

HEMPFIELD TRACK AND FIELD

GIRLS – TOP 10 PERFORMANCES – SPRINTS

100m DASH

<u>Year</u>	<u>Name</u>	<u>Performance</u>
2014	Danielle Bland	12.04
2012	Sarah Helgeson	12.05
2009	Angela Rothmiller	12.14
2001	Christina Carpenter	12.14
2019	Cahsia Page	12.24
1993	Tammy Stewart	12.24
2025	Mya Thompson	12.36
2026	Alexis Givler	12.42
2003	Megan Ryan	12.44
2018	Carena Nottoli	12.44

200m DASH

<u>Year</u>	<u>Name</u>	<u>Performance</u>
2012	Sarah Helgeson	24.60
2001	Christina Carpenter	25.14
2009	Angela Rothmiller	25.14
1991	Tammy Stewart	25.44
2003	Megan Ryan	25.54
2016	Sarah Klag	25.58
2026	Izzy Heisey	25.58
1997	Caron Claes	25.59
2019	Cahsia Page	25.64
2015	Danielle Bland	25.79

400m DASH

<u>Year</u>	<u>Name</u>	<u>Performance</u>
2012	Sarah Helgeson	55.13
2015	Sarah Klag	56.94
1991	Tammy Stewart	57.17
2026	Talia Leber	57.45
2014	Stephanie Laudien	57.80
2010	Kelley Donovan	57.91
2006	Korinne Piper	58.14
1976	Linda Eby	58.24*
2019	Megan Grube	58.35
2019	Alexa Pitts	58.71

* Converted from yards to meters

*Starting in 2025 only FAT times will be used to earn Top 10 in the 100m, 200m & 400m. No handheld times will be eligible.