

USA TRACK AND FIELD (USATF) JUNIOR OLYMPICS

As of June 2019 (updated 11/19/2019)

Records can only be set/recorded at the USATF/Iowa Association State Meet

Event	Name	Record	Year	Age Group	Town
<u>GIRLS TRACK EVENTS</u>					
100 M	Teanna Lewis	15.16	2004	8 and Under	Des Moines Velocity TC
	Kaitlyn Peterson	14.09	1998	9-10 Year Olds	Mississippi Valley TC
	Allison McBroom	13.00	2005	11-12 Year olds	Des Moines Track Iowa
	Tashika Lewis	12.32	1990	13-14 Year Olds	Des Moines YMCA
	Lexie Anderson	12.11	1984	15-16 Year Olds	Pleasant Valley
	Keaton Kester	12.08	2017	17-18 Year Olds	Earlham
200 M	Carson Jarrard	32.80	2004	8 and Under	Fort Dodge Flyers TC
	Ke'Ayla Madison	29.21	2015	9-10 Year Olds	Central Iowa Excalibur TC
	Gretchen Lamar	27.47	2002	11-12 Year olds	Central Iowa Excalibur TC
	Kaaydah Nangle	25.77	2003	13-14 Year Olds	Des Moines Velocity TC
	Lexie Anderson	24.79	1984	15-16 Year Olds	Pleasant Valley
	Keaton Kester	24.56	2017	17-18 Year Olds	Earlham
400 M	Ke'Ayla Madison	1:13.42	2013	8 and Under	Central Iowa Excalibur TC
	Ke'Ayla Madison	1:05.28	2015	9-10 Year Olds	Central Iowa Excalibur TC
	Alexandra Armitage	1:02.03	2006	11-12 Year olds	WSTC - West Des Moines
	Nyla Norman	59.38	2018	13-14 Year Olds	IMPACTT Athletics
	Ellen Dougherty	58.69	2007	15-16 Year Olds	Iowa United Track Club
	Kaley Ciluffo	57.07	2013	17-18 Year Olds	Mississippi Valley TC
800 M	Sarah Foad	2:49.80	2019	8 and Under	Mississippi Valley TC
	Ke'Ayla Madison	2:37.48	2014	9-10 Year Olds	Central Iowa Excalibur TC
	Katie Flood	2:22.33	2004	11-12 Year olds	Central Iowa Excalibur TC
	Ellen Dougherty	2:16.06	2006	13-14 Year Olds	Central Iowa Excalibur TC
	Kaley Ciluffo	2:15.27	2012	15-16 Year Olds	Mississippi Valley TC
	Kaley Ciluffo	2:11.81	2013	17-18 Year Olds	Mississippi Valley TC
1500 M	Sarah Foad	5:46.60	2019	8 and Under	Mississippi Valley TC
	Katie Flood	5:24.40	2002	9-10 Year Olds	Central Iowa Excalibur TC
	Katie Flood	4:58.57	2004	11-12 Year olds	Central Iowa Excalibur TC
	Katie Flood	4:51.94	2006	13-14 Year Olds	Central Iowa Excalibur TC
	Brooke Dinsdale	4:51.95	2006	15-16 Year Olds	Cedar Valley TC
	Cassie Sokol	4:53.64	2005	17-18 Year Olds	Urbandale
3000 M	Ashlyn Keeney	10:58.52	2015	11-12 Year olds	Iowa Speed Track Club
	Katie Flood	10:39.10	2006	13-14 Year Olds	Central Iowa Excalibur TC
	Nicole Criner	10:25.97	2009	15-16 Year Olds	Central Iowa Excalibur TC
	Shannon Gorman	10:43.97	2013	17-18 Year Olds	Cedar Rapids Track Club
2000 M Steeple	Taylor McCreedy	8:23.49	2019	15-16 Year Olds	Atlantic
	Janette Schraft	7:20.55	2018	17-18 Year Olds	Malvern
1500 M Walk	Christa Dirksen	8:22.91	1988	9-10 Year Olds	Mason City
	Christa Dirksen	8:13.79	1989	11-12 Year olds	Mason City
3000 M Walk	Katie Rulapaugh	17:37.60	1994	13-14 Year Olds	Sheffield
	Katie Rulapaugh	15:55.55	1996	15-16 Year Olds	Sheffield
	Katie Rulapaugh	16:23.63	1998	17-18 Year Olds	Sheffield
80 M Hurdles	Mackenzie Carney	13.25	2016	11-12 Year olds	Ames All-American TC
100 M Hurdles	Julia Shonka	15.28	2017	13-14 Year Olds	Des Moines Youth
	Lori Jones	14.47	1998	15-16 Year Olds	Des Moines Youth
	Mary Young	14.52	2014	17-18 Year Olds	Iowa Core elite
200 M Hurdles	Jill Schweibert	28.86	1997	13-14 Year Olds	Brooklyn
400 M Hurdles	Kari Hennigan	59.78	1989	15-16 Year Olds	Altoona
	Sarah Plock	1:03.17	2014	17-18 Year Olds	Iowa Speed Track Club

