

Player	School	Year	Event	Result	Meet
Jolene Mick	Osborne Bulldogs	2003	3,200 Meter Run	11:02.98	
Helen Giefer	Wakeeney Golden Eagles	2018	3,200 Meter Run	11:13.24	
Lindsey Barnes	Smith Center Redmen	1997	3,200 Meter Run	11:16.84	
Kit Taylor	Plainville Cardinals	1980	3,200 Meter Run	11:22.70	Kansas State T&F Championships
Jolene Mick	Osborne Bulldogs	2001	3,200 Meter Run	11:26.78	Kansas State T&F Championships
Lindsey Barnes	Smith Center Redmen	1996	3,200 Meter Run	11:27.18	
Jolene Mick	Osborne Bulldogs	2002	3,200 Meter Run	11:28.22	Kansas State T&F Championships
Helen Giefer	Wakeeney Golden Eagles	2019	3,200 Meter Run	11:28.69	
Angie Sloggett	Osborne Bulldogs	1985	3,200 Meter Run	11:28.70	Kansas State T&F Championships
Heather Ruder *	T.M.P. Marian	2013	3,200 Meter Run	11:29.46	
Heather Ruder *	T.M.P. Marian	2011	3,200 Meter Run	11:30.10	Kansas State T&F Championships
Tracy Anderson *	Oakley Plainsmen	1983	3,200 Meter Run	11:31.20	Kansas State T&F Championships
Aubrey Frederking	Plainville Cardinals	2005	3,200 Meter Run	11:32.69	
Lisa Kruse *	Oakley Plainsmen	1979	3,200 Meter Run	11:36.48	Kansas State T&F Championships
Shawna Shearer	Norton Bluejays	1988	3,200 Meter Run	11:39.40	Kansas State T&F Championships
Aubrey Frederking	Plainville Cardinals	5/25/2007	3,200 Meter Run	11:39.66	Kansas State T&F Championships
Kit Taylor	Plainville Cardinals	1981	3,200 Meter Run	11:40.29	Kansas State T&F Championships
Heather Ruder *	T.M.P. Marian	2010	3,200 Meter Run	11:40.60	Kansas State T&F Championships
Sydnee Cole	Phillipsburg Panthers	5/25/2007	3,200 Meter Run	11:42.15	Kansas State T&F Championships
Greibel	Wakeeney Golden Eagles	1981	3,200 Meter Run	11:42.22	Kansas State T&F Championships
A. Noel	Osborne Bulldogs	2003	3,200 Meter Run	11:43.97	
Haley Wolf	Ellis Railroaders	5/29/2009	3,200 Meter Run	11:45.00	Kansas State T&F Championships
Heather Ruder *	T.M.P. Marian	2012	3,200 Meter Run	11:45.78	Kansas State T&F Championships
Tracy Anderson *	Oakley Plainsmen	1984	3,200 Meter Run	11:46.90	Kansas State T&F Championships
A. Noel	Osborne Bulldogs	2002	3,200 Meter Run	11:49.26	
Aubrey Frederking	Plainville Cardinals	2008	3,200 Meter Run	11:50.30	Kansas State T&F Championships
Helen Giefer	Wakeeney Golden Eagles	2017	3,200 Meter Run	11:51.20	
Fiene	Smith Center Redmen	1997	3,200 Meter Run	11:51.22	
Jenny Hillman	Ellis Railroaders	1987	3,200 Meter Run	11:51.70	Kansas State T&F Championships
A. Noel	Osborne Bulldogs	2003	3,200 Meter Run	11:52.65	
Sydnee Cole	Phillipsburg Panthers	2006	3,200 Meter Run	11:53.79	
Poe *	Oakley Plainsmen	2007	3,200 Meter Run	11:55.28	
Jolene Mick	Osborne Bulldogs	2000	3,200 Meter Run	11:56.90	
Noel	Osborne Bulldogs	2001	3,200 Meter Run	11:58.41	
Tracy Anderson *	Oakley Plainsmen	1982	3,200 Meter Run	12:03.60	Kansas State T&F Championships
Jenny Hillman	Ellis Railroaders	1989	3,200 Meter Run	12:04.20	Kansas State T&F Championships
Fiene	Smith Center Redmen	1994	3,200 Meter Run	12:04.43	
Noel	Osborne Bulldogs	2007	3,200 Meter Run	12:05.45	
Noel	Osborne Bulldogs	2000	3,200 Meter Run	12:06.40	
Lexi Kats	Norton Bluejays	2017	3,200 Meter Run	12:07.38	
Fiene	Smith Center Redmen	1996	3,200 Meter Run	12:08.32	

