

## Individual Top Marks Outdoors Only

Number of Top Times: 10

	Mark	Convert	Rnd	Name	Age/Yr			
<b>Female Open 100m Dash</b>								
1	12.36	NWI	F	---	Janyla Hoskins	HEMPSTEAD	5/10/2018	Iowa 4A Qualifying Track
2	12.44	NWI	F	---	Kris Roebken	HEMPSTEAD	5/14/1994	1994 Outdoor
3	12.64	NWI	F	---	Tracey Schildgen	HEMPSTEAD	5/14/1983	1983 Outdoor
4	12.69	NWI	F	---	Hailey Klein	HEMPSTEAD	4/26/2019	Drake Relays
5	12.70	NWI	F	---	Laura Stenzel	HEMPSTEAD	5/14/2010	2010 Outdoor
6*	12.74	NWI	F	---	Cheryl Patrum	HEMPSTEAD	5/14/1977	1977 Outdoor
6*	12.74	NWI	F	---	Stephanie Swehla	HEMPSTEAD	5/14/1984	1984 Outdoor
8	12.79	NWI	F	---	Tanya Kubitz	HEMPSTEAD	5/14/1994	1994 Outdoor
9	12.84	NWI	F	---	Lindsay Hall	HEMPSTEAD	5/14/1992	1992 Outdoor
10	12.86	NWI	F	---	Emily Klein	HEMPSTEAD	5/6/2021	MVC Valley Conference
<b>Female Open 200m Dash</b>								
1	25.14	NWI	F	---	Kris Roebken	HEMPSTEAD	5/14/1995	1995 Outdoor
2	25.50	NWI	F	---	Laura Stenzel	HEMPSTEAD	5/14/2010	2010 Outdoor
3	25.96	NWI	F	---	Emily Klein	HEMPSTEAD	5/12/2022	4A State Qualifying Meet
4	26.14	NWI	F	---	Lindsay Hall	HEMPSTEAD	5/14/1992	1992 Outdoor
5	26.17	NWI	F	---	Tanya Kubitz	HEMPSTEAD	5/14/1994	1994 Outdoor
6	26.34	NWI	F	---	Tracey Schildgen	HEMPSTEAD	5/14/1985	1985 Outdoor
7	26.60	NWI	F	---	Janyla Hoskins	HEMPSTEAD	5/2/2019	2019 MVC Conference
8	26.66	NWI	F	---	Alyssa Miner	HEMPSTEAD	5/14/2011	2011 Outdoor
9	26.70	NWI	F	---	Lindsey Derby	HEMPSTEAD	5/14/2004	2004 Outdoor
10	26.78	NWI	F	---	Allie Splinter	HEMPSTEAD	5/14/2002	2002 Outdoor
<b>Female Open 400m Dash</b>								
1	58.49		F	---	Keelee Leitzen	SR HEMPSTEAD	4/19/2023	Hempstead Invitational
2	59.35		F	---	Laura Stenzel	HEMPSTEAD	5/14/2010	2010 Outdoor
3	1:00.04		F	---	Sue Potts	HEMPSTEAD	5/14/1976	1976 Outdoor
4	1:00.24		F	---	Rhonda Ruden	HEMPSTEAD	5/14/1987	1987 Outdoor
5	1:00.45		F	---	Anne Miller	HEMPSTEAD	5/14/1991	1991 Outdoor
6	1:00.54		F	---	Stephanie Swehla	HEMPSTEAD	5/14/1984	1984 Outdoor
7	1:00.59		F	---	Camdyn Kay	SR HEMPSTEAD	5/18/2023	State Track and Field Championship
8	1:00.83		F	---	Heather Muntz	HEMPSTEAD	5/14/2015	2015 Outdoor
9	1:00.84		F	---	Kris Roebken	HEMPSTEAD	5/14/1994	1994 Outdoor
10	1:01.00		F	---	Audra Steil	HEMPSTEAD	5/14/2015	2015 Outdoor
<b>Female Open 800m Run</b>								
1	2:09.26		F	---	Keelee Leitzen	SR HEMPSTEAD	6/18/2023	New Balance Nationals
