. Jablonski	1991	34'4.5	A. VanHook
2015	10'0	M. McLaughlin	1984	34'4	K. Kockler
2014	10'0	L.J. Fiorita	2019	34'1.5"	O. Huber
2010	10'0	E. Vosbeck			
1998	10'0	M. Hoyne			

Shot Put			Javelin		
2006	40'6"	A. Morrison	2006	155'9"	A. Brooks
1997	39'7"	L. Stewart	1998	130'9"	T. Kloker
2015	39'3"	S. Floerchinger	2019	129'5"	J. Pickens
2011	38'10.5"	T. Kanthack	2011	127'10"	Kyndal Williams
2003	38'8"	S. Morrison	2017	126'9"	K. Woodland
1977	38'8"	T. Baraby	2012	125'6"	K. Cummings
2012	38'3"	T. Amestoy	2009	124'2"	Kelsey Williams
2021	38'1.5"	A. Christman	2015	122'8.5"	S. Floerchinger
1974	37'10"	S. Powers	1973	120'6"	M. Bone
2019	37'6"	M. Plummer	2001	119'11"	S. Slusser
2014	37'4.5"	J. Pickens	1993	115'1"	W. Bermingham
2017	37'4"	K. Dunlap	1980	114'1"	K. Bertelsen
2007	37'	S. Broadwater	2003	113'11"	D. Morrison
2021	36'11.5"	S. Mattfeldt	1984	113'7"	B. Toner
1985	36'8.5"	G. Smigaj	2000	113'2.25"	K. Connors
Discus					
2006	137'	A. Morrison			
2004	129'1"	D. Morrison			
2010	124'9"	T. Amestoy			
2015	122'8"	S. Floerchinger			
2003	121'6"	S. Morrison			
1989	119'10"	J. Covey			
1997	117'6"	N. Hamilton			
1998	114'	L. Stewart			
2019	113'3"	C. Matteucci			
2000	113'1"	A. Powers			
1996	112'10"	C. Synness			
1984	112'6"	D. Mockler			
2015	112'11"	K. Dunlap			
1993	112'5"	A. Martin			
2021	110'8.5"	A. Christman			