

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

	Name	grade	year	OPEN	Name	grade	year	SPLIT	Team	year	4x400
1	Shanice Henderson	11	09	60.5	Tunia Lackay	12	14	58.6	Magnuson/Uthe/Ruppert/Maksimova	11	04:05.7
2	Tunia Lackay	12	14	61	Nevada Sorenson	11	08	59.6	Mohr/Metz/Leach/Lackay	14	04:06.2
3	Ravan Kott	12	13	61.3	Nevada Sorenson	12	09	59.6	KaNyberg/Sorenson/Biong/Slattery	08	04:08.0
4	Morgan Fehrs	11	14	61.5	Victoria Maksimova	11	11	60.1	Magnuson/Lambert/Ruppert/Anderson	10	04:08.5
5	Ellie Leach	10	13	61.5	Sarah Metz	12	14	60.6	Mohr/MoKelly/Metz/Leach	14	04:10.2
6	Karmen Nyberg	11	09	61.6	Megan Lambert	11	10	61	Magnuson/Uthe/Murray/Leach	12	04:10.4
7	Ellie Leach	9	12	61.8	Liz Magnuson	11	12	61.1	Henderson/KaNyberg/Lambert/Hannemann	09	04:10.5
8	Victoria Maksimova	11	11	61.8	Tunia Lackay	11	13	61.3	Leach/Nykamp/Metz/Lackay	14	04:10.6
9	Nevada Sorenson	11	08	61.9	Michaela Mohr	8	14	61.3	Lackay/Kersten/Metz/MoKelly	14	04:10.7
10	Tunia Lackay	11	13	62	Shanice Henderson	11	09	61.3	Leach/Uthe/Metz/Lackay	13	04:10.9
11	Liz Magnuson	10	11	62.2	Anna Uthe	10	11	61.3	Slattery/Sorenson/Biong/Ruppert	08	04:11.5
12	Anna Uthe	10	11	62.3	Liz Magnuson	10	11	61.3	KaNyberg/Palmer/Morrison/Jelen	07	04:11.6
13	E. Nykamp	11	14	62.4	Ellie Leach	11	14	61.4	Magnuson/Lambert/Hannemann/Rupert	10	04:12.0
14	Liz Magnuson	9	10	62.4	Karmen Nyberg	9	07	61.5	Ruppert/Lambert/Kott/Anderson	10	04:12.3
15	Saprina Ruppert	12	11	62.5	Mollie Kelly	8	14	61.5	Magnuson/Lambert/Hannemann/Andersn	10	04:12.6
16	Saprina Ruppert	10	09	62.9	Karmen Nyberg	11	09	61.7	Magnuson/Ruppert/Hannemann/Andersn	10	04:12.9
17	Ravan Kott	10	11	63.1	Saprina Rupert	12	11	61.8	Magnuson/Uthe/Kott/Leach	12	04:13.4
18	Sarah Metz	12	14	63.2	Ellie Leach	10	13	61.9	KaNyberg/Mortenson/Morrison/Palmer	07	04:13.7
19	Ellie Leach	11	14	63.3	Emily Palmer	11	07	61.9	KaNyberg/Jelen/Morrison/Hermanson	07	04:14.4
20	Karmen Nyberg	9	07	63.3	Saprina Rupert	9	08	61.9	Magnuson/Uthe/Murray/Hovdestad	12	04:14.7
21	Emma Nykamp	10	13	63.5	Liz Magnuson	9	10	61.9	Ruppert/Hannemann/Lambert/Maksimova	11	04:14.9
22	Mollie Kelly	8	14	63.5	Anna Uthe	12	13	62.1	Sorensn/Hannmann/Lambert/Henderson	09	04:15.1
23	Sarah Metz	11	13	63.6	Adau Biong	12	08	62.2	Lackay/Leach/Nykamp/Metz	13	04:15.1
24	Saprina Ruppert	9	08	63.6	Ravan Kott	12	13	62.2	Mohr/MoKelly/Fehrs/Auens	14	04:15.1
25	Ravan Kott	11	12	63.6	Ravan Kott	11	12	62.3			