

Treynor JH Cardinal Relays

Schedule of Events

High Jump (G/B) Long Jump (B/G) Shot Put (G/B) Discus (B/G)
 4 x 800m Relay (G/B)
 Shuttle Hurdle Relay (G/B)
 100m Dash (G/B)
 Distance medley Relay (G/B)
 400m Dash (G/B)
 4 x 200m Relay (G/B)
 1500m Run (G)
 1600m Run (B)
 100m Hurdles (G/B)
 200m Dash (G/B)
 Sprint Medley Relay (G/B)
 200m Hurdles (G/B)
 800m Run (G/B)
 4 x 100m Relay (G/B)
 4 x 400m Relay (G/B)

Girls Records

<u>Event</u>	<u>School</u>	<u>Individual</u>	<u>Year</u>	<u>Mark</u>
High Jump	Fremont-Mills	Hurley	2011	5'1"
Long Jump	Underwood	McMains	2016	15' 5 ½ "
Shot Put	Riverside	Frain	2011	30' 5.73"
Discus	Glenwood	Scarborough	2017	91' 00"
4 x 800m	Glenwood		2017	11:10.25
Shuttle Hurdle	Treynor		2009	55.08
100m	Glenwood	Woodward	2016	12.70
Distance Medley	Treynor		2007	4:52.60
400m	Treynor	James	2015	1:03.54
4 x 200	Treynor		2005	2:02.62
1500m	Tri-Center	Pogge	2017	5:29.15
100m Hurdles	Treynor	Myers	2012	17.16
200m	Fremont-Mills	Hurley	2011	28.11
Sprint Medley	Treynor		2007	2:06.95
200m Hurdles	Treynor	Snyder	2005	30.97
800m	Riverside	Taylor	2005	2:41.05
4 x 100m	Treynor		2017	57.09
4 x 400m	Treynor		2015	4:36.54

Boys Records

<u>Event</u>	<u>School</u>	<u>Individual</u>	<u>Year</u>	<u>Mark</u>
High Jump	Treynor	Geer	2008	5'6"
Long Jump	Treynor	Fisher	2016	19' 1"
Shot Put	Treynor	Walters	2009	45' 10 ¼ "
Discus	Treynor	Walters	2009	143'
4 x 800m	Treynor		2007	9:37.90
Shuttle Hurdle	Treynor		2010	48.84
100m	Treynor	Daley	2013	11.53
Distance Medley	Treynor		2008	4:27.43
400m	Underwood	Wollan	2016	57.72
4 x 200m	Underwood		2008	1:49.12
1600m	Treynor	Deitchler	2012	5:10.56
100m Hurdles	Treynor	Daley	2013	13.97
200m	Treynor	Halverson	2016	24.60
Sprint Medley	Underwood		2016	1:52.90
200m Hurdles	Treynor	Daley	2013	25.50
800m	IKM	Martz	2007	2:21.47
4 x 100m	Treynor		2012	50.78
4 x 400m	Treynor		2016	4:05.03