

# PONCA SCHOOL RECORDS GIRLS

## Running Events

Updated May 2014

100m Dash—	Alexis Eifert 12.5 seconds 2014
100M Hurdles--	Kristi Wellenstein 16.2 seconds 1988
200m Dash--	Alexis Eifert 26.2 seconds 2014
300m Hurdles--	Kelli Taylor 46.4 seconds 1999
400m Run--	Jennie Johnson 59.9 seconds 1987
800m Run--	Jennie Johnson 2:19.5 minutes 1989
1600 m Run--	Anna Maattanen 5:19.24 minutes 2001
3200 m Run--	Karen Osada 11:44.4 minutes 1983
400 m Relay-	Lund, Armstrong, Wellenstein, Johnson 52.3 seconds 1987
<b>800m Relay</b>	<b>K. Kramper, H. Pollard, K. Richards, A. Eifert</b> 1:53.7 seconds 2012
1600m Relay--	Bennett, Lund, Johnson, Armstrong 4:09 1986
3200m Relay--	Gibbs, Osada, Woodford, Armstrong 10:15.3 1981

# PONCA SCHOOL RECORDS

## Field Events

Long Jump--	Kristi Wellenstein 16'6'' 1989
Triple Jump--	Stacey Birkley 34' 9 ½'' 1998
High Jump--	Jeanine Lund, Amy Armstrong 5'4'' 1987
Shot Put--	Jamie Keller 44' ½'' 1998
Discus--	Jamie Keller 125'8'' 1999