

Class	Year	Athlete	School	Event	Notes
5-4-3A	1972	Jan White	Phillipsburg	Discus	104-10
2A	1974	Cindy Worcester	Hill City	880 Yard Run	2:22.7 New record
2A	1975	Cindy Worcester	Hill City	880 Yard Run	2:16.3 New Record
2A	1975	Cindy Worcester	Hill City	Mile Run	5:20.0 New Record
2A	1976	Cindy Worcester	Hill City	440 Yard Dash	59.7 New Record (Indoor)
2A	1976	Cindy Worcester	Hill City	880 Yard Run	2:18.6 New Record (Indoor)
2A	1976	Cindy Worcester	Hill City	220 Yard Dash	25.9
2A	1976	Cindy Worcester	Hill City	880 Yard Run	2:16.1 New Record
2A	1976	Cindy Worcester	Hill City	Mile Run	5:13.6 New Record
2A	1977	Laura Randall	Trego	Mile Run	05:20.0
2A	1977	Rhonda Stithem	Trego	Soft Ball Throw	233-4 New Record
2A	1978	Nagel, Karlin, Clark, Ladenburger	Oakley	Mile Relay	04:11.8
2A	1978	Rhonda Werner	Trego	220 Yard Dash	26.2
2A	1978	Glenda Stewart	Smith Center	880 Yard Run	02:22.3
2A	1978	Glenda Stewart	Smith Center	Mile Run	05:32.6
3A	1979	Roberta Augustine	Ellis	200 Meter Dash	25.9 New Record
3A	1979	Lisa Kruse	Oakley	3200 Meter Run	11:36.5 New Record
4A	1980	Susan Colip, Angela McKie, Lanell Cox, Renee Cox	Norton	4x400 Meter Relay	4:01.1 New Record
3A	1980	Toni Deason, Sonya Deutcher, Amy Fabrizius, Laura Flax	Trego	4X200 Meter Relay	1:46.8 New Record
3A	1980	Kit Taylor	Plainville	3200 Meter Run	11:22.7 New Record
3A	1980	Sherri Brogden	Hill City	Long Jump	17-7 3/4
4A	1981	Renee Cox	Norton	400 Meter Dash	58.3
4A	1981	Brenda Wolf	Norton	Shot Put	40-1/2
3A	1981	Kit Taylor	Plainville	3200 Meter Run	11:40.0
3A	1982	Lanell Cox	Norton	300 Meter Low Hurdles	44.7 New Record
3A	1982	Amy Bullock, Lanell Cox, Renee Cox, Teddi Backing	Norton	4x400 Meter Relay	04:03.4
3A	1982	Brenda Wolf	Norton	Shot Put	40-9 New Record
4A	1983	Renee Cox	Norton	400 Meter Dash	58.2
4A	1983	Amy Bullock, Colleen Strayer Lanell Cox, Renee Cox	Norton	4x400 Meter Relay	04:05.6
3A	1983	Tracy Anderson	Oakley	3200 Meter Run	11:31.2
3A	1983	Jill Brunner, Tracy Dreiling, Amy Meade, Cathy Dreher	Plainville	4X200 Meter Relay	01:47.4
3A	1983	Tracy Anderson	Oakley	1600 Meter Run	05:14.7
4A	1984	Lorie Flax, Tracy Mermis, Cheryl Rohr, Janel Zeigler	TMP	4X200 Meter Relay	01:45.6
3A	1984	Tracy Anderson	Oakley	3200 Meter Run	11:46.9
3A	1984	Tracy Anderson	Oakley	1600 Meter Run	05:16.1
3A	1984	Amy Haresnape	Smith Center	Shot Put	38-4 1/2
3A	1985	Amy Smith	Smith Center	100 Meter Dash	12.6
3A	1985	Lanette Hutton, Tracy Dreiling, Jeaneen Dreiling, Dayna Doerfler	Plainville	4x100 Meter Relay	51.3
2A	1985	Angie Sloggett	Osborne	3200 Meter Run	11:28.7 New Record
2A	1985	Kathy Holling	Osborne	Discus	115-10
4A	1986	Lorie Flax	TMP	110 Meter High Hurdles	15.2
4A	1986	Lorie Flax	TMP	300 Meter Low Hurdles	45.1
4A	1986	Lorie Flax	TMP	Long Jump	17-10 1/2
3A	1986	Sara Lumpkin	Smith Center	3200 Meter Run	12:14.3

3A	1987	Jenny Hillman	Ellis	3200 Meter Run	11:51.7	
2A	1988	Colleen Billinger, Tami Kippes, Renee Kuhn, Shanna Robben	Victoria	4X200 Meter Relay	01:49.9	
2A	1988	Brenda Beecher	Ellis	100 Meter Dash	13:54	
2A	1988	Brenda Beecher	Ellis	200 Meter Dash	26.17	
