

**Lincoln Jets Track Club  
All-Time Top 10 Intermediate Girls**

**100 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>12.9</b>	<b>Britt Fox</b>	<b>2009</b>
14.19	Reagan Mills	2010
14.6	Morgan Hoffman	2007
15.1	Madison MacLean	2006
15.6	Heather Boes	2003

**800 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>2:36.99</b>	<b>Michaela Frenzel</b>	<b>2009</b>
2:37.49	McKenna Slack	2006
3:07.3	Anne Flesher	2008

**200 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>26.9</b>	<b>Britt Fox</b>	<b>2009</b>
30.69	McKenna Slack	2009
34.23	Heather Boes	2003
36.0	Bethany Mertens	2004

**1500 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>6:05.0</b>	<b>McKenna Slack</b>	<b>2006</b>

**400 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>1:04.76</b>	<b>Kate Janike</b>	<b>2008</b>
1:07.23	Michaela Frenzel	2010
1:13.7	Britt Fox	2009

**3000 Meters**

<u>Time</u>	<u>Name</u>	<u>Year</u>

**100 Meter Hurdles**

<u>Time</u>	<u>Name</u>	<u>Year</u>
<b>17.8</b>	<b>McKenna Slack</b>	<b>2007</b>
18.4	Kate Janike	2008
19.43	Jacklyn Jablonski	2010

**400 Meter Hurdles**

<u>Height</u>	<u>Name</u>	<u>Year</u>
<b>1:10.94</b>	<b>Kate Janike</b>	<b>2008</b>
1:12.16	McKenna Slack	2006
1:15.52	Michaela Frenzel	2010

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**Long Jump**

Distance	Name	Year
<b>15'11.50"</b>	<b>Queen Ohamara</b>	<b>2008</b>
14'11.25"	McKenna Slack	2007
14'06.00"	Sophie Harano	2009
14'05.00"	Paige Richardson	2006
13'06.00"	Madison MacLean	2006
11'08.50"	Reagan Mills	2010
9'07.00"	Bethany Mertens	2004

**Javelin**

Distance	Name	Year
<b>96'08"</b>	<b>Madison MacLean</b>	<b>2006</b>
95'06"	Anne Flesher	2009
65'00"	McKenna Slack	2006

**High Jump**

Height	Name	Year
<b>5'03.00"</b>	<b>McKenna Slack</b>	<b>2006</b>
5'00.00"	Jenna Raef	2007
4'08.00"	Jacklyn Jablonski	2010
4'06.00"	Michaela Frenzel	2009

**Triple Jump**

Distance	Name	Year
<b>34'04.25"</b>	<b>Ohamara Queen</b>	<b>2008</b>
29'10.00"	Paige Richardson	2004
29'03.00"	Alison Metzger	2004

**Shot Put**

Distance	Name	Year
<b>36'07.00"</b>	<b>Amanda Latsch</b>	<b>2003</b>
35'10.00"	Janessa Kobza	2008
32'11.00"	Kelsey Hill	2008
22'01.50"	McKenna Slack	2006

**Discus**

Distance	Name	Year
<b>127'04.00"</b>	<b>Janessa Kobza</b>	<b>2008</b>
105'05.00"	Madison MacLean	2007
95'06.00"	Anne Flesher	2009
93'04.00"	Amanda Latsch	2003

**Pole Vault**

Height	Name	Year
<b>10'0"</b>	<b>Sophia Hanano</b>	<b>2009</b>
9'0"	Kami Moore	2007

**Hepthathlon**

Points	Name	Year
<b>3043</b>	<b>McKenna Slack</b>	<b>2006</b>

