

# WESTERN LUTHERAN ATHLETIC LEAGUE TRACK & FIELD RECORDS

(Updated May 11, 2018)

## GIRLS – DIVISION B

100 YARD DASH – **13.1**  
*Lauren Schwecke, Guardian (2002)*

220 YARD DASH – **30.7**  
*Allison Holland, St. Matt., Westland (2007)*

440 YARD RUN – **1:11.2**  
*Allison Holland, St. Matt., Westland (2007)*

880 YARD RUN – **2:58.9**  
*Jessica Montgomery, Guardian (1993)*

MILE RUN – **6:06.7**  
*Katherine MacKenzie, Guardian (2001)*

440 YARD RELAY – **1:01.9**  
*Guardian (2001)*  
*(Schwecke, MacKenzie, Alexander, LeDoux)*

880 YARD RELAY – **2:15.2**  
*Guardian (1996)*  
*(Heins, Jung, Hilden, Timm)*

MILE RELAY – **5:24.9**  
*Guardian (1996)*  
*(Hilden, Heins, Jung, Braun)*

100 METER DASH – **13.33**  
*Alexis Johnson, Concordia, Redford (2012)*

200 METER DASH – **29.70**  
*G. Goble, Northville Christian (2009)*

400 METER RUN – **1:11.91**  
*Victoria Pereyra, St. Matt., Westland (2015)*

800 METER RUN – **2:43.50**  
*Thea Schley, St. Michael, Wayne (2016)*

1600 METER RUN – **6:07.53**  
*Thea Schley, St. Michael, Wayne (2016)*

4 x 100 METER RELAY – **1:03.14**  
*Northville Christian (2017)*  
*(Harris, Turchan, White, Wilson)*

4 x 200 METER RELAY – **2:15.40**  
*Detroit Urban (2009)*  
*(Competitors unknown)*

4 x 400 METER RELAY – **5:10.28**  
*St. Michael, Wayne (2016)*  
*(Kintz, Kintz, Schley, Schley)*

HIGH JUMP – **4' 2"**  
*Ariel Roberts, Guardian, Dearborn (2003)*

LONG JUMP – **14' 5 ½"**  
*Micahela Hill, Concordia, Redford (2017)*

SHOT PUT – **31' 10"**  
*Alexis Johnson, Concordia, Redford (2013)*