

# Sunset Girls Track All-Time Marks By Event

<b>100 meters</b>				<b>200 meters</b>			
	<b>Year</b>	<b>Mark</b>		<b>Year</b>	<b>Mark</b>		<b>Mark</b>
1	Taylor Coon	2014	12.09	1	Taylor Coon	2014	24.80
2	Carissa Bennett	2004	12.29	2	Georgia Henderson	2011	24.89
3	Cathi Zell	1977	12.34cy	3	Carissa Bennett	2005	25.57
4	Georgia Henderson	2011	12.34	4	Teri Wierson	1976	25.64cy
5	Wendy Pastor	1991	12.36	5	Emma Smith	2001	25.73
<b>6</b>	<b>Sienna Rosario</b>	<b>2024</b>	<b>12.42</b>	6	Dani Maier	2002	25.82
7	Teri Wierson	1976	12.44cy	7	Diana Thomas	1982	25.94c
8	Ashley Perryman	2004	12.62	8	Amber Maheu	2009	25.96
9	Nina Lantz	1986	12.64c	9	Taylor Coon	2011	26.01
10	Jo Rasmussen	1973	12.64cy	10	Tricia York	1982	26.04c
<b>400 meters</b>				<b>800 meters</b>			
	<b>Year</b>	<b>Mark</b>		<b>Year</b>	<b>Mark</b>		<b>Mark</b>
1	Georgia Henderson	2011	56.56	1	Teri Wierson	1978	2:05.54c
2	Kelly Makin	2018	56.97	2	Kelly Makin	2017	2:09.07
3	Teri Wierson	1976	57.14c	3	Marchi Wierson	1978	2:11.64c
4	Dani Maier	2002	57.54c	4	Nicole Griffiths	2016	2:12.65
5	Beth Thomason	1994	57.59	5	Eryn Forbes	1976	2:13.04cy
6	Emma Smith	2001	57.78	<b>6</b>	<b>Rowan Miller</b>	<b>2024</b>	<b>2:12.80</b>
7	Marchi Wierson	1978	57.94c	7	Lucy Huelskamp	2018	2:14.61
<b>8</b>	<b>Naomi Cesar</b>	<b>2024</b>	<b>57.85</b>	<b>8</b>	<b>Naomi Cesar</b>	<b>2024</b>	<b>2:14.90</b>
9	Karen Drake	1979	58.84c	9	Sarah Fahmy	2012	2:15.15
10	Nicole Griffiths	2016	58.96	10	Liz Becker	1984	2:15.84c
<b>1500 meters</b>				<b>3000 meters</b>			
	<b>Year</b>	<b>Mark</b>		<b>Year</b>	<b>Mark</b>		<b>Mark</b>
1	Eryn Forbes	1979	4:24.94c	1	Eryn Forbes	1979	9:40.44c
2	Kelly Makin	2017	4:26.47	2	Lucy Huelskamp	2018	9:48.01
3	Liz Becker	1985	4:28.48	3	Ember Stratton	2016	9:52.60
4	Lucy Huelskamp	2018	4:30.13	4	Liz Becker	1984	9:55.84c
5	Nicole Griffiths	2016	4:32.77	5	Nicole Griffiths	2015	10:03.16
6	Ember Stratton	2016	4:35.67	6	Paige Wiley	2022	10:03.55
<b>7</b>	<b>Elissa Schaeffer</b>	<b>2024</b>	<b>4:36.94</b>	7	Audrey Huelskamp	2016	10:05.56
8	Sarah Fahmy	2013	4:39.43	<b>8</b>	<b>Elissa Schaeffer</b>	<b>2024</b>	<b>10:10.04</b>
9	Allison Warner	1989	4:44.58	9	Sarah Fahmy	2013	10:11.04
10	Audrey Huelskamp	2016	4:45.29	10	Charlotte Corless	2013	10:15.93
<b>100 meter Hurdles</b>				<b>300 meter Hurdles</b>			
	<b>Year</b>	<b>Mark</b>		<b>Year</b>	<b>Mark</b>		<b>Mark</b>
1	Teri Wierson	1978	14.34c	1	Teri Wierson	1975	44.14c
2	Jo Rasmussen	1973	14.54c	2	Iris Craig	2010	44.56
3	Deana Fisher	1991	15.24c	3	Dani Maier	2002	44.72
4	Iris Craig	2010	15.27	4	Katie Bush	1990	45.35
5	Liz Goodrich	2009	15.49	5	Molly Miller	1981	46.64c
6	Molly Miller	1982	15.54c	6	Darby Olson	2017	46.67
<b>7</b>	<b>Ami Paulson</b>	<b>2023</b>	<b>15.79</b>	7	Deana Fisher	1991	46.94c
8	4 tied at 15.94, most recently:			8	Jill Steinfeld	1998	47.01
	Catherine Fuhriman	1988	15.94c	9	Melissa Bishop	2010	47.12
	Caroline Cato	1982	15.94c	10	Kelly Tilmanis	1996	47.34c



