

## Harrisburg Track & Field 8th Boys and Girls ALL-TIME TOP 5 PERFORMANCES

100 Meter Dash		
1. Jack Rabern	11.19	2016 (N)
2. Zach Andela	11.7	2014 (S)
3. Phillip Wright	11.72	2005
4. N/A	N/A	N/A
5. N/A	N/A	N/A
200 Meter Dash		
1. Jack Rabern	23.74	2016 (N)
2. Zach Andela	24.6	2014 (S)
3. Jonathan Kabambi	25.2	2011
4. N/A	N/A	N/A
5. N/A	N/A	N/A
400 Meter Dash		
1. Jack Rabern	52.78	2016 (N)
2. Shannon Poppinga	55.3	1992
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
800 Meter Run		
1. Elliot Cain	2:16.29	2013
2. Jeremy Brech	2:16.80	1996
3. N/A	3. N/A	3. N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A

100 Meter Dash		
1. Hailey Halling	13.06	2010
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
200 Meter Dash		
1. Hailey Halling	27.2	2010
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
400 Meter Dash		
1. Sarah Westerman	1:02.5	2012
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
800 Meter Run		
1. Sarah Westerman	2:34.9	2012
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A

1600 Meter Run		
1. Pierce Okken	5:09.5	2016 (N)
2. Wil Johnson	5:10	2013
3. Alex Auch	5:11	2013
4. Aaron Wurgler	5:13	1998
5. N/A	N/A	N/A
110 Meter Hurdles		
1. Daniel Mastick	16.3	2011
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A

1600 Meter Run		
1. Molly Hayes	5:24.6	2002
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
100 Meter Hurdles		
1. Darien Postra	15.86	2012
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A

Long Jump		
1. Shannon Poppinga	19.1'75"	1992
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
High Jump		
1. Will Nelson	5' 7"	2005
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
Shot Put		
1. Josh Knust	43' 4"	2004
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A

Long Jump		
1. Sarah Westerman	16' 8"	2012
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
High Jump		
1. Ellie Dikaryova	5' 0"	2016
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A
Shot Put		
1. Britta Larsen	38' 4"	2016 (N)
2. Jessica Oleson	35' 7"	2014
3. Shelby Strand	33' 8"	2010
4. Marie Olson	33' 2.5"	2004
5. N/A	N/A	N/A

<b>Discus</b>		
1. Derek Kruetzfeldt	130' 6"	2010
2. N/A	N/A	N/A
3. N/A	N/A	N/A
4. N/A	N/A	N/A
5. N/A	N/A	N/A

<b>Discus</b>		
1. Caitlin Peterson	112' 7"	2007
2. Carmen DeBulton	109' 4.5"	1997
3. Deb Best	108' 3"	1987
4. Kerry Hayes	106' 6"	2001
5. Andrea Voss	104' 11" (85)	1998 (96)

## RELAYS

	<b>Boys</b>		<b>4x100 Relay</b>			
1	Nicholas Martens	Zeb Wede	Jhei Roewart	Jack Rabern	48.35	2016
2	Jordan Fodness	Brandon Kovash	Jordan Titze	Phillip Wright	48.93	2005
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A
	<b>Girls</b>		<b>4x100 Relay</b>			
1	Alex Johnson	Karen Kabambi	Brittany Klinkel	Hailey Halling	54.9	2010
2	N/A	N/A	N/A	N/A	N/A	N/A
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A

	<b>Boys</b>		<b>4x200 Relay</b>			
1	Jordan Fodness	Brandon Kovash	Preston Harris	Phillip Wright	1:41.59	2005
2	N/A	N/A	N/A	N/A	N/A	N/A
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A
	<b>Girls</b>		<b>4x200 Relay</b>			
1	Sophia Pfeifle	Darien Poelstra	Tessa Tecklenburg	Sarah Westerman	1:53.05	2012
2	N/A	N/A	N/A	N/A	N/A	N/A
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A

	<b>Boys</b>		<b>4x400 Relay</b>			
1	Jordan Fodness	Brandon Kovash	Preston Harris	Phillip Wright	3:48.0	2005
2	N/A	N/A	N/A	N/A	N/A	N/A
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A
	<b>Girls</b>		<b>4x400 Relay</b>			
1	Darien Poelstra	Sarah Westerman	Courtney Halling	Tessa Tecklenburg	4:29.8	2012
2	N/A	N/A	N/A	N/A	N/A	N/A
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A

	<b>Boys</b>		<b>Medley(100,100, 200,400) Relay</b>			
1	Jhei Roewart	Zeb Wedde	Jack Rabern	Sam Menke	1:48.5	2016 (N)
2	Jordan Fodness	Brandon Kovash	Preston Harris	Phillip Wright	1:48.60	2005
3						
4						
5						
	<b>Girls</b>		<b>Medley(100,100, 200,400) Relay</b>			
1	Sophia Pfeifle	Karli O'Connor	Tessa Tecklenburg	Sarah Westerman	1:59.78	2012
2	N/A	N/A	N/A	N/A	N/A	N/A
3	N/A	N/A	N/A	N/A	N/A	N/A
4	N/A	N/A	N/A	N/A	N/A	N/A
5	N/A	N/A	N/A	N/A	N/A	N/A