



LSA STATE Track and Field Top Twenty
Times and Distances

From 1990 to 2022

Girls Division

Top Ten 100 Meter Dash Times

Place	Participant	School	Time (s)	Year	Heat	Semi	Finals
1	Kelsey Meyer	Marengo - Zion	12.46	2002	*		
2	Katie Hasheider	Okawville - Immanuel	12.60	1999			*
3	Amy Potter	Rockford Lutheran	12.73	1996			*
4	Lauren Wethers	Collinsville - Good Shepherd	12.79	2007			*
5	Kati Buckles	Mt. Pulaski - Zion	12.80	1992			*
6	Kelsey Meyer	Marengo - Zion	12.81	2002		*	
7	Tiana Henderson	Palatine - Immanuel	12.84	2014	*		
8	Janeen Smith	Belleville - Zion	12.88	2001			*
9	Emmy Burris	Roselle - Trinity	12.90	2012	*		
10	Lauren Wethers	Collinsville - Good Shepherd	12.95	2006			*
11	Domonique Switzer	Decatur - LSA	12.97	2002	*		
12	Lauren Wethers	Collinsville - Good Shepherd	12.99	2006	*		
	Kaitlin Knowles	Champaign - St. John	13.01	2006			*
14	Kelsey Meyer	Marengo - Zion	13.01	2002			*
	Brenda Bryant	Danville Lutheran	13.02	1995	*		
16	Emmy Burris	Roselle - Trinity	13.02	2012			*
17	Amaria Byrd	East St. Louis - Unity	13.04	2014	*		
	Whitney Meyer	Marengo - Zion	13.04	1999			*
	Janeen Smith	Belleville - Zion	13.04	2001		*	
	Lauren Wethers	Collinsville - Good Shepherd	13.04	2007	*		

Top Twenty 200 Meter Dash Times

Place	Participant	School	Time (s)	Year	Heat	Semi	Finals
1	Katie Hasheider	Okawville - Immanuel	26.17	1999			*
2	Lauren Wethers	Collinsville - Good Shepherd	26.47	2006			*
3	Lauren Wethers	Collinsville - Good Shepherd	26.51	2007			*
4	Kelsey Meyer	Marengo - Zion	26.65	2002		*	
5	Johanna Haywood	Altamont - Interparish	26.71	2008			*
6	Kaitlin Knowles	Champaign - St. John	26.74	2007			*
7	Amy Potter	Rockford Lutheran	26.77	1996			*
8	Kaitlin Knowles	Champaign - St. John	26.79	2006			*
9	Katie Hasheider	Okawville - Immanuel	26.94	1999	*		
10	Kaitlin Knowles	Champaign - St. John	26.97	2007		*	
11	Janeen Smith	Belleville - Zion	26.99	2001			*
12	Lauren Lindgren	Schaumburg - St. Peter	27.01	2008			*
13	Zawadi Brown	River Forest – Grace	27.02	2019	*		
	Stephanie Gallagher	Rockford Lutheran	27.02	2004			*
15	Katie Hasheider	Okawville - Immanuel	27.08	1999		*	
16	Tabitha Volling	Lake Zurich - St. Matthew	27.09	1996			*
	Lauren Wethers	Collinsville - Good Shepherd	27.09	2007	*		
18	Kelsey Meyer	Marengo - Zion	27.10	2002			*
19	Rebecca Taylor	Yorkville - Cross	27.11	2012			*
20	Stephanie Gallagher	Rockford Lutheran	27.12	2004		*	

