

Player	School	Year	Event	Result	Meet
Heather Ruder *	T.M.P. Marian	2010	1,600 Meter Run	5:05.00	
Lindsey Barnes	Smith Center Redmen	1997	1,600 Meter Run	5:05.29	
Heather Ruder *	T.M.P. Marian	2011	1,600 Meter Run	5:09.23	
Erin Locke	Wakeeney Golden Eagles	5/30/2003	1,600 Meter Run	5:10.67	Kansas State T&F Championships
Heather Ruder *	T.M.P. Marian	2012	1,600 Meter Run	5:10.70	
Heather Ruder *	T.M.P. Marian	2013	1,600 Meter Run	5:11.75	
Cindy Worcester	Hill City Ringnecks	1976	1,600 Meter Run	5:11.78	Kansas State T&F Championships
Laura Randall	Wakeeney Golden Eagles	1977	1,600 Meter Run	5:12.75	
Lindsey Barnes	Smith Center Redmen	1996	1,600 Meter Run	5:13.00	
Erin Locke	Wakeeney Golden Eagles	2002	1,600 Meter Run	5:13.84	
Tracy Anderson *	Oakley Plainsmen	1983	1,600 Meter Run	5:14.70	Kansas State T&F Championships
Jolene Mick	Osborne Bulldogs	2002	1,600 Meter Run	5:15.18	
Haley Wolf	Ellis Railroaders	5/29/2009	1,600 Meter Run	5:15.40	Kansas State T&F Championships
Tracy Anderson *	Oakley Plainsmen	1984	1,600 Meter Run	5:16.10	Kansas State T&F Championships
Erin Locke	Wakeeney Golden Eagles	2004	1,600 Meter Run	5:16.18	
Jolene Mick	Osborne Bulldogs	5/30/2003	1,600 Meter Run	5:16.52	Kansas State T&F Championships
Laura Lee Baird	Norton Bluejays	4/15/2009	1,600 Meter Run	5:17.50	Kansas Relays
Cindy Worcester	Hill City Ringnecks	1975	1,600 Meter Run	5:18.14	Kansas State T&F Championships
Helen Giefer	Wakeeney Golden Eagles	2019	1,600 Meter Run	5:18.36	
Helen Giefer	Wakeeney Golden Eagles	2018	1,600 Meter Run	5:18.56	
Aubrey Frederking	Plainville Cardinals	5/25/2007	1,600 Meter Run	5:19.59	Kansas State T&F Championships
Spies	Wakeeney Golden Eagles	1994	1,600 Meter Run	5:19.89	
Spies	Wakeeney Golden Eagles	1995	1,600 Meter Run	5:20.79	
Aubrey Frederking	Plainville Cardinals	2008	1,600 Meter Run	5:21.10	Kansas State T&F Championships
Adell Riedel	Wakeeney Golden Eagles	2017	1,600 Meter Run	5:21.75	
Fiene	Smith Center Redmen	1996	1,600 Meter Run	5:22.60	
A. Noel	Osborne Bulldogs	2002	1,600 Meter Run	5:22.74	
A. Noel	Osborne Bulldogs	2003	1,600 Meter Run	5:23.41	
Spies	Wakeeney Golden Eagles	1992	1,600 Meter Run	5:23.80	
Aubrey Frederking	Plainville Cardinals	2005	1,600 Meter Run	5:23.95	
Laura Lee Baird	Norton Bluejays	2008	1,600 Meter Run	5:24.00	
Aubrey Frederking	Plainville Cardinals	2006	1,600 Meter Run	5:24.15	
Fiene	Smith Center Redmen	1995	1,600 Meter Run	5:24.30	
Huncovsky *	Oakley Plainsmen	1999	1,600 Meter Run	5:24.70	
Pfeifer	T.M.P. Marian	2016	1,600 Meter Run	5:25.05	
Jolene Mick	Osborne Bulldogs	2001	1,600 Meter Run	5:26.09	Kansas State T&F Championships
Shannon Jennings	Phillipsburg Panthers	1985	1,600 Meter Run	5:26.18	
Shearer	Norton Bluejays	1988	1,600 Meter Run	5:26.20	MCL at Phillipsburg
R. Noel	Osborne Bulldogs	2002	1,600 Meter Run	5:26.23	
Logback	Hill City Ringnecks	1980	1,600 Meter Run	5:26.36	
Spies	Wakeeney Golden Eagles	1993	1,600 Meter Run	5:26.60	
Dinkel *	Oakley Plainsmen	2000	1,600 Meter Run	5:26.80	
Erin Locke	Wakeeney Golden Eagles	2001	1,600 Meter Run	5:27.03	
Lexi Kats	Norton Bluejays	2019	1,600 Meter Run	5:27.22	

