

Bellevue Girls All-Time Top Ten List

(Data available back to 1989; excluding shot put record)

(SUBJECT TO VERIFICATION & FAT CONVERSION)

100 Meter Dash

1. **Anne Nolting : 12.56** – (2014)
2. **Molly Sieverding : 12.58** – (2007)
3. **Courtney Shady : 12.82** – (2005)
4. **Kelli Herrig : 12.95** – (2011)
5. **Carrie Marshall : 13.02** – (1992)
6. **Becca Roth : 13.17** – (2010)
7. **Ashley Reed : 13.31** – (2007)
8. **Kylee Biedermann : 13.49** – (2017)
9. **Tabitha Blake : 13.54** – (2001)
10. **Morgan Meyer : 13.61** – (2021)

400 Meter Dash

1. **Sarah Lampe : 57.99** – (2013)
2. **Jody Even : 1:01.30** – (1994)
3. **Jessica Handke : 1:02.46** – (2005)
4. **Abbey Herrig : 1:03.23** – (2005)
5. **Katie Eischeid : 1:03.25** – (1994)
6. **Annika Frank : 1:04.08** – (2015)
7. **Anna Lampe : 1:04.26** – (2008)
8. **Kelsey Ernst : 1:05.25** – (2010)
9. **Cassie McDonald : 1:05.34** – (2005)
10. **Emily Ambrosy : 1:05.37** – (2005)

100 Meter Hurdles

1. **Anna Ambrosy : 16.03** – (2015)
2. **Chelsea Koelka : 16.19** – (2007)
3. **Aimee Breitfelder : 16.25** – (1998)
4. **Andi Steines : 16.47** – (1993)
5. **Katie Roth : 16.49** – (2000)
6. **Sara Livermore : 16.80** – (1989)
6. **Marissa Schroeder : 16.80** – (2016)
7. **Becca Schroeder : 17.05** – (2017)
8. **Kylee Beidermann : 17.11** – (2017)
9. **Jenna Ehlinger : 17.15** – (1999)

400 Meter Hurdles

1. **Anna Lampe : 1:09.01** – (2009)
2. **Aimee Breitfelder : 1:10.51** – (1998)
3. **Fran Yaklin : 1:14.63** – (2000)
4. **Crystal Noonan : 1:15.63** – (1991)
5. **Becca Schroeder : 1:17.90** – (2018)
6. **Kendra Kirk : 1:18.80** – (2005)
7. **Anna Freiberg : 1:19.37** – (2007)
8. **Katie Roth : 1:19.70** – (1997)
9. **Jody Culbertson : 1:20.11** – (1989)
10. **Becky Carton : 1:20.59** – (2004)

200 Meter Dash

1. **Sarah Lampe : 25.19** – (2012)
2. **Kate Swift : 26.70** – (2004)
3. **Courtney Shady : 26.80** – (2005)
4. **Paige Daugherty : 26.93** – (2010)
5. **Rachel Kilburg : 27.16** – (2014)
6. **Molly Sieverding : 27.20** – (2008)
7. **Jodi Felderman : 27.27** – (1994)
8. **Anne Nolting : 27.31** – (2015)
9. **Jena Kilburg : 27.55** – (2001)
10. **Lindsey Banowetz : 27.56** – (2019)

800 Meter Run

1. **Alyssa Kremer : 2:24.10** – (2016)
2. **Courtney Grutz : 2:25.24** – (2005)
3. **Theresa Koos : 2:27.53** – (2013)
4. **Katie Flogel : 2:28.72** – (2008)
5. **Cassie McDonald : 2:30.44** – (2005)
6. **Abbey Herrig : 2:30.93** – (2003)
7. **Camryn Reeg : 2:32.75** – (2017)
8. **Sherri Helmle : 2:33.33** – (1990)
9. **Annika Frank : 2:35.40** – (2015)
10. **Andrea Frank : 2:36.62** – (2010)

1500 Meter Run

1. **Camryn Reeg** : 4:55.14 – (2017)
2. **Katie Fogel** : 5:01.91 – (2009)
3. **Cassie McDonald** : 5:05.16 – (2006)
4. **Alyssa Kremer** : 5:05.22 – (2016)
5. **Theresa Koos** : 5:05.98 – (2012)
6. **Katherine Herrig** : 5:16.23 – (2010)
7. **Abby Engelman** : 5:19.19 – (2002)
8. **Gabby Williamson** : 5:19.46 – (2019)
9. **Maggie Kilburg** : 5:38.38 – (2004)
10. **Madeline Schroeder** : 5:38.67 – (2008)