# Sunset Girls Track All-Time Marks By Event

<b>4x100 meter Relay</b>		<b>Year</b>	<b>Mark</b>		<b>4x400 meter Relay</b>		<b>Year</b>	<b>Mark</b>
1	Mary Grace Roselli	2013	47.82	1	Karen Drake	1978	3:54.04c	
	Payton Coon	2011	48.00		Marie Herrick	2017	3:57.96	
	Maddie Thom	2014	48.43		Teri Wierson	2015	3:58.26	
	Taylor Coon	2004	48.80		Marchi Wierson	1977	3:58.44c	
		2012	48.82			2010	3:58.95	
		2003	49.22			2001	3:59.02	
		2002	49.24			1979	3:59.14c	
		2018	49.34			<b>2024</b>	<b>3:59.13</b>	
		1991	49.38			2016	3:59.24c	
		1995	49.65			1994	3:59.31	
<b>4x200 meter Relay</b>		<b>Year</b>	<b>Mark</b>		<b>4x800 meter Relay</b>		<b>Year</b>	<b>Mark</b>
1	Mary Grace Roselli	2013	1:45.01	1	Elizabeth Thompson	2017	9:28.74	
	Danielle Sterba	2011	1:45.80		Lucy Huelskamp	2012	9:42.62	
	Payton Coon	2014	1:49.01		Ember Stratton	2023	9:48.82	
	Taylor Coon	1987	1:49.84c		Kelly Makin	1987	1:49.84c	
		1982	1:49.94c			2011	9:59.64	
<b>Distance Medley</b>		<b>Year</b>	<b>Mark</b>					
1	Kelly Makin	2018	12:01.00					
	Georgie Fitch	2016	12:10.01					
	Cali Corkran	2017	12:11.62					
	Lucy Huelskamp	2015	12:14.94					
		2007	12:30.49					
		<b>2024</b>	<b>12:37.91</b>					



# Sunset Girls Track All-Time Freshman Marks By Event

Long Jump				Triple Jump			
	Year	Mark		Year	Mark		Mark
1	Natalie Rich	1999	16' 10.75	1	Natalie Hendry	2008	34' 7
2	Emily Davidson	2021	16' 7	2	Amanda Wobig	1995	34' 5.75
3	Celena Byerlee	2009	16' 1.5	3	Clancy Gerwig	2015	33' 7.5
4	Lexie Olson	2007	15' 9	4	Erin O'Brien	2005	33' 5.5
	Laura Stanulis	2006	15' 9	5	Birdie Zevenbergen	2017	32' 9.5
6	Brooke Baty	2007	15' 6.25	6	Julani Sitathamavong	2013	32' 8.5
	Iris Craig	2007	15' 6.25	7	Laura Stanulis	2006	32' 2.5
8	Erin O'Brien	2005	15' 4.75	<b>8</b>	<b>Gabby Ramm</b>	<b>2021</b>	<b>32' 0.5</b>
9	Amanda Wobig	1995	15' 4	9	Natalie Rich	1999	31' 11.5
10	Julani Sitathamavong	2013	15' 2	10	Camden Masanga	2017	31' 5.25
High Jump				Pole Vault			
	Year	Mark		Year	Mark		Mark
1	Jill Makin	2015	5' 0	1	Dale Thompson	2018	10' 0
	Bailey Carter	2014	5' 0	2	Liz Goodrich	2006	8' 6
	Iris Craig	2007	5' 0	3	Isabelle Neal	2017	8' 0
	Amanda Wobig	1995	5' 0	4	Sydney Stark	2018	7' 6
	Emily Williams	1991	5' 0		Ashley Van Gordon	2017	7' 6
6	Erin Frith	1985	4' 11		Peyton Coon	2013	7' 6
7	Chanel Richardson	2012	4' 10		Grace Prince	2011	7' 6
	Karen Qu	2010	4' 10		Tia Withers	2008	7' 6
	Alyssa Martin	2007	4' 10	9	Nicole Stoffels	2017	7' 0
	Laura Stanulis	2006	4' 10		Nina Powers	2015	7' 0
	Erin O'Brien	2005	4' 10		Brooke Baty	2007	7' 0
Shot Put				Discus			
	Year	Mark		Year	Mark		Mark
1	Savannah Sharp	2012	36' 4	1	Savannah Sharp	2012	115' 2
2	Susan Kelsey	1983	35' 7	2	Dani Meier	2000	100' 7
3	Katie Schrage	2003	34' 2	3	Samantha Potter	2007	97' 3
4	Dani Maier	2000	33' 8	4	Paige Molloy	2008	91' 2
5	Paige Molloy	2008	30' 3	5	Madison Fitzpatrick	2009	90' 6
6	Madison Fitzpatrick	2009	29' 2	6	Joely Yaptango	2012	80' 8
	Samantha Potter	2007	29' 2	7	Ruby Allen	76' 10	76' 10
8	Riley Brown	2014	28' 7.5	<b>8</b>	<b>Mia Kremer</b>	<b>2024</b>	<b>76' 4</b>
9	Audrey Lewis	2016	27' 6	9	Hanaa Al Baradan	2018	76' 3
	Joely Yaptango	2012	27' 6	10	Kate Wilson	2015	72' 6
Javelin							
	Year	Mark					
1	Maddie Fey	2009	136' 3				
2	Kate Wilson	2015	110' 8				
3	Paige Molloy	2008	100' 9				
4	Samantha Embree	2009	92' 10				
5	Ashley Van Gordon	2017	92' 0				
6	Samantha Potter	2007	90' 10				
7	Jordan Caldwell	2008	90' 0				
8	Rachel Santos	2014	86' 10				
9	Sami Ford	2018	86' 9.5				
<b>#</b>	<b>Mia Kremer</b>	<b>2024</b>	<b>84' 6</b>				



