

A large, stylized pink Bengal tiger logo is centered in the background. The tiger's face is the central focus, with its eyes, nose, and mouth clearly defined. The logo is rendered in a light pink color with a slightly distressed or hand-drawn appearance. The text is overlaid on this logo.


**HELENA BENGALS**

**GIRLS**

**TRACK AND FIELD**

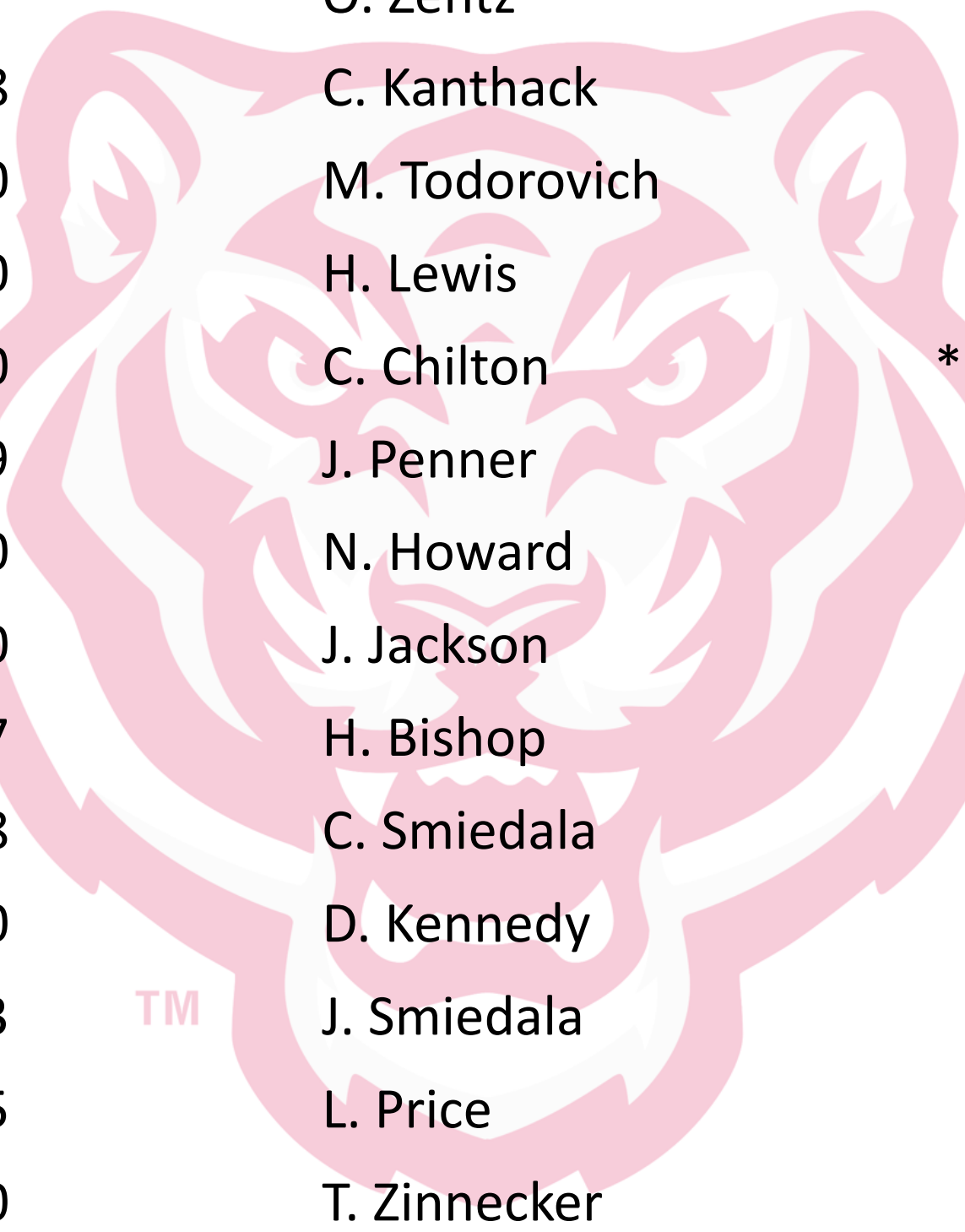
**ALL-TIME TOP 15**

# 100



12.10	H. Lewis	1993
12.30	J. Penner	2000
12.31	L. Todorovich	2022
12.33	C. Kanthack	2013
12.40	O. Zentz	2021
12.50	L. Mortensen	2000
12.50	W. Haseman	2004
12.52	E. Maes	2019
12.60	R. School	2003
12.70	N. Howard	1998
12.70	T. Zinnecker	1986
12.74	R. Skogen	2023
12.80	M. Miller	2003
12.90	D. O'Neil	1993
12.90	K. Fiehrer	1987
12.90	J. Jackson	1984
12.90	L. Ursich	1983