2	2:16.27		F	---	Rhonda Ruden	HEMPSTEAD	5/14/1987	1987 Outdoor
3	2:16.38		F	---	Lisa Schoenauer	HEMPSTEAD	5/14/1987	1987 Outdoor
4	2:16.71		F	---	Julia Gehl	SR HEMPSTEAD	5/19/2022	State Track and Field Championship
5	2:19.92		F	---	Lindsey Yunt	HEMPSTEAD	5/14/1999	1999 Outdoor
6	2:20.04		F	---	Brooke O'Brien	HEMPSTEAD	5/20/2021	2021 State Track and Field Championship
7	2:20.09		F	---	Heather Muntz	HEMPSTEAD	5/14/2015	2015 Outdoor
8	2:21.57		F	---	Emma Holesinger	HEMPSTEAD	5/16/2019	2019 State Track and Field Championship
9	2:22.24		F	---	Lisa Rath	HEMPSTEAD	5/14/1988	1988 Outdoor
10	2:23.98		F	---	Camdyn Kay	SR HEMPSTEAD	4/24/2023	2023 Dubuque County COED
<b>Female Open 1500m Run</b>								
1	4:38.21		F	---	Keelee Leitzen	SR HEMPSTEAD	5/18/2023	State Track and Field Championship
2	4:39.38		F	---	Julia Gehl	SR HEMPSTEAD	5/19/2022	State Track and Field Championship
3	4:53.63		F	---	Hannah Brown*	HEMPSTEAD	5/17/2018	2018 State Track and Field Championship
4	4:54.44		F	---	Connie Kemp	HEMPSTEAD	5/14/1984	1984 Outdoor
5	4:56.01		F	---	Emma Holesinger	HEMPSTEAD	5/11/2017	Class 4A IGHS AU-IHSAA State Qualifying Meet
6	4:58.22		F	---	Sophia Dallal	HEMPSTEAD	5/11/2023	4A State Qualifying Meet

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7	4:59.07		F	---	Brooke O'Brien	HEMPSTEAD	4/27/2021	DBQ County Meet	
8	4:59.14		F	---	Rhonda Ruden	HEMPSTEAD	5/14/1989	1989 Outdoor	
9	5:03.36		F	---	Kaylee Leicht	HEMPSTEAD	4/24/2017	2017 Dubuque County COED Invitational	
10	5:04.60		F	---	Heather Hostager	HEMPSTEAD	4/15/2017	Draxton-Stiers/Wilkinson Invitational	
<b>Female Open 3000m Run</b>									
1	10:08.46		F	---	Julia Gehl	SR HEMPSTEAD	5/20/2021	2021 State Track and Field Championship	
2	10:09.46		F	---	Keelee Leitzen	SR HEMPSTEAD	5/20/2021	2021 State Track and Field Championship	
3	10:36.52		F	---	Hannah Brown*	HEMPSTEAD	5/2/2019	2019 MVC Conference	
4	10:42.24		F	---	Connie Kemp	HEMPSTEAD	5/14/1984	1984 Outdoor	
5	10:43.16		F	---	Heather Hostager	HEMPSTEAD	5/17/2018	2018 State Track and Field Championship	
6	10:47.57		F	---	Casey Nichols	HEMPSTEAD	5/14/2015	2015 Outdoor	
7	10:50.65		F	---	Evie Henneberry	JR HEMPSTEAD	5/18/2023	State Track and Field Championship	
8	11:00.34		F	---	Kristan Brown	HEMPSTEAD	5/14/2015	2015 Outdoor	
9	11:02.15		F	---	Julie White	HEMPSTEAD	2/14/2000	2000 Outdoor	
10	11:09.46		F	---	Brooke O'Brien	HEMPSTEAD	4/1/2021	Lady Lancer Relays	
