**Hempstead Girls Track & Field**

**Top Ten Indoor Performances**

**Relays**

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| **4x200 Meter Relay** |
| 1:50.63 | Alyssa Miner MacKenzie Digman Alli Dalton Laura Stenzil | 2011 DBQ Senior Indoor |
| 1:50.98 | Janyla Hoskins Julia Meehan Erin McGrath Megan Hammerand | 2018 UD Indoor Classic |
| 1:51.47 |  | 2001 MVC Indoor |
| 1:51.83 | Emily Klein Emma Hilkin Mya Curry Camdyn Kay | 2022 HS Championship |
| **1:52.57** | **Akeelah Anderson Mallory Tomkins Maddie Leeser Ayla Osterkamp** | **2024 AD Dickinson Relays** |
| 1:52.65 | Jessica Brown Katie Ehlers Anna Kramer Sarah Lauer | 2015 UD Senior Indoor |
| 1:53.30 | Janyla Hoskins McKenna Johnson Megan Hammerand Julia Meehan | 2017 DBQ Senior Indoor |
| 1:53.64 | Nakiah Kimble Katie Ehlers Emily Kelleher Jessica Brown | 2014 AD Dickinson Relays |
| 1:53.70 | Janyla Hoskins Emalee Ryder Natasha Freiburger Emma Hilkin | 2020 AD Dickinson Relays |
| 1:53.72 | Janyla Hoskins Emalee Ryder Emma Hilkin Megan Hammerand | 2020 UD Early Bird |

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| **4x400 Meter Relay** |
| 4:07.10 | Brooke O’Brien Julia Gehl Ayla Osterkamp Keelee Leitzen | 2023 IITF Championship |
| 4:12:23 | Camdyn Kay Brooke O’Brien Maddie Digman Keelee Leitzen | 2023 UD Indoor Classic |
| 4:12.90 | Keelee Leitzen Brooke O’Brien Mya Curry Camdyn Kay | 2022 UD Indoor Classic |
| **4:15.75** | **Ayla Osterkamp Natalie Leitzen Mya Curry Keelee Leitzen** | **2024 Senior Indoor** |
| 4:16.92 |  | 2001 MVC Indoor |
| **4:19.11** | **Natalie Leitzen Jillian Renne Maddie Leeser Keelee Leitzen** | **2024 UD Indoor Classic** |
| 4:19.63 | Alyssa Miner Emily Kelleher Alli Dalton Laura Stenzil | 2011 DBQ Senior Indoor |
| 4:19.74 | Julia Meehan Erin McGrath Emma Coates Grace Ries | 2018 UD Indoor Classic |
| 4:20.03 | Emily Klein Mya Curry Camdyn Kay Keelee Leitzen | 2022 Senior Indoor |
| 4:21.73 | Bailey Ohnesorge Heather Muntz Elli Saddler Audra Steil | 2015 UD Indoor Classic |

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| **4x800 Meter Relay** |
| 9:20.54 | Camdyn Kay Brooke O’Brien Julia Gehl Keelee Leitzen | 2023 UD Indoor Classic |
| 9:32.33 | Keelee Leitzen Julia Gehl Brooke O’Brien Camdyn Kay | 2022 UD Indoor Classic |
| 10:04.41 | Elli Saddler Emily Buchheit Audra Steil Heather Muntz | 2015 UD Indoor Classic |
| 10:08.40 | Kaylee Leicht Emma Holesinger Hannah Brown Grace Ries | 2019 IATC Indoor |
| 10:12.17 | Casey Nichols Hannah Brown Emma Holesinger Kaylee Leicht | 2018 UD Indoor Classic |
| 10:12.69 | Hannah Brown Kristan Brown Casey Nichols Kaylee Leicht | 2017 UD Indoor Classic |
| **10:13.90** | **Eva Stevenson Camdyn Kay Natalie Leitzen Keelee Leitzen** | **2024 UD Early Bird** |
| 10:14.12 | Ellie Hermiston Evie Henneberry Natalie Schlichte Keelee Leitzen | 2022 Senior Indoor |
| 10:20.09 | Kaylee Leicht Audrey Franklin Shaelyn Hostager Hannah Brown | 2020 UD Early Bird |
| 10:23.25 | Elli Saddler Emily Buchheit Erin Lange Heather Muntz | 2015 AD Dickinson Relays |