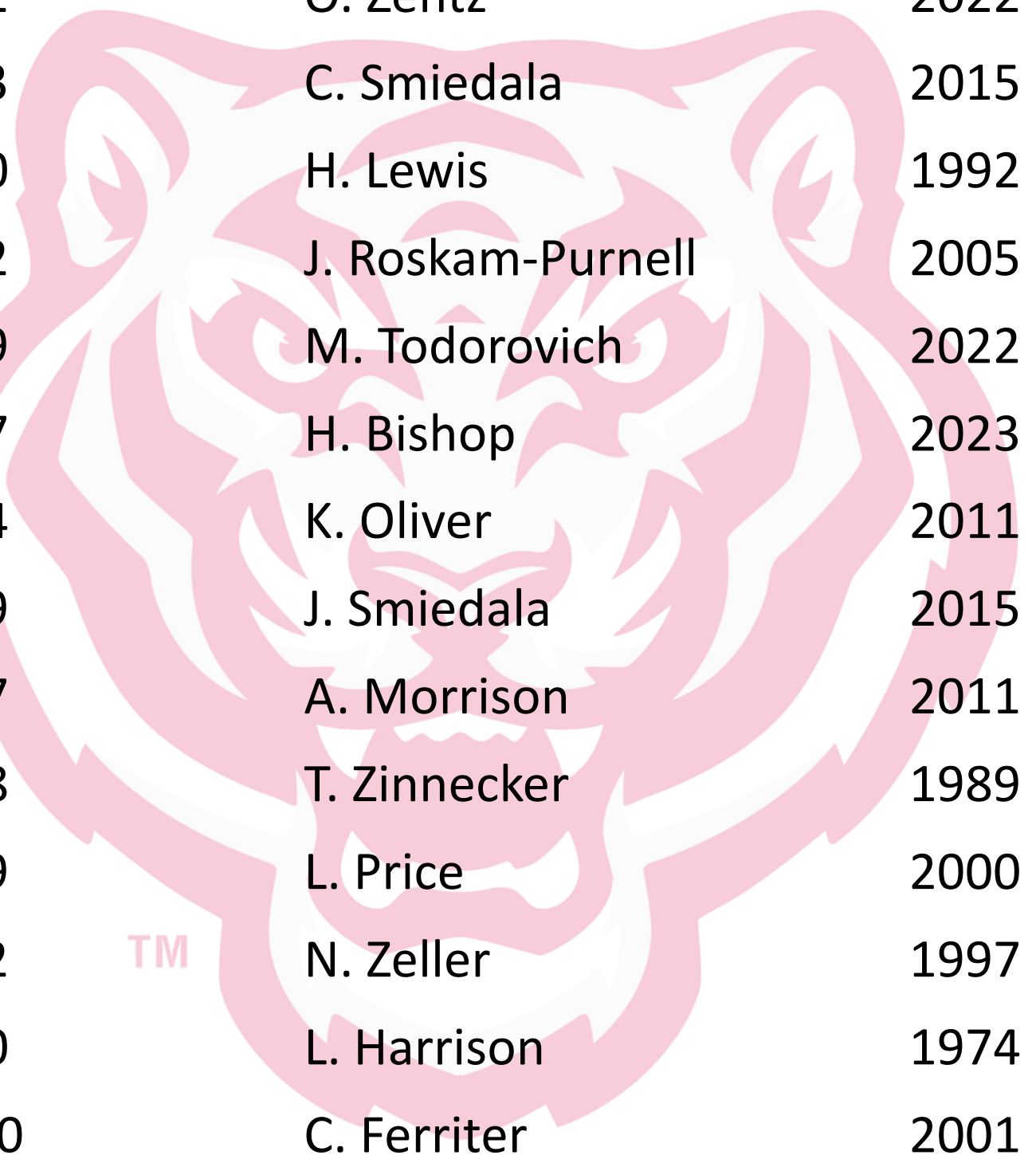
# 200



25.07	O. Zentz	2022
25.08	C. Kanthack	2014
25.30	M. Todorovich	2022
25.30	H. Lewis	1993
25.50	C. Chilton	*1972
25.59	J. Penner	2000
26.00	N. Howard	1998
26.00	J. Jackson	1984
26.07	H. Bishop	2023
26.08	C. Smiedala	2015
26.20	D. Kennedy	1979
26.23	J. Smiedala	2014
26.35	L. Price	2000
26.40	T. Zinnecker	1986
26.43	W. Haseman	2004


TM

# 400




56.02	O. Zentz	2022
56.13	C. Smiedala	2015
57.20	H. Lewis	1992
57.42	J. Roskam-Purnell	2005
58.09	M. Todorovich	2022
58.57	H. Bishop	2023
58.64	K. Oliver	2011
58.89	J. Smiedala	2015
59.27	A. Morrison	2011
59.28	T. Zinnecker	1989
59.39	L. Price	2000
59.72	N. Zeller	1997
59.90	L. Harrison	1974
1:00.0	C. Ferriter	2001
1:00.2	J. Glenn	1978