# Sunset Girls Track All-Time Sophomore Marks By Event

Long Jump				Triple Jump			
	Year	Mark		Year	Mark		Mark
1	Courtney Doss	2004	17' 10.5	1	Keeoma Wardford	1991	38' 5
2	Emily Davidson	2022	17' 3.5	2	Lydia Barnett	2019	38' 3.75
3	Laura Stanulis	2007	17' 3	3	Courtney Doss	2004	35' 7
4	Keeoma Wardford	1991	17' 1.75	4	Erin O'Brien	2006	35' 5.5
5	Sheri Williams	2006	16' 11.75		Sara Todd	1990	35' 5.5
6	Lydia Barnett	2019	16' 11.5	6	Laura Stanulis	2007	34' 10
7	Taylor Coon	2012	16' 10.5	7	Molly Mettler	2008	34' 4.5
8	Liz Rolph	1977	16' 9	8	Amy Wang	2011	34' 3.25
	Jo Rasmussen	1971	16' 9	9	Teresa Shartel	1994	34' 2.5
10	Erin O'Brien	2006	16' 8.5	10	Amanda Wobig	1996	33' 9
High Jump				Pole Vault			
	Year	Mark		Year	Mark		Mark
1	Liz Rolph	1977	5' 6	1	Dale Thompson	2019	12' 0
2	Jill Makin	2016	5' 2	2	Olivia Neal	2015	10' 6
	Amanda Wobig	1996	5' 2	3	<b>Mikayla Nguyen</b>	<b>2024</b>	<b>10' 0</b>
	Emily Williams	1992	5' 2	4	Isabelle Neal	2018	9' 6
	Keeoma Wardford	1991	5' 2		Ashley Van Gordon	2018	9' 6
	Sara Todd	1990	5' 2		Brooke Baty	2008	9' 6
	Kim Ruby	1987	5' 2	7	Christina Bell	1999	9' 4
	Lynn Heinze	1981	5' 2	8	Liz Goodrich	2007	9' 3
9	Kate Roth	2019	5' 1	9	Rachel Cheon	2018	8' 6
10	6 tied at 5' 0, most recently:				Heather Salzer	2007	8' 8
	<b>Riley Morris-Rexford</b>	<b>2022</b>	<b>5' 0</b>		Maggie McGowan	2003	8' 8
Shot Put				Discus			
	Year	Mark		Year	Mark		Mark
1	Celeste Tuhy	1984	36' 5	1	Savannah Sharp	2013	127' 6
2	Katie Schrage	2004	36' 0.5	2	Moira Doyle	1982	114' 10
3	Savannah Sharp	2013	35' 7	3	Jennifer Westfall	1989	107' 11
4	Dani Maier	2001	35' 5	4	Celeste Tuhy	1984	105' 11
5	Keeoma Wardford	1991	33' 10	5	Linda Brown	1981	105' 10
	Anne Fredrickson	1980	33' 10	6	Annette Horine	1982	105' 8
7	Andrea Horvath	1990	33' 2	7	Tanya Liedtke	1991	104' 1
8	Amanda Wobig	1996	32' 10	8	Samantha Potter	2008	104' 0
9	Jill Averitt	1980	32' 6	9	Susan Douglas	1988	102' 3
10	Susan Kelsey	1984	32' 2	10	Jamie Steinfeld	2002	101' 10
Javelin							
	Year	Mark					
1	Maddie Fey	2010	140' 0				
2	Dani Maier	2001	133' 9				
3	Kate Wilson	2016	123' 4				
4	Paige Molloy	2009	117' 8				
5	Ashley Van Gordon	2018	116' 0				
6	<b>Riley Morris-Rexford</b>	<b>2022</b>	<b>113' 3</b>				
7	Kerry Wright	2010	102' 8				
8	Rachel Santos	2015	95' 1				
9	Jessica Stine	2005	95' 0				
10	Yvette Stoffels	2016	93' 8				



