

| Player | School | Year | Event | Result | Meet |
|--------------------|------------------------|-----------|----------------|--------|--------------------------------|
| April Roadhouse | Osborne Bulldogs | 1999 | 400 Meter Dash | 58.02 | Kansas State T&F Championships |
| Renee Cox | Norton Bluejays | 1982 | 400 Meter Dash | 58.1 | Kansas State T&F Championships |
| Renee Cox | Norton Bluejays | 1983 | 400 Meter Dash | 58.2 | Kansas State T&F Championships |
| Renee Cox | Norton Bluejays | 1981 | 400 Meter Dash | 58.26 | Kansas State T&F Championships |
| Aubree Dewey | Plainville Cardinals | 2019 | 400 Meter Dash | 58.31 | |
| Laura Lee Baird | Norton Bluejays | 5/25/2007 | 400 Meter Dash | 58.4 | Kansas State T&F Championships |
| LaNeil Cox | Norton Bluejays | 1982 | 400 Meter Dash | 58.6 | |
| Brenda Beecher | Ellis Railroaders | 1991 | 400 Meter Dash | 58.62 | Kansas State T&F Championships |
| Cassie Waldschmidt | Ellis Railroaders | 2018 | 400 Meter Dash | 58.62 | |
| April Roadhouse | Osborne Bulldogs | 2000 | 400 Meter Dash | 58.67 | |
| Lexi Riedel | Wakeeney Golden Eagles | 5/29/2009 | 400 Meter Dash | 58.72 | Kansas State T&F Championships |
| Colleen Billinger | Victoria Knights | 1989 | 400 Meter Dash | 58.8 | |
| Laura Lee Baird | Norton Bluejays | 2006 | 400 Meter Dash | 58.91 | |
| K. Eilts | Plainville Cardinals | 1977 | 400 Meter Dash | 58.98 | |
| Aubree Dewey | Plainville Cardinals | 2018 | 400 Meter Dash | 58.98 | |
| Cassie Waldschmidt | Ellis Railroaders | 2019 | 400 Meter Dash | 59.01 | |
| Demi French | Osborne Bulldogs | 2007 | 400 Meter Dash | 59.03 | |
| Colleen Billinger | Victoria Knights | 1990 | 400 Meter Dash | 59.2 | |
| Pruitt | Victoria Knights | 1993 | 400 Meter Dash | 59.2 | |
| Am. Roadhouse | Osborne Bulldogs | 2000 | 400 Meter Dash | 59.29 | |
| Pruitt | Victoria Knights | 1992 | 400 Meter Dash | 59.32 | |
| Renee Cox | Norton Bluejays | 1980 | 400 Meter Dash | 59.49 | |
| Brenda Beecher | Ellis Railroaders | 1990 | 400 Meter Dash | 59.6 | |
| Martin | Smith Center Redmen | 2000 | 400 Meter Dash | 59.6 | |
| Riedel | Wakeeney Golden Eagles | 2003 | 400 Meter Dash | 59.6 | |
| Demi French | Osborne Bulldogs | 5/26/2006 | 400 Meter Dash | 59.65 | Kansas State T&F Championships |
| Demi French | Osborne Bulldogs | 2005 | 400 Meter Dash | 59.67 | |
| Brenda Beecher | Ellis Railroaders | 1989 | 400 Meter Dash | 59.7 | |
| Pruitt | Victoria Knights | 1991 | 400 Meter Dash | 59.71 | |
| Christine Eveleigh | Norton Bluejays | 1991 | 400 Meter Dash | 59.74 | |
| Laura Lee Baird | Norton Bluejays | 2008 | 400 Meter Dash | 59.78 | |
| Martin | Smith Center Redmen | 1999 | 400 Meter Dash | 59.8 | |

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

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

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|-----------------|------------------------|-----------|----------------|---------|--------------------------------|
| Huncovsky * | Oakley Plainsmen | 1998 | 400 Meter Dash | 59.82 | |
| Cross | Hill City Ringnecks | 2001 | 400 Meter Dash | 59.9 | |
| Lambert | Smith Center Redmen | 2003 | 400 Meter Dash | 59.9 | |
| Huncovsky * | Oakley Plainsmen | 1997 | 400 Meter Dash | 59.9 | |
| Huncovsky * | Oakley Plainsmen | 1999 | 400 Meter Dash | 59.9 | |
| Hake * | Oakley Plainsmen | 2001 | 400 Meter Dash | 59.99 | |
| Aubree Dewey | Plainville Cardinals | 2017 | 400 Meter Dash | 1:00.04 | |
| Hannah Wood | Stockton Tigers | 1996 | 400 Meter Dash | 1:00.06 | |
| Abby Babcock | Phillipsburg Panthers | 2019 | 400 Meter Dash | 1:00.07 | |
| Vanek | T.M.P. Monarchs | 1997 | 400 Meter Dash | 1:00.09 | |
| Hake * | Oakley Plainsmen | 2000 | 400 Meter Dash | 1:00.10 | |
| Tangie Hileman | Smith Center Redmen | 5/27/2011 | 400 Meter Dash | 1:00.15 | Kansas State T&F Championships |
| McKinley | Norton Bluejays | 1994 | 400 Meter Dash | 1:00.19 | |
| Higgins | Smith Center Redmen | 1989 | 400 Meter Dash | 1:00.20 | |
| Vanek | T.M.P. Monarchs | 1996 | 400 Meter Dash | 1:00.26 | |
| McMurray | Norton Bluejays | 1977 | 400 Meter Dash | 1:00.38 | MCL at Plainville |
| Fabrizius | Wakeeney Golden Eagles | 1981 | 400 Meter Dash | 1:00.39 | Kansas State T&F Championships |
| Huncovsky * | Oakley Plainsmen | 1996 | 400 Meter Dash | 1:00.39 | |
| Kuhn | Victoria Knights | 2002 | 400 Meter Dash | 1:00.40 | |
| Miller | Norton Bluejays | 1986 | 400 Meter Dash | 1:00.50 | MCL at Norton |
| Pruitt | Victoria Knights | 1990 | 400 Meter Dash | 1:00.50 | |
| McKinley | Norton Bluejays | 1995 | 400 Meter Dash | 1:00.50 | |
| Roadhouse | Osborne Bulldogs | 1997 | 400 Meter Dash | 1:00.60 | |
| Lapka | Victoria Knights | 2002 | 400 Meter Dash | 1:00.70 | |
| McKinley | Norton Bluejays | 1993 | 400 Meter Dash | 1:00.79 | |
| Dennis * | Oakley Plainsmen | 2006 | 400 Meter Dash | 1:00.81 | |
| Riedel | Wakeeney Golden Eagles | 2002 | 400 Meter Dash | 1:00.85 | |
| Lambert | Smith Center Redmen | 2004 | 400 Meter Dash | 1:00.88 | |
| Hannah Wood | Stockton Tigers | 1995 | 400 Meter Dash | 1:00.90 | |
| Bree Frieling | Smith Center Redmen | 2017 | 400 Meter Dash | 1:00.91 | |
| Jamie Alexander | Hill City Ringnecks | 5/26/2006 | 400 Meter Dash | 1:00.94 | Kansas State T&F Championships |
| H. Ptacek | Victoria Knights | 1997 | 400 Meter Dash | 1:01.00 | |