Top Twenty 400 Meter Dash Times

Place	Participant	School	Time	Year	Heat	Finals
1	Lia Potter	Champaign - St. John	1m 00.58s	2016		*
2	Kaitlin Knowles	Champaign - St. John	1m 00.72s	2007		*
3	Lauren Huber	Lombard - St. John's	1m 00.89s	2017		*
4	Stephanie Gallagher	Rockford Lutheran	1m 01.08s	2003		*
5	Gracie English	Belleville - Zion	1m 01.10s	2016		*
6	Stephanie Gallagher	Rockford Lutheran	1m 01.65s	2004		*
7	Zawadi Brown	River Forest – Grace	1m 01.72s	2019	*	
8	Mackenzie Bollinger	Yorkville - Cross	1m 01.74s	2009		*
9	Zawadi Brown	River Forest – Grace	1m 01.86s	2018		*
10	Mackenzie Bollinger	Yorkville - Cross	1m 01.96s	2009	*	
11	Reese McCaun	Lincoln – Zion	1m 02.02s	2018		*
12	Lia Potter	Champaign - St. John	1m 02.19s	2016	*	
13	Stephanie Gallagher	Rockford Lutheran	1m 02.15s	2004	*	
14	Zawadi Brown	River Forest – Grace	1m 02.18s	2019		*
15	Stephanie Gallagher	Rockford Lutheran	1m 02.19s	2003	*	
16	Maggie Dervis	Yorkville - Cross	1m 02.21s	2017		*
17	Payton Seibel	Belleville - Zion	1m 02.24s	2012		*
18	Lauren Spangler	Rockford Lutheran	1m 02.26s	2017		*
19	Hannah Niemeier	Bethalto - Zion	1m 02.29s	2010		*
20	Collette Galeske	Collinsville - Good Shepherd	1m 02.35s	1998	*	

Top Twenty 800 Meter Run Times

Place	Participant	School	Time	Year	Heat	Finals
1	Lauren Huber	Lombard - St. John's	2m 21.97s	2017	*	
2	Lauren Huber	Lombard - St. John's	2m 23.87s	2017		*
3	Katie Adams	Marengo - Zion	2m 24.07s	2009	*	
4	Breanna Newton	Rochelle - St. Paul	2m 26.54s	2006	*	
5	Katie Adams	Marengo - Zion	2m 26.62s	2008		*
6	Melissa Verhaeghe	Dundee - Immanuel	2m 26.99s	1993	*	
7	Katie Adams	Marengo - Zion	2m 28.21s	2008	*	
8	Lauren Huber	Lombard - St. John's	2m 28.50s	2016		*
9	Kate Adams	Marengo - Zion	2m 28.55s	2009		*
10	Melissa Verhaeghe	Dundee - Immanuel	2m 28.57s	1994		*
11	Lia Potter	Champaign - St. John	2m 28.73s	2016		*
12	Breanna Newton	Rochelle - St. Paul	2m 29.02s	2005		*
13	Melissa Verhaeghe	Dundee - Immanuel	2m 29.27s	1993		*
14	Syler Bollinger	Yorkville - Cross	2m 29.30s	2012	*	
15	Sarah Nordman	Rochelle - St. Paul	2m 29.94s	2001	*	
16	Katie Adams	Marengo - Zion	2m 30.02s	2007		*
17	Breanna Newton	Rochelle - St. Paul	2m 30.08s	2005	*	
18	Mandy Eck	Springfield - Our Savior	2m 30.24s	2014		*
19	Nicole Greyer	Yorkville - Cross	2m 30.42s	2015		*
20	Anna Harden	Arlington Heights – St. Peter	2m 30.42s	2019	*	

Top Twenty 1600 Meter Run Times

Place	Participant	School	Time	Year
1	Katie Adams	Marengo - Zion	5m 17.96s	2009
2	Breanna Newton	Rochelle - St. Paul	5m 26.01s	2005
3	Katie Adams	Marengo - Zion	5m 27.56s	2007
4	Heather Clark	Elgin - Fox Valley	5m 28.25s	1998
5	Sydney Gertsen	Naperville – Bethany	5m 29.43s	2022
6	Anna Harden	Arlington Heights – St. Peter	5m 29.54s	2018
7	Katie Adams	Marengo - Zion	5m 30.91s	2008
8	Skyler Bollinger	Yorkville - Cross	5m 30.99s	2012
9	Alexis Olson	Marengo - Zion	5m 31.22s	2009
10	Shawney Damisch	Marengo - Zion	5m 31.77s	2005
11	Melissa Verhaeghe	Dundee - Immanuel	5m 32.39s	1993
12	Madison Diercks	Belvidere - Immanuel	5m 33.15s	2016
13	Breanna Newton	Rochelle - St. Paul	5m 33.68s	2006
14	Elizabeth Kampfe	Decatur - LSA	5m 33.71s	1992
15	Elizabeth Kampfe	Decatur - LSA	5m 33.97s	1991
16	Amanda Verhaeghe	Dundee - Immanuel	5m 34.00s	1997
17	Maddy Eck	Springfield - Our Savior	5m 34.03s	2014
18	Mackenzie Ginder	Arlington Heights – St. Peter	5m 34.55s	2018
19	Lisa VanHouten	Mt. Prospect - St. Paul	5m 34.83s	1998
20	Sarah Nordman	Rochelle - St. Paul	5m 36.06s	2001