# 800



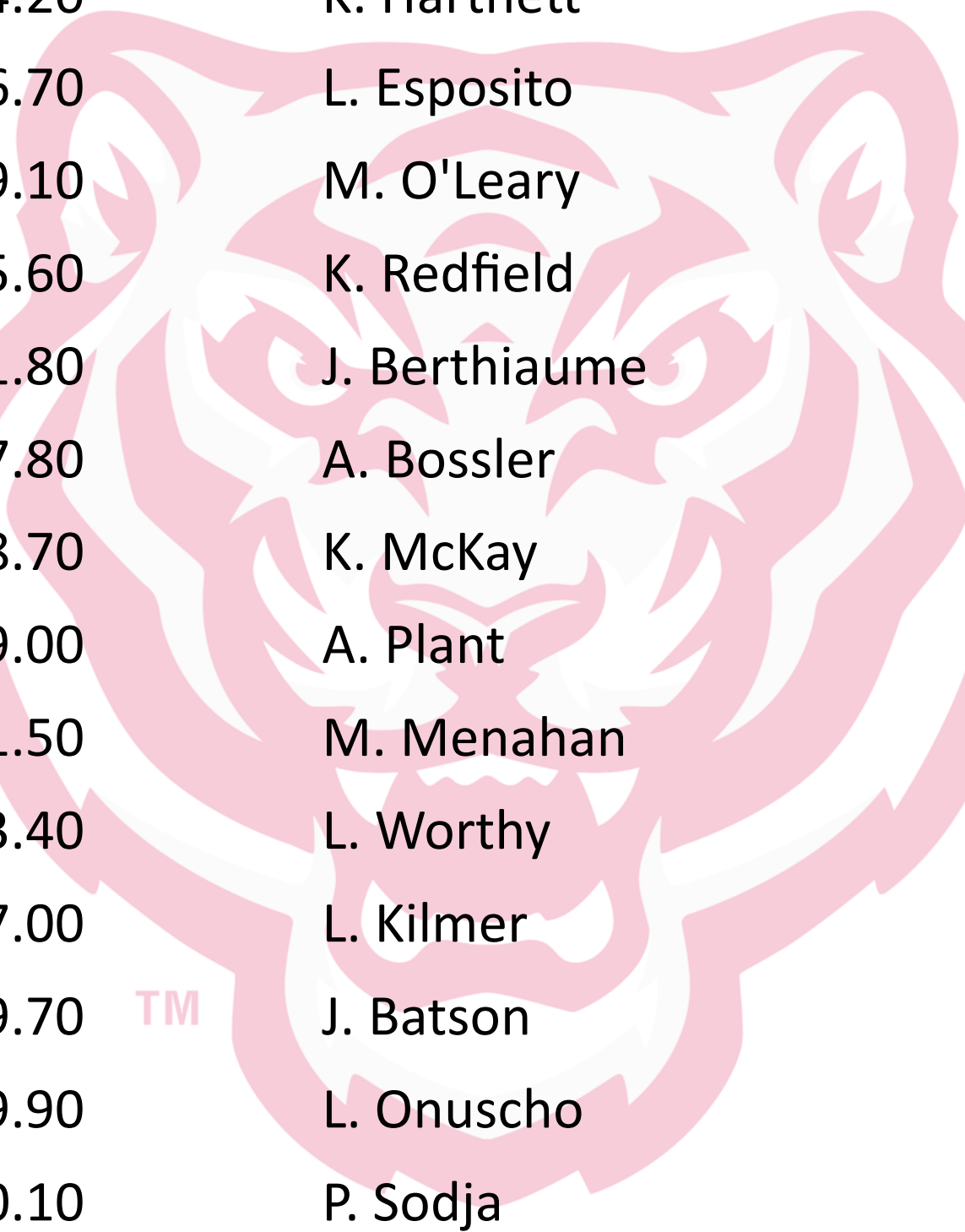
2:08.52	C. Smiedala	2016
2:12.55	O. Zentz	2021
2:15.50	K. Hartnett	2022
2:18.56	C. Ryan	2021
2:19.00	L. Adams	1976
2:19.30	J. Brown	1991
2:20.20	J. Berthiaume	1988
2:22.10	J. Smiedala	2012
2:22.26	A. Lehman	2000
2:23.00	A. Bossler	2006
2:23.10	L. Cheek	1977
2:23.30	<span>TM</span> M. Smiedala	2016
2:23.90	A. Lawlor	2017
2:23.98	H. Bishop	2023
2:24.10	A. Kamlowsky	1977

# 1600



4:56.99	K. Hartnett	2022
5:04.20	C. Smiedala	2014
5:06.20	L. Adams	1976
5:07.90	L. Esposito	2012
5:14.00	A. Kamlowsky	1977
5:14.90	M. O'Leary	1980
5:16.40	J. Brown	1989
5:17.00	J. Berthiaume	1989
5:17.20	S. Beason	1985
5:18.30	P. Sodja	1978
5:18.40	L. Creek	1978
5:18.75	<sup>TM</sup> O. Zentz	2019
5:19.08	C. Ryan	2021
5:20.30	T. Ward	1978
5:20.30	A. Bossler	2005

