

South Dakota Girls Track and Field Top 10 Lists
As of December 30, 2024

Girls Javelin

Brynn Nelson	Rapid City Stevens	138'06"	2024
Isabel Carda	Sioux Falls Washington	138'03"	2024
Maddy Rohde	Watertown	132'10"	2023
Bentlee Kollbaum	Elk Point-Jefferson	132'05"	2024
Mia Durdall	Spearfish	129'06"	2024
Kaitlyn Disbrow	Harrisburg	127'10"	2022
Logan Smidt	Brookings	127'05"	2023
Elizabeth Boschee	Sanborn Central/Woonsocket	126'02"	2024
Josey Wickersham	Brandon Valley	125'06"	2023
Josie Curry	Elk Point /Jefferson	124'02'"	2023

Girls Shot Put

Gracelyn Leiseth	Hamlin	52'06.75"	2022
Kelyn Kortemeyer	Custer	48'10.75"	2021
Kris Schaffer	Custer	48'01.50"	2006
Jasmine Greer	Sioux Falls Roosevelt	47'00.75"	2019
Michaela Mayer	Sioux Falls Washington	46'09.50"	2014
Annie Deaver	Sturgis	46'08.50"	1990
Lexie Brady	O'Gorman	46'08.00"	2021
Jocelynn Dockendorf	Corsica	46'04.50"	2003
Lynnae Fox	Newell	46'03.50"	2005
Lisa Griebel	Sioux Falls Roosevelt	46'00.00"	1996

Girls Discus

Gracelyn Leiseth	Hamlin	175'03"	2023
Kellyn Kortemeyer	Custer	165'11"	2022
Karen McDonald	Pierre	163'00"	1979
Susan Sherman	Sioux Falls Roosevelt	159'02"	1998
Sarah Stevens	Hot Springs	151'08"	2001
Caitlin Way	Mitchell	149'11"	2009
Shelby Assmus	Corsica/Stickney	149'10"	2010
Lynnae Fox	Newell	149'07"	2005
Jane Swenson	Brandon Valley	149'04"	2008
Jenny Murphy	Aberdeen Central	148'09"	1997

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Girls Long Jump

Kari Heck	Sioux Falls Washington	20'03.50"	2012
Nyariiek Kur	Sioux Falls Washington	19'10.00"	2024
Alexis Gannon	Brookings	19'05.00"	2014
Shayla Howell	Belle Fourche	19'03.25"	2018
Abby Albers	Spearfish	19'03.25"	2010
Reagan O'Neill	Bennett County	19'00.50"	2024
Matayah Yellow Mule	Rapid City Central	18'11.50"	2021
Jasmyne King	Rapid City Central	18'10.75"	2008
Tamiko Kopfmann	Huron	18'10.50"	2006
Donesha Adams	Sioux Falls Washington	18'10.25"	2003

Girls Triple Jump

Alexis Gannon	Brookings	41'04.50"	2014
Collette Christensen	Rapid City Central	40'04.50"	2012
Nyariiek Kur	Sioux Falls Washington	40'02.50"	2024
Shayla Howell	Belle Fourche	39'09.25"	2017
Matayah Yellow Mule	Rapid City Central	39'09.00"	2022
Ashley Thompson	Rapid City Stevens	39'07.50"	2012
Madison Pederson	Brandon Valley	39'01.25"	2024
Alicia Heiser	Aberdeen Central	38'10.75"	1999
Michelle Mellegaard	Bridgewater	38'09.25"	1995
Shanecca Lloyd	Douglas	38'07.00"	1992