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| **Distance Medley Relay** |
| 4:29.35 | Aubrey Schlichte Maddie Leeser N. Schlichte Brooke O’Brien | 2023 MVC Indoor |
| 4:30.21 | Jenna Coates Anna Kramer McKenna Johnson Heather Muntz | 2016 UD Indoor Classic |
| 4:31.68 | Janyla Hoskins Julia Meehan Grace Ries Kaylee Leicht | 2018 MVC Indoor |
| 4:32.83 | Janyla Hoskins Natasha Freiburger Grace Becker Hannah Brown | 2020 DBQ Senior Indoor |
| 4:33.42 | Laney Herman Jenna Coates Emma Coates Kaylee Leicht | 2018 UD Indoor Classic |
| 4:33.85 | Janyla Hoskins Megan Hammerand Grace Ries Kaylee Leicht | 2019 DBQ Senior Indoor |
| 4:34.97 | Katie Ehlers Anna Kramer Bailey Ohnesorge Heather Muntz | 2015 DBQ Senior Indoor |
| 4:36.53 | Lanie Kuhle Aubrey Schlichte Mylee Lange Camdyn Kay | 2022 DBQ Senior Indoor |
| 4:37.86 | Laney Herman Megan Hammerand Julia Meehan Emily Buchhiet | 2017 UD Indoor Classic |
| 4:39.24 | Ayla Osterkamp Kaylee Herrig Maddie Digman Evie Henneberry | 2022 UD Indoor Classic |
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| **4x100 Meter Relay** |
| 53.64 | Keyonna Parnell Emily Kelleher Jessica Brown Nakiah Kimble | 2014 MVC Indoor |
| 53.69 | Akeelah Anderson Mallory Tomkins Aubrey Schlichte Ayla Osterkamp | 2023 MVC Indoor |
| 55.11 | Jenna Coates McKenna Johnson Brie Tauber Jessica Brown | 2015 MVC Indoor |
| 55.67 |  | 2001 MVC Indoor |
| 56.12 | Bailey Sandman Mallory McDonald Grace Ries Paisley Kascel | 2016 MVC Indoor |
| 56.24 | Jenna Coates Mallory McDonald Allison Wild Abby Kallaher | 2017 MVC Indoor |
| 56.54 | Haley Klein Skylnn Reding Bailey Sandman Faith Jasper | 2017 MVC Indoor |
| 57.32 |  | 1999 MVC Indoor |
| 57.64 |  | 2014 MVC Indoor |
| 57.84 | Abbey Kallaher Eva McCaw Micki Blean Bailey Tonn | 2018 MVC Indoor |

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| **Sprint Medley Relay** |
| 1:54.08 | Akeelah Anderson Aubrey Schlichte Ayla Osterkamp Keelee Leitzen | 2023 MVC Indoor |
| 1:56.17 | Emma Hilkin Ayla Osterkamp Emily Klein Keelee Leitzen | 2022 MVC Indoor |
| 1:58.41 | Keyonna Parnell Emily Kelleher Nakiah Kimble Heather Muntz | 2014 MVC Indoor |
| 2:01.31 | Katie Schaul Katie Ehlers Julia Meehan Heather Muntz | 2016 MVC Indoor |
| 2:01.53 | Sarah Lauer Anna Kramer Katie Ehlers Bailey Ohnesorge | 2015 MVC Indoor |
| 2:04.12 | Jenna Coates Hailey Klein Megan Hammerand Emma Coates | 2018 MVC Indoor |
| 2:04.94 |  | 2013 MVC Indoor |
| 2:05.77 |  | 2001 MVC Indoor |
| 2:06.24 | Emalee Ryder Megan Hammerand Laney Herman Emma Coates | 2017 MVC Indoor  |
| 2:06.74 |  | 2009 MVC Indoor |