Top Twenty 100 Meter Hurdle Times

Place	Participant	School	Time (s)	Year	Heat	Semi	Finals
1	Jillian Tappendorf	Belleville - Zion	15.83	2001			*
2	Fran Laube	Naperville - Bethany	16.10	2016			*
3	Mackenzie Bollinger	Yorkville - Cross	16.15	2009			*
4	Jillian Tappendorf	Belleville - Zion	16.24	2001	*		
5	Alexa Torman	Marengo - Zion	16.26	2007			*
6	Mackenzie Bollinger	Yorkville - Cross	16.27	2009		*	
7	Katelyn Mason	Morton – Bethel	16.30	2018			*
8	Lyndsey Eilers	Staunton - Zion	16.33	2000			*
9	Marcie Billings	Edwardsville – Trinity	16.43	2018			*
10	Alexa Torman	Marengo - Zion	16.48	2006			*
11	Sydney Levan	Chester - St. John	16.50	2013			*
12	Lyndsey Eilers	Staunton - Zion	16.56	2000	*		
	Hannah Niemeier	Bethalto - Zion	16.56	2010			*
14	Elyssa Zielke	Yorkville - Cross	16.59	2003			*
15	Lyndsey Eilers	Staunton - Zion	16.60	2000		*	
	Alexa Torman	Marengo - Zion	16.60	2007		*	
17	Cailyn Grieshaber	Bloomington – Trinity	16.62	2019	*		
18	Autumn Wabi	Tinley Park - Trinity	16.66	2013			*
19	Marcie Billings	Edwardsville – Trinity	16.76	2018	*		
20	Hannah Niemeier	Bethalto - Zion	16.76	2010	*		
	Daelin Switzer	Decatur - LSA	16.76	2014			*

Top Twenty 4 X 100 Meter Relay Times

Place	School	Participants	Time (s)	Year	Heat	Finals
1	Peoria - Christ	Tamiah Duncan, Kammie Hess, Jasmin McDaniel, Jamya Russel, Miracle Thomas	52.72	2017		*
2	Palatine - Immanuel	Brenna Fathers, Tiana Henderson, Anayia Veremis, Emani Washington	52.98	2014		*
3	Marengo - Zion	Trisha Jones, Kelsey Meyer, Whitney Meyer, Ashley Schmidt	53.12	2000	*	
4	Palatine - Immanuel	Brenna Fathers, Tiana Henderson, Anayia Veremis, Emani Washington	53.16	2013		*
5	Marengo - Zion	Trisha Jones, Kelsey Meyer, Whitney Meyer, Ashley Schmidt	53.22	2001	*	
6	Palatine - Immanuel	Brenna Fathers, Tiana Henderson, Anayia Veremis, Emani Washington	53.24	2014	*	
7	Decatur - LSA	Rachel Henry, Hillary King, Lauren Peterson, Emilee Rigg	53.40	2004		*
8	Champaign - St. John	Kaitlin Knowles, Sarah Kresca, Hannah Walker, Andrea Wise	53.41	2007	*	
	Yorkville - Cross	Amanda Beebe, Alyssa Harbin, Rachel Mertens, Alexis Redman	53.41	2005	*	
10	Yorkville - Cross	Amanda Beebe, Alyssa Harbin, Rachel Mertens, Alexis Redman	53.47	2005		*
11	Yorkville - Cross	Amanda Beebe, Sarah Hames, Tori Lee, Tara Thomalla	53.53	2004		*
12	Marengo - Zion	Trisha Jones, Kelsey Meyer, Whitney Meyer, Ashley Schmidt	53.60	2001		*
13	Palatine - Immanuel	Brenna Fathers, Tiana Henderson, Anayia Veremis, Emani Washington	53.90	2013	*	
14	Roselle - Trinity	Dena Baldauf, Christine Hohl, Dana Hohl, Kara Trosper	54.02	2000	*	
15	Yorkville - Cross	Audrey Hoving, Taylor Knauf, Teresa Murray, Alexis Smith	54.08	2009	*	
16	Yorkville - Cross	Maggie Dervis, Elizabeth Maciejewski, Taylor Pavia, Morgan Richards, Alyssa Smith	54.16	2015	*	
17	Marengo - Zion	Trisha Jones, Kelsey Meyer, Whitney Meyer, Ashley Schmidt	54.19	2000		*
18	Yorkville - Cross	Audrey Hoving, Taylor Knauf, Teresa Murray, Alexis Smith	54.27	2009		*
19	Belleville - Zion	Cara Anthony, Christina Lewis, Holly Reeb, Janeen Smith	54.34	2001		*
	Collinsville - Good Shepherd	Victoria Baker, Rachel Scrum, Sara Vlasak, Lauren Wethers	54.34	2007	*	