<b>Female Open 100m Hurdles</b>									
1	16.06	NWI	F	---	Katie Crawford	HEMPSTEAD	5/14/2009	2009 Outdoor	
2	16.89	NWI	F	---	Madysen Moore	HEMPSTEAD	5/14/2009	2009 Outdoor	
3*	17.22	NWI	F	---	Liza Kramer	HEMPSTEAD	5/14/2012	2012 Outdoor	
3*	17.22	NWI	F	---	Ellie Arnsdorf	HEMPSTEAD	5/14/2011	2011 Outdoor	
5	17.26	NWI	F	---	Bailey Sandman	HEMPSTEAD	5/14/2015	2015 Outdoor	
6	17.36	NWI	F	---	Mya Curry	SR HEMPSTEAD	5/13/2021	4A Qualifying Track Meet	
7	17.41	NWI	F	---	Allison Sprague	HEMPSTEAD	5/12/2021	JV Meet	
8	17.52	NWI	F	---	Jessica Fisher	HEMPSTEAD	5/14/2010	2010 Outdoor	
9	17.65	NWI	F	---	Selma Lindblom	HEMPSTEAD	5/14/2013	2013 Outdoor	
10	17.73	NWI	F	---	Hailey Koerperich	HEMPSTEAD	5/14/2012	2012 Outdoor	
<b>Female Open 400m Hurdles</b>									
1	1:07.14		F	---	Ashley Hinzman	HEMPSTEAD	5/14/2005	2005 Outdoor	
2	1:08.14		F	---	Paula Herber	HEMPSTEAD	5/14/1980	1980 Outdoor	
3	1:08.30		F	---	Katie Meyer	HEMPSTEAD	5/14/1998	1998 Outdoor	
4	1:08.44		F	---	Mya Curry	SR HEMPSTEAD	4/12/2022	River Queen Relays	
5	1:08.76		F	---	Amanda Oostendrop	HEMPSTEAD	5/14/2001	2001 Outdoor	
6	1:09.08		F	---	McKenna Johnson	HEMPSTEAD	4/15/2017	Draxton-Stiers/Wilkinson Invitational	
7	1:09.34		F	---	Sarah Gottschalk	HEMPSTEAD	5/14/1981	1981 Outdoor	
8	1:09.84		F	---	Judy Drouillard	HEMPSTEAD	5/14/1984	1984 Outdoor	
9*	1:10.94		F	---	Shelly Kelly	HEMPSTEAD	5/14/1987	1987 Outdoor	
9*	1:10.94		F	---	Tina McCreedy	HEMPSTEAD	5/14/1993	1993 Outdoor	
<b>Female Open High Jump</b>									
1	5-04.00	1.62m	F	---	Beth Ratterman	HEMPSTEAD	5/14/2001	2001 Outdoor	
2*	5-02.00	1.57m	F	---	Tara Biederman	HEMPSTEAD	5/14/1997	1997 Outdoor	
2*	5-02.00	1.57m	F	---	Kathy McGovern	HEMPSTEAD	5/14/1980	1980 Outdoor	
2*	5-02.00	1.57m	F	---	Erin McGrath	HEMPSTEAD	4/18/2017	2017 Hempstead Women's Mustangs Invitation	
2*	5-02.00	1.57m	F	---	Amber Smothers	HEMPSTEAD	5/18/2017	2017 Iowa State Track & Field Championship	
2*	5-02.00	1.57m	F	---	Amy Meyer	HEMPSTEAD	5/14/1989	1989 Outdoor	
2*	5-02.00	1.57m	F	---	Dawn Timmerman	HEMPSTEAD	5/14/1989	1989 Outdoor	
8*	5-01.00	1.54m	F	---	Jenny Gulick	HEMPSTEAD	5/14/1985	1985 Outdoor	
8*	5-01.00	1.54m	F	---	Heather Splinter	HEMPSTEAD	5/14/2012	2012 Outdoor	
8*	5-01.00	1.54m	F	---	Sue Shepply	HEMPSTEAD	5/14/1985	1985 Outdoor	
<b>Female Open Long Jump</b>									
1	17-04.25	NWI	5.29m	F	---	Nakiah Kimble	HEMPSTEAD	5/14/2014	2014 Outdoor
