

GLENWOOD TOP TEN ALL TIME PERFORMANCES

ESTABLISHED 1984

PENTATHLON TEAM

- | | | | |
|-----|--|------|------|
| 1. | S. JENS-2593, K. GREGORY-2383
C. SONDAG-1923, W. LINCOLN-1628
A. SONDAG-1388 | 8527 | 2002 |
| 2. | L. SCHMAILZL-2425, T. CARIN-1883
MI. CROUCH-1849, K. LUDWIG-1785 | 7942 | 2000 |
| 3. | K. ZILLMER-2163, R. SCHOENING-2078
L. SCHMAILZL-2028, K. LUDWIG-1285 | 7554 | 1999 |
| 4. | E. SMITH-1953, K. LUDWIG-1651
C. EVANS-1439, MI. CROUCH-1438 | 6481 | 2001 |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |

PENTATHLON INDIVIDUAL SCORING

- | | | | |
|-----|-------------------|------|------|
| 1. | SARAH JENS | 2593 | 2002 |
| 2. | LESLIE SCHMAILZL | 2425 | 2000 |
| 3. | KATIE GREGORY | 2383 | 2002 |
| 4. | KRISTI ZILLMER | 2163 | 1999 |
| 5. | KRISTI ZILLMER | 2138 | 1998 |
| 6. | RACHAEL SCHOENING | 2078 | 1999 |
| 7. | LESLIE SCHMAILZL | 2028 | 1999 |
| 8. | LESLIE SCHMAILZL | 1973 | 1998 |
| 9. | EMILY SMITH | 1953 | 2001 |
| 10. | CORTNEY SONDAG | 1923 | 2002 |

I NEED 1968-1983 PERFORMANCES TO INCLUDE IN ALL TIME BEST CHART.

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100 METER HURDLES

1.	K.	LUDWIG	16.15	696	2000
2.	K.	LUDWIG	16.35	672	2001
3.	K.	GREGORY	17.32	561	2002
4.	S.	JENS	17.37	555	2002
5.	K.	LUDWIG	17.38	554	1999
6.	L.	SCHMAILZL	17.46	546	2000
7.	MI.	CROUCH	17.51	540	2000
8.	K.	ZILLMER	17.84	505	1999
9.	C.	EVANS	18.28	460	2001
10.	R.	SCHOENING	18.53	435	1999

SHOT PUT

1.	L.	SCHMAILZL	36'		593	2000
2.	L.	SCHMAILZL	32'	6 $\frac{1}{4}$ "	524	1999
3.	S.	JENS	29'	3 $\frac{1}{4}$ "	459	2002
4.	L.	SCHMAILZL	28'	5 $\frac{3}{4}$ "	443	1998
5.	E.	SMITH	28'	5"	442	2001
6.	K.	ZILLMER	28'	4 $\frac{1}{4}$ "	441	1999
7.	A.	SONDAG	25'	5 $\frac{1}{4}$ "	383	2002
8.	C.	SONDAG	25'	2 $\frac{3}{4}$ "	379	2002
9.	K.	GREGORY	24'	10 $\frac{3}{4}$ "	372	2002
10.	MI.	CROUCH	24'	3 $\frac{3}{4}$ "	361	2000

LONG JUMP

1.	K.	ZILLMER	15'	9"	506	1998
2.	K.	ZILLMER	15'	2"	459	1999
3.	S.	JENS	14'	11 $\frac{1}{2}$ "	443	2002
4.	L.	SCHMAILZL	14'	6 $\frac{1}{2}$ "	411	2000
5.	L.	SCHMAILZL	14'	6"	408	1998
6.	R.	SCHOENING	14'	5"	403	1999
7.	C.	SONDAG	14'	3 $\frac{3}{4}$ "	393	2002
8.	K.	GREGORY	14'	1 $\frac{1}{4}$ "	371	2002
9.	R.	SCHOENING	14'	$\frac{1}{4}$ "	371	1998
10.	MI.	CROUCH	13'	7 $\frac{3}{4}$ "	338	2000

