

# Nampa Christian High School

## Girls Top Performances



### 100 Meter Dash

1	Alison Silva	12.47a	2013
2	Chelsea Barr	12.59a	2009
3	Asia Cayetano	12.66a	2016
4	Sarah Smith	12.74	1999
5	Nancy Rawlins	12.84	1984
6	Rachel Miller	12.91a	2014
7	Lauren Burchfield	13.04	2001
	Danielle Pridgen	13.04	2000
9	Brittany Schober	13.21a	2017
10	Hailey Rice (5 tied)	13.24a	2016

### 200 Meter Dash

1	Danielle Pridgen	25.54	2000
2	Chelsea Barr	25.70a	2009
3	Sarah Smith	25.84	1999
4	Kaitlin Troost	26.14a	2006
5	Kylie Weatherford	26.21a	2011
6	Alison Silva	26.26a	2013
7	Asia Cayetano	26.29a	2016
8	Rachel Miller	26.53a	2014
9	Nancy Rawlins	26.54	1984
10	Melanie Greene	26.64	2000

### 400 Meter Dash

1	Danielle Pridgen	55.98a*	2000
2	Sarah Smith	57.87a	1998
3	Rachel Miller	59.28a	2014
4	Kylie Weatherford	59.30a	2011
5	Kaitlin Troost	59.53a	2007
6	Ashley Puga	1:00.08a	2004
7	Diana Downer	1:00.64	1981
8	Melanie Greene	1:01.24	2002
9	Caitlin Roussopoulos	1:01.34	2008
10	Laura Pridgen	1:01.36a	2007

### 800 Meter Run

1	Danielle Pridgen	2:13.91a*	2001
2	Ashley Puga	2:15.15a	2003
3	Michelle Skyles	2:17.1	1983
4	Jaclyn Puga	2:17.28a	2007
5	Sarah Smith	2:20.28a	1998
6	Jill Tilzey	2:26.0	1984
7	Andrea VanderWoude	2:26.21a	2009
8	Krystal DeLeon	2:26.70a	2014
9	Calley Jessup	2:27.1	1999
10	Karen Miller	2:31.5	1974

### 1600 Meter Run

1	Michelle Skyles	5:08.0	1983
2	Jaclyn Puga	5:09.45a	2006
3	Ashley Puga	5:09.5	2003
4	Jill Tilzey	5:11.9	1983
5	Danielle Pridgen	5:15.4	2002
6	Krystal DeLeon	5:29.07a	2013
7	Kim Langdon	5:31.1	1985
8	Calley Jessup	5:34.5	1998
9	Megan Oberst	5:35.2	2008
10	Deb Casper	5:37.4	1980

### 3200 Meter Run

1	Michelle Skyles	10:53.0	1984
2	Ashley Puga	11:07.58a	2003
3	Jill Tilzey	11:16.0	1983
4	Jaclyn Puga	11:22.90a	2006
5	Krystal DeLeon	12:11.0	2012
6	Megan Oberst	12:13.16a	2008
7	Deb Casper	12:17.4	1980
8	Calley Jessup	12:21.0	1999
9	Kim Langdon	12:28.0	1985
10	Kolina Lindholm	12:30.1	1979

### 100 Meter Hurdles

1	Kaycee Brunel	15.24	2008
2	Courtney Schroeder	15.27a	2011
3	Melanie Greene	15.36a	2001
4	Katie Grant	15.51a	2001
5	Laura Pridgen	15.54	2008
	Debi Shank	15.54	1986
7	Melissa Rohwer	15.67a	2011
8	Katie Pridgen	15.84	2006
9	Courtney Crowe	16.24	1989
10	Cheri Russell	16.64	1994

### 300 Meter Hurdles

1	Laura Pridgen	46.18a	2008
2	Melanie Greene	46.25a	2002
3	Lindsey Greene	46.34a	1999
4	Alissa Weatherford	46.50a	2011
5	Katie Grant	46.84	2001
6	Debi Shank	46.92a	1986
7	Katie Pridgen	47.63a	2006
8	Courtney Crowe	47.74	1987
9	Alyssa Howerzyl	48.15a	1995
10	Kaycee Brunel	48.54	2008

### 4 X 100 Meter Relay

1	R Mouw - M Rohwer - M Holton - A Silva	50.20a*	2011
2	A Weatherford - L Lewis - M Holton - A Silva	51.03a	2012
3	R Endicott - E Williamson - K Brunel - C Barr	51.30a	2008
4	J Greene - L Burchfield - M Greene - B Lee	51.33a	2000
5	R Hoaglund - C Barr - K Troost - K Brunel	51.37a	2006
6	J Greene - L Burchfield - M Greene - B Lee	51.42a	2001
7	A Cayetano - L Lewis - B Schober - A Barr	51.46a	2014
8	A Weatherford - K Brunel - Ca Roussopoulos - C Barr	51.55a	2009
9	A Cayetano - H Cayetano - H Rice - B Schober	51.62a	2016
10	R Endicott - C Barr - E Williamson - K Brunel	51.86a	2007