2	17-01.75	NWI	5.22m	F	---	Kathy Hayward	HEMPSTEAD	5/14/1983	1983 Outdoor

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3*	17-01.00		5.20m F	---	Janyla Hoskins	HEMPSTEAD	4/16/2019 2019 Hempstead Women's Invitational
3*	17-01.00	NWI	5.20m F	---	Sue Holt	HEMPSTEAD	5/15/1978 1978 Outdoor
5	17-00.75	NWI	5.20m F	---	Jill Chapman	HEMPSTEAD	5/14/1996 1996 Outdoor
6*	16-09.75	NWI	5.12m F	---	Betsy Littlewood	HEMPSTEAD	5/30/2017 2017 Outdoor
6*	16-09.75	NWI	5.12m F	---	Kathy Smith	HEMPSTEAD	5/14/1984 1984 Outdoor
8	16-09.00	NWI	5.10m F	---	Kelly O'Neil	HEMPSTEAD	5/15/1982 1982 Outdoor
9	16-08.00	NWI	5.08m F	---	Riley Bley Meyer	HEMPSTEAD	4/25/2016 2016 Dubuque City Championship
10	16-07.75	NWI	5.07m F	---	Emalee Ryder	HEMPSTEAD	5/10/2019 2019 4A Qualifying Meet
<b>Female Open Shot Put</b>							
1	43-07.50		13.29m F	---	Maggie Cavannaugh	HEMPSTEAD	5/14/1987 1987 Outdoor
2	43-00.50		13.11m F	---	Karla Brotherton	HEMPSTEAD	5/14/1981 1981 Outdoor
3	41-06.25		12.65m F	---	Kris Hardy	HEMPSTEAD	5/14/1980 1980 Outdoor
4	40-10.25		12.45m F	---	Jenni Van Etten	HEMPSTEAD	5/15/1982 1982 Outdoor
5	40-08.00		12.39m F	---	Ashley Simpson	HEMPSTEAD	5/14/2003 2003 Outdoor
6	40-00.75		12.21m F	---	Melissa Fessler	HEMPSTEAD	5/14/2003 2003 Outdoor
7	39-09.00		12.11m F	---	Megan Gronau	HEMPSTEAD	5/30/2017 2017 Outdoor
8	38-10.00		11.83m F	---	Brittany Demmer	HEMPSTEAD	5/14/2009 2009 Outdoor
9	38-03.50		11.67m F	---	Hope Koerperich	HEMPSTEAD	5/14/2014 2014 Outdoor
10	37-07.50		11.46m F	---	Ashley Boleyn	HEMPSTEAD	5/14/2011 2011 Outdoor
<b>Female Open Discus</b>							
1	142-11.00		43.56m F	---	Hope Koerperich	HEMPSTEAD	5/14/2014 2014 Outdoor
2	142-05.00		43.40m F	---	Sonia Shoelen	HEMPSTEAD	5/14/1990 1990 Outdoor
3	140-01.00		42.69m F	---	Jenni Van Etten	HEMPSTEAD	5/14/1983 1983 Outdoor
4	137-06.00		41.91m F	---	Maggie Cavannaugh	HEMPSTEAD	5/14/1987 1987 Outdoor
5	136-05.00		41.58m F	---	Karla Brotherton	HEMPSTEAD	5/14/1981 1981 Outdoor
6	127-06.00		38.86m F	---	Kris Hardy	HEMPSTEAD	5/14/1980 1980 Outdoor
7	126-08.00		38.60m F	---	Kim Schroeder	HEMPSTEAD	5/14/1980 1980 Outdoor
8	117-05.00		35.78m F	---	Melissa Fessler	HEMPSTEAD	5/14/2003 2003 Outdoor
9	116-10.00		35.61m F	---	Megan Gronau	HEMPSTEAD	5/4/2017 2017 Girls MVC Valley Divisional
10	116-02.00		35.40m F	---	Brittany Demmer	HEMPSTEAD	5/14/2010 2010 Outdoor