

**Ankeny Centennial
All-Time Indoor Top 5 Performance List**

55M Dash

Time	Name	Grade	Location	Date
7.59	Betsy Ridout	12	Wartburg	2/27/2018
7.59	Hannah Wilson	12	Wartburg	3//2020
7.68	Sydney Reysack	10	Central	3/22/2014
7.73	Katie Saddoris	12	Wartburg	2/27/2018
7.73	Macee Pruisner	11	Wartburg	3/3/2020

55M Hurdle

Time	Name	Grade	Location	Date
8.45	Kellie Wong	12	Central	3/22/2014
8.48	Katie Petersen	12	Wartburg	3/3/2020
9.37	Meg Ridout	12	Wartburg	2/26/2019
9.68	Morgan Gjerde	12	Wartburg	2/28/2017
9.69	Brooklyn Snyder	12	Wartburg	2/28/2017

800M Run

Time	Name	Grade	Location	Date
2:17.3	Kathryn Vortherms	12	UNI	3/8/2021
2:19.11	Kate Smith	11	Wartburg	3/4/2014
2:23.95	Emma Gordon	11	ISU	3/13/2017
2:25.19	Megan Gray	10	UNI	3/7/2016
2:29.81	Taylor Brown	10	Central	3/22/2014

60M Dash

Time	Name	Grade	Location	Date
8.02	Sydney Reysack	11	UNI	3/9/2015
8.15	Betsy Ridout	12	UNI	3/5/2018
8.18	Hannah Wilson	12	UNI	3/9/2020
8.20	Katie Saddoris	12	UNI	3/5/2018
8.45	Kylee Macke	11	ISU	3/14/2016

60M Hurdle

Time	Name	Grade	Location	Date
9.05	Katie Petersen	12	UNI	3/9/2010
9.24	Kellie Wong	12	UNI	3/10/2014
9.52	Morgan Gjerde	12	UNI	3/6/2017
10.03	Meg Ridout	12	UNI	3/4/2019
10.09	Sophie Lampe	10	UNI	3/4/2019

1500M Run

Time	Name	Grade	Location	Date
4:49.8	Rondi Quass	10	UNI	3/8/2021
4:51.83	Kate Smith	11	UNI	3/5/2018
5:04.86	Emma Gordon	10	Wartburg	3/4/2014
5:07.11	Taylor Brown	12	ISU	3/13/2017
5:10.16	Ashley Arends	10	UNI	3/5/2018

200M Dash

Time	Name	Grade	Location	Date
27.27	Sydney Reysack	10	Central	3/22/2014
27.41	Katie Petersen	12	UNI	3/9/2020
28.20	Katie Saddoris	12	UNI	3/5/2018
28.35	Calea Jones	9	UNI	3/6/2017
28.51	Alexandra Williams	12	UNI	3/7/2016

400M Dash

Time	Name	Grade	Location	Date
1:01.76	Kathryn Vortherms	10	BVU	3/16/2019
1:03.01	Megan Gray	10	UNI	3/7/2016
1:03.87	Olivia Kroska	9	ISU	3/10/2022
1:04.24	Millie Hill	12	UNI	3/8/2021
1:07.32	Jeanne Peters	9	Central	3/18/2017

3000M Run

Time	Name	Grade	Location	Date
10:19.06	Kate Smith	11	ISU	3/17/2014
10:37.3	Rondi Quass	11	ISU	3/10/2022
11:04.92	Morgan Graybill	11	UNI	3/4/2019
11:09.98	Ashley Arends	10	Central	3/21/2015
11:16.01	Taylor Brown	10	UNI	3/10/2014

Shot Put

Dist	Name	Grade	Location	Date
32' 5"	Maxine Schulz	9	Central	3/18/2017
31' 8"	Alee Edwards	12	UNI	3/7/2022
31' 7"	Chloe Olson	9	UNI	3/9/2015
31' 3"	Addie Brooks	12	UNI	3/9/2020
31' 3"	Alex Heston	10	Central	3/17/2018