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| **60 Meter Shuttle Hurdle Relay** |
| 42.83 |  | 2009 MVC Indoor |
| 44.02 | Kramer Sandman J.Coates Tharp | 2015 MVC Indoor |
| 44.23 | Hailey Klein Faith Jasper Allison Wild Katelyn Hammerand | 2019 MVC Indoor |
| 44.89 | Longstreet Michels Maas Jasper | 2018 MVC Indoor |
| 45.04 |  | 2013 MVC Indoor |
| 45.63 | Sandman Kascel Jasper Michels | 2017 MVC Indoor |
| 47.96 | Emily Klein Eva McCaw Gillian Jaeger Kaylee Smith | 2019 MVC Indoor |
| 48.88 | Akeelah Anderson Ashley Long Maddy Morrison Rayna Timmerman | 2023 MVC Indoor |
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| **4x150 Meter Relay** |
| 1:29.48 | Sarah Lauer Emily Kelleher Katie Ehlers Nakiah Kimble | DuHawk Indoor 2014 |
| 1:29.90 | Janyla Hoskins Megan Hammerand Mallory McDonald Jenna Coates | DuHawk Indoor 2017 |
| 1:31.27 | Keyonna Parnell Kenzie Keil Tressa Lauer Jessica Brown | DuHawk Indoor 2014 |
| 1:31.74 | Emily Kelleher Kenzie Keil Heather Muntz Jessica Brown | DuHawk Indoor 2013 |
| 1:31.76 | Anna Kramer Mallory McDonald Bailey Sandman Jenna Coates | DuHawk Indoor 2016 |
| 1:32.82 | Katie Ehlers McKenna Johnson Katie Fitzpatrick Sarah Lauer | DuHawk Indoor 2015 |
| 1:32.82 |  | DuHawk Indoor 2011 |
| 1:33.82 | Brie Tauber Anna Kramer Julia Meehan Ashley Thill | DuHawk Indoor 2015 |
| 1:34.16 |  | DuHawk Indoor 2010 |
| 1:34.51 | Emily Schwendinger Betsy Littlewood Paisley Kascel Riley Bleymeyer | DuHawk Indoor 2016 |

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| **4x300 Meter Relay** |
| 3:14.35 | Grace Ries Audra Steil Julia Meehan Jenna Coates | DuHawk Indoor 2018 |
| 3:16.46 |  | DuHawk Indoor 2004 |
| 3:16.55 |  | DuHawk Indoor 2009 |
| 3:19.76 | Julia Meehan McKenna Johnson Ellie O’Neil Erin McGrath | DuHawk Indoor 2016 |
| 3:22.27 |  | DuHawk Indoor 2002 |
| 3:22.52 | Laney Herman Emma Coates Hailey Klein Julia Meehan | DuHawk Indoor 2017 |
| 3:23.04 |  | DuHawk Indoor 2001 |
| 3:25.45 |  | DuHawk Indoor 2005 |
| 3:25.91 |  | DuHawk Indoor 2010 |
| 3:26.22 |  | DuHawk Indoor 2007 |

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| **4x450 Meter Relay** |
| 5:30.75 | Casey Nichols Bailey Hornback Bailey Ohnesorge Heather Muntz | DuHawk Indoor 2015 |
| 5:38.61 |  | DuHawk Indoor 2009 |
| 5:39.22 |  | DuHawk Indoor 2007 |
| 5:42.33 |  | DuHawk Indoor 2008 |
| 5:46.58 |  | DuHawk Indoor 2004 |
| 5:47.68 | Brenna Fransen Heather Hostager Emily Buchheit Emily Schmitt | DuHawk Indoor 2016 |
| 5:49.10 |  | DuHawk Indoor 2011 |
| 5:49.54 |  | DuHawk Indoor 2003 |
| 5:53.35 |  | DuHawk Indoor 2009 |
| 5:55.39 |  | DuHawk Indoor 2006 |

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| **4x750 Meter Relay** |
| 10:15.96 |  | DuHawk Indoor 2009 |
| 10:17.01 | Ellie O’Neill Casey Nichols Emma Holesinger Kaylee Leicht | DuHawk Indoor 2018 |
| 10:19.23 |  | DuHawk Indoor 2008 |
| 10:20.81 | Ashley Klein Molly DenlingerBecca Brymeyer Fardis Lindblom | DuHawk Indoor 2013 |
| 10:22.02 |  | DuHawk Indoor 2007 |
| 10:22.61 | Emily Buchheit Emma Holesinger Kristan Brown Kaylee Leicht | DuHawk Indoor 2017 |
| 10:22.69 |  | DuHawk Indoor 2006 |
| 10:24.66 | Brenna Fransen Heather Hostager Emily Buchheit Emily Schmitt | DuHawk Indoor 2016 |
| 10:29.15 | Heather Hostager Emily Buchheit Erin Lange Heather Muntz | DuHawk Indoor 2015 |
| 10:32.82 | Fardis Lindblom Cassia Tulley Katie Buchheit Sam Lahey | DuHawk Indoor 2014 |