

**GIRLS' CAHOKIA CONFERENCE TRACK MEET RECORDS**  
**(First girls' conference meet - 1975)**

Shot Put (8 lbs. 13oz./4 kg)	39' 4 ½ "	Abby Lealaimatafao	Freeburg 2013
Discus	117' 11½ "	Lea Beckemeyer	Central 1997
Long Jump	18' 2 ½"	Jena Hemann	Central 2011
Triple Jump	37' 4 ½"	Jena Hemann Jena Hemann	Central 2009 Central 2011
High Jump	5' 11"	Jena Hemann	Central 2011
Pole Vault	10' 6"	Teah Bliven	Wesclin 2015
4 x 800	10:02.1	Kristen Busch Courtney Heidorn Alysee Rubemeyer Caitlin Busch	Freeburg 2009
4 x 100	51.5	Diana Schaffer Cindy Harres Cheryl Olsson Cindy Stechmesser	Columbia 1980
3200 Run	11:34.54	Brittney Burmester	Red Bud 2013
100 Hurdles	14.97	Lindsay Hearne	Freeburg 2001
100 Dash	12.02	Jena Hemann	Central 2010
800 Run	2:21.8 2:21.8	Beth Heimann Allison Alberts	Central 1999 Freeburg 2004

4 x 200	1:47.5	Kristen Mense Allison Alberts Katie Weber Brenda Whitworth	Freeburg 2005
400 Dash	58.99	Jena Hemann	Central 2011
300 Hurdles	46.9	Lindsay Hearne	Freeburg 2003
1600 Run	5:24.85	Brittney Burmester	Red Bud 2013
200 Dash	26.25	Jena Hemann	Central 2008
4 x 400	4:11.74	Abby Lealaimatafao Lauren Mense Olivia Otten Chelsea Hill	Freeburg 2013

## GIRLS' CAHOKIA CONFERENCE TRACK MEET TEAM RESULTS

<u>1975</u>	
1. <b>Freeburg</b>	<b>61 points</b>
2. Red Bud	59 points
3. Waterloo	48 points
4. Columbia	39 points
5. Wesclin	18 points
6. Dupo	17 points
7. New Athens	10 points
8. Lebanon	4 points

<u>1976</u>	
1. <b>Waterloo</b>	<b>72.5</b>
2. Freeburg	44
3. Dupo	29
Red Bud	29
5. Wesclin	24.5
6. Lebanon	22
7. Columbia	20
8. New Athens	15

<u>1977</u>	
1. <b>Waterloo</b>	<b>69</b>
2. Freeburg	55
3. Red Bud	41
4. Columbia	31
5. Dupo	27
6. Wesclin	21
7. Lebanon	12

<u>1978</u>	
1. <b>Freeburg</b>	<b>79</b>
2. Waterloo	74.5
3. Red Bud	32
4. Columbia	30
5. Wesclin	27
6. Lebanon	8.5
7. Dupo	5

<u>1979</u>	
1. <b>Columbia</b>	<b>71</b>
2. Freeburg	61
3. Waterloo	54
4. Red Bud	43
5. Dupo	16
6. Wesclin	9

<u>1980</u>	
1. <b>Freeburg</b>	<b>69.5</b>
2. Columbia	62
3. Red Bud	51
4. Waterloo	45
5. Dupo	15
6. Lebanon	10.5

<u>1981</u>	
1. <b>Columbia</b>	<b>58</b>
2. Freeburg	57
3. Red Bud	56
4. Waterloo	50
5. Wesclin	20
6. Dupo	14
7. Central	1

<u>1982</u>	
1. <b>Freeburg</b>	<b>79</b>
2. Red Bud	58.5
3. Columbia	55.5
4. Waterloo	50
5. Dupo	6
6. Central	4
7. Marissa	3

<u>1983</u>	
1. <b>Waterloo</b>	<b>99.5</b>
2. Columbia	57.5
3. Freeburg	38
4. Red Bud	29
5. Central	25
6. Wesclin	4
7. Marissa	3

<u>1984</u>	
1. <b>Waterloo</b>	<b>73</b>
2. Red Bud	43
3. Central	42
4. Columbia	40.5
5. Freeburg	33
6. Marissa	12
7. Wesclin	7.5

<u>1985</u>	
1. <b>Freeburg</b>	<b>71.5</b>
2. Columbia	44
3. Red Bud	42
4. Waterloo	34
5. Central	27
6. Marissa	20.5
7. Wesclin	7
8. Lebanon	0

<u>1986</u>	
1. <b>Freeburg</b>	<b>94</b>
2. Red Bud	59
3. Columbia	52
4. Waterloo	24
Wesclin	24
6. Central	14

