

**St. Dominic Track - School Records to Beat  
For the 2011 season**

**Boys**

**Girls**

	5th grade	6th grade	7th grade	8th grade		5th grade	6th grade	7th grade	8th grade
<b>100M</b>	<b>14.23</b>	<b>13.40</b>	<b>13.21</b>	<b>12.31</b>	<b>100M</b>	<b>14.53</b>	<b>14.518</b>	<b>13.70</b>	<b>13.51</b>
	Mike Esser '97	Matt Ghere '99	Wade Heckendorf '07	Joe Kristbaum '99		Katie Beining '98	Emily Ott '09	Katie Beining '00	Emily Ott '11
<b>200M</b>	<b>29.90</b>	<b>28.47</b>	<b>26.34</b>	<b>25.90</b>	<b>200M</b>	<b>31.84</b>	<b>30.20</b>	<b>29.06</b>	<b>29.013</b>
	Alex Kramer '11	Wade Heckendorf '06	Wade Heckendorf '07	Joe Kristbaum '99		Holly Heckendorf '06	Holly Heckendorf '07	Rachel Msna '10	Bryna Conway '10
<b>400M</b>	<b>1:09.50</b>	<b>1:03.90</b>	<b>1:00.15</b>	<b>58.73</b>	<b>400M</b>	<b>1:11.33</b>	<b>1:09.918</b>	<b>1:07.00</b>	<b>1:06.45</b>
	Wade Heckendorf '05	Wade Heckendorf '06	Wade Heckendorf '07	Pat Kobler '02		Bianca Gaspardo '02	Delaney Hughes '10	Rachel Msna '10	Emily Ott '11
<b>800M</b>	<b>2:36.72</b>	<b>2:33.746</b>	<b>2:27.0</b>	<b>2:19.40</b>	<b>800M</b>	<b>2:49.15</b>	<b>2:40.71</b>	<b>2:41.72</b>	<b>2.40.53</b>
	Alex Kramer '11	Andrew Pelto '08	Andrew Pelto '09	Andrew Pelto '10		Delaney Hughes '09	Delaney Hughes '10	Hailey Rowen '07	Beth Hebl '02
<b>Mile</b>		<b>5:29.635</b>	<b>5.16.0</b>	<b>5:04.59</b>	<b>Mile</b>		<b>5:58.94</b>	<b>5:50.16</b>	<b>5.54.64</b>
		Andrew Pelto '08	Evan Wiesner '01	Andrew Pelto '10			Delaney Hughes '10	Hailey Rowen '07	Beth Hebl '02
<b>4 x 100</b>	<b>1:02.088</b>	<b>59.12</b>	<b>55.03</b>	<b>53.49</b>	<b>4 x 100</b>	<b>1.03.66</b>	<b>1:00.12</b>	<b>57.194</b>	<b>57.65</b>
	Jacob Bisswum '10	Joey Grandelis '05	Mike Beining '04	Joe Heckes '07		Rebecca Arthur '98	McKenna Scott '10	Christine Pelto '08	Abbey Tangney '09
	Harrison Ott	Joe Heckes	Brian Borges	Greg Cigich		Sarah Kratzer	Emily Monday	Angie Verish	Christine Pelto
	Alex Engel	Jonathan Lehman	Brendan Murphy	Matt Conway		Caitlin Kvasnica	Angela Schmidt	Grace Thompson	Grace Thompson
	Jared Lieungh	Andy Wanta	Jon Weisse	Andy Wanta		Katie Beining	Lily Mortensen	Lauren Knudsen	Lauren Knudsen
<b>4 x 200</b>	<b>2:15.62</b>	<b>2.13.37</b>	<b>2.01.54</b>	<b>1.54.37</b>	<b>4 x 200</b>	<b>2.18.18</b>	<b>2:15.44</b>	<b>2.05.53</b>	<b>2.10.40</b>
	Joe Heckes '04	Brian Borges '03	Greg Cigich '06	Eric Henschel '10		Meredith Klinker '05	Finola Hughes '09	Beth Hebl '01	Morgan Pink '11
	Kevin Koprowski	Will Heckendorf	Nick Kallinger	Josh Kramer		Katie Rieger	Rachel Msna	Jessica Laing	Kerri Jo Mark
	Michael Russell	Andrew Thompson	Jonathan Lehman	Andrew Pelto		Hailey Rowen	Emily Ott	Therese Malone	Sydney Krystowiak
	Andy Wanta	Jon Weisse	Andy Wanta	Patrick O'Grady		Maggie Sinclair	Sydney Krystowiak	Brittany Semrau	Khadiya Hollingsworth
<b>4 x 400</b>	<b>5.00.28</b>	<b>4.43.44</b>	<b>4.22.72</b>	<b>4.10.6</b>	<b>4 x 400</b>	<b>5.08.90</b>	<b>4.51.0</b>	<b>4.38.0</b>	<b>4:40.59</b>
	Michael Moakley '04	Brian Borges '03	Matt Conway '06	Tony Wanta '01		Brittany Semrau '99	Brittany Semrau '00	Brittany Semrau '01	Emily Newton '09
	Michael Russell	Kevin Kallinger	Michael Russell	Matt McKenney		Cathy Fischer	Andrea Brum	Therese Malone	Abbey Tangney
	Evan Thompson	Jon Weisse	Nick Kallinger	Austin Moore		Melissa Prince	Melissa Prince	Melissa Prince	Christine Pelto
	Andy Wanta	Brendan Murphy	Andy Wanta	Pat Kobler		Beth Hebl	Beth Hebl	Beth Hebl	Grace Thompson
<b>Long Jump</b>	<b>12' 11"</b>	<b>14' 8"</b>	<b>16' 1-3/4"</b>	<b>16' 11"</b>	<b>Long Jump</b>	<b>12' 7-3/4"</b>	<b>13' 5-3/4"</b>	<b>13' 6-1/2"</b>	<b>14' 7-3/4"</b>
	Patrick Cartier '11	Joe Kristbaum '97	Andy Wanta '06	Andy Wanta '07		Bianca Gaspardo '02	Angela Schmidt '10	Bryna Conway '09	Katie Beining '01
<b>High Jump</b>	<b>3' 10"</b>	<b>4' 10"</b>	<b>5' 4"</b>	<b>5'6"</b>	<b>High Jump</b>	<b>4' 2"</b>	<b>4' 2"</b>	<b>4' 6"</b>	<b>4'10"</b>
	Patrick Cartier '11	Andy Wanta '05	Andy Wanta '06	Andy Wanta '07		Ella Mortensen '11	Katie Beining '99	Khadiya Hollingsworth '10	Khadiya Hollingsworth '11
	Mike Weisse '11						Kayla Kreier '03		
							Khadiya Hollingsworth '09		
<b>Softball</b>	<b>144'</b>	<b>156'</b>			<b>Softball</b>	<b>105' 3"</b>	<b>133' 3"</b>		
	Luke Kapke '09	Brian Condon '02				Jessica Laing '99	Jessica Laing '00		
<b>Shot Put</b>			<b>32' 6-1/4"</b>	<b>37' 1-3/4"</b>	<b>Shot Put</b>			<b>26' 11-1/4"</b>	<b>29' 2"</b>
			Teddy Esser '07	Andy Wanta '07				Renee Kursel '98	Katherine Tighe '06
<b>Discus</b>			<b>107' 3"</b>	<b>98' 10-1/2"</b>	<b>Discus</b>			<b>55' 2"</b>	<b>67' 3"</b>
			Dominic Cartier '11	Teddy Esser '08				McKenna Scott '11	Sam Schwartz '09