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HIGH JUMP

1.	S.	JENS	4' 11"	621	2002
2.	L.	SCHMAILZL	4' 7"	512	1998
2.	L.	SCHMAILZL	4' 7"	512	1999
2.	E.	SMITH	4' 7"	512	2001
2.	K.	GREGORY	4' 7"	512	2002
2.	C.	SONDAG	4' 7"	512	2002
7.	K.	ZILLMER	4' 5"	460	1998
7.	L.	SCHMAILZL	4' 5"	460	2000
9.	K.	ZILLMER	4' 3 $\frac{1}{4}$ "	409	1999
9.	T.	CARRIN	4' 3 $\frac{1}{4}$ "	409	2000
10.	R.	SCHOENING	3' 11 $\frac{1}{4}$ "	312	1997
10.	R.	SCHOENING	3' 11 $\frac{1}{4}$ "	312	1998
10.	R.	SCHOENING	3' 11 $\frac{1}{4}$ "	312	1999
10.	MI.	CROUCH	3' 11 $\frac{1}{4}$ "	312	2000
10.	W.	LINCOLN	3' 11 $\frac{1}{4}$ "	312	2002
10.	A.	SONDAG	3' 11 $\frac{1}{4}$ "	312	2002

800 METER RUN

1.	R.	SCHOENING	2:33.44	652	1997
2.	R.	SCHOENING	2:37.97	596	1999
3.	W.	LINCOLN	2:37.99	596	2002
4.	R.	SCHOENING	2:38.97	585	1998
5.	K.	GREGORY	2:40.54	567	2002
6.	C.	SONDAG	2:44.11	527	2002
7.	S.	JENS	2:45.18	515	2002
8.	T.	CARRIN	2:47.08	494	2000
9.	A.	SONDAG	2:48.77	476	2002
10.	L.	SCHMAILZL	2:54.8	415	2000

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SHOT PUT

1.	BRENDA KONFRST	45' 1"	1986
2.	CHRISSY WRAY	44' 7"	1994
3.	BRENDA KONFRST	44' 1"	1986
4.	BRENDA KONFRST	43' 1 ³ / ₄ "	1986
5.	BRENDA KONFRST	42' 11 ¹ / ₂ "	1986
6.	CHRISSY WRAY	42' 4"	1994
7.	BRENDA KONFRST	42' 2"	1985
7.	CHRISSY WRAY	42' 2"	1994
7.	KATIE WILSON	42' 2"	2004
10.	BRENDA KONFRST	41' 11"	1985

DISCUS

1.	BRENDA KONFRST	142' 10"	1986
2.	BRENDA KONFRST	137' 8"	1986
3.	CHRISSY WRAY	135' 8"	1994
4.	CHRISSY WRAY	133' 2"	1994
5.	BRENDA KONFRST	131' 9"	1986
6.	BRENDA KONFRST	131' 2"	1986
7.	BRENDA KONFRST	130' 2"	1986
8.	BRENDA KONFRST	130'	1986
8.	CHRISSY WRAY	130'	1994
10.	KATIE WILSON	129' 7"	2004

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LONG JUMP

1.	LINDA ROWE	16' 11 ½"	1970
2.	LYDIA BIENLIEN	16' 4"	2008
2.	KRISTI ZILLMER	16' 4"	1999
4.	MUNICA ARMSTRONG	16' 3 ¼"	2001
5.	LYDIA BIENLIEN	16' 1 ½"	2008
6.	CORTNEY SONDAG	16' 1"	2002
7.	LYDIA BIENLIEN	16' ¾"	2008
7.	CORTNEY SONDAG	16' ¾"	2002
9.	KIM BENTLEY	16'	1984
9.	MUNICA ARMSTRONG	16'	2001