# Sunset Girls Track All-Time Junior Marks By Event

Long Jump				Triple Jump			
	Year	Mark		Year	Mark		Mark
1	Laura Stanulis	2008	17' 11.25	1	Keeoma Wardford*	1992	40' 6.75
2	Keeoma Wardford	1992	17' 11	2	Amanda Wobig	1997	35' 8
3	Courtney Doss	2005	17' 5	3	Laura Stanulis	2008	35' 5
4	Amanda Wobig	1997	17' 2	4	Wendy Pastor	1990	35' 3.5
5	Lauren Caster	2003	17' 1.75	5	Erin O'Brien	2007	35' 2.5
6	Nina Lantz	1987	16' 11.25	6	Kara Durham	2002	34' 11.5
7	Teresa Shartel	1995	16' 10.5	7	Natalie Hendry	2010	34' 11.25
8	Erin O'Brien	2007	16' 10.25	8	Celena Byerlee	2011	34' 8
9	Katie Bush	1989	16' 8	9	Mandy Siestreem	1990	34' 3.5
10	Taylor Coon	2013	16' 7	10	Kendsy Carmichael	2017	34' 3
High Jump				Pole Vault			
	Year	Mark		Year	Mark		Mark
1	Keeoma Wardford	1992	5' 6	1	Olivia Neal	2016	11' 9
2	Amanda Wobig	1997	5' 5	2	Dale Thompson	2020	11' 6i
<b>3</b>	<b>Riley Morris-Rexford</b>	<b>2023</b>	<b>5' 4</b>	3	Addy Braun	2021	11' 0
	Kim Ruby	1988	5' 4		Megan Ries	1999	11' 0
5	Iris Craig	2009	5' 3	5	Liz Goodrich	2008	10' 6
6	Erin O'Brien	2007	5' 2		Maggie McGowan	2004	10' 6
	Erin Frith	1987	5' 2	7	Georgette Moyle	1997	10' 2
8	4 tied at 5' 1, most recently:			8	Isabelle Neal	2019	10' 0
	Karen Qu	2012	5' 1	9	6 tied at 9' 6, most recently:		
	Dani Maier	2002	5' 1		Rachel Cheon	2019	9' 6
					Nina Powers	2017	9' 6
Shot Put				Discus			
	Year	Mark		Year	Mark		Mark
1	Savannah Sharp	2014	39' 0	1	Moira Doyle	1983	129' 3
2	Celeste Tuhy	1985	37' 11.5	2	Celeste Tuhy	1985	126' 6
3	Sandy Lofland	1979	36' 1	3	Savannah Sharp	2014	125' 10
4	Samantha Potter	2009	35' 9.5	<b>4</b>	<b>Riley Morris-Rexford</b>	<b>2023</b>	<b>111' 3</b>
5	Susan Kelsey	1985	34' 11	5	Samantha Potter	2009	111' 2
6	Jennifer Westfall	1990	34' 9.5	6	Jennifer Westfall	1990	111' 1
7	Ellie Mead	2018	34' 9	7	Susan Douglas	1989	110' 4
8	Keeoma Wardford	1992	33' 10	8	Amy Parish	1973	106' 0
9	Susan Douglas	1989	33' 8	9	Susan Kelsey	1985	105' 8
	Linda Brown	1982	33' 8	10	Tanya Liedtke	1992	104' 10
Javelin							
	Year	Mark					
1	Dani Maier	2002	143' 1				
2	Kate Wilson	2017	132' 0				
3	Paige Molloy	2010	129' 10				
4	Maddie Fey	2011	125' 0				
<b>5</b>	<b>Riley Morris-Rexford</b>	<b>2023</b>	<b>123' 3</b>				
6	Kerry Wright	2011	121' 11				
7	Katie Beasley	2011	118' 0				
8	Ashley Van Gordon	2019	117' 11				
9	Danielle Trainer	2012	117' 3				
10	Jocelyn Doyle	2005	106' 9				



