**Hempstead Girls Track & Field**

**Top Ten Outdoor Performances**

**Relays**

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| **4x100 Meter Relay** |
| 49.48 | Keri Clemens, Lindsay Hall Tonya Kubitz Kris Roebken | 1995 |
| 49.68 | Tonya Kubitz Lynn Saul Keri Clemens Kris Roebken | 1994  |
| 49.70 | Hailey Klein Audra Steil Emalee Ryder Janyla Hoskins | 2018 (State) |
| 49.94 | Stphanie Swehla Tracey Schildgen Gina Herber Kathy Hayward | 1985 (State) |
| 50.12 | Hailey Klein Emalee Ryder Megan Hammerand Janyla Hoskins | 2019 (State) |
| 50.54 | Lindsay Hall, Lynn Saul, Carrie Eppler, Tanya Kubitz | 1993 |
| 50.65 | Laura Uthe Keri Clemens Tonya Kubitz Kris Roebken | 1996 (Drake Relays) |
| 50.68 | Cali Lyons Racheal Kueter Lindsey Derby Nina Schnee | 2003 (Drake Relays) |
| 50.72 | Audra Steil Megan Hammerand Emalee Ryder Janyla Hoskins | 2017 (Districts DBQ) |
| 51.06 | Lyons Timmerman Schnee Derby | 2004 (Drake Relays) |
| 51.06 | Emily Klein Natasha Freiubrger Gillian Jaeger Emma Hilkin | 2021 (Districts ICW) |

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| **4x200 Meter Relay** |
| 1:43.27 | Tanya Kubitz Lindsay Hall Lynn Saul Kris Roebken | 1994 |
| 1:44.76 | Laura Uthe Brooke Gentzler Katie Meyer Amy Comer | 1997 |
| 1:45.08 | Stephanie Swehla Tracey Schildgen Gina Herber Sue Sheppley | 1985 (State) |
| 1:45.34 | Tanya Kubitz, Keri Clemens, Lynn Saul Lindsay Hall | 1993 |
| 1:45.49 | Allie Splinter Rachael Kueter Lindsey Derby Nina Schnee | 2002 |
| 1:45.86 | Alyssa Miner Allie Dalton Mackenzie Digman Laura Stenzel | 2010 |
| 1:46.08 | Sara Hutton Julie Vieth Lynn Saul Lindsay Hall | 1992 |
| 1:46.66 | Audra Steil Megan Hammerand Julia Meehan Janyla Hoskins | 2018 (State) |
| 1:46.76 | Allie Splinter Rachael Kueter Nina Schnee Amanda Oostendorp | 2001 |
| 1:46.76 | Laura Stenzel Alyssa Miner Ali Dalton Ali Digman | 2009 |

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| **4x400 Meter Relay** |
| 3:59.52 | Camdyn Kay Brooke O’Brien Ayla Osterkamp Keelee Leitzen | 2023 (MVC) |
| 4:01.24 | Lisa Rath Judy Clauer Lisa Schoenauer Rohnda Ruden | 1987 |
| 4:02.03 | Sue Sheppley Dawn Timmerman Lisa Schoenauer Rhonda Ruden | 1986  |
| 4:04.82 | Lisa Rath Anne Miller Amy Meyer Rhonda Ruden | 1989  |
| 4:04.84 | Lisa Rath Julie Cyborski Debbie Bries Rhonda Ruden | 1988 |
| 4:05.37 | Camdyn Kay Brooke O’Brien Maddie Digman Keelee Leitzen | 2022 (Districts) |
| 4:05.89 | Brooke O’Brien Maddie Digman Ayla Osterkamp Keelee Leitzen | 2023 (Hemp Invite) |
| 4:06.78 | Lisa Rath Debbie Bries Lisa Schoenauer Rhonda Ruden | 1987 |
| 4:07.67 | Brooke O’Brien Ellie Hermiston Julia Gehl Keelee Leitzen | 2021 (County) |
| 4:08.34 | Audra Steil Julia Meehan Bailey Ohnesorge Heather Muntz | 2015 (State) |