All yards to meters calculated by
<http://pa.milesplit.com/calc>

* Team wasn't in the league
at the time of the Result

Shannon Jennings	Phillipsburg Panthers	1984	3,200 Meter Run	12:08.66	3A Regional @ Wakeeney
Aubrey Frederking	Plainville Cardinals	2006	3,200 Meter Run	12:09.37	
Vanessa Peterson	Smith Center Redmen	2004	3,200 Meter Run	12:10.82	
Kr. Ubelaker	Osborne Bulldogs	2004	3,200 Meter Run	12:10.87	
Astrid Moen	Norton Bluejays	5/27/2011	3,200 Meter Run	12:11.00	Kansas State T&F Championships
Brittany Dietz	Osborne Bulldogs	1999	3,200 Meter Run	12:11.10	
Angie Sloggett	Osborne Bulldogs	1985	3,200 Meter Run	12:11.98	MCL at Hill City
Fiene	Smith Center Redmen	1995	3,200 Meter Run	12:12.38	
Anthony	Norton Bluejays	1982	3,200 Meter Run	12:12.50	Kansas State T&F Championships
Vanessa Peterson	Smith Center Redmen	2005	3,200 Meter Run	12:13.27	
Sybil Giefer	Wakeeney Golden Eagles	2019	3,200 Meter Run	12:14.29	
Sara Lumpkin	Smith Center Redmen	1986	3,200 Meter Run	12:14.30	Kansas State T&F Championships
Grolhaus/Grathaus	Smith Center Redmen	1985	3,200 Meter Run	12:15.10	Kansas State T&F Championships
Kit Taylor	Plainville Cardinals	1980	3,200 Meter Run	12:15.95	
Fuchs	Ellis Railroaders	2005	3,200 Meter Run	12:16.29	
Rush	Smith Center Redmen	1997	3,200 Meter Run	12:16.35	
Peterson	Smith Center Redmen	2002	3,200 Meter Run	12:17.40	
Leslie Vanloenen	Hill City Ringnecks	5/30/2014	3,200 Meter Run	12:20.36	Kansas State T&F Championships
Brittany Dietz	Osborne Bulldogs	2001	3,200 Meter Run	12:21.31	
Brittany Dietz	Osborne Bulldogs	2000	3,200 Meter Run	12:22.11	
Sybil Giefer	Wakeeney Golden Eagles	2017	3,200 Meter Run	12:22.89	
Helman *	T.M.P. Marian	2006	3,200 Meter Run	12:23.62	
Hein *	T.M.P. Marian	1995	3,200 Meter Run	12:24.62	
Sara Lumpkin	Smith Center Redmen	1984	3,200 Meter Run	12:25.82	MCL at Norton
Augustine *	T.M.P. Marian	2001	3,200 Meter Run	12:27.40	
Brittany Dietz	Osborne Bulldogs	1998	3,200 Meter Run	12:27.52	
Vanessa Peterson	Smith Center Redmen	2004	3,200 Meter Run	12:29.45	
Walter	Norton Bluejays	1980	3,200 Meter Run	12:29.60	Kansas State T&F Championships
Haley Wolf	Ellis Railroaders	2008	3,200 Meter Run	12:34.59	
Greibel	Wakeeney Golden Eagles	1984	3,200 Meter Run	12:46.63	MCL at Norton
Lumpkin	Smith Center Redmen	1986	3,200 Meter Run	12:50.31	MCL at Norton
Stewart	Smith Center Redmen	1993	3,200 Meter Run	12:58.11	MCL at Wakeeney
Phelps	Smith Center Redmen	1993	3,200 Meter Run	13:02.38	MCL at Wakeeney
Wordlaw	Hill City Ringnecks	1986	3,200 Meter Run	13:03.45	MCL at Norton
Grau	Phillipsburg Panthers	1986	3,200 Meter Run	13:12.80	MCL at Norton
Lumpkin	Smith Center Redmen	1985	3,200 Meter Run	13:21.57	MCL at Hill City
VanKooten	Phillipsburg Panthers	1993	3,200 Meter Run	13:24.11	MCL at Wakeeney
Shannon Steeples	Stockton Tigers	1994	3,200 Meter Run	13:51.30	
Steeple	Stockton Tigers	1993	3,200 Meter Run	13:52.92	MCL at Wakeeney
Hannah Lindsey	Stockton Tigers	5/4/2012	3,200 Meter Run	14:00.00	Grizzly Invitational
Fielher	Smith Center Redmen	1993	3,200 Meter Run	14:07.50	MCL at Wakeeney
Robinson	Hill City Ringnecks	1993	3,200 Meter Run	14:11.13	MCL at Wakeeney