

Shadle Park High School Girl's Relay Records

Girls 4x100 Relay		
Members	Year	Time
Amy Before, Brynn DeLong, Lexi Bishop, Jordan Carlson	2007	49.04
Amy Before, Brynn DeLong, Renee Before, Jordan Carlson	2006	49.06
Amanda Konynenbelt, Sofia Pizzillo, Rashae Williams, Nicole Bennie	2013	49.07
Carolyn Nelson, Emilee Steckler, Katie Schurra, Vanessa Larkin	1997	49.1
Amanda Konynenbelt, Katie Hoffman, Kaelyn Baker, Sofia Pizzillo	2014	49.19
Lexi Bishop, Renee Before, Brynn DeLong, Jordan Carlson	2005	50.5
Rachel Jones, Katie Schurra, Amy Ridings, Kerri Ladish	1999	50.7
Taylor Jones, Peighton Devon, Rashae Williams, Amanda Konynenbelt	2011	51.08
Relay Team	2009	51.16
Aubrey Dunn, Abi Caprye, Madison Claar, Kyleigh Archer	2023	51.61

Girls 4x200 Relay		
Members	Year	Time
Brynn DeLong, Morgan Guske, Brianne Brown, Jordan Carlson	2006	1:43.40
Amy Before, Brynn DeLong, Brianne Brown, Jordan Carlson	2007	1:43.81
Carolyn Nelson, Emilee Steckler, Katie Schurra, Vanessa Larkin	1997	1:44.5
Amanda Konynenbelt, Rashae Williams, Sofia Pizzillo, Hailey Barry	2013	1:44.67
Sidney Ritter, Kaelyn Baker, Amanda Konynenbelt, Sofia Pizzillo	2014	1:45.07
Rashae Williams, Hannah Bokma, Tiara Pajimola, Amanda Konynenbelt	2012	1:45.16
Lindsey Niemeier, Amy Before, Brynn DeLong, Bianca Pope	2007	1:45.45
Lexi Bishop, Jordan Carlson, Morgan Guske, Brianne Brown	2005	1:46.8
Relay Team	2009	1:47.17
Tiara Pajimola, Jenna Humphrey, Martha Wagley, Shayle Dezellem	2010	1:47.36

Girls 4x400 Relay		
Members	Year	Time
Amy Before, Morgan Guske, Brianne Brown, Jordan Carlson	2007	3:51.70
Amy Before, Sasha Mitchell, Brianne Brown, Jordan Carlson	2008	3:55.70
Shayle Dezellem, Katie Morris, Mary Rogers, Amy Before	2009	3:59.15
Renee Before, Morgan Guske, Brianne Brown, Jordan Carlson	2006	3:59.66
Lexi Bishop, Morgan Guske, Brianne Brown, Catie Scheutzle	2005	4:00.63
Sofia Pizzillo, Abby Bauernfiend, Sidney Ritter, Katie Hoffman	2015	4:01.64
Andrea Nelson, Jenna Humphrey, Katie Morris, Shayle Dezellem	2010	4:03.47
Sara Hall, Connie Osso, Jen Crum, Jennifer Tissue	1993	4:04.90
Chelsea Osborn, Dionne Carr, Carrie Clemens, Amy Ridings	2000	4:04.90
Hannah Bokma, Chloe Brooks, Tiara Pajimola, Katie Morris	2012	4:05.26
State Champions		
Amy Before, Sasha Mitchell, Brianne Brown, Jordan Carlson	2008	3:55.70