

ST. PAULS LUTHERAN SCHOOL GIRLS TRACK RECORDS

50 Yard Dash	100 Yard Dash	220 Yard dash
Pam Koring 7.25 1976	Joyce Dose 13.7 1977	Pam Koring 31.7 1976

440 Yard Run	880 Yard Run	60 Yard Dash
Dawn Bode 1.18.56 1979	Karen Thoele 3.03.94 1983	Sharon Dose 7.35 1973

120 Yard Relay	200 Yard Relay	440 Yard Relay
? 1978 20.51	Joyce Dose, Dawn Bode 29.7 1977	Jodie Jahr, Deb Dols, Julie Narr, Donna Thoele 59.85

100 Meter	200 Meter	400 Meter
Donna Thoele 13.65 1985	Jessica Garza 30.85 2008	Ann Buck 1.13.31

800 Meter	100 Meter Hurdles	High Jump
Vicki Sickmann 2.47.68 1988	Ruth Workman 22.49 2021	Denise Dols 4.11" 1981

Shot Put	Long Jump	Triple Jump
McKenzie Sommers 30.07 2010	Kris Bode 13.8 1982	Jaidynn Dietel 26.5 2019

Softball Throw	Discus
Annette Sickmann 149.3 1979	Ann Schmidt 54.08 2009

4x100 Meter Relay	1x1x2 Sprint Medley	1x1x2x4 Sprint Medley
Deb Dols, Julie Narr, Julie Jahr, Donna Thoele 59.85 1985	Jenna Wendland, Mya Kube, Ellie Groninga 1.08 2017	Jaidynn Dietel, Charlie Matzke, Kendra Schmidt, Brayden Bergs 2.15 2019