<u>1987</u>	
1. <b>Freeburg</b>	<b>81</b>
2. Columbia	53
3. Red Bud	47
4. Dupo	30
5. Wesclin	24
6. Waterloo	23
7. Central	13

<u>1988</u>	
1. <b>Freeburg</b>	<b>79</b>
2. Columbia	60
3. Dupo	49
4. Waterloo	29
5. Wesclin	27
6. Red Bud	17
7. Central	7
8. Lebanon	7

<u>1989</u>	
1. <b>Columbia</b>	<b>69.5</b>
2. Waterloo	53.5
3. Freeburg	45.5
4. Red Bud	37
5. Wesclin	26
6. Dupo	17.5
7. Central	15
8. Lebanon	8

<u>1990</u>	
1. Freeburg	115
2. Waterloo	90
3. Red Bud	79
4. Columbia	73
5. Central	71
6. Dupo	56
7. Lebanon	23
8. Wesclin	17

<u>1991</u>	
1. Freeburg	111
2. Waterloo	109.5
3. Lebanon	98
4. Columbia	88.5
5. Red Bud	67
6. Central	28
7. Wesclin	13
8. Dupo	11

<u>1992</u>	
1. Freeburg	123
2. Waterloo	122
3. Columbia	63
4. Lebanon	56
5. Red Bud	51
6. Wesclin	49
7. Central	40
8. Dupo	20

<u>1993</u>	
1. Freeburg	127
2. Columbia	120
3. Waterloo	80
4. Red Bud	58
5. Dupo	43
6. Wesclin	36
7. Central	34
8. Lebanon	25

<u>1994</u>	
1. Freeburg	140
2. Columbia	101
Waterloo	101
4. Red Bud	58
5. Wesclin	53
6. Central	40
7. Dupo	26
8. Lebanon	4

<u>1995</u>	
1. Freeburg	113
2. Waterloo	110
3. Central	103
4. Wesclin	65
5. Columbia	62
6. Red Bud	39
7. Dupo	16
8. Lebanon	15

<u>1996</u>	
1. Freeburg	135
2. Waterloo	126
3. Wesclin	103
4. Central	86
5. Columbia	59
6. Red Bud	37
7. Lebanon	2
Dupo	2

<u>1997</u>	
1. Freeburg	158
2. Central	107
3. Waterloo	90
4. Wesclin	75
5. Columbia	62
6. Red Bud	60
7. Lebanon	2
8. Dupo	0

<u>1998</u>	
1. Freeburg	204
2. Central	114
3. Red Bud	85
4. Wesclin	63
5. Columbia	46
6. Carlyle	17
7. Lebanon	10
8. Dupo	8

<u>1999</u>	
1. Freeburg	186
2. Central	136
3. Wesclin	76
4. Columbia	63
5. Red Bud	58
6. Dupo	21
7. Lebanon	15

<u>2000</u>	
1. Freeburg	166
2. Central	149
3. Columbia	98
4. Wesclin	67.5
5. Red Bud	45.5
6. Lebanon	11
7. Dupo	10

<u>2001</u>	
1. Freeburg	192
2. Columbia	155
3. Central	91
4. Red Bud	50
5. Dupo	38
6. Wesclin	19
7. Lebanon	3

<u>2002</u>	
1. Freeburg	226
2. Columbia	130
3. Central	99
4. Wesclin	51
5. Red Bud	26
6. Dupo	18
7. Lebanon	3

<u>2003</u>	
1. Freeburg	220
2. Columbia	96
3. Red Bud	78
4. Central	70
5. Wesclin	62
6. Lebanon	33
7. Dupo	13

<u>2004</u>	
1. Freeburg	223
2. Red Bud	94
3. Columbia	88.5
4. Wesclin	77
5. Central	71.5
6. Lebanon	5
7. Dupo	2

<u>2005</u>	
1. Freeburg	159
2. Central	128
3. Wesclin	79
4. Red Bud	63
5. Columbia	55
6. Lebanon	39
7. Dupo	37
8. New Athens	10

<u>2006</u>	
1. Central	168
2. Freeburg	148
3. Columbia	117
4. Red Bud	57
5. Wesclin	28
6. Lebanon	20
7. Dupo	17
8. New Athens	9

<u>2007</u>	
1. Central	181.5
2. Columbia	118
3. Freeburg	108
4. Red Bud	70
5. Wesclin	63
6. Lebanon	39
7. Dupo	38.5
8. Steelville	23
9. New Athens	1

