**Lake City Girls Varsity Track and Field Records**

100 Meter Dash Christy Peterson 12.4 2000

200 Meter Dash Liz Leaf 26.0 1988

400 Meter Dash Jamie Wenzel 58.43 2004

800 Meter Run Jody Buck 2:15.87 1989

1600 Meter Run Jody Buck 5:18.7 1988

3200 Meter Run Kristen Flugstad 11:16.66 1986

100 Meter Hurdles Erin Richardson 16.4 2000

100 Meter H (30) Mary Nelson 15.0 1977

300 Meter Hurdles Tracy Beltz 48.1 1988

200 Meter Hurdles Paula Heise 33.2 1983

4x100 Meter Relay Grayce Adler 50.36 2015

 Bailey Cronin

 Victoria Corey

 Braeden McElmury

4x200 Meter Relay Liz Leaf 1:45.77 1988

 Jody Buck

 Tracy Beltz

 Niki Link

4x400 Meter Relay Kim Klauer 4:01.89 1989

 Niki Link

 Tracy Beltz

 Jody Buck

4x800 Meter Relay Lee Langdon 9:34.6 1988

 Sue Solarz

 Kristen Flugstad

 Jody Buck

High Jump Lee Langdon 5’6 1987

 Maranda Dohrn 5’6 2008

Long Jump Kathy Heitman 17’7 1980

Triple Jump Angie Albers 35’5.5 1996

Shot Put Anna Rye 39’1 1997

Discus Anna Rye 127’6 1998

Pole Vault Kristine Novak 10’9 2011