

**KALAMAZOO VALLEY ASSOCIATION  
GIRLS TRACK AND FIELD  
LEAGUE MEET RECORDS**

Updated 6/2010

Event	Name	School	Record	Year
Discus	Donna Wright	Parchment	149'4"	1984
Long Jump	Sandy Lambers	Kalamazoo Christian	17' 1 <sup>3/4</sup> "	1978
High Jump	Sara Jane Baker	Mattawan	5'8"	2001
Shot Put	Amy Houghton	Paw Paw	40' 2 <sup>1/4</sup> "	1992
Pole Vault	Alicia Dorko	Schoolcraft	11'0"	2010
100M Dash	Carly Scott	Schoolcraft	12.35	2008
100M Hurdles	Amy Cook	Delton Kellogg	15.5	1994
200M Dash	Carly Scott	Schoolcraft	26.2	2009
300M Low Hurdles	Emma Fishnick	Pennfield	45.6	2009
400M Dash	Shannon Bohnet	Mattawan	59.2	1999
	Jaymie Dam	Parchment	57.81 (FAT)	2007
400M Relay	Tilonda McGuffey, Jaymie Dam, Mary Pressley, Nora Kuiper	Parchment	51.4	2005
	Ashley Landis, Alicia Dorko	Schoolcraft	51.4	2009
	Kendall Dow, Carly Scott			
800M Run	Mary Beth Henson	Delton Kellogg	2:20.6	1999
800M Relay	Tilonda McGuffey, Jaymie Dam, Mary Pressley, Nora Kuiper	Parchment	1:47.2	2005
1600M Run	Katy Barkley	Olivet	5:15.4	2011
1600M Relay	Erin Kennedy, Heather Dunfee Margo Wilson, Carol DeZwarte	Mattawan	4:09.5	1991
3200M Run	Erin Boot	Kalamazoo Christian	11:28.8	1996
3200M Relay	Sarah DeYoung, Sarah Schripsema, Kristin Bishop, Michelle Post	Kalamazoo Christian	9:50.8	1998

**Retired Records**

100 Yard Dash	Sue Walters	Galesburg-Augusta	11.3	1978
220 Yard Dash	Sue Behnke	St. Philip	26.2	1975
440 Yard Dash	Linda Noud	Galesburg-Augusta	59.8	1978
880 Yard Run	Janet Chappell	St. Philip	2:25.0	1977
Mile Run	Sherly Rector	Parchment	5:46.9	1978
Two Mile Run	Sherly Rector	Parchment	12:24.0	1978
110 Yard Low Hurdles	Sandy Lambers	Kalamazoo Christian	14.9	1978
440 Yard Relay	Ann Zylstra, Pat DeVries, Lynn Herder, Sandy Lambers	Kalamazoo Christian	51.9	1978
880 Yard Relay	Laurie Kasson, Biff Wortinger Linda Noud, Sue Walters	Galesburg-Augusta	1:46.4	1978
Mile Relay	Linda Noud, Kathy Barrett Biff Wortinger, Laurie Kasson	Galesburg-Augusta	4:14.8	1978