

John Adams Middle School 7^h Grade Girls

Track and Field Records

Shot Put			
Discus	Rachel Cox	2000	80'9 ½"
Long Jump	Sam Schmidt	1999	14'5"
High Jump	Liz Morris	1994	4'7"
1500m run	Nicole Ausborn	2006	5:39.06
Shuttle Hurdle Relay	Kelly Voegele, Ashley Cordle, Ryne Wilderman, Courtney Hemmen	2007	59.12
100m dash	Lena Hoard	1995	13.61
1600m medley	Melanie Carroll, Kelsie Groth, Cheri Decker, Katie Saathoff	2006	5:00.68
400m dash	Aimee Nielsen	1997	1:05.37
4x200m relay	Kelsey Manuel, Gabi Young, Courtney Hemmen, Julia Bahls	2007	2:01.31
7 flight hurdles	Andrea Sellers	2000	13.53
200m dash	Hollie Walusz	1996	28.45
800m run	Katie Penn	2009	2:37.00
200m hurdles	Courtney Hemmen	2007	32.62
800m medley	Julia Motz, September Ropella, Savanna Ramon, Katie Wubben	2005	2:12.22
4x100m relay	Sarah Haugen, Trina Kleven, Emily Hjelle, Hollie Walusz	1996	58.01
4x400m relay	Beth Nymeyer, Shallen Smitherman, Julie Jacobson, Sarah Lloyd	1996	4:44.28
4x800m relay	Nell Stevenson, Hanna Van Hemert, Katelin Ivonavich, Kelley Melton	2002	11:24.71

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Shot Put	Jana Mallo	2002	30'5 ½"
Discus	Rachel Cox	2001	97'0"
Long Jump	Hollie Walusz	1997	15'2 ¾"
High Jump	Jenna Winters	2003	5'0"
1500m run	Julia Silberstein	2002	5:39.15
Shuttle Hurdle Relay	Lauren Kundert, Abra White, Andrea Petersen, Katie Carberry	2004	55.36
100m dash	Shynell Stender	1992	13.10
1600m medley	Lindsey Kellar, Lauren Lee, Jennifer Low, Aimee Nielsen	1998	4:49.48
400m dash	Cassie Broome	1996	1:03.70
4x200m relay	Mackenzie Gibbons, Brooke Sanchez, Kelsie Groth, Cheri Decker	2007	1:58.56
7 flight hurdles	Abra White	2004	12.52
200m dash	Hollie Walusz	1997	27.90
800m run	Aimee Nielsen	1998	2:29.98
200m hurdles	Courtney Hemmen	2008	32.11
800m medley	Sarah Lloyd, Christina Marinos, Julie Jacobson, Hollie Walusz	1997	2:03.00
4x100m relay	Cheri Decker, Mackenzie Gibbons, Brooke Sanchez, Melanie Carroll	2007	54.37
4x400m relay	Katie Saathoff, Alex Kaufmen, Kelsey McEniry, Kelsie Groth	2007	4:42.20
4x800m relay	Chase Crane, Rachelle Piper, Hannah Jones, Jasmine Johnson	2008	11.16.80

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Shot Put	Craig Mahoney	1981	38'6"
Discus	Brandon Lind	1998	111'0"
Long Jump	Bob Borcharding	1980	17'11"
High Jump	Jeff Horner	1997	5'4"
1600m run	Jordan Anderson	2001	5:17.93
Shuttle Hurdle Relay	Josh Berg, Taylor King, Ryan Erickson, Parker Kober	2007	54.93
100m dash	Sam Skogen	2007	12.15
200m dash	Craig Mahoney	1981	25.50
400m dash	Kyle Pike	1992	58.83
800m run	Jordan Anderson	2001	2:21.54
7 flight hurdles	Taylor Ott	2001	11.90
200m hurdles	Dayton Hoard	1999	29.54
4x100m Relay	Ben Duitcher, Chris Lee, Josiah Augenstein, Derrek French	1999	50.90
4x200m Relay	Dayton Hoard, Chris Lee, Josiah Augenstein, Derrek French	1991	1:57.99
4x400m Relay	Josh Berg, Alex Rickard, A.J. Rier, Sam Skogen	2007	4:15.40
4x800m Relay	Alex Bales, Colton Staudt, Andrew Sloan, Johnathon Francis	2008	10:01.80
800m Medley	Erich Hochstein, Jay McGregor, Jim Henry, John Boedeker	1991	1:57.99
1600m Medley	Jed Graham, Nate Evers, Jeff Horner, Mike McKone	1997	4:28.52

John Adams Middle School 8th Grade Boys Track and Field Records

Shot Put	Nathan Hull	1978	47'5"
Discus	Mike Easley	1975	141'0"
Long Jump	Brent Pinneke	1987	18'11 ½"
High Jump	Jason Benson	1988	5'8"
1600m Run	John Kostka	1995	4:58.56
Shuttle Hurdle Relay	Travis Mallo, Wes King, A.J. Hrubetz, Jacob Peter	2007	50.31
100m Dash	Sam Skogen	2008	11.80
200m Dash	Sam Skogen	2008	24.63
400m Dash	David Hjalmervik	1988	55.27
800m Run	John Kostka	1995	2:15.36
7 Flight Hurdles	Travis Mallo	2007	11.71
200m Hurdles	Dan Denhardt	1991	27.50
4x100m Relay	Josiah Augenstein, Chris Lee, Dayton Hoard, Ben Duitcher	2000	48.84
4x200m Relay	Jared Kellar, Jason O'Donnell, Jason Howe, Seth Ramaker	1994	1:42.85
4x400m Relay	Jim Shovein, Shelly Vrchota, Phil Schriver, Chris Simon	1994	4:04.46
4x800m Relay	Alex Bales, Colton Staudt, Andrew Sloan, Austin Voves	2009	9:44.54
800m Medley	Eric Meyers, Berry Quach, Ryan Schaefer, Denver Nettifee	1995	1:50.24
1600m Medley	Mike Ellis, Todd Thoreson, Adam Barner, Brad Pingel	1984	4:14.60