**Hempstead Girls Track & Field**

**Top Ten Indoor Performances**

**JV Relays**

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| **4x200 Meter Relay** |
| 1:59.29 | Ella Heim Bailey Tonn Grace Becker Emily Klein | 2020 UD Early Bird |
| 1:59.57 | Rayna Timmerman Toyriana Hampton Emma Oberhoffer Piper Birkenholtz | 2023 UD Classic |
| **2:00.13** | **Sydney Feldhacker Aubrey Schlichte Sophia Brauhn Rebecca Roling** | **2024 UD Early Bird** |
| 2:00.55 | Mackenzie Keil Emily Schwendinger Bailey Sandman Heather Splinter | 2014 UD Classic |
| 2:00.96 | Hailey Klein Abby Kallaher Bailey Tonn Micki Blean | 2019 UD Early Bird |
| 2:01.35 | Hailey Klein Micki Blean Eva McCaw Abby Kallaher | 2018 UD Classic |
| 2:01.68 | Skylynn Reding Amber Smothers Mallory McDonald Jenna Coates | 2017 UD Classic |
| 2:01.91 | Megan Hammerand Katelyn Hammerand Faith Jasper Kamille Berns | 2019 UD Classic |
| 2:03.90 | Devan Siegert Emily Schwendinger Brie Tauber Paige Snitker | 2015 UD Classic |
| **2:05.32** | **Autumn Sanchez Josie Kallback Layla Knepper Paige Howieson** | **2024 UD Classic** |

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| **4x400 Meter Relay** |
| 4:30.33 | Aubrey Schlichte Ayla Osterkamp Mallory Tomkins Maddie Leeser  | 2023 UD Classic |
| **4:39.74** | **Isabel Bruahn Kaylee Carley Aubrey Schlichte Paige Howieson** | **2024 UD Early Bird** |
| 4:45.83 | Ella Heim Ellie O’Neil Emily Schmitt Moriah Zimmerman | 2018 UD Classic |
| 4:47.76 | Bailey Sandman Isabella Tharp Ellie O’Neil Mallory McDonald | 2015 UD Classic |
| **4:48.01** | **Lauren Gehl Addison Wand Paris Mickelson Paige Pitz** | **2024 UD Classic** |
| 4:52.70 | Grace Becker Kaylee Smith Micki Blean Erin Scott | 2019 UD Early Bird |
| 5:02.48 | Bailey Sandman Tanisha Neeley LuAnna Gerdemann Sarah Jahnke | 2014 UD Classic |
| 5:06.32 | Ellie O’Neil Becca Zillig Emerson Rheingans Claire Paulson | 2017 UD Classic |
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| **4x800 Meter Relay** |
| **11:24.16** | **Isabel Brauhn Addison Wand Paris Mickelson Paige Pitz** | **2024 UD Early Bird** |
| 11:27.98 | Brenna Fransen Heather Morley Becca Zillig Ellie O’Neil | 2017 UD Classic |
| 11:28.89 | Heidi Welu Carly Fransen Ashley Leibfried Becca Zillig | 2015 UD Classic |
| 11:38.62 | Samantha Fish Allison Till Autumn Brosius Audrey Franklin | 2018 UD Classic |
| 11:48.06 | Hannah McFadden Mylee Lange Maria Hart L. Gehl | 2023 MVC Indoor |
| 11:54.81 | Claire Schadl Emily Morley Samantha Schmitt Chloe Timmerman | 2019 UD Early Bird |
| 11:55.18 | Eva Stevenson Paris Mickelson Hannah McFadden Carissa Stockel | 2023 UD Classic |
| 12:15.86 | Amber Freund Nicole Bowden Sami Jo Meyers Sarah Jahnke | 2014 UD Classic |
| 12:23.97 | Anna Besler Sydney Block Amber Loney Samantha Birkett | 2020 UD Early Bird |
| 12:57.71 | Cece Dartar Emily Onken Ava Bergquist Samantha Schmitt | 2020 UD Early Bird |
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| **Distance Medley Relay** |
| 4:54.57 | Jillian Renne Piper Birkenholtz Lauren Gehl Mylee Lange | 2023 UD Classic |
| 4:59.52 | Ashley Thill Erin McGrath Bailey Hornback Caissa Tulley | 2015 UD Classic |
| 4:59.61 | Micki Blean Abby Kallaher Ella Heim Autumn Brosius | 2018 UD Classic |
| 5:07.30 | McKenna Johnson Amber Smothers Becca Zillig Ashley Leibfried | 2014 UD Classic |
| 5:15.86 | Emma Oberhoffer Alivia May Greta Gammage Lauren Gehl | 2023 MVC Indoor |
| 5:16.47 | Claire Westhoff Paris Mickelson Mylee Lange Lauren Gehl | 2022 UD Classic |
| **5:17.32** | **Thea Pitt Maggie Yager Mady Morrison Addison Wand** | **2024 UD Classic** |
| 5:18.21 | Riley Bleymeyer Abby Kallaher Sage Smith Autumn Brosius | 2017 UD Classic |
| 5:19.25 | Allison Wild Gillian Jager Kamille Berns Chloe Timmerman | 2019 UD Classic |
| 5:32.91 | Heather Morley Mallory Dillon Agueda Urdangarin Autumn Brosius | 2016 UD Classic |
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| **Sprint Medley Relay** |
| 2:09.91 | Claire Lahey Callie Dolphin Laney Breinier Paige Howesion | 2022 MVC Indoor |
| 2:23.00 | Kaylie Arensdorf Essence Lindsey-Dupree Robin Harbin Rachel Richter | 2023 MVC Indoor |
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