

Records for the J-Hawk Relays

3000 M. Run	10:12.70	2014	Abby Caldwell	Waverly-Shell Rock
4x800 Relay	9:39.869	2004	Novak, Fredden, Hall, Wickman	I.C. West
Shuttle Hurdles	1:04.475	2005	Johnson, Crutcher, Holiday, Freeman	I.C. West
100 M. Dash	12.11	2003	LaNeisha Waller	Washington
Distance Medley	4:21.46	2012	Morgan, Major Schminke, Perry	Linn-Mar
400 M. Dash	58.369	2004	Liz Bradfield	Cedar Falls
4x200 Relay	1:44.57	2014	A. Ranschau, Blue, Meese, Schneekloth	Jefferson
800 M. Run	2:14.59	2014	Stephanie Jenks	Linn-Mar
100 M. Hurdles	14.81	1997	Teesa Price	I.C. High
200 M. Dash	25.513	2004	Liz Bradfield	Cedar Falls
400 M. Hurdles	1:04.83	2011	Brooke Forman	Washington
Sprint Medley	1:50.44	2014	M. Ranschau, A. Ranschau Schneekloth, Blue	Jefferson
1500 M. Run	4:45.43	2002	Jeni Frudden	I.C. West
4x100 Relay	49.53	2014	Schneekloth, A. Ranschau, Meese, Blue	Jefferson
4x400 Relay	4:01.18	2010	Knudson, Williams Cronbaugh, Gerke	IC West
Shot Put	47'0"	2006	Danica Haight	IC West
Discus	152'8"	2007	Taylor Freeman	Iowa City West
High Jump	5'4.5"	2004	Alison Dirks	IC West
Long Jump	18' 9.5"	2001	Laneisha Waller	C.R. Wash

Updated 4/05/2014