Girls High Jump

Joan Brockhaus	Rosholt	5'10.50"	1977
Mary Wirth	Sioux Falls Lincoln	5'10.00"	2010
Sam Ostrarello	Stanley County	5'10.00"	2009
Tina Baum	Huron	5'10.00"	1988
Beth Wahl	Pierre	5'09.25"	1993
Stacy Johnson	Platte	5'09.00"	1985
Vera Schlosser	Cresbard	5'09.00"	1974
Alayna Falak	Watertown	5'08.00"	2019
Carly Haring	Mitchell	5'08.00"	2019
Michelle Johnson	Rapid City Central	5'08.00"	2017
Janie Sershen	Chester	5'08.00"	2002
Mandy Koupal	Wagner	5'08.00"	1998

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Girls Pole Vault

Leslie Brost	Watertown	13'05.25"	2008
Ciana Stiefel	Custer	12'09.00"	2024
Alayna Falak	Watertown	12'07.00"	2019
Mallory Peck	O'Gorman	12'07.00"	2005
Brittany Stangl	Watertown	12'07.00"	2012
Alli Arampatzis	Aberdeen Central	12'06.00"	2010
Ashley Nord	Rapid City Stevens	12'04.00"	2003
Rylee Punt	Sioux Falls Christian	12'03.50"	2024
Reese Nida	Spearfish	12'01.00"	2024
Daphne Clausen	O'Gorman	12'01.00"	2021

Girls 100M Dash

Jasmyne King	Rapid City Central	11.60h	2008
Cortney Dowling	Pierre	11.60h	2016
Jill Theeler	Mitchell	11.66a	1997
Megan Trotter	Rapid City Central	11.70h	2003
Reagan O'Neill	Bennett County	11.74a	2024
Steph Gebhart	Elkton	11.75a	2003
Hannah Young	Rapid City Central	11.80h	2016
Kari Heck	Sioux Falls Washington	11.80h	2012
Dawn Koehn	Watertown	11.80h	1989
Alexa Duling	Gregory	11.83a	2008

Girls 200M Dash

Jasmyne King	Rapid City Central	24.16a	2008
Cortney Dowling	Pierre	24.27a	2016
Krista Bickley	Brandon Valley	24.27a	2016
Jill Theeler	Mitchell	24.27a	1997
Brittany Page	Watertown	24.48	2005
Nyanas Kur	Sioux Falls Washington	24.53a	2021
Ellen Merkley	Sioux Falls Lincoln	24.54a	2021
Erin Kinney	Harrisburg	24.56a	2019
Reagan O'Neill	Bennett County	24.61a	2024
Kari Heck	Sioux Falls Washington	24.70h	2010
Jenessa Filler	Tri-Valley	24.70h	2005

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Girls 400M Dash

Krista Bickley	Brandon Valley	54.08a	2016
Cortney Dowling	Pierre	54.19a	2016
Berkeley Engelland	Mt. Vernon/Plankinton	54.96a	2023
Kari Heck	Sioux Falls Washington	55.20h	2012
Jasmyne King	Rapid City Central	55.20h	2008
Caelyn Valandra-Prue	White River	55.23a	2021
Jill Theeler	Mitchell	55.25a	1997
Brooke Ireland	Sturgis	55.77a	2014
Darian Thompson	Spearfish	56.00h	2010
Alicia Brown	Vermillion	56.00h	2006

Girls 800M Run

Kay Stormo	Watertown	2:07.90h	1978
Berkeley Engelland	Mt. Vernon/Plankinton	2:09.42a	2024
Alea Hardie	O'Gorman	2:09.64a	2022
Allison Eckert	Sioux Falls Roosevelt	2:11.00a	2006
Macy Heinz	Ipswich	2:11.19a	2015
Krista Eckert	Sioux Falls Roosevelt	2:11.30a	2005
Mia Wentzy	Brandon Valley	2:11.49a	2024
Libby Castelli	O'Gorman	2:12.07a	2024
Jasmyne Cooper	Sioux Falls Lincoln	2:12.14a	2017
Julie Schwengler	Rapid City Stevens	2:12.32a	2004

