

GLENWOOD RELAYS CLASS A TRACK AND FIELD RECORDS

| EVENT | RECORD HOLDER | TIME-DISTANCE HEIGHT | SCHOOL | YEAR |
|-----------------------------|---------------------|-------------------------|----------|------|
| SHOT PUT | PAULETTE MITCHELL | 46' 2" | A.L. | 1992 |
| DISCUS | PAULETTE MITCHELL | 145' 6 1/2" | A.L. | 1992 |
| LONG JUMP | TIFFANY PEDERSON | 17' 5 3/4" | ATLANTIC | 1998 |
| HIGH JUMP | TIFFANIE SYNACEK | 5' 6" | T.J. | 2006 |
| 3000 M RUN | JESSICA CHRISTENSEN | 10:59.07 | HARLAN | 2006 |
| 4 X 800 RELAY | | 9:56.75 | HARLAN | 2006 |
| SHUTTLE HURDLE RELAY | | 1:06.34 | ATLANTIC | 2007 |
| DISTANCE MEDLEY RELAY | | 4:28.06 | HARLAN | 2010 |
| 100 M DASH | MAGGIE HALL | 12.2 | HARLAN | 1997 |
| 400 M DASH | BRITTANY MOORE | 58.94 | HARLAN | 2006 |
| 4 X 200 RELAY | | 1:48.51 | HARLAN | 2005 |
| 100 M HURDLES | JENNY RUNCHEY | 14.8 | ATLANTIC | 1994 |
| 800 M DASH | REGINA RENING | 2:22.83 | HARLAN | 2005 |
| 200 M DASH | JACQUE JAY | 26.33 | CRESTON | 2004 |
| 400 M HURDLES | NATALIE OLBERDING | 1:06.22 | L.C. | 2010 |
| SPRINT MEDLEY RELAY | | 1:51.27 | HARLAN | 2007 |
| 1500 M RUN | EMILY WIGNALL | 5:07.02 | CRESTON | 2010 |
| 4 X 100 RELAY | | 50.89 | HARLAN | 2004 |
| 4 X 400 RELAY | | 4:04.95 | HARLAN | 2005 |