Top Twenty 4 X 200 Meter Relay Times

Place	School	Participants	Time (s)	Year	Heat	Finals
1	Peoria - Christ	Tamiah Duncan, Kammie Hess, Jasmin McDaniel, Jamya Russel, Miracle Thomas	1m 52.33s	2017		*
2	Yorkville - Cross	Amanda Beebe, Chelsea Cooper, Rachel Mertens, Alexis Redman	1m 52.86s	2005		*
3	Marengo - Zion	Ashley Borhart, Shawney Damisch, Allison Rogutich, Alexa Torman	1m 53.85s	2007	*	
4	Yorkville - Cross	Amanda Beebe, Chelsea Cooper, Rachel Mertens, Alexis Redman	1m 54.43s	2005	*	
5	Marengo - Zion	Ashley Borhart, Shawney Damisch, Allison Rogutich, Alexa Torman	1m 54.56s	2007		*
6	Naperville - Bethany	Emily Heggeland, Anna Jaworski, Fran Laube, Maggie Martin, Faith Skeete	1m 54.57s	2016		*
7	Peoria - Christ	Tamiah Duncan, Kammie Hess, Jasmin McDaniel, Jamya Russel, Miracle Thomas	1m 54.59s	2017	*	
8	Yorkville - Cross	Amanda Beebe, Chelsea Cooper, Sarah Hames, Tori Lee	1m 55.10s	2004		*
9	Rockford Lutheran	Elizabeth Buzzard, Stephanie Gallagher, Nicole Steffen, Melody Waldner	1m 55.15s	2003		*
10	Peoria - Christ	Kammie Hess, Jasmin McDaniel, Ny'ana Philips, Kaleigh Stage, Miracle Thomas	1m 55.42s	2016		*
11	Yorkville - Cross	Maggie Dervis, Kelsey Edwards, Katelyn Strizel, Savannah Vickery, Grace Watson	1m 55.43s	2016		*
12	Rockford Lutheran	Elizabeth Buzzard, Stephanie Gallagher, Nicole Steffen, Melody Waldner	1m 55.47s	2003	*	
13	Belleville - Zion	Rebecca Althoff, Abby Anderson, Peyton Seibel, Grace Tantillo	1m 55.58s	2012		*
14	Marengo - Zion	Trisha Jones, Kelsey Meyer, Whitney Meyer, Ashley Schmidt	1m 55.59s	2001		*
15	Peoria - Christ	Kammie Hess, Jasmin McDaniel, Ny'ana Philips, Kaleigh Stage, Miracle Thomas	1m 55.66s	2016	*	
16	Marengo - Zion	Natalia Cabrera, Laura Joy Gibbons, Kelli Loeffel, Kelsey Meyer	1m 55.67s	2002	*	
17	Marengo - Zion	Trisha Jones, Kelsey Meyer, Whitney Meyer, Ashley Schmidt	1m 55.68s	2000		*
18	Peoria - Christ	Sh'Nyah Butler, Tamiah Duncan, Jaydah Green, Brianna Johnson, A'Yiana Maxwell	1m 55.74s	2019		*
19	Dundee - Immanuel	Carrie Becker, Kelley Storm, Erin Swanson, Melissa Verhaeghe	1m 55.76s	1994		*
20	Marengo - Zion	Natalia Cabrera, Laura Joy Gibbons, Kelli Loeffel, Kelsey Meyer	1m 55.76s	2002		*

