



FRCC Girls Track and Field Individual State Champions

Updated: 6-8-2025

<u>Year</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance/Height</u>	<u>Division</u>
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1600M Run

2008	Rachael Kaminski	Bay Port	5:06.74	D1
2009	Becca Selner	Ashwaubenon	5:06.24	D1
2010	Allie Woodward	Notre Dame Academy	5:02.05	D2

3200M Run

2010	Allie Woodward	Notre Dame Academy	10:11.48	D2* ¹
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400M Relay

2023		Notre Dame Academy	49.03	D2
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Julia Nolle, Madeline Rose, Sydney Whitehouse, Danika Apple

2024		Notre Dame Academy	48.83	D2
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Julia Nolle, Madeline Rose, Sydney Whitehouse, Danika Apple

800M Relay

2012		Notre Dame Academy	1:45.59	D2
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Melaina Rapisarda, Sabrina Rapisarda, Christina Stevenson, Malorri Walczyk

Pole Vault

2008	Melissa Flucke	Ashwaubenon	11' 3"	D1
2011	Alex Flucke	Ashwaubenon	12' 6"	D1* ²
2016	Kylie Swiekatowski	De Pere	12' 7"	D1* ³
2018	Olivia Fabry	De Pere	12' 6"	D1
2019	Olivia Fabry	De Pere	12' 6"	D1
2022	Anna Schueller	Notre Dame Academy	11' 3"	D2

Triple Jump

2014	Natasha Hiedeman	Green Bay Southwest	38' 5.75"	D1
2015	Natasha Hiedeman	Green Bay Southwest	38' 7.50"	D1

Discus

2023	Thea Kral	Ashwaubenon	139' 4"	D1
2024	Thea Kral	Ashwaubenon	162' 6"	D1
2024	Sydney Whitehouse	Notre Dame Academy	127' 2"	D2
2025	Thea Kral	Ashwaubenon	156' 8"	D1

Shot Put

2016	Erin Dunning	Ashwaubenon	46' 2.50"	D1
2024	Thea Kral	Ashwaubenon	46' 7.75"	D1

2025	Thea Kral	Ashwaubenon	47' 2.25"	D1
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*¹ Current Division 2 State 3200M Run Record

*² State Pole Vault Record - held for 4 years.

*³ State Pole Vault Record - held for 4 years.