3000 Meter Run

1. **Camryn Reeg** : 10:34.76 – (2017)
2. **Abby Engelman** : 11:24.93 – (2002)
3. **Katherine Herrig** : 11:35.19 – (2010)
4. **Kayla Grutz** : 11:36.66 – (2001)
5. **Maggie Kilburg** : 12:06.13 – (2005)
6. **Grace Hingtgen** : 12:14.73 – (2021)
7. **Bree Moore** : 12:15.03 – (2008)
8. **Kaitlin Kilburg** : 12:20.62 – (2007)
9. **Jody Culbertson** : 12:25.69 – (1989)
10. **Sarah Fogel** : 12:31.04 – (2003)

Shot Put

1. **Mary Sojka** : 40' 2" – (1977)
2. **Shayla Oster** : 36' 8.5" – (2021)
3. **Michelle Feuerbach** : 36' 6" – (1992)
4. **Sara Livermore** : 36' 4" – (1990)
5. **Kylee Pickett** : 34' 11.25" – (2017)
6. **Sally Paulsen** : 34' 3.5" – (2019)
7. **Gabby Tath** : 33' 8.5" – (2015)
8. **Amanda Junk** : 33' 6.5" – (1997)
9. **Anna Dunne** : 33' 1" – (2019)
10. **Kelsey Hickson** : 32' 3" – (2014)

Discus

1. **Shayla Oster** : 134' 9" – (2018)
2. **Michelle Feuerbach** : 104' 3" – (1993)
3. **Kim Squiers** : 101' 8" – (1989)
4. **Amanda Junk** : 100' 5" – (1995)
5. **Gabby Tath** : 100' 2" – (2015)
6. **Kendra Mueller** : 97' 9" – (2000)
7. **Anna Dunne** : 93' 11" – (2019)
7. **Chelsea Koos** : 93' 11" – (2005)
8. **Trisha Beckley** : 93' 3" – (2010)
9. **Paige Mangler** : 90' 5" – (2022)

Long Jump

1. **Jenny Eischeid** : 17' 3.25" – (1990)
2. **Nicki Haxmier** : 16' 0.5" – (2015)
3. **Ka'Lynn DeShaw** : 15' 7.5" – (2021)
3. **Kelly Roth** : 15' 7.5" – (2002)
4. **Lindsey Banowetz** : 15' 5.5" – (2019)
5. **Jena Kilburg** : 15' 3.25" – (2002)
6. **Holly Herrig** : 15' 2.75" – (2017)
7. **Morgan Meyer** : 15' 2" – (2022)
8. **Crystal Noonan** : 14' 11" – (1992)
9. **Lisa Roth** : 14' 8" – (1996)

High Jump

1. **Rebecca Schroder** : 5' 3" – (2017)
1. **Kate Swift** : 5' 3" – (2002)
2. **Jessica Handke** : 5' 0" – (2004)
3. **Ashley Carter** : 4' 11" – (2000)
4. **Jenna Ehlinger** : 4' 10" – (2000)
4. **Jody Even** : 4' 10" – (1992)
4. **Aimee Breitfelder** : 4' 10" – (1997)
4. **Marissa Schroeder** : 4' 10" – (2016)
5. **Heidi Pickens** : 4' 9" – (1989)
6. **Tabitha Blake** : 4' 8" – (2002)
6. **Kelsey Ernst** : 4' 8" – (2010)
6. **Breanna Frett** : 4' 8" – (2007)
6. **Angela Horan** : 4' 8" – (2003)