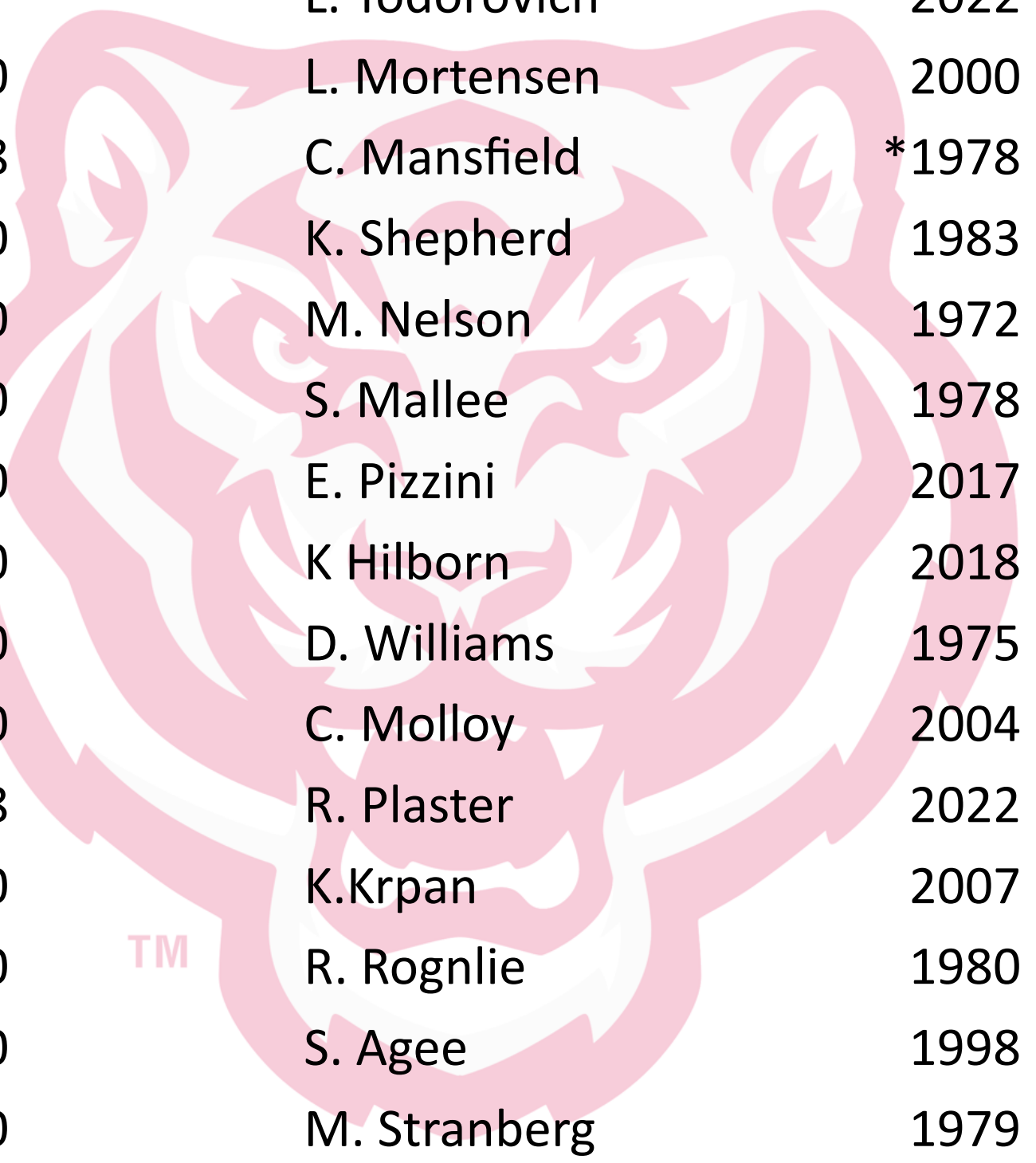
# 3200



10:54.20	K. Hartnett	2022
11:16.70	L. Esposito	2013
11:29.10	M. O'Leary	1980
11:35.60	K. Redfield	1987
11:41.80	J. Berthiaume	1989
11:47.80	A. Bossler	2005
11:48.70	K. McKay	2019
11:49.00	A. Plant	2017
11:51.50	M. Menahan	2008
11:53.40	L. Worthy	1994
11:57.00	L. Kilmer	1991
11:59.70	J. Batson	1994
11:59.90	L. Onuscho	2019
12:00.10	P. Sodja	1979
12:03.10	S. Snyder	2001

TM


# 100 HURDLES



14.47	L. Todorovich	2022
14.90	L. Mortensen	2000
14.98	C. Mansfield	*1978
15.20	K. Shepherd	1983
15.20	M. Nelson	1972
15.40	S. Mallee	1978
15.50	E. Pizzini	2017
15.60	K Hilborn	2018
15.60	D. Williams	1975
15.70	C. Molloy	2004
15.78	R. Plaster	2022
15.80	K.Krpan	2007
15.90	R. Rognlie	1980
16.00	S. Agee	1998
16.00	M. Stranberg	1979
16.00	L. Linqvist	1979




# 300 HURDLES




45.47	A. Morrison	2012
45.61	M. Todorovich	2022
45.90	L. Mortensen	2000
46.23	J. Smiedala	2015
46.60	K. Krpan	2006
46.88	R. Plaster	2022
46.89	K. Porter	1993
46.94	Mo. Grimsrud	2011
47.11	S. Agee	1997
47.30	W. Bellwood	1990
47.30	R. Rognlie	1980
47.32	C. Molloy	2004
47.40	L. Sprinkle	1997
47.50	K. Shepherd	1981
48.20	L. Schoer	1993