4 X 100 Relay	IMPACTT Athletics	1:09.39	2017	8 and Under	Waterloo
	Des Moines Youth	1:02.10	2000	9-10 Year Olds	Des Moines
	Fort Dodge Flyers	54.82	1998	11-12 Year olds	Fort Dodge
	IMPACTT Athletics	50.05	2014	13-14 Year Olds	Waterloo
	IMPACTT Athletics	49.01	2015	15-16 Year Olds	Waterloo
	Cedar Valley TC	48.89	2003	17-18 Year Olds	Waterloo
4 X 400 Relay	MVTC	4:59.28	2008	9-10 Year Olds	Bettendorf
	DCG Track Club	4:33.56	2019	11-12 Year olds	Grimes
	Cedar Valley TC	4:18.06	2004	13-14 Year Olds	Waterloo
	MVTC	4:05.35	2013	15-16 Year Olds	Bettendorf
	MVTC	3:58.31	2008	17-18 Year Olds	Bettendorf
4 X 800 Relay	WSTC	10:34.70	1999	11-12 Year olds	West Des Moines
	Cedar Valley TC	9:54.46	2004	13-14 Year Olds	Waterloo
	Cedar Valley TC	9:22.02	2006	15-16 Year Olds	Waterloo
	Iowa United TC	9:53.32	2008	17-18 Year Olds	Denver

GIRLS FIELD EVENTS

Long Jump	Frankie Huether	10' 1"/3.07m	2017	8 and Under	Ankeny
	Lindsay Lettow	13' 8"/4.16m	2000	9-10 Year Olds	WSTC - West Des Moines
	Ronni Caldwell	15' 5"/4.70m	1993	11-12 Year olds	Des Moines Youth
	Kiersten Thorgaard	17' 6"/5.33m	2003	13-14 Year Olds	Ames Impact
	Lexus Lovan	18' 2.25"/5.54m	2011	15-16 Year Olds	Urbandale
	Lexus Lovan	18' 10.75"/5.76m	2014	17-18 Year Olds	Urbandale
Triple Jump	Meaghan Jerrard	33' 8.75"/10.28m	2011	13-14 Year Olds	WSTC - West Des Moines
	Nicole Harker	35' 0.25"/10.67m	1987	15-16 Year Olds	Clarion
	Kim Carson	36' 1.75"/11.02m	1991	17-18 Year Olds	Des Moines YMCA
High Jump	Janielle Rollins	4' 3.25"/1.30m	2001	9-10 Year Olds	Ames Impact
	Sondra Biere	5' 1.25"/1.55m	1988	11-12 Year olds	Des Moines YMCA
	Taylor Twedt	5' 2.5"/1.59m	2008	13-14 Year Olds	Rockwell
	Megan Glisar	5' 7.25"/1.71m	2006	15-16 Year Olds	N4SSC - Sergeant Bluff
	tie (Steph Davis/ Lori Meade)	5' 6"/1.68m	1986	17-18 Year Olds	Dubuque
			1986		S.E. Warren
Pole Vault	Mya Moore	6' 0"/1.83m	2017	15-16 Year Olds	Central Iowa Excalibur TC
	Sybbie Sears	8' 6.5"/2.60m	2014	17-18 Year Olds	Iowa Pride
Shot Put	Kenna McGee	19' 4.25"/5.90m	2012	8 and Under	
	Kate Birchmier	28' 10.25"/8.79m	2007	9-10 Year Olds	Bloomfield
	Kate Birchmier	37' 9.25"/11.51m	2009	11-12 Year olds	Bloomfield
	Kate Birchmier	42' 9"/13.03m	2010	13-14 Year Olds	Bloomfield
	Kate Birchmier	38' 11.25"/11.87m	2013	15-16 Year Olds	Bloomfield
	Laura Kreiner	42' 11.5"/13.09m	1987	17-18 Year Olds	Clarion
Discus	Abby Emsick	94' 2"/28.70m	1995	11-12 Year olds	Council Bluffs
	Kate Birchmier	120' 11"/36.86m	2010	13-14 Year Olds	Bloomfield
	Kiana Phelps	134' 6"/40.99m	2013	15-16 Year Olds	Kingsley
	Stacey Anderson	134' 0"/40.84m	1997	17-18 Year Olds	Palmer
Hammer Throw	Mackenzie Goeller	77' 10.25"/23.73m	2016	15-16 Year Olds	Fairbank
	Kaitlyn Gammon	111' 5"/33.97m	2019	17-18 Year Olds	Cedar Rapids
Javelin	Raegan Burrows	52' 0"/15.84m	2019	8 and Under	I-Run Track Club
	Margaret Gorman	75' 5"/22.99m	2014	9-10 Year Olds	Cedar Rapids Track Club
	Olivia Gallentine	75' 4"/22.96m	2019	11-12 Year olds	Lynx Youth Track Club
	Elaine Wang	101' 5"/30.91m	2018	13-14 Year Olds	WSTC - West Des Moines
	Gabbie Bullard	114' 4"/34.85m	2017	15-16 Year Olds	Iowa Speed Track Club
	Gabbie Bullard	131' 4"/40.03m	2018	17-18 Year Olds	Iowa Speed Track Club