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| **4x800 Meter Relay** |
| 9:20.87 | Camdyn Kay Brooke O’Brien Sophia Dallal Keelee Leitzen | 2023 (State) |
| 9:21.09 | Camdyn Kay Julia Gehl Keelee Leitzen Brooke O’Brien | 2022 (State) |
| 9:24.41 | Lisa Rath Judy Clauer Lisa Schoenauer Rhonda Ruden | 1987 |
| 9:30.64 | Camdyn Kay Julia Gehl Maddie Digman Brooke O’Brien | 2022 (Hempstead) |
| 9:34.68 | Evie Henneberry Maddie Digman Brooke O’Brien Keelee Leitzen | 2023 |
| 9:35.66 | Debbie Bries Lisa Schoenauer Judy Clauer Rhonda Ruden | 1986 |
| 9:36.49 | Julia Gehl Natalie Schlichte Brooke O’Brien Keelee Leitzen | 2021 (State) |
| 9:36.84 | Judy Clauer Lisa Rath Lisa Schoenauer Debbie Bries | 1987 |
| 9:39.68 | Lisa Rath Amy DeWeerdt Michelle Stephenson Rhonda Ruden | 1989 |
| 9:40.51 | Lisa Rath Judy Clauer Debbie Bries Rhonda Ruden | 1988 |
| 9:40.82 | Julia Gehl Brooke O’Brien Ellie Hermiston Keelee Leitzen | 2021 (Drake Relays) |
| **Sprint Medley Relay** |
| 1:50.58 | Akeelah Anderson Mallory Tomkins Ayla Osterkamp Keelee Leitzen | 2023 (North Scott) |
| 1:50.67 | Alyssa Miner Allie Arnsdorf Mackenzie Digman Laura Stenzel | 2011 (Drake) |
| 1:51.50 | Alyssa Miner Mackenzie Digman Ali Dalton Laura Stenzel | 2010 |
| 1:51.58 | Hailey Klein Emma Hilkin Janyla Hoskins Kaylee Leicht | 2019 (Districts DBQ) |
| 1:52.21 | Audra Steil Megan Hammerand Janyla Hoskins McKenna Johnson | 2017 (Districts DBQ) |
| 1:52.24 | Emma Hilkin Natasha Freiburger Emily Klein Brooke O’Brien | 2022 (Waterloo) |
| 1:52.44 | Akeelah Anderson Mallory Tomkins Ayla Osterkamp Brooke O’Brien | 2023 (Districts) |
| 1:52.48 | Emily Klein Natasha Freiburger Emma Hilkin Brooke O’Brien | 2021 (Districts ICW) |
| 1:52.74 | Gina Herber Kathy Hayward Tracey Schildgen Stephanie Swehla | 1985 |
| 1:52.93 | Lindsey Derby Nina Schnee Rachel Kueter Allie Splinter | 2002 (State) |

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| **Distance Medley Relay** |
| 4:05.27 | Ayla Osterkamp Mallory Tomkins Brooke O’Brien Keelee Leitzen | 2023 (State) |
| 4:09.21 | Emily Klein Emma Hilkin Brooke O’Brien Keelee Leitzen | 2022 (State) |
| 4:11.01 | Emily Klein Emma Hilkin Brooke O’Brien Keelee Leitzen | 2021 (State) |
| 4:15.04 | Sue Shepley Kathy Hayward Debbie Bries Rhonda Ruden | 1986 |
| 4:15.44 | Lisa Rath Debbie Bries Lisa Schoenauer Rhonda Ruden | 1987 |
| 4:16.94 | Shelly Kelly Katie Carmack Dawn Timmerman Rhonda Ruden | 1987 |
| 4:17.94 | Sue Sheppley Kathy Hayward Lisa Schoenauer Rhonda Ruden | 1986 |
| 4:19.54 | Rhonda Ruden Jenni Miller Julie Cyborski Lisa Schoenauer | 1987 |
| 4:19.86 | Sarah Lauer Jessica Brown Bailey Ohnesorge Heather Muntz | 2015 (State) |
| 4:20.34 | Jenni Miller Stacy Gassmann Kate Johannsen Rhonda Ruden | 1989 |

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| **Shuttle Hurdle Relay 33 inch** |
| 1:11.13 | Katie Crawford Brooke Wedewer Alaina Belken Madyson Moore | 2009 (State) |
| 1:11.14 | Ellie Arnsdorf Felicia Fisher Hailey Koerprich Madyson Moore | 2011 (Districts Dubuque) |
| 1:11.55 | Hailey Koerperich Allison Sprague Brie Tauber Liza Kramer | 2012 (Waterloo) |
| 1:12.31 | Brie Tauber Devan Siegert Hailey Koerperich Liza Kramer | 2012 (Dubuque) |
| 1:13.44 | Devan Siegert Selma Lindblom Isabelle Tharp Kate Weber | 2013 (Dubuque) |
| 1:14.02 | Mya Curry Ashley Long Paige Howieson Gillian Jaeger | 2022 (Districts) |
| 1:14.26 | Isabelle Tharp Devan Siegert Bailey Sandman Paisley Kascel | 2015 (Dubuque) |
| 1:14.29 | Ellie Arnsdorf Hailey Koeperich Allison Sprague Felicia Fisher | 2011 (Tri State Relays) |
| 1:14.49 | Isabelle Tharp Devan Siegert Taylor Owens Jenna Behnke | 2014 (Dubuque) |
| 1:14.52 | Andrea Longstreet Jadyn Michels Faith Jasper Allison Wild | 2018 (Distrcits ICH) |

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| **Shuttle Hurdle Relay 30 inch** |
| 1:02.45 | Nina Schnee Nichole Schnee Cali Lyons Leah Timmerman | 2004 (State) |
| 1:02.92 | Tracey Schildgen Kath Smith Melissa Claussen Gina Herber | 1985 |
| 1:04.13 | Tracey Schildgen Kathy Smith Melissa Claussen Judy Droullard | 1984 |
| 1:04.74 | Tracey Schildgen Stacy Koppenhaver Kathy Smith Gina Herber | 1985 |
| 1:04.74 | Stacy Koppenhaver Melissa Claussen Kathy Smith Gina Herber | 1985 |
| 1:04.84 | Paula Herber Tracey Schildgen Melissa Claussen Judy Droullard | 1982 |
| 1:05.37 | Laura Uthe Henni Moser Susan Baylor Amy Comer | 1997 (State) |
| 1:05.79 | Nichole Schnee Stacy Stender Leah Timmerman Cali Lyons | 2002 (State) |
| 1:06.23 | Laura Uthe Katie Meyer Jenny Moser Amy Comer | 1998 (State) |
| 1:07.96 | Katie Crawford Madyson Moore Jessica Fisher Alaina Belken | 2008 (State) |