# LONG JUMP



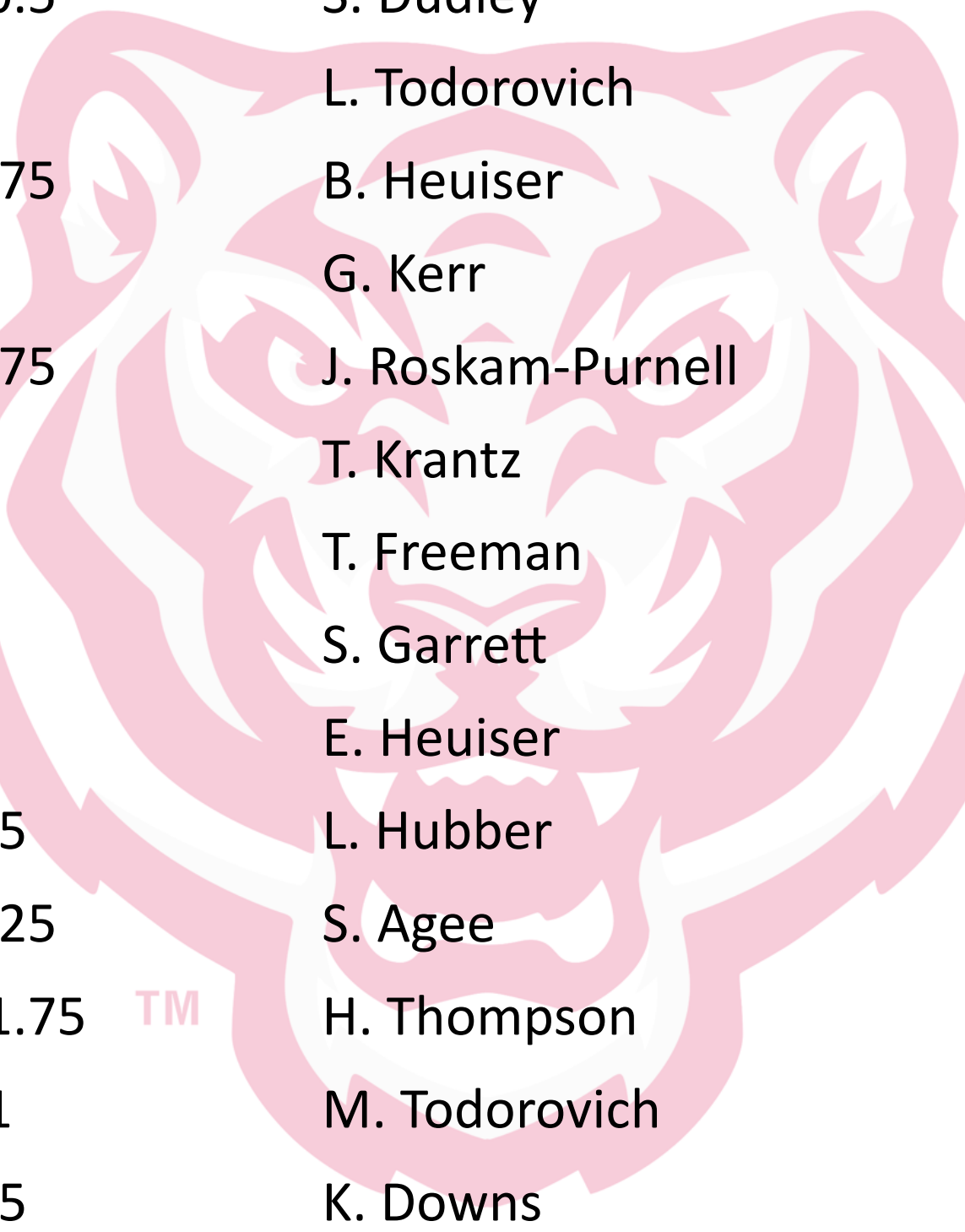
19-4.5	L. Todorovich	2023
17-10	A. Morrison	2012
17-9.25	M. Todorovich	2022
17-6.75	R. Skogen	2023
17-5.5	W. Haseman	2007
17-5	K. Hilborn	2018
17-5	S. Dudley	1992
17-5	L. Ursich	1984
17-4.5	J. Bunkowski	1973
16-9.5	B. Bauer	1979
16-8.5	D. Lamb	1995
16-8	T. Freeman	1989
16-7.5	K. Shepherd	1983
16-7	R. Rognlie	1979
16-7	J. Myles	1979

# HIGH JUMP




5-9.5	K. Shepherd	1983
5-6	M. Todorovich	2022
5-6	Allison Morrison	2011
5-5	L. Todorovich	2022
5-5	A. Gilchrist	2011
5-5	D. Sasek	1996
5-5	M. Petrie	1977
5-4	M. Jackson	2023
5-4	C. McCain	1995
5-4	T. Freeman	1988
5-3	Ma. Grimsrud	2012
5-3	K. Lloyd	2018
5-3	Shara Flores	2004
5-3	R. Rognlie	1980
5-2	B. Heuiser	2023
5-2	T. Krantz	2017
5-2	B. Johnson	2009
5-2	H. Thompson	2009
5-2	J. Pillatzke	2007
5-2	L. Price	2000
5-2	C. Synness	1996
5-2	B. Robertson	1973