<u>2008</u>	
1. <b>Central</b>	<b>187</b>
2. Freeburg	161
3. Wesclin	46
4. Steelville	41
5. Red Bud	36
6. Columbia	35
7. Dupo	25
8. New Athens	3
9. Lebanon	2

<u>2009</u>	
1. <b>Freeburg</b>	<b>216</b>
2. Central	84
3. Steelville	55
4. Red Bud	46
5. Columbia	40
Wesclin	40
7. New Athens	29
8. Lebanon	22
9. Dupo	0

<u>2010</u>	
1. <b>Freeburg</b>	<b>172</b>
2. Central	129.5
3. Wesclin	80
4. Steelville	46
5. Columbia	39
6. Red Bud	38
7. New Athens	30
8. Dupo	4
9. Lebanon	½

<u>2011</u>	
1. <b>Freeburg</b>	<b>216</b>
2. Central	109
3. Red Bud	74
4. Wesclin	46
5. New Athens	40
6. Columbia	39
7. Steelville	15
8. Dupo	10
9. Lebanon	1

<u>2012</u>	
1. <b>Freeburg</b>	<b>240</b>
2. Red Bud	112
3. Central	89
4. Wesclin	39
5. Columbia	33
6. New Athens	19
7. Lebanon	11
8. Steelville	5
9. Dupo	1

<u>2013</u>	
1. <b>Freeburg</b>	<b>212</b>
2. Red Bud	119
3. Wesclin	68
4. Central	46
5. Lebanon	39
6. Columbia	32
7. Dupo	27
8. New Athens	6
9. Steelville	2

<u>2014</u>	
1. <b>Freeburg</b>	<b>196</b>
2. Red Bud	86
3. Central	83
4. Lebanon	70
5. Wesclin	67
6. Dupo	33
7. Columbia	13
8. New Athens	6
9. Steelville	2

<u>2015</u>	
1. <b>Freeburg</b>	<b>180</b>
2. Central	114
3. Wesclin	89
4. Red Bud	47
5. Lebanon	41
6. Dupo	39
7. New Athens	36
8. Steelville	9
9. Columbia	8

## TOP FIVE PLACES

### GIRL'S CAHOKIA CONFERENCE TRACK MEETS FIRST MEET HELD IN 1975

#### SHOT PUT (8lbs. 13oz./4kg) Began in 1980

1.	39' 4 ½"	Abby Lealaimatafao	Freeburg	2013
2.	38' 8 ½"	Abby Lealaimatafao	Freeburg	2014
3.	37' 4 ½"	Abby Lealaimatafao	Freeburg	2011
4.	37' 0"	Abby Lealaimatafao	Freeburg	2012
5.	36' 9 ½"	Abbey Brundage	Red Bud	2012

#### DISCUS

1.	117' 11 ½"	Lea Beckemeyer	Central	1997
2.	117' 2"	Megan Alberts	Freeburg	2003
3.	115' 11"	Debbie Stamm	Red Bud	1977
4.	113' 0"	Jill Winkelman	Steelville	2010
5.	111' 8"	Malissa Martin	Freeburg	1977

#### LONG JUMP

1.	18' 2 ½"	Jena Hemann	Central	2011
2.	18' 1 ¾"	Jena Hemann	Central	2010
3.	18' ½"	Jena Hemann	Central	2009
4.	17' 8"	Jena Hemann	Central	2008
		Kelli Taylor	Wesclin	2004

#### HIGH JUMP

1.	5' 11"	Jena Hemann	Central	2011
2.	5' 6"	Jessica Hemann	Central	2007
	5' 6"	Jena Hemann	Central	2010
	5' 6"	Amy Rzepczynski	Columbia	2013
5.	5' 5"	Lisa Mueller	Freeburg	1987
	5' 5"	Allison Alberts	Freeburg	2004

#### TRIPLE JUMP (Began in 1996)

1.	37' 4 ½"	Jena Hemann	Central	2009
	37' 4 ½"	Jena Hemann	Central	2011
3.	36' 8.5"	Lindsay Hearne	Freeburg	2001
4.	36' 3.5"	Allison Randle	Freeburg	1999
5.	36' 3 ¼"	Jena Hemann	Central	2010

#### POLE VAULT (Began in 2002)

1.	10' 6"	Teah Bliven	Wesclin	2015
2.	9' 9"	Lauren Mense	Freeburg	2013
3.	9' 6"	Lauren Mense	Freeburg	2012
	9' 6"	Chelsea Hill	Freeburg	2013
	9' 6"	Chelsea Hill	Freeburg	2014
	9' 6"	Stephanie Jacobs	Freeburg	2015