HIGH JUMP

1.	CLAIRE BRISTOW	5' 5"	2006
2.	LINDA ROWE	5' 4 ¾"	1969
3.	CLAIRE BRISTOW	5' 3"	2008
3.	CLAIRE BRISTOW	5' 3"	2006
3.	SARAH JENS	5' 3"	2003
6.	CLAIRE BRISTOW	5' 2"	2008
6.	CLAIRE BRISTOW	5' 2"	2006
6.	SARAH JENS	5' 2"	2003
9.	CLAIRE BRISTOW	5' 1"	2008
9.	CLAIRE BRISTOW	5' 1"	2006
9.	SARAH JENS	5' 1"	2001

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ESTABLISHED 1984

3000 METER RUN

1.	BRENDA PAVELKA	11:35.18	2002
2.	BRENDA PAVELKA	11:36.82	2002
3.	BRENDA PAVELKA	11:39.89	2002
4.	JORDAN WILLIAMS	11:41.48	2005
5.	JORDAN WILLIAMS	11:42.28	2005
6.	ALIX CAUSSE	11:42.43	2001
7.	JENNY O' GRADY	11:43.16	1987
8.	MEGAN MCKERN	11:43.79	2010
9.	BRENDA PAVELKA	11:46.13	2002
10.	MEGAN MCKERN	11:46.88	2010

4 X 800 METER RELAY

1.	M.ROHRBERG, S.RICHTER	9:52.7	1977
	M.CROUCH, M.ROHRBERG		
2.	K.JENS, C.SONDAG	10:02.74	2003
	W.LINCOLN, A.SONDAG		
3.	K.JENS, C.SONDAG	10:06.03	2003
	W.LINCOLN, A.SONDAG		
4.	K.STAIERT, A.OBERMILLER	10:07.97	2007
	R.STANLEY, J.TURCOTTE		
5.	K.STAIERT, R.STANLEY	10:12.61	2007
	A.OBERMILLER, J.TURCOTTE		
6.	K.STAIERT, S.RINGSDORF	10:12.76	2008
	K.LARSEN, J.TURCOTTE		
7.	M.MCKERN, A.GRAVE	10:15.15	2010
	E.BLUM, K.LARSEN		
8.	K.STAIERT, S.RINGSDORF	10:15.63	2008
	K.LARSEN, J.TURCOTTE		
9.	K.STAIERT, R.STANLEY	10:16.7	2007
	K.LARSEN, A.OBERMILLER		
10.	T.LIDDELL, J.JONES	10:18.84	1986
	J.O' GRADY, D.HARRINGTON		

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SHUTTLE HURDLE RELAY (30 INCH HURDLES)

1. J. RUPE, V. VOTEK 1:07.8 1981
S. TAENZLER, K. SMITH
2. B. MINGO, A. YOUNG 1:08.06 2005
J. GRIMSHAW, A. ARMSTRONG
3. K. SQUIER, J. GRIMSHAW 1:08.25 2007
K. FINN, B. MINGO
4. B. MINGO, A. YOUNG 1:08.42 2005
J. GRIMSHAW, A. ARMSTRONG
5. J. GRIMSHAW, K. SQUIER 1:09.7 2007
K. FINN, B. MINGO
6. K. LUDWIG, C. EVANS 1:09.07 2002
K. GRAVES, A. ARMSTRONG
7. B. MINGO, J. GRIMSHAW 1:09.27 2005
A. YOUNG, A. ARMSTRONG
8. B. MINGO, J. GRIMSHAW 1:09.28 2005
A. ARMSTRONG, A. YOUNG
9. A. ARMSTRONG, C. EVANS 1:09.47 2002
K. GREGORY, K. LUDWIG
10. B. MINGO, T. SMITH, 1:09.49 2006
A. YOUNG, J. GRIMSHAW

SHUTTLE HURDLE RELAY (33 INCH HURDLES)