# TRIPLE JUMP



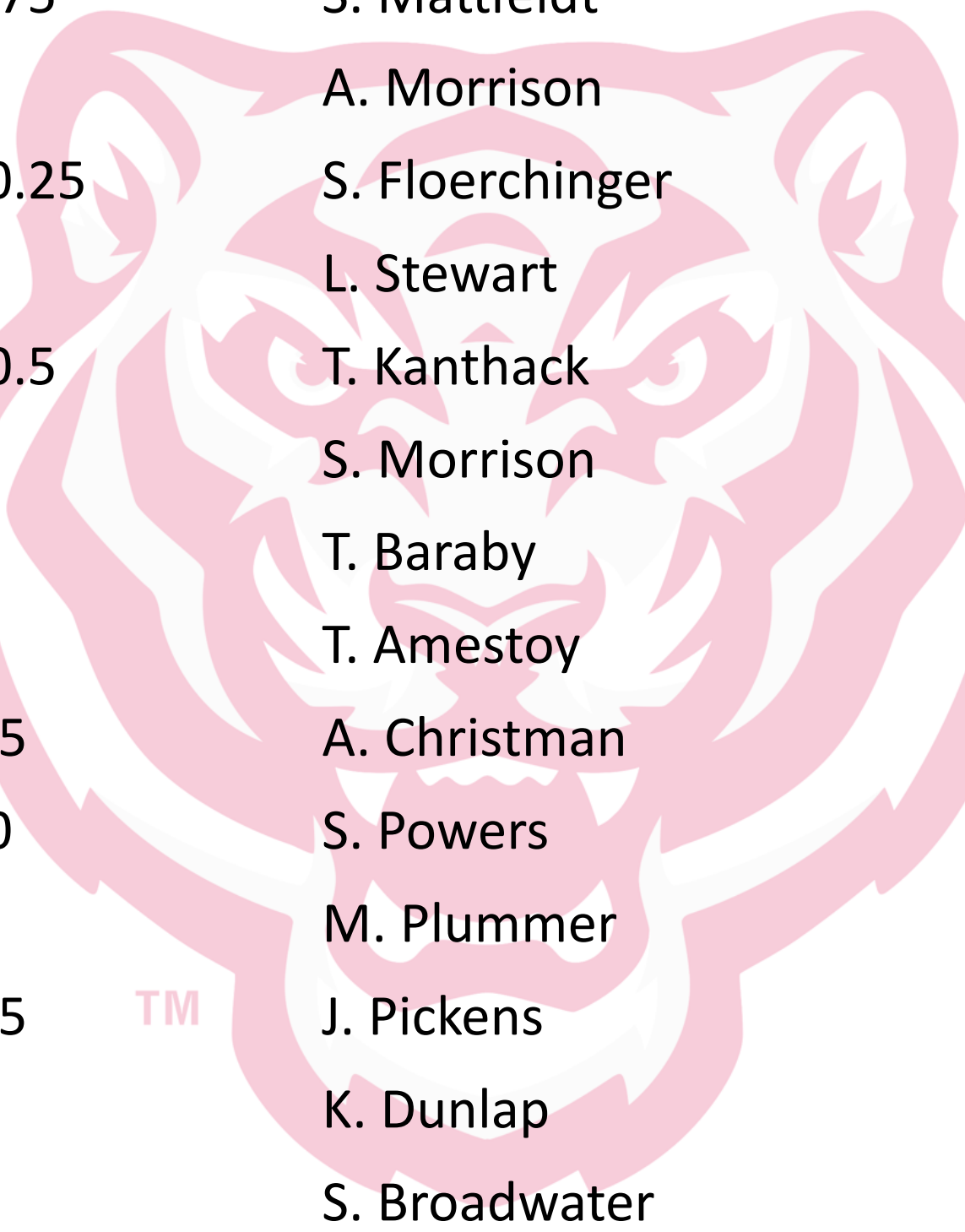
37-10.5	S. Dudley	1992
37-0	L. Todorovich	2022
36-4.75	B. Heuiser	2023
36-4	G. Kerr	2017
36-2.75	J. Roskam-Purnell	2003
36-0	T. Krantz	2017
35-9	T. Freeman	1989
35-6	S. Garrett	2017
35-3	E. Heuiser	2019
35-1.5	L. Hubber	1997
35-1.25	S. Agee	1996
34-11.75	<sup>TM</sup> H. Thompson	2009
34-11	M. Todorovich	2022
34-7.5	K. Downs	1992
34-5	M. Freeman	1991

# POLE VAULT



13-2	S. Agee	1998
12-3	K. Hilborn	2018
12-1	J. Penner	2000
11-7	A. May-Fraser	2006
11-6	J. Rockenbaugh	2016
11-6	T. Cundith	2012
11-3.5	A. Nehring	2023
11-3	B. Tatchell	2001
11-2	N. Zeller	1997
11-0	R. Skogen	2023
11-0	M. Evanson	2009
11-0	Kari Heiple	2004
10-7	S. Unger	2019
10-6	K. Benson	2017
10-0	S. Gittings	2023
10-0	K. Jablonski	2018
10-0	M. McLaughlin	2015
10-0	L.J. Fiorita	2014
10-0	E. Vosbeck	2010
10-0	M. Hoyne	1998

