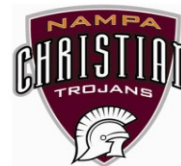


# Nampa Christian High School

## Girls Track & Field Records - 2012



### 100 Meter Dash

|                       |               |             |
|-----------------------|---------------|-------------|
| <b>1 Alison Silva</b> | <b>12.47a</b> | <b>2013</b> |
| 2 Chelsea Barr        | 12.59a        | 2009        |
| 3 Sarah Smith         | 12.74         | 1999        |
| 4 Nancy Rawlins       | 12.84         | 1984        |
| 5 Lauren Burchfield   | 13.04         | 2001        |
| Danielle Pridgen      | 13.04         | 2000        |
| 7 Kaycee Brunel       | 13.24         | 2006        |
| Kaitlin Troost        | 13.24         | 2006        |
| Tammy Thompson        | 13.24         | 1986        |
| Diana Downer          | 13.24         | 1980        |

### 200 Meter Dash

|                       |               |             |
|-----------------------|---------------|-------------|
| 1 Danielle Pridgen    | 25.54         | 2000        |
| 2 Chelsea Barr        | 25.70a        | 2009        |
| 3 Sarah Smith         | 25.84         | 1999        |
| 4 Kaitlin Troost      | 26.14a        | 2006        |
| 5 Kylie Weatherford   | 26.21a        | 2011        |
| <b>6 Alison Silva</b> | <b>26.26a</b> | <b>2013</b> |
| 7 Nancy Rawlins       | 26.54         | 1984        |
| 8 Melanie Greene      | 26.64         | 2000        |
| 9 Kaycee Brunel       | 26.84         | 2008        |
| 10 Diana Downer       | 27.14         | 1979        |
| Janell Kren           | 27.14         | 1996        |

### 400 Meter Dash

|                        |          |      |
|------------------------|----------|------|
| 1 Danielle Pridgen     | 55.98a++ | 2000 |
| 2 Sarah Smith          | 57.87a   | 1998 |
| 3 Kylie Weatherford    | 59.30a   | 2011 |
| 4 Kaitlin Troost       | 59.53a   | 2007 |
| 5 Ashley Puga          | 1:00.08a | 2004 |
| 6 Diana Downer         | 1:00.64  | 1981 |
| 7 Melanie Greene       | 1:01.24  | 2002 |
| 8 Caitlin Roussopoulos | 1:01.34  | 2008 |
| 9 Laura Pridgen        | 1:01.36a | 2007 |
| 10 Jaclyn Puga         | 1:01.44  | 2007 |

### 800 Meter Run

|                      |           |      |
|----------------------|-----------|------|
| 1 Danielle Pridgen   | 2:13.91a* | 2001 |
| 2 Ashley Puga        | 2:15.15a  | 2003 |
| 3 Michelle Skyles    | 2:17.1    | 1983 |
| 4 Jaclyn Puga        | 2:17.28a  | 2007 |
| 5 Sarah Smith        | 2:20.28a  | 1998 |
| 6 Jill Tilzey        | 2:26.0    | 1984 |
| 7 Andrea VanderWoude | 2:26.21a  | 2009 |
| 8 Calley Jessup      | 2:27.1    | 1999 |
| 9 Krystal DeLeon     | 2:27.82a  | 2012 |
| 10 Karen Miller      | 2:31.5    | 1974 |

### 1600 Meter Run

|                         |                 |             |
|-------------------------|-----------------|-------------|
| 1 Michelle Skyles       | 5:08.0          | 1983        |
| 2 Jaclyn Puga           | 5:09.45a        | 2006        |
| 3 Ashley Puga           | 5:09.5          | 2003        |
| 4 Jill Tilzey           | 5:11.9          | 1983        |
| 5 Danielle Pridgen      | 5:15.4          | 2002        |
| <b>6 Krystal DeLeon</b> | <b>5:29.07a</b> | <b>2013</b> |
| 7 Kim Langdon           | 5:31.1          | 1985        |
| 8 Calley Jessup         | 5:34.5          | 1998        |
| 9 Megan Oberst          | 5:35.2          | 2008        |
| 10 Deb Casper           | 5:37.4          | 1980        |

