

# Metro Athletic Conference

## Track and Field Meet Records

### Girls Records

<u>Event</u>	<u>Name/School</u>	<u>Performance</u>	<u>Year</u>
100 m Dash	Krista Bickley, Brandon Valley	0:12.30	2017
200m Dash	Krista Bickley, Brandon Valley	0:25.10	2017
400m Dash	Krista Bickley, Brandon Valley	0:56.47	2017
800m Run	Brooke DeVos, Roosevelt	2:18.5	2014
1600m Run	Alea Hardie, O’Gorman	5:05.23	2019
3200m Run	Courtney Klatt, Lincoln	11:21.38	2017
100m Hurdles	Josephine Dal, Lincoln	0:15.44	2019
300m Hurdles	Taia Rude, Brandon Valley	0:45.40	2019
Shot Put	Michaela Mayer, Washington	43’ 5.5”	2014
Discus Throw	Jessica Mieras, O’Gorman	128’ 5”	2015
High Jump	Morgan Thompson, Brandon Valley	5’ 3”	2017
Long Jump	Callie DeWitt, O’Gorman	18’ 0”	2017
Triple Jump	Ryley Heier, Lincoln	37’ 3”	2017
Pole Vault	Hannah Hendrick, Brandon Valley	11’ 0”	2018
4x100m Relay	Washington	0:50.16	2015
	Aveen Aware, Isabel Kinzer, Skylar Moen, Hayley Christopherson		
4x200m Relay	Brandon Valley	1:44.73	2016
	Jenika Wrightsman, Cortney Bickley, Tanya Tingle, Krista Bickley		
4x400m Relay	Brandon Valley	3:57.98	2015
	Hannah Hendrick, Tanya Tingle, Cortney Bickley, Krista Bickley		
4x800m Relay	Lincoln	9:30.7	2015
	Mollie Kelly, Liz Bindert, Caroline Sudbeck, Jasmyne Cooper		
Medley Relay	Brandon Valley	4:22.78	2015
	Jennika Wrightsman, Arianna Stangohr, Ahsley Wells, Sarah Presler		

### Boys Records

<u>Event</u>	<u>Name/School</u>	<u>Performance</u>	<u>Year</u>
100 m Dash	David Mulbah, Roosevelt	0:10.7	2014
200m Dash	David Mulbah, Roosevelt	0:21.6	2014
400m Dash	Adam Belhaj, Lincoln	0:49.2	2014
800m Run	Josh Goehring, Roosevelt	1:56.61	2015
1600m Run	Tiegen Lindner, O’Gorman	4:22.60	2016
3200m Run	Will Lauer, Lincoln	9:25.30	2015
110m Hurdles	Mike Enalls, Washington	0:15.20	2016
300m Hurdles	Mayuen Akok, Roosevelt	0:39.50	2015
Shot Put	Jack Lembcke, Roosevelt	61’ 5”	2014
Discus Throw	Jack Lembcke, Roosevelt	198’ 3”	2014
High Jump	Damarcus Weldon, Lincoln	6’ 5”	2018
Long Jump	Hunter Merkley, Lincoln	22’ 5”	2019
Triple Jump	Malik Redd, Lincoln	45’ 10.5”	2018
Pole Vault	Brendan Brancik, O’Gorman	14’ 0”	2014
4x100m Relay	Roosevelt	0:43.17	2015
	Max Toenah, Chase Vinatieri, Mike Jones, Taryn Christion		
4x200m Relay	Lincoln	1:30.84	2015
	Isaac Bindert, Nickel Meyers, Dalton Jones, Barayona Furula		
4x400m Relay	Roosevelt	3:23.52	2015
	Josh Goehring, Tyler Slaba, Kyle Hess, Mayuen Akok		
4x800m Relay	Roosevelt	8:13.94	2015
	Kyle Hess, Davis Johnson, Tyler Slaba, Josh Goehring		
Medley Relay	Roosevelt	3:40.58	2015
	Max Toenah, Mike Jones, Kolby Scott, Tyler Slaba		

**\*Updated April 26<sup>th</sup>, 2019**

**# hand held times in tenths and FAT in hundredths.**