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

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

Sloggett	Osborne Bulldogs	1985	1,600 Meter Run	5:27.30	Kansas State T&F Championships
Lexi Kats	Norton Bluejays	2017	1,600 Meter Run	5:28.18	
Griffith	Norton Bluejays	2015	1,600 Meter Run	5:28.20	Kansas State T&F Championships
Fiene	Smith Center Redmen	1997	1,600 Meter Run	5:28.63	
Greibel	Wakeeney Golden Eagles	1981	1,600 Meter Run	5:29.05	Kansas State T&F Championships
Fiene	Smith Center Redmen	1994	1,600 Meter Run	5:30.08	
Adell Riedel	T.M.P. Marian	2018	1,600 Meter Run	5:30.66	
Glenda Stewart	Smith Center Redmen	1978	1,600 Meter Run	5:30.67	Kansas State T&F Championships
Noel	Osborne Bulldogs	2001	1,600 Meter Run	5:31.21	
A. Noel	Osborne Bulldogs	2003	1,600 Meter Run	5:31.76	
Shannon Jennings	Phillipsburg Panthers	1984	1,600 Meter Run	5:32.36	3A Regional @ Wakeeney
Kit Taylor	Plainville Cardinals	1981	1,600 Meter Run	5:32.41	Kansas State T&F Championships
Sydnee Cole	Phillipsburg Panthers	5/25/2007	1,600 Meter Run	5:32.73	Kansas State T&F Championships
Helen Giefer	Wakeeney Golden Eagles	2017	1,600 Meter Run	5:33.46	
Lexi Kats	Norton Bluejays	2018	1,600 Meter Run	5:34.93	
Noel	Osborne Bulldogs	2000	1,600 Meter Run	5:35.70	
Lovewell	Smith Center Redmen	1985	1,600 Meter Run	5:35.78	MCL at Hill City
Burton	Hill City Ringnecks	1989	1,600 Meter Run	5:36.00	
Pfeifer *	T.M.P. Marian	2013	1,600 Meter Run	5:36.47	
Vanessa Peterson	Smith Center Redmen	2004	1,600 Meter Run	5:37.30	
Noel	Osborne Bulldogs	2004	1,600 Meter Run	5:37.48	
Brenner *	Oakley Plainsmen	2005	1,600 Meter Run	5:37.68	
Vanessa Peterson	Smith Center Redmen	2005	1,600 Meter Run	5:37.87	
Kit Taylor	Plainville Cardinals	1980	1,600 Meter Run	5:37.93	
Sloggett	Osborne Bulldogs	1984	1,600 Meter Run	5:40.52	MCL at Norton
Wolf	Ellis Railroaders	2006	1,600 Meter Run	5:40.55	
Leslie Vanloenen	Hill City Ringnecks	5/27/2011	1,600 Meter Run	5:41.00	Kansas State T&F Championships
Lumpkin	Smith Center Redmen	1984	1,600 Meter Run	5:41.23	MCL at Norton
Braun *	T.M.P. Marian	1990	1,600 Meter Run	5:43.40	
Lovewell	Smith Center Redmen	1986	1,600 Meter Run	5:45.46	MCL at Norton
Shearer	Norton Bluejays	1986	1,600 Meter Run	5:45.47	MCL at Norton
Hillman	Ellis Railroaders	1988	1,600 Meter Run	5:45.70	MCL at Phillipsburg
Jill Stephens	Stockton Tigers	2019	1,600 Meter Run	5:46.01	MCL at Hill City
Noel	Osborne Bulldogs	2008	1,600 Meter Run	5:52.25	
Wordlaw	Hill City Ringnecks	1986	1,600 Meter Run	5:54.17	MCL at Norton
Kaelyn Van Eaton	Oakley Plainsmen	5/2/2014	1,600 Meter Run	5:55.60	Trego Goldsmith Invitational
Morgan Beougher	Stockton Tigers	5/23/2014	1,600 Meter Run	5:58.50	1A Regional 24
Mindy Gower	Phillipsburg Panthers	5/14/2015	1,600 Meter Run	5:59.92	MCL at Plainville
Julia Werth	T.M.P. Marian	2017	1,600 Meter Run	6:02.61	
Kennedy	Smith Center Redmen	1993	1,600 Meter Run	6:07.60	MCL at Wakeeney
Sumner	Norton Bluejays	1988	1,600 Meter Run	6:10.90	MCL at Phillipsburg
Stewart	Smith Center Redmen	1993	1,600 Meter Run	6:14.50	MCL at Wakeeney
Burd	Norton Bluejays	1993	1,600 Meter Run	6:18.40	MCL at Wakeeney
VanKooten	Phillipsburg Panthers	1993	1,600 Meter Run	6:21.40	MCL at Wakeeney
Steeple	Stockton Tigers	1993	1,600 Meter Run	6:29.50	MCL at Wakeeney