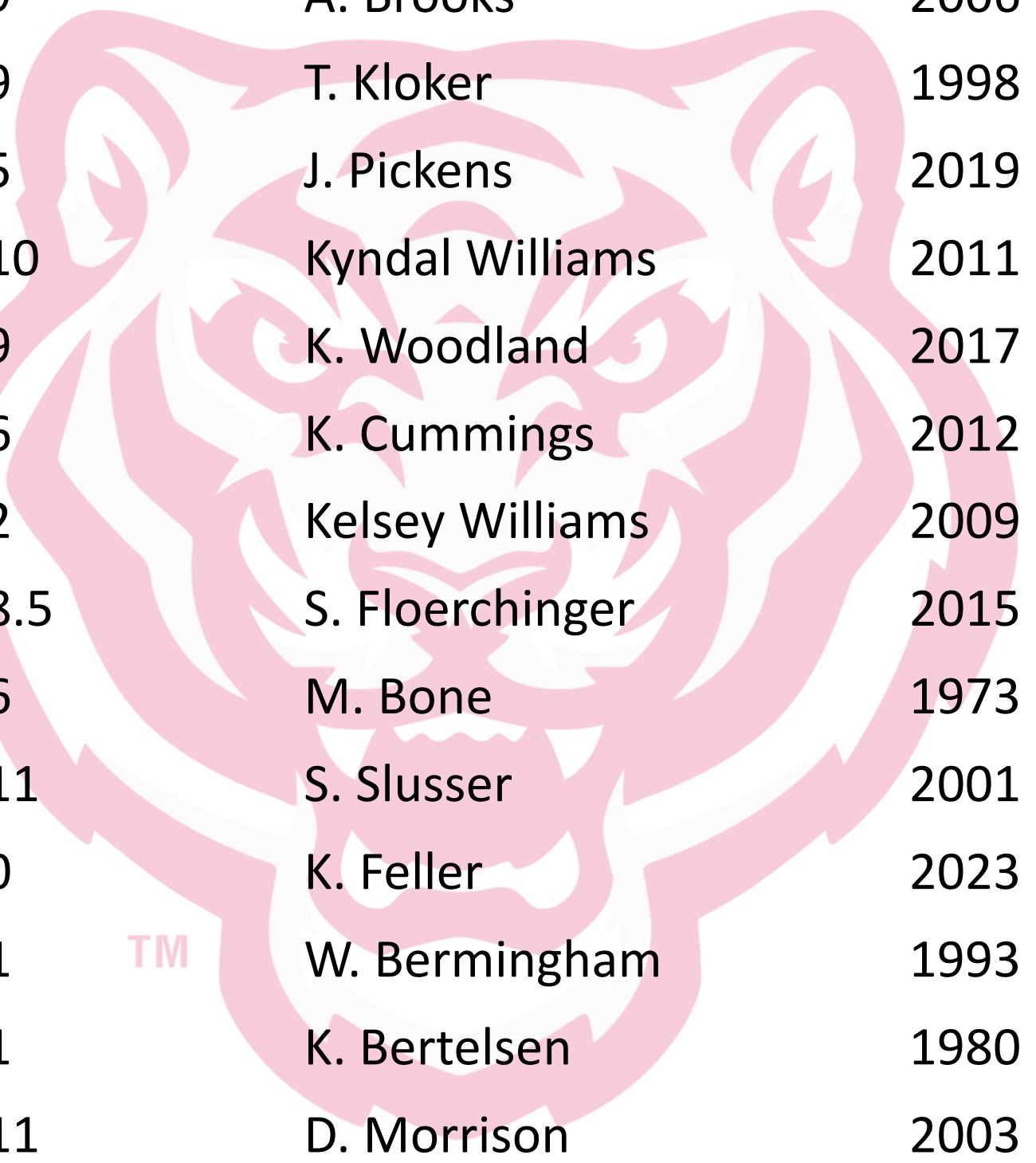
# SHOT PUT



42-0.75	S. Mattfeldt	2022
40-6	A. Morrison	2006
39-10.25	S. Floerchinger	2016
39-7	L. Stewart	1997
38-10.5	T. Kanthack	2011
38-8	S. Morrison	2003
38-8	T. Baraby	1977
38-3	T. Amestoy	2012
38-1.5	A. Christman	2021
37-10	S. Powers	1974
37-6	M. Plummer	2019
37-4.5	J. Pickens	2014
37-4	K. Dunlap	2017
37-0	S. Broadwater	2007
36-8.5	G. Smigaj	1985