#### **4 x 800 METER RELAY (Began in 1986)**

1.	10:02.1	Kristen Busch, Courtney Heidorn Alysee Rubemeyer, Caitlin Busch	Freeburg	2009
2.	10:02.29	Kayla Whitworth, Emily Marler Taylor Haskenhoff, Kristen Collier	Freeburg	2015
3.	10:25.8	Jessica Peach, Kristen Schmidt Jenny Vise, Sally Furkin	Columbia	2001
4.	10:27.75	Taryne Knuckles, Lauren Mense Paige Stateler, Emily Marler	Freeburg	2013
5.	10:28.1	Jenny Bauer, Heather Sternau Sara Randle, Erin Anderson	Freeburg	2001

#### **4 x 100 METER RELAY**

1.	51.5	Diana Schaffer, Cindy Harres, Cheryl Ollson, Cindy Stechmesser	Columbia	1980
2.	51.76	Katie Weber, Emily Jaeger, Kristen Mense, Brittney Kramper	Freeburg	2004
3.	51.9	Diana Shaffer, Patty Olsson, Brenda Thompson, Cindy Harres	Columbia	1979
4.	52.0	Denise Cowing, Linda Casey, Corinne Edgars, Tammy Lindhorst	Dupo	1977
5.	52.06	Riley Rynders, Chelsea Hill Olivia Otten, Kristyn Houck	Freeburg	2013

#### **3200 METER RUN**

1.	11:34.54	Brittney Burmester	Red Bud	2013
2.	11:40.8	Susan Gibson	Wesclin	1994
3.	11:44.4	Brittany Johnson	Lebanon	1992
4.	11:49.75	Kristen Busch	Freeburg	2012
5.	11:53.2	Kirsten Bush	Freeburg	2009

#### **100 METER HIGH HURDLES**

1.	14.97	Lindsay Hearne	Freeburg	2001
2.	15.16	Kim Burke	Columbia	2001
3.	15.43	Lindsay Hearne	Freeburg	2003
4.	15.48	Kim Burke	Columbia	2004
5.	15.5	Stacy Deuser	Wesclin	2000

### **100 METER DASH (Began in 1980)**

1.	12.02	Jena Hemann	Central	2010
2.	12.3	Amy Pelate	Red Bud	1989
3.	12.39	Jena Hemann	Central	2009
4.	12.5	Rosemary Mueller	Columbia	1988
5.	12.6	Jennifer Berry	Waterloo	1985
	12.6	Rosemary Mueller	Columbia	1989

### **800 METER RUN**

1.	2:21.8	Beth Heimann	Central	1999
	2:21.8	Allison Alberts	Freeburg	2004
3.	2:25.0	Allison Alberts	Freeburg	2002
	2:25.0	Stephanie Harres	Columbia	2006
5.	2:25.3	Beth Heimann	Central	1998
	2:25.3	Caitlyn Bush	Freeburg	2009

### **4 x 200 METER RELAY**

1.	1:47.5	Kristen Mense, Allison Alberts, Katie Weber, Brenda Whitworth	Freeburg	2005
2.	1:50.8	Becky Breidecker, Mary Schaller, Julie Hartmann, Susan Hick	Waterloo	1981
3.	1:50.9	Denise Cowing, Linda Casey, Corinne Edgars, Tammy Lindhorst	Dupo	1977
4.	1:51.1		Waterloo	1977
5.	1:51.4	Brittney Kramper, Emily Jaeger, Kristen Mense, Sara Randle	Freeburg	2004

### **400 METER DASH**

1.	58.99	Jena Hemann	Central	2011
2.	59.13	Chelsea Hill	Freeburg	2013
3.	60.0	Brenda Borger	Freeburg	1976
4.	60.2	Julie Edison	Lebanon	1976
5.	60.7	Rosemary Mueller	Columbia	1987

### **300 METER HURDLES (Began in 1986)**

1.	46.90	Lindsay Hearne	Freeburg	2003
2.	46.99	Kim Burke	Columbia	2004
3.	47.4	Nina Jenkins	Lebanon	1991
4.	47.47	Casey Berberich	Lebanon	2015
5.	47.78	Kim Burke	Columbia	2003



### **1600 METER RUN**

1.	5:24.85	Brittney Burmester	Red Bud	2013
2.	5:25.30	Kristen Busch	Freeburg	2012
3.	5:25.31	Caitlyn Busch	Freeburg	2012
4.	5:25.58	Keri Burmester	Red Bud	2015
5.	5:26.0	Kristen Busch	Freeburg	2009