Top Twenty 4 X 400 Meter Relay Times

Place	School	Participants	Time	Year	Heat	Finals
1	Yorkville - Cross	Kelsey Adamson, Chelsea Cooper, Alexis Redman, Albree Streiter	4m 23.37s	2004		*
2	Rockford Lutheran	Jourdan Brewer, Ava Fischer, Allison Lackner, Lauren Spangler, Elizabeth Ulrich	4m 25.70s	2017		*
	Yorkville - Cross	Mackenzie Bollinger, Jessica Hetzel, Kelsey Leedy, Teresa Murray	4m 25.70s	2009		*
4	Yorkville - Cross	Mackenzie Bollinger, Jessica Hetzel, Kelsey Leedy, Teresa Murray	4m 26.22s	2009	*	
5	Bethalto - Zion	Jennifer Guetersloh, Jenna Gwaltney, Hannah Niemeier, Karly Schley	4m 27.98s	2010		*
6	Yorkville - Cross	Lauren Daffenberg, Nicole Greyer, Hannah Nuzzo, Holly Sutkay, Ava Weyrich	4m 28.11s	2014		*
7	River Forest – Grace	Zawadi Brown, Olivia Crame, Tori Robinson-Thomas, Alyse Ryniewicz, Anna Scholtens	4m 29.27s	2019		*
8	Yorkville - Cross	Jenna Dervis, Maggie Dervis, Brooke Kala, Kalene Schalhamer, Grace Watson	4m 29.56s	2017		*
9	Yorkville - Cross	Kelsey Adamson, Chelsea Cooper, Alexis Redman, Albree Streiter	4m 29.68s	2004	*	
10	Rockford Lutheran	Bianca Alonzo, Julie Buzzard, Stephanie Jones, Bailey Peck	4m 29.72s	2009		*
11	Rockford Lutheran	Mary Buzzard, Stephanie Gallagher, Emily Luedke, Hillary Tamar	4m 29.73s	2004		*
12	Naperville - Bethany	Ava Chestnut, Emily Heggeland, Fran Laube, Maggie Martin, Rosie Schroeder	4m 30.17s	2016		*
13	Peoria - Christ	Erin Hayes, Crishawna Nash, Tashawna Nash, Kennedy Netters	4m 30.41s	2010		*
14	Yorkville - Cross	Chelsea Cooper, Alyssa Harbin, Alexis Redman, Albree Streiter	4m 30.49s	2005		*
15	Palatine - Immanuel	Brenna Fathers, Anna LaValle, Anayia Veremis, Emani, Washington	4m 30.61s	2013		*
16	Yorkville - Cross	Sami Bollinger, Nicole Greyer, Ashley Malas, Holly Sutkay, Ava Weyrich	4m 30.73s	2015		*
17	Belleville - Zion	Isabel Perez, Alexis Radden, Grace Tantillo, Brenna Witzel	4m 30.84s	2012		*
18	Marengo - Zion	Catherine Meyn, Alexis Olson, Allie Sprague, Peyton Velasquez	4m 30.95s	2010		*
	Naperville - Bethany	Olivia James, Katelynn Kuehl, Nikki Roberts, Meredyth Staunch	4m 30.95s	2011		*
20	Bloomington - Trinity	Courtney Carter, Ella Hess, Abigail Hoeft, Kenzie Klink, Avery Wietfeldt	4m 31.00s	2017		*