Girls 1600M Run

Ramsey Kavan	Yankton	4:43.50a	2005
Alea Hardie	O'Gorman	4:44.25a	2022
Libby Castelli	O'Gorman	4:51.11a	2023
Krista Eckert	Sioux Falls Roosevelt	4:53.20a	2005
Allison Eckert	Sioux Falls Roosevelt	4:53.57a	2005
Ali Bainbridge	Sioux Falls Lincoln	4:53.59a	2023
Betsy Bies	Yankton	4:53.77a	2007
Corinne Braun	Sioux Falls Christian	4:54.99a	2024
Isabelle Bloker	Sioux Valley	4:56.28a	2024
Ashley Storm	Yankton	4:56.30a	2006

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Girls 3200M Run

Alea Hardie	O'Gorman	10:10.83a	2022
Allison Eckert	Sioux Falls Roosevelt	10:19.50a	2006
Ramsey Kavan	Yankton	10:20.06a	2005
Betsy Bies	Yankton	10:28.77a	2007
Peyton VanDeest	Spearfish	10:28.98a	2024
Ali Bainbridge	Sioux Falls Lincoln	10:30.25a	2023
Isabelle Bloker	Sioux Valley	10:34.35a	2024
Libby Castelli	O'Gorman	10:39.65a	2023
Tamara Gorman	Rapid City Stevens	10:42.60h	2014
Hiedi Reed	Canton	10:42.60h	1992

Girls 100M Hurdles

Nevada Sorenson	Sioux Falls Lincoln	13.93a	2009
Tessa Gorsuch	Rapid City Central	14.10h	2011
Shannon Hellman	Douglas	14.10h	2004
Cori Vining	Huron	14.22a	2000
Jamie Krautschun	Spearfish	14.24a	1997
Brielle Dixon	Brandon Valley	14.29a	2021
Sierra Shepper	Rapid City Stevens	14.30h	2011
Anna Gaglianno	Rapid City Central	14.30h	2009
Amanda Davis	Sturgis	14.30h	2004
Barb Reimenschneider	Rapid City Stevens	14.30h	1988

Girls 300M Hurdles

Anne Vollmer	Rapid City Central	42.66a	1993
Shannon Hellman	Douglas	43.20h	2004
Elizabeth Schaefer	Rapid City Stevens	43.62a	2019
Emily DeVries	Rapid City Stevens	43.70h	2007
Nyanas Kur	Sioux Falls Washington	43.73a	2021
Nevada Sorenson	Sioux Falls Lincoln	43.90h	2009
Jamie Krautschun	Spearfish	44.00h	1997
Steph McGregor	Mitchell	44.33a	1998
Rhonda Sheffield	Highmore	44.39a	1996
Jenna Hoffman	Mitchell	44.40h	2003

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Girls 4x100M Relay

Sioux Falls Lincoln	L. Merkley, Jerstad, Nesheim, E. Merkley	47.84a	2021
Sioux Falls Washington	Christopherson, Petterson, Johanssen, Kur	48.34a	2018
Brandon Valley	Dixon, Thompson, Nuebel, Bickley	48.38a	2018
Rapid City Stevens	Paris, Sawyer, Hartford, Watson	48.38a	2017
Rapid City Central	Young, Sullivan, Sperlich, Young	48.60a	2017
Sioux Falls Lincoln	Noutsougan, Nesheim, Termaat, Merkley	48.61a	2023
Rapid City Central	Jeffries, Sullivan, Young, Klapperich	48.64a	2015
Rapid City Central	Young, Bagley, Sperlich, Young	48.64a	2018
Rapid City Central	Jackson, Miller, Jasinski, Trotter	48.65a	2003
Harrisburg	Fischer, Halling, Wirth, Kinney	48.67a	2021
Brandon Valley	Dixon, T. Rude, Nuebel, Walker	48.67a	2021