GIRLS COMBINED EVENTS

- Triathlon	Taylor Twedt	1108	2004	9-10 Year Olds	Rockwell
- Pentathlon	Mackenzie Carney	2586	2016	11-12 Year olds	Ames All-American TC
- Pentathlon	Taylor Twedt	2978	2008	13-14 Year Olds	Rockwell
- Heptathlon	Lindsay Lettow	4093	2005	15-16 Year Olds	WSTC - West Des Moines
- Heptathlon	Lauren Lindamen	4218	2005	17-18 Year Olds	WSTC - West Des Moines

BOYS TRACK EVENTS

100 M	Aaron Smith	14.63	2011	8 and Under	Des Moines Youth
	Matthew Goodwin	13.49	2007	9-10 Year Olds	Ames Impact TC
	David Ferguson	12.40	1990	11-12 Year olds	Des Moines YMCA
	tie Jovon McGruder	11.24	1998	13-14 Year Olds	Des Moines Panthers
	Doug Miller		1991		Mt. Pleasant
	Terry Gantt	10.95	2002	15-16 Year Olds	Cedar Rapids
	Demichole Deeds	10.62	2002	17-18 Year Olds	Des Moines
200 M	Matthew Goodwin	30.87	2005	8 and Under	Ames Impact TC
	Matthew Goodwin	27.30	2007	9-10 Year Olds	Ames Impact TC
	Jovon McGruder	25.06	1996	11-12 Year olds	DM Oakridge
	Jovon McGruder	22.59	1998	13-14 Year Olds	Des Moines Panthers
	Terry Gantt	22.19	2002	15-16 Year Olds	Cedar Rapids
	Demichole Deeds	21.54	2002	17-18 Year Olds	Des Moines
400 M	Preston Stensland	1:10.16	2015	8 and Under	Ames All-American TC
	Aaron Smith	1:05.12	2013	9-10 Year Olds	Iowa Core Elite
	Joe Gorsche	56.52	2009	11-12 Year olds	Des Moines Track Iowa
	Joe Gorsche	53.03	2011	13-14 Year Olds	Des Moines Track Iowa
	Aaron Stockstell	49.92	2005	15-16 Year Olds	Cedar Valley TC
	Kaleb Van Cleave	49.16	2011	17-18 Year Olds	Des Moines Youth
800 M	Preston Stensland	2:41.14	2015	8 and Under	Ames All-American TC
	Preston Stensland	2:26.61	2016	9-10 Year Olds	Ames All-American TC
	Joe Gorsche	2:15.10	2009	11-12 Year olds	Des Moines Track Iowa
	Joe Gorsche	2:05.33	2011	13-14 Year Olds	Des Moines Track Iowa
	Matt Clark	1:58.55	2002	15-16 Year Olds	Ames Impact
	Aaron Stockstell	1:56.14	2006	17-18 Year Olds	Cedar Valley TC
1500 M	Jaxon Whitmire	5:40.75	2019	8 and Under	Johnston Running Club
	Preston Stensland	4:58.90	2017	9-10 Year Olds	Ames All-American TC
	Preston Stensland	4:40.32	2019	11-12 Year olds	Iowa Flyers Track Club
