

**2023 Lutheran Sports Association State T&F Championships
Concordia University, River Forest, IL - 5/20/2023 to 5/21/2023**

Records

Event 1 Girls 100 Meter Dash

State (Hand)	12.46	2002	Marengo (Zion) - Kelsey Meyer
State (FAT)	12.79	2007	Collinsville (Good Shepherd) - Lauren Wethers

Event 2 Boys 100 Meter Dash

State (Hand)	11.66	1996	Park Ridge (St. Andrew) - Scott Evangelista
State (FAT)	11.82	2016	Hillside (Immanuel) - Jailon Welch

Event 3 Girls 200 Meter Dash

State (Hand)	26.17	1999	Okawville (Immanuel) - Katie Hasheider
State (FAT)	26.47	2006	Collinsville (Good Shepherd) - Lauren Wethers

Event 4 Boys 200 Meter Dash

State (Hand)	24.19	2002	River Forest (Grace) - Simon Schneider
State (FAT)	24.24	2010	Springfield (Trinity) - Dakota Follis

Event 5 Girls 400 Meter Dash

State (FAT)	1:00.58	2016	Champaign (St. John) - Lia Potter
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Event 6 Boys 400 Meter Dash

State (Hand)	53.81	2000	Collinsville (Good Shepherd) - Clint Galaske
State (FAT)	54.36	2007	Collinsville (Holy Cross) - Andrew Ahlers

Event 7 Girls 800 Meter Run

State (FAT)	2:21.97	2017	Lombard (St. John's) - Lauren Huber
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Event 8 Boys 800 Meter Run

State (FAT)	2:07.25	2017	Belleville (Zion) - Garrison Shindler
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Event 9 Girls 1600 Meter Run

State (FAT)	5:17.96	2009	Marengo (Zion) - Katie Adams
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Event 10 Boys 1600 Meter Run

State (FAT)	4:55.12	2012	Yorkville (Cross) - Trevor Wills
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Event 11 Girls 100 Meter Hurdles 30" Height

State (Hand)	15.83	2001	Belleville (Zion) - Jillian Tappendorf
State (FAT)	16.10	2016	Naperville (Bethany) - Fran Laube

Event 12 Boys 110 Meter Hurdles 30" Height

State (Hand)	15.41	1999	Centralia (Trinity) - Jordan Queen
State (FAT)	16.02	2019	Steeleville (St. Marks) - Carter Wasson

Event 13 Girls 4x100 Meter Relay

State (FAT)	52.72	2017	Peoria (Christ) Duncan, Hess, McDaniel, Russel, Thomas
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Event 14 Boys 4x100 Meter Relay

State (FAT)	48.37	2012	Yorkville (Cross) Arroyo, Funk, Hoving, Hoving
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Event 15 Girls 4x200 Meter Relay

State (FAT)	1:52.33	2017	Peoria (Christ) Duncan, Hess, McDaniel, Russel, Thomas
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Event 16 Boys 4x200 Meter Relay

State (FAT)	1:39.83	2012	Yorkville (Cross) Arroyo, Funk, Hoving, Hoving
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Event 17 Girls 4x400 Meter Relay

State (FAT)	4:23.37	2004	Yorkville (Cross) Adamson, Cooper, Redman, Streiter
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Event 18 Boys 4x400 Meter Relay

State (FAT)	3:56.35	2017	Yorkville (Cross)
			Houtz, Klossing, Kok, Schultt, Swenson

Event 19 Girls 4x800 Meter Relay

State (FAT)	10:12.56	2009	Marengo (Zion)
			Adams, Olson, Semro, Sprague

Event 20 Boys 4x800 Meter Relay

State (FAT)	9:26.15	2017	Marengo (Zion)
			Anchor, Chaffin, Leshner, Secor, Smith

Event 21 Girls Long Jump

State (Eng)	16-06.25	2017	Bethalto (Zion) - Maura Niemeier
State	5.04m	2017	Bethalto (Zion) - Maura Niemeier

Event 22 Boys Long Jump

State (Eng)	19-07.00	2010	Springfield (Trinity) - Dakota Follis
State	5.97m	2010	Springfield (Trinity) - Dakota Follis

Event 23 Girls Triple Jump

State (Eng)	35-02.50	2014	Belvidere (Immanuel) - Madison Davis
State	10.73m	2014	Belvidere (Immanuel) - Madison Davis

Event 24 Boys Triple Jump

State (Eng)	40-02.25	2018	Yorkville (Cross) - Jaden Schutt
State	12.25m	2018	Yorkville (Cross) - Jaden Schutt

Event 25 Girls Shot Put 4 kg

State (Eng)	35-00.50	2015	Palatine (Immanuel) - Samantha Ennis
State	10.68m	2015	Palatine (Immanuel) - Samantha Ennis

Event 26 Boys Shot Put 4 kg

State (Eng)	48-00.75	2017	Roselle (Trinity) - Jaden Pankau
State	14.65m	2017	Roselle (Trinity) - Jaden Pankau

Event 27 Girls Discus Throw 1 kg

State (Eng)	103-05	2002	Staunton (Zion) - Jennie Satterlee
State	31.52m	2002	Staunton (Zion) - Jennie Satterlee

Event 28 Boys Discus Throw 1 kg

State (Eng)	143-01	2010	Collinsville (Good Shepherd) - Harry Uyehara
State	43.61m	2010	Collinsville (Good Shepherd) - Harry Uyehara

Event 29 Girls High Jump

State (Eng)	5-04.00	2011	La Grange (St. John's) - Emma Haugen
State	1.63m	2011	La Grange (St. John's) - Emma Haugen

Event 30 Boys High Jump

State (Eng)	5-10.00	2000	Schaumburg (St. Peter) - Jeff Zoellick
State	1.78m	2000	Schaumburg (St. Peter) - Jeff Zoellick