### 3200 Meter Run

|                    |           |      |
|--------------------|-----------|------|
| 1 Michelle Skyles  | 10:53.0   | 1984 |
| 2 Ashley Puga      | 11:07.58a | 2003 |
| 3 Jill Tilzey      | 11:16.0   | 1983 |
| 4 Jaclyn Puga      | 11:22.90a | 2006 |
| 5 Krystal DeLeon   | 12:11.0   | 2012 |
| 6 Megan Oberst     | 12:13.16a | 2008 |
| 7 Deb Casper       | 12:17.4   | 1980 |
| 8 Calley Jessup    | 12:21.0   | 1999 |
| 9 Kim Langdon      | 12:28.0   | 1985 |
| 10 Kolina Lindholm | 12:30.1   | 1979 |

### 100 Meter Hurdles

|                      |        |      |
|----------------------|--------|------|
| 1 Kaycee Brunel      | 15.24  | 2008 |
| 2 Courtney Schroeder | 15.27a | 2011 |
| 3 Melanie Greene     | 15.36a | 2001 |
| 4 Katie Grant        | 15.51a | 2001 |
| 5 Laura Pridgen      | 15.54  | 2008 |
| Debi Shank           | 15.54  | 1986 |
| 7 Melissa Rohwer     | 15.67a | 2011 |
| 8 Katie Pridgen      | 15.84  | 2006 |
| 9 Courtney Crowe     | 16.24  | 1989 |
| 10 Cheri Russell     | 16.64  | 1994 |

### 300 Meter Hurdles

|                      |        |      |
|----------------------|--------|------|
| 1 Laura Pridgen      | 46.18a | 2008 |
| 2 Melanie Greene     | 46.25a | 2002 |
| 3 Lindsey Greene     | 46.34a | 1999 |
| 4 Alissa Weatherford | 46.50a | 2011 |
| 5 Katie Grant        | 46.84  | 2001 |
| 6 Debi Shank         | 46.92a | 1986 |
| 7 Katie Pridgen      | 47.63a | 2006 |
| 8 Courtney Crowe     | 47.74  | 1987 |
| 9 Alyssa Howerzyl    | 48.15a | 1995 |
| 10 Kaycee Brunel     | 48.54  | 2008 |

### 4 X 100 Meter Relay

|  |         |      |
|--|---------|------|
| 1 R Mouw - M Rohwer -<br>M Holton - A Silva              | 50.20a* | 2011 |
| 2 A Weatherford - L Lewis -<br>M Holton - A Silva        | 51.03a  | 2012 |
| 3 R Endicott - E Williamson -<br>K Brunel - C Barr       | 51.30a  | 2008 |
| 4 J Greene - L Burchfield -<br>M Greene - B Lee          | 51.33a  | 2000 |
| 5 R Hoaglund - C Barr -<br>K Troost - K Brunel           | 51.37a  | 2006 |
| 6 J Greene - L Burchfield -<br>M Greene - B Lee          | 51.42a  | 2001 |
| 7 A Weatherford - K Brunel -<br>Ca Roussopoulos - C Barr | 51.55a  | 2009 |
| 8 R Endicott - C Barr -<br>E Williamson - K Brunel       | 51.86a  | 2007 |
| 9 Ca Roussopoulos - M Rohwer -<br>A Rohwer - A Silva     | 52.22a  | 2010 |
| 10 C Russell - C Tiel -<br>A Howerzyl - Ra VanderStelt   | 52.45a  | 1995 |