Top Twenty 4 X 800 Meter Relay Times

Place	School	Participants	Time	Year
1	Marengo - Zion	Katie Adams, Alexis Olson, Megan Semro, Allie Sprague	10m 12.56s	2009
2	Yorkville - Cross	Skyler Bollinger, Kelly Knauf, Stephanie Schlichting, Alexandria Weyrich	10m 28.94s	2012
3	Marengo - Zion	Catherine Meyn, Alexis Olson, Allie Sprague, Peyton Velasquez	10m 31.05s	2010
4	Marengo - Zion	Katie Adams, Lexi Olson, Megan Semro, Allie Sprague	10m 37.62s	2008
5	Marengo - Zion	Shawney Damish, Marissa Haskins, Katie Sprague, Sarah Sprague	10m 42.87s	2005
6	Marengo - Zion	Katie Adams, Shawney Damisch, Ava Henning, Katie Sprague	10m 43.14s	2007
7	Arlington Heights – St. Peter	Ellise Condon, Mackenzie Ginder, Anna Harden, Olivia Harmon, Emma VanMeveren	10m 46.17s	2018
8	Yorkville - Cross	Lauren Daffenburg, Nicole Greyer, McKenzie Lux, Ashley Malas, Ava Weyrich	10m 47.46s	2014
9	Marengo - Zion	Caitlyn Allen, Catherine Meyn, Alexis Olson, Peyton Velasquez	10m 47.50s	2011
10	Palatine - Immanuel	Brenna Fathers, Claire Fathers, Anna LaValle, Jane Smith	10m 48.27s	2012
11	Rochelle - St. Paul	Natalie Meiners, Branna Newton, Jovani Reyes, Morgan Swicki	10m 48.51s	2006
12	Arlington Heights - St. Peter	Ellise Condon, Mackenzie Ginder, Anna Harden, Olivia Harmon, Emma Vanmeveren	10m 50.43s	2017
13	Yorkville - Cross	Nicole Greyer, McKenzie Lux, Ashley Malas, Ava Weyrich	10m 52.54s	2015
14	Springfield - Our Savior's	Shay Doty, Elizabeth Eck, Kylie Golstein, Emily Stoeckel	10m 53.64s	2016
15	Palatine - Immanuel	Katie Conklin, Lauren Glaser, Anna LaValle, Brianna Stryczek	10m 54.77s	2011
16	Morton - Bethel	Lexie Collins, Macy Glatz, Mollie Krueger, Meredith McDonough	10m 55.97s	2012
17	Marengo - Zion	Katie Adams, Shawney Damisch, Ava Henning, Katie Sprague	10m 57.37s	2006
18	Marengo - Zion	Shawney Damish, Marissa Haskins, Sarah Sprague, Rhea Torman	10m 57.41s	2004
19	Arlington Heights – St. Peter	Liann Ang, Mackenzie Ginder, Ella Halter, Anna Harden, Emma VanMeveren	11m 00.09s	2019
20	Springfield - Our Savior's	Jackie Eck, Maddie Eck, Nickole Mercier, Carrie Rolf	11m 01.13s	2012

Top Twenty High Jump Heights

Place	Participant	School	Height	Year
1	Emma Haugen	LaGrange - St. John	1.63m 5' 04.00"	2011
2	Stephanie Dixon	Danville Lutheran	1.60m 5' 03.00"	1998
	Kenzie Klink	Bloomington - Trinity	1.60m 5' 03.00"	2017
4	Kelly Morrow	Naperville - Bethany	1.57m 5' 02.00"	2000
5	Hope Tewes	Springfield - Our Savior	1.57m 5' 02.00"	2012
6	Brittany Heins	Chester - St. John	1.55m 5' 01.00"	1996
	Lindsay Ippel	Decatur - LSA	1.55m 5' 01.00"	2000
8	Courtney Hafenstein	Collinsville - Good Shepherd	1.52m 5' 00.00"	2003
	Emma Haugen	Elmhurst - Immanuel	1.52m 5' 00.00"	2010
	Kelly Kirby	Edwardsville - Trinity	1.52m 5' 00.00"	1998
	Kelly Morrow	Naperville - Bethany	1.52m 5' 00.00"	2002
	Lauren Newbold	Staunton - Zion	1.52m 5' 00.00"	2005
	Alexis Rowe	Bloomington - Trinity	1.52m 5' 00.00"	2013
	Alexis Rowe	Bloomington - Trinity	1.52m 5' 00.00"	2014
	Laura Staron	Lombard - St. John	1.52m 5' 00.00"	1994
16	Brandi Bisping	Morton - Bethel	1.50m 4' 11.00"	2013
	Christine Hohl	Roselle - Trinity	1.50m 4' 11.00"	2000
	Angie Knolhoff	Centralia - Trinity	1.50m 4' 11.00"	1990
	Eva Poznanski	Mt. Prospect - St. Paul	1.50m 4' 11.00"	2009
	Mary Risius	Bloomington - Trinity	1.50m 4' 11.00"	1998
	Rachel Sunu	Mt. Prospect - St. Paul	1.50m 4' 11.00"	2015