	David Zimmer	4:28.96	2010	13-14 Year Olds	Mississippi Valley TC
	Thomas Pollard	4:09.87	2013	15-16 Year Olds	Ames
	Darin Rippey	4:12.50	1986	17-18 Year Olds	Des Moines YMCA
3000 M	Mitch Wink	10:26.14	2005	11-12 Year olds	WSTC - West Des Moines
	Tom Caughlan	9:22.52	1993	13-14 Year Olds	Mason City
	Thomas Pollard	9:01.00	2013	15-16 Year Olds	Ames
	Atem Akok	9:02.11	2013	17-18 Year Olds	Perry
SteepleChase	Carter Owen	6:55.96	2018	15-16 Year Olds	WSTC - West Des Moines
	Spencer Smith	6:35.00	2017	17-18 Year Olds	Mississippi Valley TC
1500 M Walk	Danny Welp	9:17.80	1989	9-10 Year Olds	Algona
	Alex Fagen	8:31.94	2004	11-12 Year olds	WSTC - West Des Moines
3000 M Walk	Alex Fagen	17:27.55	2006	13-14 Year Olds	WSTC - West Des Moines
	Aaron Steadman	15:52.00	1986	15-16 Year Olds	Cedar Rapids
80 M Hurdles	Tamin Lipsey	12.60	2015	11-12 Year olds	Ames All-American TC
100 M Hurdles	Tamin Lipsey	13.28	2017	13-14 Year Olds	Ames All-American TC
110 H Hurdles	Jordan Mullen	14.76	2006	15-16 Year Olds	Elliott
	Chris Wycoff	14.04	1993	17-18 Year Olds	Ames
200 M Hurdles	Doug Dodd	24.91	1987	13-14 Year Olds	Hampton
400 M Hurdles	Greg Gaun	56.14	1988	15-16 Year Olds	
	Blake Wilkerson	55.10	1985	17-18 Year Olds	
4 X 100 Relay	Central Iowa Excalibur	66.61	2018	8 and Under	Des Moines
	Fort Dodge Comets	58.57	2000	9-10 Year Olds	Fort Dodge
	Des Moines Velocity	52.81	2005	11-12 Year olds	Des Moines
	Track Iowa	47.64	2006	13-14 Year Olds	Des Moines
	Des Moines Velocity	44.43	2008	15-16 Year Olds	Des Moines
	Track Iowa	42.02	2003	17-18 Year Olds	Des Moines

4 X 400 Relay	Des Moines Velocity	4:50.14	2002	9-10 Year Olds	Des Moines
	Des Moines Velocity	4:20.32	2005	11-12 Year olds	Des Moines
	Mississippi Valley TC	3:44.09	2015	13-14 Year Olds	Bettendorf
	Ames Impact	3:33.09	2002	15-16 Year Olds	Ames
	Des Moines Youth	3:29.31	1996	17-18 Year Olds	Des Moines
4 X 800 Relay	Ames Impact	10:17.16	2001	11-12 Year olds	Ames
	CVTC/Mason City TC	9:00.26	2002	13-14 Year Olds	Mason City
	Top of the State	8:47.35	1993	15-16 Year Olds	Marshalltown
	Marshalltown	8:15.35	1987	17-18 Year Olds	Marshalltown