2A	1988	Brenda Beecher	Ellis	Long Jump	17-10 1/2	
3A	1988	Dayna Doerfler, Jeaneen Dreiling, Nicki Mock, Melea Ross	Plainville	4x100 Meter Relay	50:40	New Record
4A	1988	Shawna Shearer	Norton	3200 Meter Run	11:39.4	
2A	1989	Jenny Hillman	Ellis	3200 Meter Run	12:04.2	
2A	1989	Brenda Beecher	Ellis	100 Meter Dash	12.85	
2A	1989	Cathy Wagner, Colleen Billinger, Shanna Robben, Renee Khun	Victoria	4x100 Meter Relay	51.42	
2A	1989	Colleen Billinger	Victoria	400 Meter Dash	59.07	
2A	1989	Brenda Beecher	Ellis	200 Meter Dash	26.89	
2A	1989	Shanna Robben, Kara Kuhn, Renee Kuhn, Colleen Billinger	Victoria	4x400 Meter Relay	04:07.6	
4A	1989	Bobbi Hammerschmidt, Pam Martien, Tasha Kuhn, Shelly Leikam	TMP	4x100 Meter Relay	50.27	
2A	1990	Kristy Dreiling, Kara Kuhn, Renee Kuhn, Alycia Pruitt	Victoria	4X200 Meter Relay	01:50.0	
2A	1990	Brenda Beecher	Ellis	100 Meter Dash	13.12	
2A	1990	Brenda Beecher	Ellis	200 Meter Dash	26.3	
2A	1991	NA	Victoria	4X200 Meter Relay	01:46.3	
2A	1991	Brenda Beecher	Ellis	100 Meter Dash	12.52	
2A	1991	NA	Victoria	4x100 Meter Relay	51.23	
2A	1991	Brenda Beecher	Ellis	400 Meter Dash	58.62	
2A	1991	Brenda Beecher	Ellis	200 Meter Dash	25.25	
2A	1991	Darcy Kaiser	Hill City	Shot Put	38-08	
2A	1992	Terri Dreiling	Victoria	300 Meter Low Hurdles	46.9	
3A	1993	NA	Plainville	4X200 Meter Relay	01:47.9	
4A	1993	Lisa Beran	TMP	Shot Put	39-1	
4A	1993	Lisa Beran	TMP	Discus	121-02	
2A	1994	Robbi Rorabaugh	Ellis	100 Meter High Hurdles	16.16	
2A	1994	NA	Stockton	4x400 Meter Relay	04:10.6	
2A	1994	Kaylene Jacobs	Victoria	Shot Put	36-11 3/4	
3A	1994	NA	Plainville	4X200 Meter Relay	01:49.3	
3A	1994	Robin Spies	Trego	800 Meter Run	02:20.9	
3A	1994	Kristin Johnson	Phillipsburg	Javelin	140-05	
4A	1994	Lisa Beran	TMP	Discus	131-03	
4A	1995	Gina Pruter	TMP	300 Meter Low Hurdles	45.3	
2A	1996	NA	Stockton	4X200 Meter Relay	01:48.3	
3A	1996	Lindsey Barnes	Smith Center	1600 Meter Run	05:13.2	
3A	1996	Danielle Roeder	Norton	Shot Put	37-10	
2A	1997	Jenny McDonald	Stockton	200 Meter Dash	26.37	
2A	1997	Stephanie Corwin	Osborne	Javelin	127-06	
4A	1997	NA	TMP	4x100 Meter Relay	49.99	New Record
2A	1998	NA	Plainville	4X200 Meter Relay	01:48.7	
3A	1998	Erica Kuhn	Smith Center	100 Meter Dash	12.67	
2A	1999	April Roadhouse	Osborne	400 Meter Dash	58.02	
2A	1999	April Roadhouse	Osborne	800 Meter Run	02:19.1	
2A	1999	Stephanie Corwin	Osborne	Javelin	135-02	
2A	2000	NA	Osborne	4x800 Meter Relay	09:57.5	
2A	2000	April Roadhouse	Osborne	400 Meter Run	59.42	
2A	2000	April Roadhouse	Osborne	800 Meter Run	02:18.1	
2A	2000	NA	Osborne	4x400 Meter Relay	04:06.9	
2A	2000	Lacey Sechtem	Osborne	Pole Vault	9' 3"	

2A	2001	Jolene Mick	Osborne	3200 Meter Run	11:26.8
2A	2001	NA	Osborne	4x800 Meter Relay	09:48.3
2A	2001	Jolene Mick	Osborne	1600 Meter Run	05:26.1
2A	2001	Jennifer Lawellin	Hill City	200 Meter Dash	26.62
2A	2001	Brooke Ubelaker	Osborne	Discus	117' 08"
2A	2001	Lacey Sechtem	Osborne	Pole Vault	10' 0"
2A	2002	Jolene Mick	Osborne	3200 Meter Run	11:28.2
2A	2002	NA	Osborne	4x800 Meter Relay	09:49.6
2A	2002	Jennifer Lawellin	Hill City	300 Meter Low Hurdles	45.56
