

# Lake City Tiger Jr. High Track & Field

## Record Board

<b>BOYS</b>				<b>GIRLS</b>		
<b>Name</b>	<b>Record</b>	<b>Year</b>	<b>EVENTS</b>	<b>Name</b>	<b>Record</b>	<b>Year</b>
Ethan Heitman	12.08	2015	<b>100M Dash</b>	Holly Crandall Christy Peterson	13.10	1997
Kris Ryan	24.88	2018	<b>200M Dash</b>	Lilly Meinke	27.04	2018
Kris Ryan	52.86	2018	<b>400M Dash</b>	Lilly Meinke	59.56	2018
Antonio Sprout	2:14.22	2011	<b>800M Run</b>	Jody Buck	2:18.5	1985
Riley Conway	4:53.00	1997	<b>1600M Run</b>	Ellie Thornburg	5:32	1990
Carl Kozlowski	10:31.00	2013	<b>3200M Run</b>	Ashli Miller	11:49.90	1994
Sean Shatava	17.22	1997	<b>110/100M Hurdles</b>	Melissa Johnson	17.30	1998
Ethan Heitman	27.04	2015	<b>200M Hurdles</b>	Ashley Veronen	31.94	2017
Tim Sexton, Dan O'Donnell, Tony Ostgulen, Troy Rhinehart	51.85	1997	<b>4x100M Relay</b>	Zoey Beltz Isabella Lane Ava Emerson Paige Luhman	54.72	2024
Cameron Alvarez, Kris Ryan, Matt DeMars, John Harms	1:38.24	2018	<b>4x200M Relay</b>	Trista Bremer, Brandy White, Shannon Ting, Braeden McElmery	1:54.99	2010
Cameron Alvarez, Kris Ryan, Matt DeMars, John Harms	4:09.06	2018	<b>4x400M Relay</b>	Ila Siewert, Stacy Ogden, Tracy Beltz, Vicky McQuiston	4:27.00	1987
Eligah Finnigan Marcos Johnson Nolan Marcio Riley Hinck	10:06.83	2025	<b>4x800M Relay</b>	Zoey Beltz Kylin Muenkel Frankie Earnest Miller Hannah Nolan	11:44.28	2025

			<b>Sprint Medley Relay</b>	Hailey Strong Grayce Adler Abby Ziebell Polina Duchelle	2:01.60	2012
Ethan Heitman	19' 9"	2015	<b>Long Jump</b>	Angie Albers	16' 6"	1993
Ethan Heitman	39' 8.75"	2015	<b>Triple Jump</b>	Trista Bremer	32' 2"	2010
Darell Morales	6'	2003	<b>High Jump</b>	Jannine Munneke Kait Stolz	4' 11"	1981 1995
Austin Boe	35' 10"	1997	<b>Shot Put</b>	Anna Rye	32' 4"	1994
Jacob Allen	112' 2"	2016	<b>Discus</b>	Anna Rye	95'	1994
Phil Novak	9' 6"	2007	<b>Pole Vault</b>	Kristine Novak	8-0	2009

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