BOYS FIELD EVENTS

Long Jump	Tamin Lipsey	12' 8"/3.86m	2011	8 and Under	Ames Impact TC
	Tamin Lipsey	15' 11"/4.85m	2013	9-10 Year Olds	Ames All-American TC
	Tamin Lipsey	16' 5"/5.00m	2014	11-12 Year olds	Ames All-American TC
	Doug Miller	19' 9.5"/6.03m	1991	13-14 Year Olds	Mt. Pleasant
	Tamin Lipsey	21' 7.50"/6.59m	2018	15-16 Year Olds	Ames All-American TC
	Mike Anderson	22' 5.75"/6.85m	1985	17-18 Year Olds	Waterloo
Triple Jump	Tom Kucera	38' 6.75"/11.75m	1994	13-14 Year Olds	Marne
	Jaron Van Maanen	42' 4"/12.90m	2002	15-16 Year Olds	Sully
	Quinton Musgrove	43' 11.25"/13.39m	2008	17-18 Year Olds	Mississippi Valley TC
High Jump	tie (Chase McNaughton	4' 5"/1.35m	2019	9-10 Year Olds	Le Mars
	Robert Kampman)		1992	9-10 Year Olds	Forest City
	tie (Tamin Lipsey	5' 0"/1.52m	2013	11-12 Year olds	Ames All-American TC
	Nathan Ludwig)		1988		Forest City
	Jaron Van Maanen	6' 0.5"/1.84m	2000	13-14 Year Olds	Sully
	tie (Thomas Larson	6' 6"/1.98m	2008	15-16 Year Olds	Iowa United TC
	Jaron Van Maanen)		2001		Sully
Pole Vault	Pat Conlon	6' 9"/2.06m	1986	17-18 Year Olds	Clarion
	Koah Thompson	6' 0.75"/1.85m	2016	13-14 Year Olds	Central Iowa Excalibur TC
	Ben Burbach	9' 10"/3.00m	2014	15-16 Year Olds	Moville
	tie (Bob Edwards/	12' 0"/3.66m	1986	17-18 Year Olds	Fort Dodge
	Chip Palp)	12' 0"/3.66m	1985		Paton Churdan
Shot Put	Braylon Jackson	24' 1.5"/7.35m	2019	8 and Under	Central Iowa Excalibur TC
	Nicholas Phelps	29' 8.25"/9.05m	2009	9-10 Year Olds	Kingsley
	Ryan Lamparek	43' 4.5"/13.22m	2001	11-12 Year olds	Fairfax
	Matthew Webner	50' 1.75"/15.28m	2013	13-14 Year Olds	Panora
	Darryl Hunter	51' 0.75"/15.56m	2001	15-16 Year Olds	Des Moines Youth TC
	Nicholas Phelps	57' 10.5"/17.64m	2017	17-18 Year Olds	Kingsley
Discus	Travis Senters	113' 4"/34.54	1988	11-12 Year olds	Iowa Falls
	Allan Walz	161' 7"/49.25m	1987	13-14 Year Olds	Bondurant
	Alex Goeller	155' 1"/47.27m	2010	15-16 Year Olds	Fairfield
	Chase Madison	190' 7"/58.09m	2003	17-18 Year Olds	Newton
Hammer Throw	Nick Phelps	106' 9"/32.54m	2015	15-16 Year Olds	Kingsley
	Jacob Barents	135' 5"/41.28m	2014	17-18 Year Olds	High Voltage Track Club
Javelin	Taylor Collins	65' 1"/19.84m	2013	8 and Under	Central Iowa Excalibur TC
	Jaxson Minear	91' 11"/28.03m	2017	9-10 Year Olds	Central Iowa Excalibur TC
	Owen McCartan	84' 4"/25.70m	2019	11-12 Year olds	Tiger Track Club
	Drake Woody	148' 2"/45.16m	2016	13-14 Year Olds	Iowa Speed Track Club
	Steve Bintz	158' 10.75"/48.43m	2001	15-16 Year Olds	Dayton
	Jonathan Bednar	174' 7"/53.21m	2012	17-18 Year Olds	WSTC - West Des Moines

BOYS COMBINED EVENTS

- Triathlon	Koa Thompson	570	2013	9-10 Year Olds	Johnston Track Club
- Pentathlon	Tamin Lipsey	2546	2015	11-12 Year olds	Ames All-American TC
- Pentathlon	Tamin Lipsey	3304	2017	13-14 Year Olds	Ames All-American TC
- Decathlon	Zach Toomey	5218	1997	15-16 Year Olds	West Des Moines
- Decathlon	Travis Geopfert	6207	1996	17-18 Year Olds	Panora