\* 2A State Record

4 X 200 Meter Relay

1 Ch Roussopoulos - K Troost - K Brunel - C Barr	1:45.02a*	2008
2 L Pridgen - C Barr - K Troost - J Puga	1:45.8	2007
3 J Greene - M Greene - B Lee - S Smith	1:46.65a	2000
4 K Brunel - C Barr - K Troost - J Puga	1:47.33a	2006
5 J Greene - L Burchfield - M Greene - D Pridgen	1:47.8	2001
6 A Weatherford - K Troost - Ca Roussopoulos - M Bradley	1:48.17a	2009
7 R Mouw - A Weatherford - C Schroeder - K Weatherford	1:48.30a	2011
8 J Greene - L Greene - C Jessup - M Greene	1:49.24a	1999
9 B Carpenter - L Greene - T Thornfeldt - J Williamson	1:49.7	1997
10 C Jessup - L Greene - K Grant - S Smith	1:50.3	1998

4 X 400 Meter Relay

1 C Barr - K Troost - L Pridgen - J Puga	4:02.71a	2007
2 M Bradley - L Pridgen - K Troost - A VanderWoude	4:07.76a	2009
3 H Brunel - K Pridgen - A Puga - D Pridgen	4:08.7	2003
4 N Rawlins - L Elsberry M Skyles - M Williams	4:09.2	1983
5 K Grant - L Greene - C Jessup - M Greene	4:10.82a	1999
6 K Grant - M Greene - D Pridgen - S Smith	4:11.0	2000
7 A Link - K Pridgen - J Puga - A Puga	4:12.1	2005
8 Ca Roussopoulos - M Bradley - A VanderWoude - L Pridgen	4:12.20a	2008
9 B Schober - A Barr - K - DeLeon - A Cayetano	4:12.74a	2014
10 K Grant - J Greene - C Jessup - S Smith	4:14.6	1998

Medley Relay

1 J Hastriter - L Ellis - M Greene - D Pridgen	1:50.48a*	2002
2 J Greene - L Burchfield - B Lee - D Pridgen	1:50.62a	2000
3 J Greene - N Gingrich - B Lee - D Pridgen	1:51.18a	2001
4 J Hastriter - L Ellis - K Pridgen - D Pridgen	1:51.56a	2003
5 R Endicott - K Brunel - L Pridgen - J Puga	1:52.60a	2007
6 A Cayetano - L Lewis - B Schober - R Miller	1:53.11a	2014
7 R Endicott - E Williamson - Ca Roussopoulos - K Troost	1:53.12a	2008
8 A Sulik - M Holton - A Weatherford - K Weatherford	1:54.15a	2010
9 L Burchfield - J Greene - L Greene - M Greene	1:54.8	1999
10 M Holton - A Silva - R Mouw - A Weatherford	1:54.93a	2011

\* 2A State Record

High Jump

1 Kaycee Brunel	5-7	2006
2 Megan Yett	5-4	2015
Rachel Miller	5-4	2014
Debi Shank	5-4	1985
5 Selena Snider	5-3	1996
6 Gracie Marks	5-2 1/2	1983
7 Cybrina DeVries	5-2	2014
Mercedes Holton	5-2	2012
Courtney Schroeder	5-2	2011
Lindsey Greene	5-2	1997

Long Jump

1 Melissa Rohwer	18-6 3/4	2011
2 Sarah Smith	18-4	1999
3 Katie Grant	17-5 1/2	2001
4 Kaitlin Troost	17-3 1/4	2006
5 Kaycee Brunel	17-3	2006
6 Mercedes Holton	17-2 3/4	2012
7 Melanie Greene	17-1 1/2	2002
8 Chelsea Roussopoulos	17-0 1/4	2008
9 Megan Bradley	16-10 1/4	2009
10 Danielle Pridgen	16-6 1/2	2000

Triple Jump

1 Melissa Rohwer	39-7 3/4	2011
2 Katie Grant	38-8 1/2	2001
3 Laura Pridgen	35-8 1/4	2007
4 Carli Shaul	34-10 3/4	2013
5 Katie Pridgen	34-10	2006
6 Chelsea Roussopoulos	34-0	2008
7 Raquelle Mouw	33-1 1/4	2011
8 Alyssa Howerzyl	32-11 1/4	1995
9 Ella de Jong	32-8	2018
10 Renae VanderStelt	32-5 1/4	1997

Pole Vault

1 Alison Silva	12-2*	2013
2 Chelsea Barr	12-0	2009
3 Auby Barr	11-6	2014
4 Kylie Weatherford	10-6	2011
<b>5 Keziah Glidden</b>	<b>10-0</b>	<b>2019</b>
Asia Cayetano	10-0	2016
7 Morgan Cheney	9-0	2017
Tawny Taylor	9-0	2011
<b>9 Kyra Rishell</b>	<b>8-6</b>	<b>2019</b>
Micaela Barr	8-6	2004

Shot Put

1 Rachel Ligtenburg	37-2 1/2	1995
2 Andrea VanderWoude	36-0 1/2	2009
3 Hannah Bowman	33-11	2003
4 Kami Glinski	33-6 3/4	2018
5 Jenny Greene	32-4	2000
6 Melanie Greene	30-7	2002
7 Jeanine Riggs	30-6	1997
8 Cheryl Silver	30-4 1/2	1982
9 Katie Rhodes	30-4	2014
<b>10 Holly Pearson</b>	<b>29-11</b>	<b>2019</b>

Discus

1 Julia Pastoor	109-2	2009
2 Hannah Bowman	108-1	2003
3 Andrea VanderWoude	107-10	2009
4 Marla Earnest	98-3	1989
5 Michelle Campbell	93-0	1986
6 Alex Winbigler	91-4	2015
7 Lauren DeVries	91-3	2006
8 Ella de Jong	90-11	2017