2A	2002	Brooke Ubelaker	Osborne	Discus	118' 9"
3A	2002	NA	Phillipsburg	4x100 Meter Relay	51.62
2A	2003	Jolene Mick	Osborne	3200 Meter Run	11:10.3
2A	2003	NA	Osborne	4x800 Meter Relay	09:46.2
2A	2003	Erin Locke	Wakeeney-Trego	800 Meter Run	02:19.7
2A	2003	Brooke Ubelaker	Osborne	Discus	132' 07"
2A	2004	Erin Locke	Wakeeney-Trego	800 Meter Run	02:25.9
2A	2005	NA	Plainville	4x100 Meter Relay	49.99
2A	2006	Whitney Taylor	Ellis	Discus	131' 03"
2A	2007	Aubrey Frederking	Plainville	3200 Meter Run	11:39.7
2A	2007	NA	Osborne	4x800 Meter Relay	09:49.3
2A	2007	Aubrey Frederking	Plainville	1600 Meter Run	05:19.6
2A	2007	Whitney Taylor	Ellis	200 Meter Dash	26.1
2A	2007	NA	Osborne	4x400 Meter Relay	04:10.2
2A	2007	Vanessa Owings	Plainville	Pole Vault	9' 06"
4A	2007	Kim Haberman	TMP	Long Jump	17' 9.25"
2A	2008	Aubrey Frederking	Plainville	3200 Meter Run	11:50.3
2A	2008	Aubrey Frederking	Plainville	1600 Meter Run	05:21.1
2A	2008	Aubrey Frederking	Plainville	800 Meter Run	02:21.7
2A	2008	NA	Osborne	4x400 Meter Relay	04:07.3
2A	2008	Dayna Kuhlman	Oakley	Triple Jump	36' 6.5"
3A	2008	Kim Haberman	TMP	100 Meter Dash	12.3
3A	2008	Kim Haberman	TMP	Triple Jump	37' 2.5"
3A	2008	Kim Haberman	TMP	Long Jump	17' 02"
3A	2009	Hayli Bozarth	Norton	Shot Put	44' 06"
3A	2009	Hayli Bozarth	Norton	Discus	134' 04"
2A	2009	Dayna Kuhlman	Oakley	800 Meter Run	02:22.1
2A	2009	Haley Wolf	Ellis	1600 Meter Run	05:15.4
2A	2009	Dayna Kuhlman	Oakley	Triple Jump	36' 10.5"
2A	2009	Whitney Taylor	Ellis	Discus	144' 02"
2A	2009	Sara Timmons	Smith Center	Javelin	131' 11"

2A	2010	Emily Girard	Osborne	300 Meter Low Hurdles	46.32	
2A	2010	Dani Winters	Plainville	Discus	125' 00"	
2A	2010	Kaitlyn Davis	Hill City	High Jump	5' 2"	
3A	2010	Heather Ruder	TMP	3200 Meter Run	11:40.63	
3A	2010	Heather Ruder	TMP	1600 Meter Run	5:18.45	
3A	2010	NA	Smith Center	4x100 Meter Relay	50.68	
3A	2010	Heather Ruder	TMP	800 Meter Run	2:19.12	
3A	2010	Morgan Darden	Smith Center	Discus	141' 05"	
3A	2011	Heather Ruder	TMP	3200 Meter Run	11:30.13	
2A	2011	Dani Winters	Plainville	Discus	135' 03"	
2A	2011	Dani Winters	Plainville	Shot Put	42' 08"	
3A	2011	Heather Ruder	TMP	800 Meter Run	2:19.49	
3A	2011	Heather Ruder	TMP	1600 Meter Run	5:15.45	
2A	2012	Lexi Reidel	Trego	200 Meter Dash	26.58	
3A	2012	Heather Ruder	TMP	1600 Meter Run	5:17.9	
3A	2012	Heather Ruder	TMP	800 Meter Run	2:23.93	
3A	2012	Sadie Rodriguez, Reagan Vanderplas, Cassie Wells, Kylah Ellis	Phillipsburg	4x100 Meter Relay	50.75	
3A	2012	Bailey Ambrosier	Norton	Pole Vault	9' 06"	
3A	2013	Heather Ruder	TMP	800 Meter Run	2:21.9	
3A	2013	Heather Ruder	TMP	1600 Meter Run	5:16.9	
3A	2013	Kayla Walker, Michelle Pfeifer, Allison Pfeifer, Heather Ruder	TMP	4x800 Meter Relay	9:51.9	
3A	2013	Bailey Ambrosier	Norton	Pole Vault	10' 08"	
2A	2014	Ashley Mattheyer	Ellis	High Jump	5'4"	
2A	2015	Alyssa Miller	Hill City	Discus	139-05	
2A	2016	Alexcia Deutscher	Ellis	Javelin	135-2	
2A	2016	Alyssa Miller	Hill City	Shot Put	39-0.5	
2A	2016	Alyssa Miller	Hill City	Discus	146-3	New Record
2A	2017	Alyssa Miller	Hill City	Discus	141-4	