

GIRLS - PONCA SCHOOL RECORDS

Running Events

Updated 2024

Event	Name	Time	Date
100m Dash	Alexis Eifert	12.5 sec	2014
200m Dash	Alexis Eifert	26.0 sec	2015
400m Dash	Jennie Johnson	59.9 sec	1987
800m Run	Jennie Johnson	2:19.50 sec	1989
1600m Run	Anna Mattanen	5:19.24 min	2001
3200m Run	Karen Osada	12:11:4 min	1983
100m Hurdles	Kristi Wellenstein	16.2 sec	1989
300m Hurdles	Kelli Taylor	46.4 sec	1999
400m Relay	Abbie Hrouda Ellie McAfee Julien Buckles Alexis Eifert	52.36 sec	2022
800m Relay	Kianna Kramper Hailey Pollard Krystal Richards Alexis Eifert	4:53.7 min	2012
1600m Relay	Jamie Bennett Jeanine Lund Amy Armstrong Jennie Johnson	4:09.2 min	1986
3200m Relay	Sandi Gibbs	10:15.3 min	1981

Cheryl Woodford

Susan Armstrong

Karen Osada

Field Events

Event	Name	Time	Date
Shot Put	Brooke Langus	44'5 1/2"	2021
Discus	Jamie Keller	125'8"	1998
High Jump	Jeanine Lund/Amy Armstrong	5'4"	1987
Long Jump	Kristie Wellenstein	16'6"	1989
Triple Jump	Stacey Birkley	34'9 1/2"	1998
Pole Vault	Maggie McGill	8'6"	2019