# Sunset Girls Track All-Time Senior Marks By Event

Long Jump				Triple Jump			
	Year	Mark		Year	Mark		Mark
1	Amanda Wobig	1998	18' 7	1	Wendy Pastor	1991	39' 0
2	Nina Lantz	1988	18' 5.5	2	Amanda Wobig	1998	37' 2
3	Jo Rasmussen	1973	17' 8.75	3	Lydia Barnett	2021	36' 10.25
4	Laura Stanulis	2009	17' 7.75	4	Keeoma Wardford	1993	36' 2.5
5	Megan Gayer	1995	17' 1.75	5	Nina Lantz	1988	36' 1
6	Audra Neyman	2016	17' 0	6	<b>Kella Folkerts</b>	<b>2024</b>	<b>35' 10</b>
7	Erin O'Brien	2008	16' 11.75	7	Erin O'Brien	2008	35' 8.5
8	Wendy Pastor	1991	16' 10.5	8	Kara Durham	2003	35' 6.75
9	Lauren Caster	2004	16' 10	9	Natalie Hendry	2011	35' 5.25
10	Molly Mettler	2010	16' 6.5		Emily Williams	1994	35' 5.25
High Jump				Pole Vault			
	Year	Mark		Year	Mark		Mark
1	Amanda Wobig	1998	5' 6	1	Dale Thompson	2021	12' 6
2	Kim Ruby	1989	5' 5	2	Olivia Neal	2017	11' 9
3	Keeoma Wardford	1993	5' 4	3	Addy Braun	2022	11' 6
4	Lynn Heinze	1983	5' 3		Liz Goodrich	2009	11' 6
5	Bailey Carter	2017	5' 2	5	Georgette Moyle	1998	11' 4
	Erin O'Brien	2008	5' 2	6	Megan Ries	2000	11' 3
	Emily Williams	1994	5' 2	7	Mallory Ramsey	2007	11' 1
	Erin Frith	1988	5' 2	8	Nina Powers	2018	10' 11
	Linda Waite	1980	5' 2	9	Hayley Gooding	2013	10' 3
#	<b>Riley Morris-Rexford</b>	<b>2024</b>	<b>5' 1.75</b>		Christina Bell	2001	10' 3
Shot Put				Discus			
	Year	Mark		Year	Mark		Mark
1	Samantha Potter	2010	41' 1	1	Pat Herrington	1977	139' 7
2	Savannah Sharp	2015	40' 3	2	Moira Doyle	1984	136' 8
3	Moira Doyle	1984	37' 2.5	3	Celeste Tuhy	1986	128' 11
4	Katie Schrage	2006	36' 8	4	Samantha Potter	2010	126' 5
5	Olivia Neal	2017	36' 5.5	5	<b>Riley Morris-Rexford</b>	<b>2024</b>	<b>122' 11</b>
6	Sandy Lofland	1980	36' 1	6	Susan Douglas	1990	119' 9
	Pat Herrington	1977	36' 1c	7	Mandy Hulzebosch	1995	116' 5
8	Ellie Mead	2019	35' 9.75	8	Savannah Sharp	2015	116' 2
9	Holly Roberts	1976	35' 8c	9	Jennifer Westfall	1991	115' 3
10	Kate Wilson	2018	35' 7	10	Sue Weidkamp	1977	114' 0
Javelin							
	Year	Mark					
1	Kerry Wright	2012	139' 0				
2	Dani Maier	2003	133' 9				
3	Paige Molloy	2011	124' 10				
4	Kate Wilson	2018	119' 6				
5	<b>Riley Morris-Rexford</b>	<b>2024</b>	<b>117' 11</b>				
6	Katie Wilson	2004	111' 11				
7	Jenna Quiring	2008	111' 0				
8	Hannah Sullivan	2009	109' 2				
9	Maddie Fey	2012	106' 1				
10	Katie Stuvland	2006	103' 10				