

# WESTERN LUTHERAN ATHLETIC LEAGUE TRACK & FIELD RECORDS

(Updated May 10, 2024)

## GIRLS – DIVISION A

100 YARD DASH – **12.4**  
*Lauren Schwecke, Guardian (2003)*

220 YARD DASH – **29.2**  
*Lauren Schwecke, Guardian (2003)*

440 YARD RUN – **1:08.9**  
*Chris Hilden, Guardian (1998)*

880 YARD RUN – **2:31.7**  
*Katherine MacKenzie, Guardian (2002)*

MILE RUN – **5:54.1**  
*Katherine MacKenzie, Guardian (2003)*

440 YARD RELAY – **59.4**  
*Detroit Urban (2003)*  
*(A. Taylor, Hughes, B. Taylor, Reynolds)*

880 YARD RELAY – **2:08**  
*St. Matt., Walled Lake (2005)*  
*(Liebig, Meyer, Storck, Caddell)*

MILE RELAY – **5:05.4**  
*T - Guardian (1998)*  
*(Jung, Heins, Braun, Hilden)*  
*T - St. Matt., Walled Lake (2005)*  
*(Yankee, Storck, Carlton, Zehel)*

100 METER DASH – **13.23**  
*Genesys Bolton, St. Paul, Royal Oak (2017)*

200 METER DASH – **27.75**  
*Genesys Bolton, St. Paul, Royal Oak (2017)*

400 METER RUN – **1:02.26**  
*Victoria Pereyra, St. Matt., Westland (2017)*

800 METER RUN – **2:34.94**  
*Riley Day, St. Matt., Westland (2014)*

1600 METER RUN – **5:39.62**  
*Riley Day, St. Matt., Westland (2014)*

4 x 100 METER RELAY – **56.70**  
*St. John's, Waltz (2011)*  
*(Polce, Richardson, Schaffer, Vogel)*

4 x 200 METER RELAY – **2:02.70**  
*Detroit Urban (2009)*  
*(Competitors unknown)*

4 x 400 METER RELAY – **4:53.00**  
*St. John's, Waltz (2013)*  
*(Lovse, Matsos, Brooks, McGinnis)*

HIGH JUMP – **4' 8"**  
*Ariel Roberts, Guardian (2005)*

LONG JUMP – **14' 11 ½"**  
*Micahela Hill, Concordia (2019)*

SHOT PUT – **34' 5"**  
*DeAnna Buffington, Detroit Urban (2003)*