High Jump

Height	Name	Grade	Location	Date
5' 0"	Calea Jones	9+10	3 sites	'17(x2)'18(x1)
5' 0"	Sophie Lampe	10	UNI	3/4/2019
5' 0"	Kambria Leazer	10	UNI	3/7/2022
4' 10"	Breanna Smith	9	ISU	3/14/2016
4' 8"	Caroline Stirling	11	Wartburg	3/4/2014
4' 8"	Claire Wubben	11	ISU	3/13/2017

Long Jump

Length	Name	Grade	Location	Date
18' 2.5"	Kenna Sauer	10	UNI	3/6/2017
16" 4"	Jordan Su	12	UNI	3/8/2021
16' 2"	Betsy Ridout	12	UNI	3/5/2018
15' 9"	Kambria Leazer	10	UNI	3/7/2022
15' 8"	Lizzy Mahama	10	UNI	3/7/2022

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4x100M Relay			
Time	Members	Location	Date
52.19	Jensen, Williams, Snyder, Reysack	ISU	3/16/2015
52.90	Langstraat, Williams, Macke, Fowler	ISU	3/14/2016
53.50	Marzen, Wong, Snyder, Moss	ISU	3/17/2014
55.21	Cullians, Arnold, Schroder, Manfull	ISU	3/16/2015
55.81	Anderson A, Williams, Rozeboom, Shroder	ISU	3/17/2014

4x800M Relay			
Time	Members	Location	Date
09:54.8	Quass, Lee, Vortherms, LaVoi	UNI	3/9/2020
9:58.75	Gray, Lee, Arends, Gordon	ISU	3/13/2017
10:06.17	Bearden, Wallace, Jensen, Reimer	UNI	3/8/2021
10:06.65	Gordon, Vortherms, Peters, Gray	UNI	3/5/2018
10:09.18	Peters, Arends, Lee, Gray	Central	3/18/2017

Sprint Medley			
Time	Name	Location	Date
1:56.94	Jensen, Williams, Snyder, Reysack	ISU	3/16/2015
1:58.88	Moss, Wong Snyder, Draayer	ISU	3/17/2014
01:59.1	Hughes, Arringdale, Breeding, Vallejo	ISU	3/10/2022
1:59.31	Stone, Saddoris, Jones, Pippett	ISU	3/13/2017

4x200M Relay			
Time	Members	Location	Date
1:50.85	Saddoris, Ridout, Snyder, Reysack	UNI	3/7/2016
1:52.86	Ridout, Saddoris, Williams, Schroder	Grinnell	2/27/2016
1:53.10	Ridout, Macke, Saddoris, Reysack	UNI	3/9/2015
1:53.89	Draayer, Pippett, Williams, Saddoris	Central	3/19/2016
1:53.99	B. Ridout, Saddoris, Snyder, Sauer	UNI	3/6/2017

Shuttle Hurdle			
Time	Name	Location	Date
42.06	Gjerde, Pippett, Ridout, Arnold	Grinnell	2/27/2016
43.46	Brady, K Smith, E Jumper, J Jumper	ISU	3/10/2022

Distance Medley			
Time	Name	Location	Date
4:41.02	Northway, Naylor, Vortherms, Graybill	BVU	3/16/2019
4:55.52	Williams, Hill Paulson, Burdt	Wartburg	3/4/2014
4:58.91	Kolln, Jensen, Robben, Hegstad	Grinnell	2/27/2016

4x400M Relay			
Time	Members	Location	Date
4:15.70	Pippett, Schroder, Williams, Gray	ISU	3/14/2016
04:19.3	Quass, Vortherms, Hill, Breeding	UNI	3/9/2020
04:21.4	Kroska, Vallejo, LaVoi, Pollock	ISU	3/10/2022
04:23.8	Hill, Quass, Bearden, Breeding	UNI	3/8/2021
4:24.56	Snyder, Draayer, Pippett, Gray	Central	3/21/2015