++ Overall State Record

\* 2A State Record

#### 4 X 200 Meter Relay

|   |           |      |
|---|-----------|------|
| 1 Ch Roussopoulos - K Troost -<br>K Brunel - C Barr         | 1:45.02a* | 2008 |
| 2 L Pridgen - C Barr -<br>K Troost - J Puga                 | 1:45.8    | 2007 |
| 3 J Greene - M Greene -<br>B Lee - S Smith                  | 1:46.65a  | 2000 |
| 4 K Brunel - C Barr -<br>K Troost - J Puga                  | 1:47.33a  | 2006 |
| 5 J Greene - L Burchfield -<br>M Greene - D Pridgen         | 1:47.8    | 2001 |
| 6 A Weatherford - K Troost -<br>Ca Roussopoulos - M Bradley | 1:48.17a  | 2009 |
| 7 R Mouw - A Weatherford -<br>C Schroeder - K Weatherford   | 1:48.30a  | 2011 |
| 8 J Greene - L Greene -<br>C Jessup - M Greene              | 1:49.24a  | 1999 |
| 9 B Carpenter - L Greene -<br>T Thornfeldt - J Williamson   | 1:49.7    | 1997 |
| 10 C Jessup - L Greene -<br>K Grant - S Smith               | 1:50.3    | 1998 |

#### 4 X 400 Meter Relay

|  |          |      |
|--|----------|------|
| 1 C Barr - K Troost -<br>L Pridgen - J Puga                  | 4:02.71a | 2007 |
| 2 M Bradley - L Pridgen -<br>K Troost - A VanderWoude        | 4:07.76a | 2009 |
| 3 H Brunel - K Pridgen -<br>A Puga - D Pridgen               | 4:08.7   | 2003 |
| 4 N Rawlins - L Elsberry<br>M Skyles - M Williams            | 4:09.2   | 1983 |
| 5 K Grant - L Greene -<br>C Jessup - M Greene                | 4:10.82a | 1999 |
| 6 K Grant - M Greene -<br>D Pridgen - S Smith                | 4:11.0   | 2000 |
| 7 A Link - K Pridgen -<br>J Puga - A Puga                    | 4:12.1   | 2005 |
| 8 Ca Roussopoulos - M Bradley -<br>A VanderWoude - L Pridgen | 4:12.20a | 2008 |
| 9 K Grant - J Greene -<br>C Jessup - S Smith                 | 4:14.6   | 1998 |
| 10 D Shank - B Long -<br>N Rawlins - M Skyles                | 4:15.2   | 1984 |

#### Medley Relay

|   |           |      |
|---|-----------|------|
| 1 J Hastriter - L Ellis -<br>M Greene - D Pridgen           | 1:50.48a* | 2002 |
| 2 J Greene - L Burchfield -<br>B Lee - D Pridgen            | 1:50.62a  | 2000 |
| 3 J Greene - N Gingrich -<br>B Lee - D Pridgen              | 1:51.18a  | 2001 |
| 4 J Hastriter - L Ellis -<br>K Pridgen - D Pridgen          | 1:51.56a  | 2003 |
| 5 R Endicott - K Brunel -<br>L Pridgen - J Puga             | 1:52.60a  | 2007 |
| 6 R Endicott - E Williamson -<br>Ca Roussopoulos - K Troost | 1:53.12a  | 2008 |
| 7 A Sulik - M Holton -<br>A Weatherford - K Weatherford     | 1:54.15a  | 2010 |
| 8 L Burchfield - J Greene -<br>L Greene - M Greene          | 1:54.8    | 1999 |
| 9 M Holton - A Silva -<br>R Mouw - A Weatherford            | 1:54.93a  | 2011 |
| 10 R Hoaglund - B Scaggs -<br>C Barr - K Pridgen            | 1:55.03a  | 2006 |

\* 2A State Record

#### High Jump

|                          |            |             |
|--------------------------|------------|-------------|
| 1 Kaycee Brunel          | 5-7        | 2006        |
| 2 Debi Shank             | 5-4        | 1985        |
| 3 Selena Snider          | 5-3        | 1996        |
| 4 Gracie Marks           | 5-2 1/2    | 1983        |
| <b>5 Cybrina DeVries</b> | <b>5-2</b> | <b>2013</b> |
| 6 Mercedes Holton        | 5-2        | 2012        |
| Courtney Schroeder       | 5-2        | 2011        |
| Lindsey Greene           | 5-2        | 1997        |
| 9 Diana Downer           | 5-0        | 1981        |
| 10 Amelia Rohwer         | 4-10       | 2010        |