4 x 100 Meter Relay

1. 51.01 – (Molly Sieverding, Becca Roth, Ashley Reed, Paige Daugherty) - 2008
2. 51.12 – (Anna Ambrosy, Rachel Kilburg, Allison Lawrence, Anne Nolting) - 2014
3. 51.22 – (Anna Ambrosy, Rebecca Schroder, Allison Lawrence, Anne Nolting) - 2015
4. 51.58 – (Kenna Duesing, Adessa Leibfried, Morgan Meyer, Kalesia DeShaw) - 2021
5. 51.70 – (Molly Sieverding, Becca Roth, Ashley Reed, Paige Daugherty) - 2008
6. 51.72 – (Kelli Herrig, Jacquell Frett, Rachel Kilburg, Paige Daugherty) - 2011
7. 51.82 – (Molly Sieverding, Paige Daugherty, Becca Roth, Ashley Reed) - 2008
8. 52.13 – (Molly Sieverding, Becca Roth, Caley Medinger, Paige Daugherty) - 2009
9. 52.23 – (Anna Ambrosy, Kylee Beidermann, Becca Schroeder, Allison Lawrence) - 2016
10. 52.24 – (Kenna Duesing, Morgan Meyer, Adessa Leibfried, Kalesia DeShaw) - 2021

4 x 200 Meter Relay

1. 1:46.48 – (Kelli Herrig, Jacquell Frett, Sarah Lampe, Paige Daugherty) - 2011
2. 1:48.16 – (Courtney Shady, Jessica Handke, Ali DeVries, Kate Swift) - 2004
3. 1:49.02 – (Kelli Herrig, Becca Roth, Sarah Lampe, Paige Daugherty) - 2010
4. 1:49.05 – (Kelli Herrig, Becca Roth, Paige Daugherty, Sarah Lampe) - 2010
5. 1:49.28 – (Kate Daugherty, Tabitha Blake, Jena Kilburg, Tory Medinger) - 2001
6. 1:49.30 – (Molly Sieverding, Becca Roth, Caley Medinger, Paige Daugherty) - 2009
7. 1:49.31 – (Morgan Meyer, Adessa Leibfried, Ka'Lynn DeShaw, Kalesia DeShaw) - 2021
8. 1:50.02 – (Jessica Handke, Tabitha Blake, Kate Swift, Jena Kilburg) - 2003
9. 1:50.31 – (Brooke Kahl, Jacquell Frett, Sarah Lampe, Paige Daugherty) - 2011
10. 1:50.79 – (Kate Daugherty, Tabitha Blake, Jena Kilburg, Ashley Carter) - 2000

Shuttle Hurdle Relay

1. 1:08.60 – (Becca Schroeder, Anna Ambrosy, Kylee Biedermann, Marissa Schroeder) - 2016
2. 1:08.66 – (Becca Schroeder, Kylee Biedermann, Anna Ambrosy, Marissa Schroeder) - 2016
3. 1:08.92 – (Anna Ambrosy, Kylee Biedermann, Marissa Schroeder, Becca Schroeder) - 2016
4. 1:09.02 – (Jody Heiar, Kelley Michels, Aimee Breitfelder, Julianna Brooks) - 1997
5. 1:09.42 – (Becca Schroeder, Anna Ambrosy, Marissa Schroeder, Kylee Beidermann) - 2016
6. 1:09.55 – (Kelley Michels, Jody Heiar, Aimee Breitfelder, Julianna Brooks) - 1997
7. 1:09.65 – (Kylee Biedermann, Lindsey Banowetz, Holly Herrig, Becca Schroeder) - 2017
8. 1:09.67 – (Lindsey Banowetz, Kylee Biedermann, Holly Herrig, Becca Schroeder) - 2017
9. 1:09.89 – (Jody Heiar, Julianna Brooks, Aimee Breitfelder, Kelley Michels) - 1997
10. 1:09.90 – (Rachel Kilburg, Marissa Schroeder, Jackie Kremer, Anna Ambrosy) - 2014

Sprint Medley Relay

1. 1:51.37 – (Kelli Herrig, Jacquell Frett, Sarah Lampe, Paige Daugherty) - 2011
2. 1:52.49 – (Kelli Herrig, Becca Roth, Paige Daugherty, Sarah Lampe) - 2010
3. 1:53.10 – (Chelsea Kozelka, Becca Roth, Paige Daugherty, Sarah Lampe) - 2010
4. 1:53.35 – (Molly Sieverding, Ashley Reed, Courtney Shady, Jessica Handke) - 2006
5. 1:54.10 – (Anna Ambrosy, Mariah Steines, Rachel Kilburg, Sarah Lampe) - 2013
6. 1:54.58 – (Carrie Marshall, Carolyn Steines, Jodi Felderman, Jody Even) - 1994
7. 1:54.77 – (Molly Sieverding, Becca Roth, Caley Medinger, Paige Daugherty) - 2009
8. 1:54.80 – (Anne Nolting, Mariah Steines, Rachel Kilburg, Sarah Lampe) - 2012
9. 1:55.71 – (Carrie Marshall, Traci Marshall, Mandy Kingery, Jody Even) - 1992
10. 1:56.16 – (Kenna Duesing, Morgan Meyer, Adessa Leibfried, Alexa Roeder) - 2021