Top Twenty Long Jump Distances

Place	Participant	School	Length	Year
1	Maura Niemer	Bethalto - Zion	5.04m 16' 06.25"	2017
2	Aaliyah Thurman	River Forest – Grace	5.00m 16' 04.75"	2019
3	Shannah Morris	Yorkville - Cross	4.93m 16' 02.25"	2006
4	Alexa Caves	Springfield - Our Savior	4.91m 16' 01.25"	2006
5	Brooke Smith	Godfrey - Faith	4.89m 16' 00.50"	2005
6	Lauren Spangler	Rockford Lutheran	4.88m 16' 00.00"	2017
7	Alexis Smith	Yorkville - Cross	4.84m 15' 10.50"	2009
8	Christine Slade	Geneva - Faith	4.83m 15' 10.00"	2009
9	Lia Potter	Champaign - St. John	4.82m 15' 09.75"	2016
	Mandy Withey	Mt. Prospect - St. Paul	4.82m 15' 09.75"	2015
11	Johanna Maywood	Altamont Interparish	4.81m 15' 09.50"	2008
12	Katie Buckles	Mt. Pulaski - Zion	4.80m 15' 09.00"	1992
13	Blaike Knolhoff	Centralia – Trinity	4.79m 15' 08.50"	2019
14	Ashley Samuta	Lombard - St. John's	4.78m 15' 08.00"	2016
15	Jenna Gustafson	Champaign - St. John	4.76m 15' 07.50"	1999
16	Lauren Wong	Peoria - Concordia	4.75m 15' 07.00"	2016
17	Jacqueline Adami	Springfield - Trinity	4.74m 15' 06.75"	2000
18	Bethany Harre	Nashville - Trinity/St. John	4.74m 15' 06.50"	1999
	Taylor Redeker	Milford - St. Paul	4.74m 15' 06.50"	2007
20	Alexis Smith	Yorkville - Cross	4.73m 15' 06.25"	2010

Top Twenty Triple Jump Distances

Place	Participant	School	Length	Year
1	Madison Davis	Belvidere - Immanuel	10.73m 35' 02.50"	2014
2	Mackenzie Bollinger	Yorkville - Cross	10.52m 34' 06.00"	2009
	Stephanie Gallagher	Rockford Lutheran	10.52m 34' 06.00"	2004
4	Alexis Smith	Yorkville - Cross	10.48m 34' 04.75"	2009
5	Allison Rogutich	Marengo - Zion	10.41m 34' 02.00"	2007
6	Jillian Tappendorf	Belleville - Zion	10.39m 34' 01.00"	2001
7	Katie Roustio	Belleville - Zion	10.34m 33' 11.25"	2009
8	Madison Diercks	Belvidere - Immanuel	10.31m 33' 10.00"	2016
9	Alexis Smith	Yorkville - Cross	10.31m 33' 09.75"	2010
10	Rachel Sunu	Mt. Prospect - St. Paul	10.29m 33' 09.25"	2015
11	Jillian Tappendorf	Belleville - Zion	10.26m 33' 07.75"	2002
12	Brooke Smith	Godfrey - Faith	10.19m 33' 05.00"	2005
13	Katie Roustio	Belleville - Zion	10.17m 33' 04.25"	2008
14	Blaike Knolhoff	Centralia – Trinity	10.10m 33' 01.50"	2019
15	Sydney Schnitker	Hoyleton - Trinity	9.99m 32' 09.25"	2016
16	Katelyn Mason	Morton – Bethel	9.98m 32' 09.00"	2018
17	Lindsey Holcomb	Collinsville - Holy Cross	9.93m 32' 07.00"	1998
18	Shay Doty	Springfield - Our Savior's	9.90m 32' 05.75"	2016
19	Stephanie Gallagher	Rockford Lutheran	9.89m 32' 05.50"	2003
20	Shannah Morris	Yorkville - Cross	9.89m 32' 05.25"	2006

Top Twenty Shot Put Distances

Place	Participant	School	Length	Year
1	Samantha Ennis	Palatine - Immanuel	10.68m 35' 00.50"	2015
2	Jennifer Zinkhon	Peoria - Concordia	10.33m 33' 10.50"	2007
3	Brooke Bowman	Hoyleton - Trinity	10.26m 33' 08.00"	2015
4	Brooke Peterson	Arlington Heights - St. Peter	10.16m 33' 04.00"	2001
5	Brooke Bowman	Hoyleton - Trinity	10.12m 33' 02.25"	2014
6	Alexis Johnson	Peoria - Christ	10.06m 33' 00.25"	2003
7	Karley Kothe	Steeleville - St. Mark	9.97m 32' 08.50"	2015
8	Morgan Keller	Arlington Heights - St. Peter	9.79m 32' 01.50"	2009
9	Morgan Keller	Arlington Heights - St. Peter	9.78m 32' 01.00"	2008
10	Bailey Bertrand	Marengo - Zion	9.75m 32' 00.00"	2016
11	Aysia Williams	Peoria - Christ	9.72m 31' 10.75"	2010
12	Mackenzie Lee	Yorkville - Cross	9.70m 31' 10.00"	2011
13	Kendall Burt	Freeport - Immanuel	9.60m 31' 06.00"	2014
14	Christina Meinhardt	Crystal Lake - Immanuel	9.59m 31' 05.50"	2011
15	Aubrey Dubberke	Nashville - Trinity/St. John	9.58m 31' 05.00"	1997
	Paige Rayford	Peoria - Christ	9.58m 31' 05.00"	2002
17	Kristina Meggers	Belvidere - Immanuel	9.54m 31' 03.50"	1997
18	Lauren Chadderton	Steeleville - St. Mark	9.53m 31' 03.00"	2000
19	Alison Hasselbring	Buckley - St. John	9.48m 31' 01.25"	2006
20	Rylee Hahn	Rochelle - St. Paul	9.47m 31' 00.75"	2017

