

LSAA Relay Meet Records

As of May 2021

Girl's Events

	<u>Mark</u>	<u>Year</u>	<u>School</u>
Shuttle Hurdle (100M)	78.2	2018	Woodburn
400 M	55.4	1993	ESM (Helfrich-Brannon-Fritsch-Koontz)
Distance Medley	11:24.2	2000	ESM
Intermediate Medley	4:51.3	2018	Central (Speith-Hellinger-VanCamp-Schuller)
800 M	1:56.9	1991	Holy Cross (Schilf-Pierce-Harris-Panning)
	2:04.6	1987	Bethlehem (Townes-Daniels-Graham-Robinson)
Sprint Medley	2:04.6	1988	Bethlehem (Swain-King-Townes-Daniels)
	2:04.6	2006	Concordia (Bleke-Kanning-Meyer-Cade)
Shot Put - 6lb	60' 5"	2021	Central (Keira Dommer-Olivia Edwards)
Long Jump	29' 0 1/2"	2016	ESM (Smith-Hockemeyer)
High Jump	9'1"	2019	Woodburn

Individual Records

Shot Put - 6lb	30' 9"	2021	CEN (Keira Dommer)
Long Jump	15' 9 1/2"	2016	ESM (Adison Smith)
High Jump	4' 10"	2016	ESM (Mary Pennekamp)

Boy's Events

	<u>Mark</u>	<u>Year</u>	<u>School</u>
Shuttle Hurdle (100M)	72.3	2018	ESM
400 M	48.5	1985	Holy Cross (Lewis-Sauer-Howard-Peterson)
Distance Medley	9:32.9	1997	Holy Cross (Rudolph-Lake-Borchelt-Trent)
Intermediate Medley	4:15.7	1983	St. Peter's (Newman-Rekeweg-Ehle-Hoffman)
800 M	1:43.9	2015	Lutheran South Unity (Gaston-Mitchell-Jones-Lammert)
Sprint Medley	1:45.1	1981	St. Paul (Macon-Scott-Rogers-Maxwell)
Shot Put	84' 9"	1993	Holy Cross (Kern-Horton)
Long Jump	36' 11"	1995	Bethlehem (Scott-Voorhees)
High Jump	11' 0"	1984	Zion (Brooks-Easterly)

Individual Records

Shot Put	48' 1"	1976	Holy Cross (John Nold)
Long Jump	19' 5 3/4"	1995	Bethlehem (Rolando Scott)
High Jump	5' 10"	1984	Zion (Geoff Brooks)