

**Lincoln Jets Track Club
All-Time Top 10 Intermediate Girls**

100 Meters

<u>Time</u>	<u>Name</u>	<u>Year</u>
12.9	Britt Fox	2009
14.19	Reagan Mills	2010
14.6	Morgan Hoffman	2007
15.1	Madison MacLean	2006
15.6	Heather Boes	2003

800 Meters

<u>Time</u>	<u>Name</u>	<u>Year</u>
2:36.99	Michaela Frenzel	2009
2:37.49	McKenna Slack	2006
3:07.3	Anne Flesher	2008

200 Meters

<u>Time</u>	<u>Name</u>	<u>Year</u>
26.9	Britt Fox	2009
30.69	McKenna Slack	2009
34.23	Heather Boes	2003
36.0	Bethany Mertens	2004

1500 Meters

<u>Time</u>	<u>Name</u>	<u>Year</u>
6:05.0	McKenna Slack	2006

400 Meters

<u>Time</u>	<u>Name</u>	<u>Year</u>
1:04.76	Kate Janike	2008
1:07.23	Michaela Frenzel	2010
1:13.7	Britt Fox	2009

3000 Meters

<u>Time</u>	<u>Name</u>	<u>Year</u>
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100 Meter Hurdles

<u>Time</u>	<u>Name</u>	<u>Year</u>
17.8	McKenna Slack	2007
18.4	Kate Janike	2008
19.43	Jacklyn Jablonski	2010

400 Meter Hurdles

<u>Height</u>	<u>Name</u>	<u>Year</u>
1:10.94	Kate Janike	2008
1:12.16	McKenna Slack	2006
1:15.52	Michaela Frenzel	2010
1:21.81	Rose Medill	2011

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Long Jump

Distance	Name	Year
15'11.50	Queen Ohamara	2008
14'11.25"	McKenna Slack	2007
14'06.00"	Sophie Harano	2009
14'05.00"	Paige Richardson	2006
13'06.00"	Madison MacLean	2006
11'08.50"	Reagan Mills	2010
9'07.00"	Bethany Mertens	2004

Javelin

Distance	Name	Year
96'08"	Madison MacLean	2006
95'06"	Anne Flesher	2009
86'11"	Emilee Shostrom	2012
65'00"	McKenna Slack	2006

High Jump

Height	Name	Year
5'03.00"	McKenna Slack	2006
5'00.00"	Jenna Raef	2007
4'08.00"	Jacklyn Jablonski	2010
4'06.00"	Michaela Frenzel	2009

Triple Jump

Distance	Name	Year
34'04.25"	Ohamara Queen	2008
29'10.00"	Paige Richardson	2004
29'03.00"	Alison Metzger	2004

Shot Put

Distance	Name	Year
36'07.00"	Amanda Latsch	2003
35'10.00"	Janessa Kobza	2008
32'11.00"	Kelsey Hill	2008
32'09.50"	Emilee Shostrom	2012
22'01.50"	McKenna Slack	2006

Discus

Distance	Name	Year
127'04.00"	Janessa Kobza	2008
105'05.00"	Madison MacLean	2007
98'08.00"	Emilee Shostrom	2012
95'06.00"	Anne Flesher	2009
93'04.00"	Amanda Latsch	2003

Pole Vault

Height	Name	Year
10'0"	Sophia Hanano	2009
9'0"	Kami Moore	2007

Hepthatlon

Points	Name	Year
3043	McKenna Slack	2006