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|--------------------|------------------------|-----------|----------------|---------|---------------------------------|
| Cassie Waldschmidt | Ellis Railroaders | 2017 | 400 Meter Dash | 1:01.04 | |
| Kuhn | Victoria Knights | 2003 | 400 Meter Dash | 1:01.06 | |
| Martin | Smith Center Redmen | 2001 | 400 Meter Dash | 1:01.20 | |
| Jones | Norton Bluejays | 2006 | 400 Meter Dash | 1:01.28 | |
| Jeaneen Dreiling | Plainville Cardinals | 1986 | 400 Meter Dash | 1:01.40 | |
| Lambert | Smith Center Redmen | 2001 | 400 Meter Dash | 1:01.40 | |
| Bauman | Smith Center Redmen | 1984 | 400 Meter Dash | 1:01.41 | MCL at Norton |
| Nelson | Norton Bluejays | 1984 | 400 Meter Dash | 1:01.49 | MCL at Norton |
| K. Keinze | Phillipsburg Panthers | 1975 | 400 Meter Dash | 1:01.50 | |
| Frieling | Smith Center Redmen | 1994 | 400 Meter Dash | 1:01.60 | |
| Acton * | Oakley Plainsmen | 2002 | 400 Meter Dash | 1:01.60 | |
| Flax * | T.M.P. Monarchs | 2013 | 400 Meter Dash | 1:01.63 | |
| Martin | Smith Center Redmen | 2002 | 400 Meter Dash | 1:01.87 | |
| Makenzie Weinman | Phillipsburg Panthers | 5/28/2010 | 400 Meter Dash | 1:01.92 | Kansas State T&F Championships |
| Pruitt | Victoria Knights | 1990 | 400 Meter Dash | 1:02.00 | |
| Ashley Mattheyer | Ellis Railroaders | 4/8/2014 | 400 Meter Dash | 1:02.20 | Ellis Invitational |
| Robben | Victoria Knights | 1988 | 400 Meter Dash | 1:02.60 | MCL at Phillipsburg |
| Demi French | Osborne Bulldogs | 2008 | 400 Meter Dash | 1:02.80 | Kansas State T&F Championships |
| Jodi Miller | Stockton Tigers | 1986 | 400 Meter Dash | 1:02.84 | MCL at Norton |
| Billinger | Victoria Knights | 1988 | 400 Meter Dash | 1:03.00 | MCL at Phillipsburg |
| Waugh | Osborne Bulldogs | 2008 | 400 Meter Dash | 1:03.50 | |
| Tracy Dreiling | Plainville Cardinals | 1985 | 400 Meter Dash | 1:03.47 | MCL at Hill City |
| Newbold * | Victoria Knights | 2015 | 400 Meter Dash | 1:03.58 | Kansas State T&F Championships |
| Wahlmeier | Norton Bluejays | 1988 | 400 Meter Dash | 1:03.60 | MCL at Phillipsburg |
| Wood | Stockton Tigers | 1993 | 400 Meter Dash | 1:03.89 | MCL at Wakeeney |
| C. Riedel | Wakeeney Golden Eagles | 2008 | 400 Meter Dash | 1:03.90 | |
| Tracy Dreiling | Plainville Cardinals | 1984 | 400 Meter Dash | 1:04.29 | MCL at Norton |
| Diet | Ellis Railroaders | 1985 | 400 Meter Dash | 1:05.13 | MCL at Hill City |
| Schafer | Ellis Railroaders | 1985 | 400 Meter Dash | 1:05.29 | MCL at Hill City |
| Jackson | Phillipsburg Panthers | 1993 | 400 Meter Dash | 1:05.30 | MCL at Wakeeney |
| Morgan Beougher | Stockton Tigers | 5/9/2014 | 400 Meter Dash | 1:05.60 | Rock Hills Grizzly Invitational |
| Strevey | Norton Bluejays | 1993 | 400 Meter Dash | 1:06.46 | MCL at Wakeeney |
| Sami Reif | Plainville Cardinals | 4/5/2013 | 400 Meter Dash | 1:09.00 | La Crosse Invitational |
| Ganoung | Plainville Cardinals | 1993 | 400 Meter Dash | 1:09.28 | MCL at Wakeeney |