1. A. BROWN, D. JACKSON 1:07.65 2010
K. FINN, M. LIPAROTO
2. A. BROWN, D. JACKSON 1:08.52 2010
K. FINN, M. LIPAROTO
3. A. BROWN, D. JACKSON 1:09.00 2010
KA. FINN, M. LIPAROTO
4. D. JACKSON, K. FINN 1:09.71 2010
A. BROWN, M. LIPAROTO
5. A. BROWN, D. JACKSON 1:10.09 2010
K. FINN, M. LIPAROTO
6. M. LIPAROTO, E. ROBINSON 1:10.92 2009
K. FINN, A. BROWN
7. M. LIPAROTO, K. FINN 1:11.08 2010
D. JACKSON, L. FISHER
8. M. LIPAROTO, K. FINN 1:11.23 2010
D. JACKSON, L. FISHER
9. M. LIPAROTO, E. ROBINSON 1:11.34 2009
K. FINN, A. BROWN
10. M. LIPAROTO, L. FISHER 1:11.57 2010
D. JACKSON, K. FINN

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DISTANCE MEDLEY RELAY

1.	C. PAZERKA, J. MINGO T. MCGINNIS, P. HODGSON	4:11.7	1974
2.	S. JENS, J. DASHNER C. SONDAG, K. JENS	4:20.7	2003
3.	P. HAYS, J. DASHNER C. SONDAG, K. JENS	4:21.72	2004
4.	S. JENS, J. DASHNER C. SONDAG, K. JENS	4:22.68	2003
5.	S. JENS, J. DASHNER C. SONDAG, K. JENS	4:23.98	2003
6.	P. HAYS, J. DASHNER C. SONDAG, K. JENS	4:24.28	2004
7.	C. CLEMENT, S. BREWSTER S. RINGSDORF, J. TURCOTTE	4:25.30	2009
8.	C. CLEMENT, S. BREWSTER S. RINGSDORF, J. TURCOTTE	4:26.45	2009
9.	S. JENS, J. DASHNER C. SONDAG, K. JENS	4:26.7	2003
10.	K. ADAMS, B. RUBEL A. ALDRICH, J. SHADY	4:26.8	1992

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100 METER DASH

1.	LAURIE MAIERS	12.3	1975
2.	SHANIECE NOTT	12.32	2010
3.	JENNY MIKESELL	12.53	1985
4.	NICOLE BRUCE	12.6	1997
4.	SARAH NORD	12.6	2000
4.	SARAH JENS	12.6	2003
4.	SHANIECE NOTT	12.6	2010
8.	SHANIECE NOTT	12.62	2010
9.	LYDIA BIENLIEN	12.65	2008
10.	SARAH NORD	12.67	2000

400 METER DASH

1.	PAT HODGSON	58.7	1973
2.	LYNETTE WOODROW	1:00.14	2002
3.	ALLISON ALDRICH	1:00.81	1991
4.	LYDIA BIENLIEN	1:00.98	2008
5.	CORTNEY SONDAG	1:01.09	2003
6.	LYDIA BIENLIEN	1:01.30	2009
7.	LYNETTE WOODROW	1:01.35	2000
8.	LYDIA BIENLIEN	1:01.45	2008
9.	LYNETTE WOODROW	1:01.45	2001
10.	LYDIA BIENLIEN	1:01.57	2008

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4 X 200 METER RELAY

1.	M. ROHRBERG, L. KARR M. ROHRBERG, J. MINGO	1:47.	1977
2.	M. ARMSTRONG, L. WOODROW S. JENS, S. NORD	1:47.84	2001
3.	C. SONDAG, S. JENS M. ARMSTRONG, L. WOODROW	1:48.66	2002
4.	M. ARMSTRONG, L. WOODROW S. JENS, S. NORD	1:48.86	2001
5.	S. JENS, C. SONDAG M. ARMSTRONG, L. WOODROW	1:49.11	2002
6.	C. SONDAG, S. JENS M. ARMSTRONG, L. WOODROW	1:49.42	2002
7.	T. MEYERS, K. GILLESPIE S. JANKIEWICZ, B. OSTERHOLM	1:50.44	1988
8.	M. ARMSTRONG, L. WOODROW S. JENS, S. NORD	1:50.64	2001
9.	C. SONDAG, S. JENS M. ARMSTRONG, L. WOODROW	1:50.67	2002
10.	N. BRUCE, J. REINERT J. BROWN, K. ZILLMER	1:50.87	1997