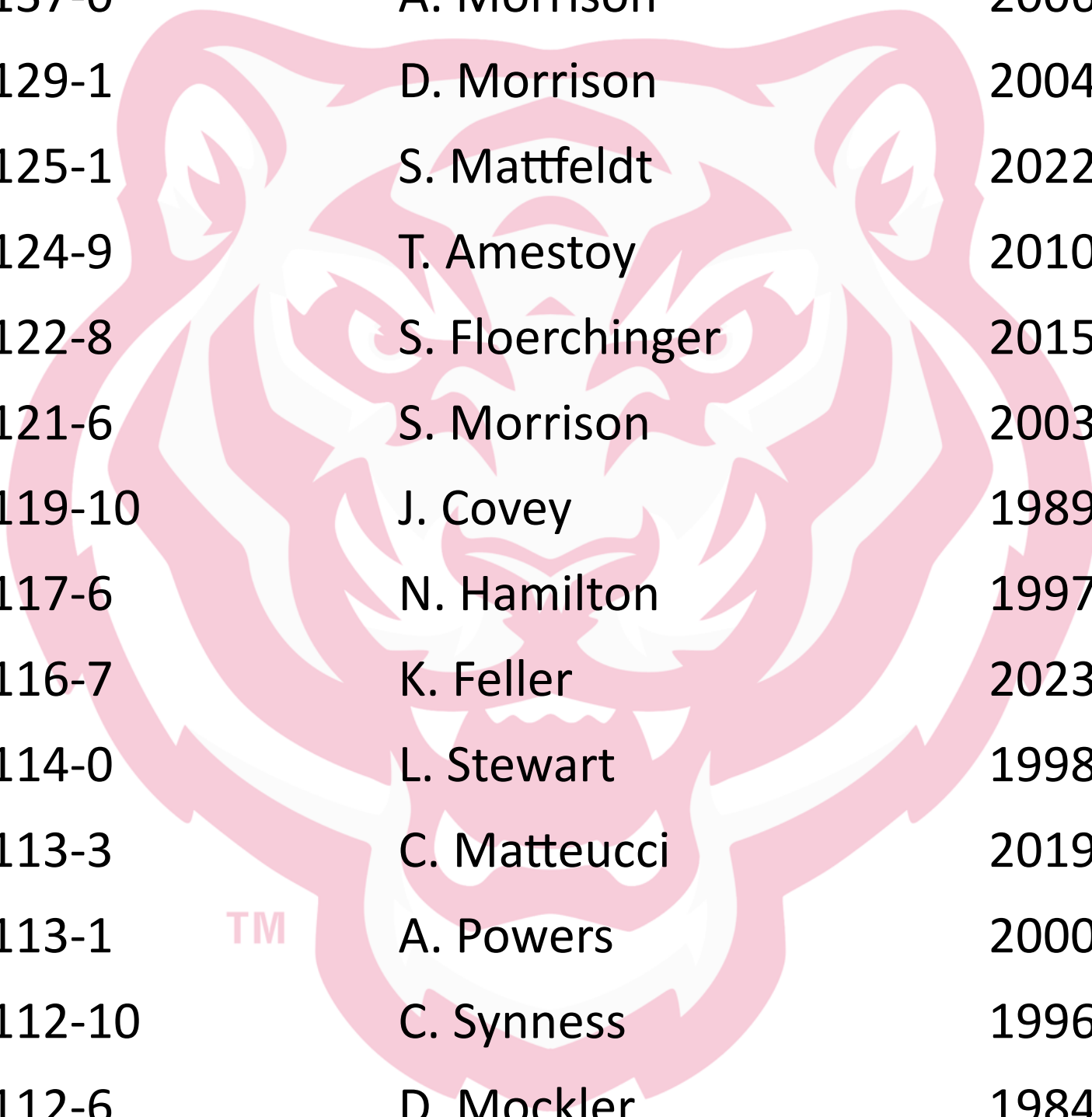
TM

# JAVELIN



155-9	A. Brooks	2006
130-9	T. Kloker	1998
129-5	J. Pickens	2019
127-10	Kyndal Williams	2011
126-9	K. Woodland	2017
125-6	K. Cummings	2012
124-2	Kelsey Williams	2009
122-8.5	S. Floerchinger	2015
120-6	M. Bone	1973
119-11	S. Slusser	2001
117-0	K. Feller	2023
115-1	W. Bermingham	1993
114-1	K. Bertelsen	1980
113-11	D. Morrison	2003
113-7	B. Toner	1984


# DISCUS



137-0	A. Morrison	2006
129-1	D. Morrison	2004
125-1	S. Mattfeldt	2022
124-9	T. Amestoy	2010
122-8	S. Floerchinger	2015
121-6	S. Morrison	2003
119-10	J. Covey	1989
117-6	N. Hamilton	1997
116-7	K. Feller	2023
114-0	L. Stewart	1998
113-3	C. Matteucci	2019
113-1	A. Powers	2000
112-10	C. Synness	1996
112-6	D. Mockler	1984
112-11	K. Dunlap	2015



# 4 x 100 RELAY (TOP 5)



48.69	M. Todorovich N. Wetzel O. Zentz L. Todorovich	2022
48.93	M. Todorovich H. Bishop R. Skogen L. Todorovich	2023
49.17	M. Todorovich E. Linden R. Skogen L. Todorovich	2023
49.35	M. Todorovich K. Sommers O. Zentz L. Todorovich	2022
49.36	W. Haseman E. Smith D. Wignot K. Krpan	2007

TM

# 4 x 400 RELAY (TOP 5)

3:56.56

J. Smiedala

2014

C. Smiedala

K. Kloker

K. Kanthack

4:00.85

K. Sommers

2021

K. Hartnett

C. Ryan

O. Zentz

4:01.74

L. Todorovich

2022

K. Hartnett

M. Todorovich

O. Zentz

RESEARCHING FOR ADDITIONAL TEAMS

TM