

LALSAC Track Records

*2016 records in bold print

*rubberized surface in 2012

100 Meter Dash

5 – Regina Reedich	15.01	Sparta	2010
5 – Tyus Hoepfner	14.25	First Lutheran	2008
6 – Chloe Erdmann	14.23	Nodine	2016
6 – Alex Diersen	13.62	Caledonia	2005
7 – Molly Furlong	13.69	Caledonia	2003
7 – Josh Bade	12.72	Winona	2013
8 – Isabelle Kick	13.68	Onalaska	2012
8 – Alex Diersen	12.38	Caledonia	2007

800 Meter Run

5 – Dana Germann	2:53.37	Onalaska	1999
5 – Trey Gnewikow	2:44.41	Tomah	2011
6 – Dana Germann	2:41.00	Onalaska	2000
6 – Ethan Eckelberg	2:35.20	Tomah	2009
7 – Megan Hamilton	2:46.80	Mt. Calvary-Grace	2003
7 – David Vannucchi	2:20.91	Onalaska	2014
8 – Elisabeth Babinec	2:44.34	Onalaska	2000
8 – Sam Miner	2:20.5	Winona	2006

200 Meter Dash

5 – Christina Houlihan	31.58	Onalaska	2007
5 – Sam Kick	30.29	Onalaska	2014
6 – Stephanie Beyersdorf	31.06	First Lutheran	2001
6 – Alex Diersen	28.84	Caledonia	2005
7 – Molly Furlong	28.66	Caledonia	2003
7 – Alex Diersen	26.75	Caledonia	2006
8 – Carly Manske	28.80	Christ-St. John's	2004
-- Christina Houlihan	28.80	Onalaska	2010
8 – Josh Bade	25.34	Winona	2014

400 Meter Relay

5 -	1:02.41	Onalaska	1999
6 -	58.60	Onalaska	2000
7 – Kasten,Riley,Babinec,Miller	57.72	Onalaska	2012
8 -	54.88	Onalaska	2000

1600 Meter Run

5 – Briana Kauffman	7:12.58	Sparta	2012
5 – Gabe Huelskamp	6:08.81	Lewiston	2016
6 – Rebecca Karr	6:34.81	First Lutheran	2008
6 – Trey Gnewikow	5:52.60	Tomah	2012
7 – Rebecca Karr	6:20.99	First Lutheran	2009
7 – David Vannucchi	5:24.37	Onalaska	2014
8 – Elisabeth Babinec	6:03.37	Onalaska	2000
8 – Dan Waldschmidt	5:31.38	Tomah	2000

400 Meter Dash

5 – Nicole Lehman	1:13.84	First Lutheran	1998
5 – Patric Schroeder	1:11.86	Tomah	2006
6 – Dana Germann	1:09.25	Onalaska	2000
6 – Alex Diersen	1:07.59	Caledonia	2005
7 – Nicole Lehman	1:08.06	First Lutheran	2000
7 – Alex Diersen	1:04.64	Caledonia	2006
8 – Tara Opperman	1:06.69	Onalaska	1998
8 – Sam Miner	:59.32	Winona	2006

800 Meter Relay

5 - Jennings, Wrobel, Precht, Wetzel	2:15.18	Onalaska	2006
6 – Babinec,Schaefer, Bilitz,Paggi	2:12.59	Onalaska	2009(since 2004)
7 – Babinec,Hoepfner,Bilitz,Paggi	2:02.61	Onalaska	2010(since 2004)
8 –	1:59.47	Winona	2006

Field Events

High Jump

5 – Katie Tremain	4’2	Christ-St. John’s	1981
Rachel Koenig	4’2	Nodine	2015
5 – Ryan Tauscher	4’5	Bangor	1989
Jason Diersen	4’5	Caledonia	1989
6 – Katie Tremain	4’8	Christ-St. John’s	1982
6 – Ted Wichelt	5’0	Mt.Calvary	1982
Josh Diersen	5’0	Caledonia	1991
7 – Amy Bolton	4’8	Tomah	1986
7 – Matt Banse	5’1	Caledonia	1989
Adam Nemitz	5’1	Tomah	1999
8 – C.Gundersson	5’0	Christ-St. John’s	1986
8 – Matt Banse	5’8.5	Caledonia	1990
Josh Martalock	5’8.5	Tomah	1995

Long Jump

5 – Katie Tremain	12’8.5	Christ-St. John’s	1981
5 – Jason Diersen	13’4.5	Caledonia	1989
6 – Katie Tremain	13’5.5	Christ-St. John’s	1982
6 – Troy Wolndrasch	16’6.5	Winona	1981
7 – Suzie Holman	14’10	Tomah	1986
7 – Jason Diersen	17’4	Caledonia	1991
8 – Barbara Frey	14’11	First Lutheran	1973
8 – Josh Schneider	17’7	Onalaska	2002

Softball Throw

5 – Becky Oesterle	129’8	Sparta	1993
5 – Aaron Harding	184’8	Tomah	1987
6 – Kathy Parcher	160’10	Immanuel	1973
6 – Chris Olson	214’9.5	Mt. Calvary	1981

Shot Put—5 and 6 started in 2013

5 – Lexi Kohlmeier	20’3.5’’	Caledonia	2016
5 – Logan Banse	23’6.5’’	Caledonia	2015
6 – Alyvia Ness	23’11’’	Caledonia	2013
6 – Logan Banse	31’3’’	Caledonia	2016
7 – Bailey Jo Blado	27’9	Tomah	2009
7 – Artemis Patterson Jr	38’4	Sparta	1999
8 – Stephanie Matzke	30’0	Lewiston	1997
8 – Brian Marten	44’5.5	Tomah	1992

Discus Throw—5 and 6 started in 2013

5 – Marin Schibbelhut	44’5’’	Onalaska	2016
5 – Hunter Kasten	71’9’’	Onalaska	2014
6 – Heidi Boulduan	55’7’’	Caledonia	2013
6 – Logan Banse	75’11’’	Caledonia	2016
7 – Jeri Brandau	77’4	Tomah	1998
7 – Bill Schleusener	106’2	Tomah	1989
8 – Angela Zillmer	96’1	Tomah	1993
8 – Josh Martalock	125’10	Tomah	1995