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100 METER HURDLES (30 INCH HURDLES)

1.	PAT HODGSON	15.6	1973
2.	DESI MELGOZA	15.67	1996
3.	ASHLEY ARMSTRONG	15.69	2005
4.	JENNY MIKESELL	15.7	1985
4.	DESI MELGOZA	15.7	1995
6.	JENNY MIKESELL	15.77	1985
6.	SARAH JENS	15.77	2003
8.	ROBIN SKINNER	15.8	1984
9.	KRISTINA LUDWIG	15.86	2002
10.	DESI MELGOZA	15.88	1996

100 METER HURDLES (33 INCH HURDLES)

1.	MERCEDES LIPAROTO	16.52	2010
2.	MERCEDES LIPAROTO	16.88	2010
3.	KASSIE FINN	16.94	2010
4.	DEVIN JACKSON	16.96	2010
5.	MERCEDES LIPAROTO	17.0	2010
6.	KASSIE FINN	17.09	2010
7.	MERCEDES LIPAROTO	17:17	2010
8.	MERCEDES LIPAROTO	17.31	2010
9.	MERCEDES LIPAROTO	17.32	2010
10.	KASSIE FINN	17.33	2010

800 METER DASH

1.	LINDA ROWE	2:22.2	1970
2.	DeETTE HARRINGTON	2:25.3	1986
3.	KRISTINA JENS	2:25.81	2003
4.	DeETTE HARRINGTON	2:27.34	1986
5.	DeETTE HARRINGTON	2:28.14	1987
6.	DeETTE HARRINGTON	2:28.24	1986
7.	KRISTINA JENS	2:28.37	2003
8.	RACHAEL SCHOENING	2:28.76	1997
9.	JENNA TURCOTTE	2:28.77	2008
10.	RACHAEL SCHOENING	2:28.81	1999

200 METER DASH

1.	PAT HODSON	26.2	1974
2.	MUNICA ARMSTRONG	26.3	2001
3.	MUNICA ARMSTRONG	26.75	2001
4.	LYDIA BIENLIEN	26.76	2008
5.	LYDIA BIENLIEN	26.93	2008
6.	LYDIA BIENLIEN	26.97	2008
6.	MUNICA ARMSTRONG	26.97	2001
6.	CORTNEY SONDAG	26.97	2002
9.	NICOLE BRUCE	27.	1998
10.	MUNICA ARMSTRONG	27.05	2001

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400 METER HURDLES

1.	LEXI FISHER	1:08.72	2010
2.	LEXI FISHER	1:09.0	2010
3.	LEXI FISHER	1:09.23	2010
4.	LEXI FISHER	1:09.31	2010
5.	LEXI FISHER	1:09.65	2010
6.	LEXI FISHER	1:09.67	2010
7.	SUSAN TAENZLER	1:09.7	1982
8.	LEXI FISHER	1:09.82	2009
9.	LEXI FISHER	1:09.97	2010
10.	MANDY DUYSEN	1:10.36	1993

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SPRINT MEDLEY RELAY

1.	J.MINGO, T. TACK L.KARR, M. ROHRBERG	1:50.1	1977
2.	S.JENS, S.NORD M.ARMSTRONG, L.WOODROW	1:52.76	2001
3.	S.JENS, S.NORD M.ARMSTRONG, L.WOODROW	1:52.86	2001
4.	S.JENS, S.NORD M.ARMSTRONG, L.WOODROW	1:53.12	2001
5.	S.JENS, K.LUDWIG M.ARMSTRONG, L.WOODROW	1:53.42	2002
6.	S.JENS, K.LUDWIG M.ARMSTRONG, L.WOODROW	1:53.51	2002
7.	S.JENS, S.NORD M.ARMSTRONG, L.WOODROW	1:53.69	2001
8.	K.LUDWIG, S.JENS M.ARMSTRONG, L.WOODROW	1:53.71	2002
9.	S.JENS, S.NORD M.ARMSTRONG, L.WOODROW	1:53.9	2001
10.	S.JENS, S.NORD L.WOODROW, M.ARMSTRONG	1:54.3	2001