Distance Medley Relay

1. 4:19.65 – (Molly Sieverding, Courtney Shady, Jessica Handke, Courtney Grutz) - 2006
2. 4:20.84 – (Courtney Shady, Ali DeVries, Jessica Handke, Abbey Herrig) - 2005
3. 4:25.92 – (Sarah Fogel, Abby Engelman, Kayla Grutz, Abbey Herrig) - 2003
4. 4:26.97 – (Andrea Frank, Olivia Ambrosy, Madeline Schroeder, Katie Fogel) - 2008
5. 4:28.26 – (Kalesia DeShaw, Ka'Lynn DeShaw, Alexa Roeder, Gabby Williamson) - 2021
6. 4:29.14 – (Kylee Biedermann, Nicki Haxmeier, Annika Frank, Alyssa Kremer) - 2016
7. 4:30.46 – (Becca Roth, Sarah Hammond, Anna Lampe, Katie Fogel) - 2009
8. 4:30.51 – (Molly Sieverding, Becca Roth, Leah Witt, Courtney Grutz) - 2007
9. 4:31.18 – (Kate Daugherty, Jena Kilburg, Abbey Herrig, Fran Yaklin) - 2002
10. 4:33.44 – (Brooke Kahl, Jacquell Frett, Paige Daugherty, Rikki Santiago) - 2011

4 x 400 Meter Relay

1. 4:14.71 – (Abbey Herrig, Cassie McDonald, Courtney Grutz, Jessica Handke) - 2005
2. 4:17.59 – (Abbey Herrig, Cassie McDonald, Jessica Handke, Courtney Grutz) - 2005
3. 4:21.41 – (Cassie McDonald, Abbey Herrig, Courtney Grutz, Jessica Handke) - 2005
4. 4:21.99 – (Gabby Williamson, Alexa Roeder, Kalesia DeShaw, Adessa Leibfried) - 2021
5. 4:22.08 – (Katie Fogel, Courtney Shady, Courtney Grutz, Jessica Handke) - 2006
6. 4:23.39 – (Andrea Frank, Leah Witt, Anna Lampe, Katie Fogel) - 2008
7. 4:24.69 – (Emily Ambrosy, Abbey Herrig, Cassie McDonald, Courtney Grutz) - 2004
8. 4:25.76 – (Nicki Hammier, Alyssa Kremer, Hailey Scholtes, Annika Frank) - 2015
9. 4:27.21 – (Alexa Roeder, Kailey Miller, Gabby Williamson, Giana Michels) - 2019
10. 4:28.00 – (Abbey Herrig, Cassie McDonald, Courtney Grutz, Emily Ambrosy) - 2005

4 x 800 Meter Relay

1. **9:47.17 – (Cassie McDonald, Jessica Handke, Katie Flogel, Courtney Grutz) - 2006**
2. **9:48.80 – (Abbey Herrig, Cassie McDonald, Jessica Handke, Courtney Grutz) - 2005**
3. **9:52.56 – (Theresa Koos, Emily Ambrosy, Rikki Santiago, Sarah Lampe) - 2012**
4. **9:57.06 – (Andrea Frank, Theresa Koos, Paige Daugherty, Sarah Lampe) - 2011**
5. **9:59.20 – (Abbey Herrig, Cassie McDonald, Courtney Grutz, Jessica Handke) - 2005**
6. **9:59.82 – (Theresa Koos, Katherine Herrig, Rikki Santiago, Sarah Lampe) - 2012**
7. **10:01.22 – (Cassie McDonald, Katie Flogel, Madeline Schroeder, Courtney Grutz) - 2007**
8. **10:02.26 – (Katherine Herrig, Theresa Koos, Kristin Koos, Sarah Lampe) - 2013**
9. **10:02.78 – (Alexa Roeder, Giana Michels, Kalley Miller, Gabby Williamson) - 2019**
10. **10:04.76 – (Cassie McDonald, Katie Flogel, Jessica Handke, Courtney Grutz) - 2006**