Girls 4x200M Relay

Brandon Valley	T. Rude, Thompson, Nuebel, K. Bickley	1:40.67a	2019
Watertown	Lauseng, Cox, Hauck, Page	1:41.05	2006
Brandon Valley	Nuebel, Thompson, Tingle, K. Bickley	1:41.34a	2017
Brandon Valley	Boomsma, C. Bickley, Tingle, K. Bickley	1:41.90a	2016
Brandon Valley	Dixon, T. Rude, Nuebel, Walker	1:42.24a	2021
Brandon Valley	Bergan, Weiss, Goetzinger, Pederson	1:42.46a	2024
Sioux Falls Christian	Braun, VanDong, Vyn, VanDriesen	1:42.73a	2024
Brandon Valley	Vermeer, Thompson, Rude, Nuebel	1:42.82a	2018
Rapid City Central	Jackson, Miller, Murray, Trotter	1:42.83a	2002
Rapid City Stevens	Wolf, Bedard, Jansen, Garner	1:42.90	2006

Girls 4x400M Relay

Brandon Valley	Hendrick, Waterfall, Tingle, K. Bickley	3:52.95a	2017
Brandon Valley	Presler, Tingle, C. Bickley, K. Bickley	3:53.35a	2016
Rapid City Stevens	Pagel, DeVries, Jansen, Garner	3:53.49a	2006
Brandon Valley	Hendrick, Tingle, C. Bickley, K. Bickley	3:53.92a	2015
Sioux Falls Lincoln	Cooper, Mohr, Bindert, Auen	3:54.83a	2016
Brandon Valley	Weiss, L. Rude, VanDeBerg, Pederson	3:54.99a	2024
Watertown	Hauck, Lauseng, Cox, Page	3:55.60a	2006
Sioux Falls Lincoln	Bindert, Klatt, Sudbeck, Cooper	3:56.31a	2017
Sioux Falls Roosevelt	Peterson, Koll, Schuck, Tadlock	3:56.69a	2024
Spearfish	Rodriguez, Nickles, Bouman, Donovan	3:56.89a	2024

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Girls Medley Relay

Brandon Valley	Weiss, Pederson, Scholten, Wentzy	4:01.38a	2024
Sioux Falls Christian	Braun, VanDonge, Braun, Vyn	4:01.70a	2024
Brandon Valley	Goetzinger, Schmidt, Scholten, Wentzy	4:02.68a	2024
O’Gorman	Barch, Abdouch, Eggers, Castelli	4:03.57a	2024
Yankton	Hovland, Johnson, Storm, Kavan	4:04.70a	2005
Spearfish	Bauman, Rodriguez, Bauman, VanDeest	4:05.33a	2024
Brandon Valley	Dixon, Nuebel, Walker, M. Wentzy	4:05.66a	2021
Sioux Falls Lincoln	Bindert, Auen, Sudbeck, Cooper	4:05.83a	2016
Brandon Valley	Bergan, Pederson, Scholten, Wentzy	4:05.96a	2023
O’Gorman	Meyer, Krouse, Abdouch, Castelli	4:06.06a	2023

Girls 4x800M Relay

Brandon Valley	Scholten, VanDeBerg, L. Rude, Wentzy	8:59.50a	2024
Yankton	Storm, Bies, Kuchta, Kavan	9:01.19a	2005
Sioux Falls Christian	Smith, Braun, Maddox, Vyn	9:06.91a	2024
Brandon Valley	Scholten, VanDeBerg, L. Rude, Wentzy	9:07.03a	2023
Sioux Falls Roosevelt	Thune, Duba, K. Eckert, A. Eckert	9:08.40a	2005
Rapid City Stevens	Blackler, Pagel, Hattervig, Schwenger	9:09.73a	2004
Yankton	Leader, Kuchta, Bies, Storm	9:12.71a	2006
Brandon Valley	Scholten, VanDeBerg, Bergan, Wentzy	9:12.97a	2023
Sioux Falls Roosevelt	Crowley, K. Eckert, Thune, A. Eckert	9:14.38a	2006
Brandon Valley	Scholten, VanDeBerg, Bergan, Wentzy	9:15.93a	2022