1500 M RUN

1.	KATIE LARSEN	5:09.23	2010
2.	JORDAN WILLIAMS	5:13.63	2005
3.	JENNY O' GRADY	5:14.96	1986
4.	JENNY O' GRADY	5:16.24	1987
5.	BRENDA PAVELKA	5:16.41	2002
6.	MEGAN MCKERN	5:16.91	2010
7.	MEGAN MCKERN	5:17.13	2010
8.	JORDAN WILLIAMS	5:18.15	2005
9.	KATIE LARSEN	5:18.86	2009
10.	BRENDA PAVELKA	5:20.04	2002

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4 X 100 METER RELAY

1. S.WALLACE, C.PAZDERKA 51.3 1975
J.MINGO, L.MAIERS
2. C.CLEMENT, S.NOTT 51.37 2009
S.RINGSDORF, L.BIENLIEN
3. M.ARMSTRONG, L.WOODROW 51.47 2001
S.JENS, S.NORD
4. M.ARMSTRONG, L.WOODROW 51.66 2001
S.JENS, S.NORD
5. T.MEYERS, S.SCARLETT 51.84 1988
B.CHEYNEY, B.OSTERHOLM
6. C.SONDAG, S.JENS 51.94 2002
M.ARMSTRONG, L.WOODROW
7. T.MEYERS, S.SCARLETT 52.06 1988
B.CHEYNEY, B.OSTERHOLM
8. K.SMITH, A.CONNOR 52.2 1984
K.BENTLEY, K.WALLACE
9. T.MEYERS, S.SCARLETT 52.39 1988
B.CHEYNEY, B.OSTERHOLM
10. C.CLEMENT, S.NOTT 51.7 2009
S.RINGSDORF, L.BIENLIEN
10. T.MEYERS, S.SCARLETT 52.7 1988
B.CHEYNEY, B.OSTERHOLM

4 X 400 METER RELAY

1. J.TURCOTTE, K.STAIERT 4:08.75 2008
L.BIENLIEN, S.RINGSDORF
2. M.ARMSTRONG, S.JENS 4:08.96 2002
C.SONDAG, L.WOODROW
3. M.ROHRBERG, L.KARR 4:09.3 1977
S.RICHTER, M.ROHRBERG
4. K.JENS, A.SONDAG 4:10.17 2003
S.JENS, C.SONDAG
5. J.TURCOTTE, K.STAIERT 4:10.41 2008
L.BIENLIEN, S.RINGSDORF
6. M.ARMSTRONG, S.JENS 4:10.79 2002
C.SONDAG, L.WOODROW
7. S.JENS, C.SONDAG 4:11.53 2002
M.ARMSTRONG, L.WOODROW
8. K.JENS, S.JENS 4:11.83 2003
A.SONDAG, C.SONDAG
9. L.BIENLIEN, J.TURCOTTE 4:11.9 2009
K.STAIERT, S.RINGSDORF
10. M.ARMSTRONG, S.NORD 4:12.51 2001
S.JENS, L.WOODROW

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ESTABLISHED 1984

CUTOFFS

SHOT PUT	41' 11"
DISCUS	129' 7"
LONG JUMP	16'
HIGH JUMP	5' 1"
3000	11:46.88
4 X 800	10:18.84
SHUTTLE HURDLE	1:09.49 (30 INCH HURDLES)
SHUTTLE HURDLE	1:11.57 (33 INCH HURDLES)
DISTANCE MEDLEY	4:26.8
100	12.67
400	1:01.57
4 X 200	1:50.87
100 HURDLES	15.88 (30 INCH HURDLES)
100 HURDLES	17.33 (33 INCH HURDLES)
800	2:28.81
200	27.05
400 HURDLES	1:10.36
SPRINT MEDLEY	1:54.3
1500	5:20.04
4 X 100	52.7
4 X 400	4:12.51

I NEED 1968-1983 PERFORMANCES TO INCLUDE IN ALL TIME BEST CHART.