Top Twenty Discus Throw Distances

Place	Participant	School	Length	Year
1	Jennie Satterlee	Staunton - Zion	31.52m 103' 05.00"	2002
2	Jill Winkelman	Steeleville - St. Mark	30.38m 99' 08.00"	2007
3	Tarrah Kamp	East Dundee - Immanuel	30.23m 99' 02.00"	2014
4	Janie Holle	Hoyleton - Trinity	29.21m 95' 10.00"	2013
5	Tealyn Kamp	East Dundee – Immanuel	29.13m 95' 07.00"	2018
6	Claire Princell	Lansing - St. John	28.96m 95' 00.00"	2013
7	Jill Winkelman	Steeleville - St. Mark	28.88m 94' 09.00"	2006
8	Moncia Schmidt	Arlington Heights - St. Peter	28.85m 94' 08.00"	1997
9	Caroline Gibbons	Roselle - Trinity	28.65m 94' 00.00"	2014
10	Christina Meinhardt	Crystal Lake - Immanuel	28.50m 93' 06.00"	2011
11	Tarrah Kamp	East Dundee - Immanuel	28.32m 92' 11.00"	2013
12	Jennie Satterlee	Staunton - Zion	28.09m 92' 02.00"	2001
13	Kristi Frederking	Nashville - Trinity/St. John	27.84m 91' 04.00"	2003
14	Morgan Keller	Arlington Heights - St. Peter	27.84m 91' 04.00"	2009
15	Beth Watkins	Hoffman - Trinity	27.71m 90' 11.00"	2007
16	Amanda McQuaid	Nashville - Trinity/St. John	27.51m 90' 03.00"	1997
17	Kirsten Walker	Yorkville - Cross	27.51m 90' 03.00"	2003
18	Rachel Stade	Marengo - Zion	27.25m 89' 05.00"	2002
19	Stephanie Frazier	Edwardsville - Trinity	27.08m 88' 10.00"	1997
20	Crystal Lake	Rockford Lutheran	27.05m 88' 09.00"	1996

Top Twenty Team Points

Place	School	Points	Year
1	Marengo - Zion	112	2007
2	Yorkville - Cross	109	2009
3	Arlington Heights - St. Peter	106	1990
4	Belleville - Zion	100	2012
5	Yorkville - Cross	99	2011
6	Marengo - Zion	97	2009
7	Rockford Lutheran	96	1995
	Yorkville - Cross	96	2004
9	Yorkville - Cross	94	2012
10	Decatur - LSA	92	2001
	River Forest – Grace	90	2019
12	Yorkville - Cross	90	2005
13	Marengo - Zion	86	2008
14	Marengo - Zion	84	2002
15	Rockford Lutheran	81	2003
16	Yorkville - Cross	80	2003
17	Decatur - LSA	76	1999
	Decatur - LSA	76	2002
19	Chester - St. John	75	1996
20	Arlington Heights - St. Peter	74	1992

Schools With Multiple Championships

Yorkville - Cross	7
Rockford Lutheran	6
Marengo – Zion	5
Decatur - LSA	4
Arlington Heights – St. Peter	2
Chester – St. John	2

These records are taken from Track and Field data from 1993 to the present. Great care was taken to ensure accuracy; however, the process is manual. Please e-mail Andy Crouse if you feel something is missing or wrong. Only first place times and distances from 1990 to 1992 are available. Efforts to find complete data from those years have not been successful. If you have this data, please contact Andy Crouse.