#### Long Jump

|                        |           |      |
|------------------------|-----------|------|
| 1 Melissa Rohwer       | 18-6 3/4  | 2011 |
| 2 Sarah Smith          | 18-4      | 1999 |
| 3 Katie Grant          | 17-5 1/2  | 2001 |
| 4 Kaitlin Troost       | 17-3 1/4  | 2006 |
| 5 Kaycee Brunel        | 17-3      | 2006 |
| 6 Mercedes Holton      | 17-2 3/4  | 2012 |
| 7 Melanie Greene       | 17-1 1/2  | 2002 |
| 8 Chelsea Roussopoulos | 17-0 1/4  | 2008 |
| 9 Megan Bradley        | 16-10 1/4 | 2009 |
| 10 Danielle Pridgen    | 16-6 1/2  | 2000 |

#### Triple Jump

|                        |                  |             |
|------------------------|------------------|-------------|
| 1 Melissa Rohwer       | 39-7 3/4         | 2011        |
| 2 Katie Grant          | 38-8 1/2         | 2001        |
| 3 Laura Pridgen        | 35-8 1/4         | 2007        |
| <b>4 Carli Shaul</b>   | <b>34-10 3/4</b> | <b>2013</b> |
| 5 Katie Pridgen        | 34-10            | 2006        |
| 6 Chelsea Roussopoulos | 34-0             | 2008        |
| 7 Raquelle Mouw        | 33-1 1/4         | 2011        |
| 8 Alyssa Howerzyl      | 32-11 1/4        | 1995        |
| 9 Renae VanderStelt    | 32-5 1/4         | 1997        |
| 10 Coline McConnel     | 32-2 1/2         | 1990        |

#### Pole Vault

|                       |             |             |
|-----------------------|-------------|-------------|
| <b>1 Alison Silva</b> | <b>12-2</b> | <b>2013</b> |
| 2 Chelsea Barr        | 12-0        | 2009        |
| 3 Kylie Weatherford   | 10-6        | 2011        |
| 4 Tawny Taylor        | 9-0         | 2011        |
| 5 Micaela Barr        | 8-6         | 2004        |
| 6 Dani Claar          | 8-0         | 2006        |

#### Shot Put

|                      |          |      |
|----------------------|----------|------|
| 1 Rachel Ligtenburg  | 37-2 1/2 | 1995 |
| 2 Andrea VanderWoude | 36-0 1/2 | 2009 |
| 3 Hannah Bowman      | 33-11    | 2003 |
| 4 Jenny Greene       | 32-4     | 2000 |
| 5 Melanie Greene     | 30-7     | 2002 |
| 6 Jeanine Riggs      | 30-6     | 1997 |
| 7 Cheryl Silver      | 30-4 1/2 | 1982 |
| 8 Julia Pastoor      | 29-9 1/2 | 2008 |
| 9 Dani Dice          | 29-9     | 2005 |
| 10 Andrea Bonds      | 29-7     | 1995 |

#### Discus

|                      |        |      |
|----------------------|--------|------|
| 1 Julia Pastoor      | 109-2  | 2009 |
| 2 Hannah Bowman      | 108-1  | 2003 |
| 3 Andrea VanderWoude | 107-10 | 2009 |
| 4 Marla Earnest      | 98-3   | 1989 |
| 5 Michelle Campbell  | 93-0   | 1986 |
| 6 Lauren DeVries     | 91-3   | 2006 |
| 7 Jeanine Riggs      | 89-0   | 1997 |
| 8 Laura Svaty        | 88-1   | 1996 |
| 9 Hailey Brunel      | 86-5   | 2001 |
| 10 Rachel Ligtenburg | 86-3   | 1995 |