

KNOX TRACK RECORDS

GIRLS TRACK

100 meter Hurdles	:15.85	Debbie Shepherd	1997
300 meter Low Hurdles	:48.44	Janice Bayless	1995
100 meter Dash	:12.1	Azure Howard	1994
200 meter Dash	:26.2	Tina Bradley	1991
400 meter Dash	:60.1	Cindy Byer	1980
800 meter Run	2:30.3	Cindy Byer	1980
1600 meter Run	5:25	Michelle Maranto	1997
3200 meter Run	12:02.82	Tracey Skibbe	1991
Pole Vault	9' 6"	Brooke Bennett	2012
Shot Put	34' 6"	Tara Conley	2017
Long Jump	16' 10"	Amber Fletcher	2013
High Jump	5' 4"	Dawn Fletcher	2000
Discus	121' 5"	Missy Brammer	1984
1600 meter Relay	4:19.41	Janice Bayless Traci Depoy Niki Lord Tracey Skibbe	1992
3200 meter Relay	10:32.50	Amber Folkers Heather Hignite Michelle Maranto Adrienne Thomas	1998
400 meter Relay	51.61	Sophie Flora Payton McIntire Aerielle McIntire Alexis McClellan	2015

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100 m Low Hurdles	15.85	Debbie Shepherd	1997
300 m Low Hurdles	48.44	Janice Bayless	1995
100 m Dash	:12.1	Azure. Howard	1994
200 m Dash	:26.2	Tina Bradley	1991
400 m Dash	:60.1	Cindy Byer	1980
800 m Run	2:30.3	Cindy Byer	1980
1600 m Run	5:25.0	Michelle Maranto	1997
3200 m Run	12.02.82	Tracey Skibbe	1991
3200 m Relay	10:32.5	Michelle Maranto Adrienne Thomas Heather Hignite Amber Folkers	1998
Shot Put 8 lb. (This event is no longer done)	40'11.5"	D. Rodgers	1979
Shot Put 8 lb. 13 oz.	34'6"	Tara Conley	2017
Long Jump	16'10"	Amber Fletcher	2013
High Jump	5'4 1/4"	Dawn Fletcher	2000
Discus	121'05"	Missy Brammer	1984
400 m Relay	51.61	Sophie Flora Aerielle McIntire Payton McIntire Alexis McClellan	2015
800 m Relay (This event is no longer ran)	1:56.6	J. Harrison P. Bailey S. Hardy R. Schadek	1981
1600 m Relay	4:19.41	Janice Bayless Traci Skibbe Nikki Lord TraceyDePoy	1992
Best Team Record	10 W & 1 L	(.909)	1984
	14 W & 2 L	(.875)	1991
Most Points Scored	114 to 4	Boone Grove	1991