

NORTH IOWA HIGH SCHOOL
GIRLS' TRACK RECORDS

LONG JUMP	16' 5.5"	KRISTI YEGGE	1982
HIGH JUMP	5' 2"	KATIE TWETO	1992
DISCUS	128' 7.5"	CAROLYN PENNING	1977
SHOT	37' 10"	BRANDY NEWTON	2011
100 M HIGH HURDLES	14.58	KATIE TWETO	1992
400 M LOW HURDLES	1:02.73	JODI HAGEDORN	1995
100 M DASH	12.25	JANIE PENNING	2009
200 M DASH	24.43	CINDY WEAVER	1979
400 M DASH	1:00.16	JANIE PENNING	2010
800 M RUN	2:27.90	TRELAWNY RENSTROM	1997
1500 M RUN	5:01.40	KRIS GRIMES	1982
3000 M RUN	11:08.70	SUSAN POMMER	1994
4 X 100 SHUTTLE HURDLE RELAY	1:03.33	SARAH HEYER JODI HAGEDORN KRISTIN GERZEMA MARJIE TWETO	1995
4 X 100 METER RELAY	50.56	JANIE PENNING AMANDA RISIUS SAMANTHA GELHAUS SHELBY HEETLAND	2009
4 X 200 METER RELAY	1:46.26	JANIE PENNING AMANDA RISIUS SAMANTHA GELHAUS SHELBY HEETLAND	2009
4 X 400 METER RELAY	3:59.84	TIA DUPONT SHELBY HEETLAND ANNA SKARPOHL-OST JANIE PENNING	2009
4 X 800 M RELAY	9:53.37	RENAE BRANDT KRISTI KURTZLEBEN TIFFANIE MADETZKE TRELAWNY RENSTROM	1996
SPRINT MEDLEY RELAY	1:52.90	AMANDA RISIUS AUDREY RISIUS JANIE PENNING LAURA EWEST	2008
DISTANCE MEDLEY RELAY	4:26.94	APRIL MATHESON SHALYN HIPPEN TIFFANIE MADETZKE TRELAWNY RENSTROM	1995