

Houghton County

Established 1980-2019

Girls

Track Records

<u>Event</u>	<u>Record Holder</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
3200 M Relay	Beth Sherman, Jenny Bradley Kate Abbott, Timi Barron	Houghton	10:17.07	2001
100 M Hurdles	Becky Kangas	Calumet	16.25	2005
100 M Dash	Chelsea Jacques	Calumet	12.56	2012
800 M Relay	Becky Kangas, Jordan Kronshage Kara Rastello, Shannon Helminen	Calumet	01:50.94	2006
1600 M Run	Christina Mishica	Hancock	05:13.95	2005
400 M Relay	Becky Kangas, Karen Loukas Katie Kangas, Kasey Willis	Calumet	53.38	2006
400 M Dash	Kara Rastello	Calumet	01:00.44	2006
300 M Hurdles	Amber Harris	Calumet	48.37	1985
800 M Run	Karen Koljonen	Calumet	02:25.57	2006
200 M Dash	Chelsea Jacques	Calumet	26.47	2012
3200 M Run	Jane Rautiola	Jeffers	11:38.48	1998
1600 M Relay	Jordan Kronshage, Kara Rastello Kathleen Helminen, Shannon Helminen	Calumet	04:13.56	2006

Field Events

Pole Vault	Angela Guisfredi Stephanie Mishica	LL-H Hancock	9' 06" 9' 06"	2006 2003
Discus	Missy Gurchinoff	Houghton	111' 03"	2000
Shot Put	Kendra Monette	Houghton	38" 03"	2017
High Jump	Adel Grier-Welch Jamie Hendrickson	Houghton LL-H	5' 3" 5' 3"	2011 2018
Long Jump	Becky Kangas	Calumet	17' 1.25"	2006

5/10/2019