

**Hawkeye 10 Girls Track Records**  
**updated after the 2010 Conference Meet**

| Gender | No | Event                  | Name                      | School        | Year | Record   |
|--------|----|------------------------|---------------------------|---------------|------|----------|
| Girls  | 2  | Shot Put               | Abby Emsick               | Lewis Central | 2000 | 45' 6"   |
| Girls  | 4  | Discus                 | Abby Emsick               | Lewis Central | 2002 | 153' 2"  |
| Girls  | 6  | Long Jump              | Anna Wernimont            | Atlantic      | 2010 | 18' 1"   |
| Girls  | 8  | High Jump              | Carmen Cox                | Red Oak       | 2001 | 5' 8"    |
| Girls  | 9  | 3000 Meter Run         | Ali Krogman               | Atlantic      | 2010 | 10.49.06 |
| Girls  | 11 | 4 x 800 Meter Relay    | K. Carstens, K. Goeser    | Harlan        | 2000 | 09:44.8  |
| Girls  | 11 |                        | M. Andersen, A. Morgan    |               |      |          |
| Girls  | 14 | G/Shuttle Hurdle Relay | S & M Wernimont           | Atlantic      | 2001 | 01:05.0  |
| Girls  | 14 |                        | K. Burkhart, K. Roecker   |               |      |          |
| Girls  | 15 | 100 Meter Dash         | Dani Stipe                | Kuemper       | 2006 | 12.3     |
| Girls  | 17 | Distance Medley Relay  | A. Vavra, D. Ketcham      | Shenandoah    | 1995 | 04:18.0  |
| Girls  | 17 |                        | R. Perritte, M. Buttry    |               |      |          |
| Girls  | 18 | 400 Meter Dash         | Courtney Jacobs           | Atlantic      | 2003 | 56.41    |
| Girls  | 20 | 4 x 200 Meter Relay    | L. Swanson, C. Carstensen | Denison       | 2005 | 01:44.5  |
| Girls  | 20 |                        | S. Glenn, L. Wiebers      |               |      |          |
| Girls  | 22 | 100 Meter Hurdles      | Tiffany Pedersen          | Atlantic      | 2001 | 14.1     |
| Girls  | 25 | 800 Meter Run          | Linnea Hopp               | Harlan        | 2001 | 02:16.7  |
| Girls  | 26 | 200 Meter Dash         | Cortney Jacobs            | Atlantic      | 2003 | 24.81    |
| Girls  | 28 | 400 Meter Hurdles      | Jenny Hosack              | Harlan        | 2008 | 01:05.4  |
| Girls  | 31 | Sprint Medley Relay    | C. Burtnett, N. Clausen   | Denison       | 2005 | 01:48.3  |
| Girls  | 31 |                        | L. Swanson, L. Wiebers    |               |      |          |
| Girls  | 32 | 1500 Meter Run         | Missy Buttry              | Shenandoah    | 2001 | 04:51.7  |
| Girls  | 34 | 4 x 100 Meter Relay    | C. Burtnett, S. Glenn     | Denison       | 2006 | 48.94    |
| Girls  | 34 |                        | L. Swanson, N. Claursen   |               |      |          |
| Girls  | 36 | 4 x 400 Meter Relay    | A. Mendlik, S. Glenn      | Denison       | 2006 | 03:59.6  |
| Girls  | 36 |                        | M. Wiebers, C. Burtnett   |               |      |          |