

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	11.7	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. Mike Visser	25.4	1995
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	N/A	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. Brenna Olsen	1:04.3	2006
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. Kianna Smallfield	2:41.4	2010
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. Brandon Reiff	16.6	2009
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. Cailyn Schreurs	16.6	2009
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. Johanna Baker	14' 8"	2004
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. Sandy Smith	4' 10"	1999
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

Discus		
1. Derrick Kruezfeldt	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

Discus		
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	85	1996

RELAYS

Girls		4x100 Relay			
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
Boys		4x100 Relay			
1. Nicholas Martens	Zeb Wede	Jhei Roewart	Jack Rabern	48.35	2016
2. Jordan Fodness	Brandon Kovash	Jordan Titze	Phillip Wright	48.9	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

Girls		4x200 Relay			
1. Sophia Pfeifle	Darien Poelstra	Tessa Tecklenburg	Sarah Westerman	1:53.05	2012
2. Kennedy VanHeerde	Morgan Wieman	Madison Fedt	Emily Fodness	1:58.7	2009
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
Boys		4x200 Relay			
1. Jordan Fodness	Brandon Kovash	Preston Harris	Phillip Wright	1:41.6	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

Girls		4x400 Relay			
1. Darien Poelstra	Sarah Westerman	Courtney Halling	Tessa Tecklenburg	4:29.8	2012
2. Lindsey Johnson	Brittany Homan	Aleisha Oehlerking	Brenna Olsen	4:30.4	2006
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
Boys		4x400 Relay			
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

Boys		4x800 Relay			
1. Cody Bollweg	Justin Rocamora	Connor Bollweg	Ethan Janis	9:51:07	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
Girls		Medley(100,100, 200,400) Relay			
1. Sophia Pfeifle	Karli O'Connor	Tessa Tecklenburg	Sarah Westerman	1:59.78	2012
2. Kennedy VanHeerde	Madison Fedt	Morgan Wieman	Emily Fodness	2:01.9	2009
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
Boys		Medley(100,100, 200,400) Relay			
1. Jhei Roewart	Zeb Wede	Jack Rabern	Sam Menke	1:48.5	2016 (N)
2. Jordan Fodness	Brandon Kovash	Preston Harris	Phillip Wright	1:48.6	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