### **200 METER DASH**

1.	26.25	Jena Hemann	Central	2008
2.	26.37	Blair Turner	Wesclin	2010
3.	26.6	Barb Borger	Freeburg	1975
	26.6	Chris Draves	Red Bud	1987
5.	26.7	Jane Lickenbrock	Freeburg	1976
	26.7	Toni Weaver	Wesclin	1985

### **4 x 400 METER RELAY**

1.	4:11.74	Abby Lealaimatafao, Lauren Mense, Olivia Otten, Chelsea Hill	Freeburg	2013
2.	4:14.22	Kristen Mense, Samantha Vasquez, Allison Alberts, Katie Weber	Freeburg	2005
3.	4:14.84	Abby Lealaimatafao, Lauren Mense, Olivia Otten, Chelsea Hill	Freeburg	2012
4.	4:15.64	Kristen Collier, Allison Bergkoetter Alison Hoffmann, Emily Hartmann	Freeburg	2015
5.	4:17.18	Abby Lealaimatafao, Allison Bergkoetter, Olivia Otten, Kristen Collier	Freeburg	2014

## RETIRED EVENTS

### 800 METER MEDLEY RELAY (100-100-200-400 : 1978-2006)

1.	1:55.0	Katie Weber, Kristen Mense, Sara Randle, Brenda Whitworth	Freeburg	2004
2.	1:55.78	Kristen Mense, Katie Weber Allison Alberts, Brenda Whitworth	Freeburg	2005
3.	1:56.3	Diane Shaffer, Cheryl Olsson, Dawn Eppinger, Abby Landgraf	Columbia	1979
	1:56.3	Carol Kettler, Brandi Kaestner, Rene Grandcolas, Carla Kinzinger	Waterloo	1992
5.	1:56.5	Sandy Gee, Dana Inman, Jamie Massberg, Dvonne Lattina	Columbia	1991

### SHOT PUT (8lbs : 1975-1979)

1.	41' 1.25"	Donna Hummert	Freeburg	1978
2.	38' 0.5"	Diane Schreder	Red Bud	1975
3.	36' 0.5"	Debbie Stamm	Red Bud	1977
4.	35' 11.75"	Janet Crook	Waterloo	1977
5.	35' 1"	Debbie Stamm	Red Bud	1976

### 50 YARD DASH (1975)

1.	6.3	Gail Hoffman	Waterloo	1975
2.	6.5	Jane Lickenbrock	Freeburg	1975
3.	6.7	Chris Renner	Red Bud	1975
	6.7	Franny Pope	Columbia	1975
5.	7.0	Deborah Casey	Dupo	1975

### 100 YARD DASH (1975-1979)

1.	11.7	Cindy Harres	Columbia	1979
2.	11.8	Jane Lickenbrock	Freeburg	1976
3.	11.9	Gail Hoffman	Waterloo	1976
	11.9	Denise Bledsoe	Wesclin	1976
	11.9	Tammy Toejnes	Columbia	1977
	11.9	Jane Lickenbrock	Freeburg	1977 & 1979

### 80 YARD HIGH HURDLES (1977)

1.	11.2	Denise Bledsoe	Wesclin	1976
2.	11.2	Denise Bledsoe	Wesclin	1977
3.	11.4	Donna Gale	New Athens	1976
	11.4	Tammy Toejnes	Columbia	1977
5.	11.8	Mary Bellm	Columbia	1975

### 100 HIGH HURDLES

1.	15.3	Tammy Toejnes	Columbia	1976
2.	15.4	Denise Bledsoe	Wesclin	1976
3.	15.7	Mary Bellm	Columbia	1976
	15.7	Tammy Toejnes	Columbia	1977
	15.7	Denise Bledsoe	Wesclin	1978

### 200 YARD HURDLES (1978-1985)

1.	30.6	Cindy Stechmesser	Columbia	1983
2.	30.8	Brenda Thompson	Columbia	1979
3.	31.4	Melissa Hummert	Freeburg	1985
4.	31.5	Cindy Stechmesser	Columbia	1982
5.	31.9	Lori Asselmeier	Columbia	1985

### 880 YARD MEDLEY RELAY (1976-1977 : 220-110-110-440)

1.	1:51.0	Lisa Windeknecht, Dawn Badger, Dawn Reynolds, Margaret Mueller	Waterloo	1977
2.	1:58.3	Jane Lickenbrock, Bonnie Kehrer, Denise Trentman, Brenda Borger	Freeburg	1977
3.	2:00.5	Robin Hopewell, Jan Stahlschmidt, Dawn Landgraph, Brenda Thompson	Columbia	1977
4.	2:02.4		Waterloo	1976

5. 2:02.7 Kelly Seibert, Shari Nehrt, Red Bud 1977  
Karla Goetting, JoAnn Rowold