Embry's All-time best 400m and 4x400m times

	Name	grade	year	OPEN	Name	grade	year	SPLIT	Team	year	4x400
1	Jasmyne Cooper	11	17	57.47	Jasmyne Cooper	11	17	56.6	Mohr/Bindert/Auen/Cooper	16	3:54.83
2	Michaela Mohr	10	16	59.32	Michaela Mohr	10	16	58.6	Bindert/Klatt/Sudbeck/Cooper	17	3:56.31
3	Caroline Sudbeck	10	18	59.34	Tunia Lackay	12	14	58.6	Leach/Sudbeck/Cooper/Fehrs	15	4:01.93
4	Alisha Auen	12	16	59.44	Caroline Sudbeck	8	16	58.7	Dal/Sudbeck/Schroeder/Bindert	19	4:05.39
5	Courtney Klatt	12	18	60.04	Courtney Klatt	11	17	58.9	Magnuson/Uthe/Ruppert/Maksimova	11	4:05.94
6	Liz Bindert	10	17	60.61	Alisha Auen	12	16	59.1	Mohr/Metz/Leach/Lackay	14	4:06.44
7	Shanice Henderson	11	09	60.74	Liz Bindert	10	17	59.4	KaNyberg/Sorenson/Biong/Slattery	08	4:08.24
8	Tunia Lackay	12	14	61.24	Nevada Sorenson	12	09	59.6	Mohr/Batcheller/Wietfeld/Bindert	18	4:08.58
9	Ellie Leach	12	15	61.34	Ellie Leach	12	15	60	Magnuson/Lambert/Ruppert/Anderson	10	4:08.74
10	Morgan Fehrs	12	15	61.54	Victoria Maksimova	11	11	60.1	Magnuson/Uthe/Murray/Leach	12	4:10.64
11	Ravan Kott	12	13	61.54	Sarah Metz	12	14	60.6	Henderson/KaNyberg/Lambert/Hannemann	09	4:10.74
12	Karmen Nyberg	11	09	61.84	Megan Lambert	11	10	61	Leach/Uthe/Metz/Lackay	13	4:11.14
13	Chloe Black	8	16	61.94	Josie Dal	12	19	61	KaNyberg/Palmer/Morrison/Jelen	07	4:11.84
14	Victoria Maksimova	11	11	62.04	Liz Magnuson	11	12	61.1			
15	Nevada Sorenson	11	08	62.14	Morgan Fehrs	12	15	61.1			
16	Liz Magnuson	10	11	62.24	Ryley Heier	10	16	61.1			
17	Lila Batcheller	8	18	62.48	Anna Uthe	10	11	61.3			
18	Mollie Kelly	9	15	62.49	Shanice Henderson	11	09	61.3			
19	Megan Landon	12	17	62.53	Chloe Black	9	17	61.3			
20	Anna Uthe	10	11	62.54	Megan Landon	12	17	61.4			
21	E. Nykamp	11	14	62.64	Karmen Nyberg	9	07	61.5			
22	Saprina Ruppert	12	11	62.74	Mollie Kelly	8	14	61.5			
23	Sydni Wietfeld	9	18	62.84	Isabelle Schroeder	10	19	61.6			
24	Isabelle Schroeder	10	19	62.86	Sydni Wietfeld	9	18	61.7			
25	Josie Dal	12	19	63.34	Saprina Rupert	12	11	61.8			
26	Sarah Metz	12	14	63.44	Emily Palmer	11	07	61.9			
27	Emma Nykamp	10	13	63.74	Adau Biong	12	08	62.2			
28	Adau Biong	12	08	63.8	Ravan Kott	12	13	62.2			
29	Emily Hannemanm	10	09	63.9	Caiti Slattery	12	10	62.3			
30	Katie Barkley	12	10	63.9	Emma Nykamp	11	14	62.6			
31	Chrissy Morrison	12	07	63.94	Kelli Anderson	11	10	62.6			
32	Kayla Jelen	12	07	63.94	Josie Dal	11	18	62.7			
33	Brooke Infield	9	13	64.34	Emily Hannemann	12	11	62.8			
34	P. Jenkins	10	16	64.34	Kelli Hermanson	11	07	62.9			
35	Jessica Teslow	10	07	64.44	Leah Derenge	9	19	62.9			
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