

## Heartland Regional Homeschool Track and Field Records 2023

### 8U Girls

Event	First Name	Last Name	Team	Record	Year	
50	Grace	Hiatt	Springfield Knights	8.26	2023	new
100	Adelyn	Morgan	Springfield Knights	16.48	2023	new
200	Elizabeth	Metzner	NWA Hornets	40.63	2023	new
400	Adelyn	Morgan	Springfield Knights	01:31.7	2023	new
800	Annabella	Koontz	Springfield Rush	3:35.16	2023	new
1600	Elizabeth	Metzner	NWA Hornets	8:24.78	2023	new
4x100 Relay	L. Bird, E. Metzner, C. Lawson, L. Metzner		NWA Hornets	01:31.5	2023	new
4x200 Relay						
4x400 Relay	A. Morgan, E. Wiberg, A. McLean, G. Hiatt		Springfield Knights	6:57.08	2023	new
Long Jump	Grace	Hiatt	Springfield Knights	9-06.25	2023	new
Triple Jump	Grace	Hiatt	Springfield Knights	22-11.5	2023	new
High Jump	Alora	McLean	Springfield Knights	2'-10"	2023	new
Shot Put	Caralyn	Morgan	Springfield Knights	10-03.5	2023	new
Discus						

#### Division Winners

2021 Springfield Knights  
 2022 Springfield Knights  
 2023 Springfield Knights

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## Heartland Regional Homeschool Track and Field Records 2023

8U Boys							
Event	First Name	Last Name	Team	Record	Year		
	<b>50</b>	<b>Elijah</b>	Abide	NWA Hornets	8.52	2023	new
	100	Elijah	Abide	NWA Hornets	16.04	2023	new
	200	Thomas	Minner	Springfield Knights	39.57	2023	new
	400	Michael	Loomis	Springfield Knights	1:32.56	2023	new
	800	Dawson	White	NWA Hornets	3:32.79	2023	new
	1600						
4x100 Relay							
4x200 Relay	T. Minner, J. Ferguson, R. Cammeron, B. Fahlstrom		Springfield Knights	2:51.3	2023	new	
4x400 Relay	T. Hyson, J. Stone, M. Loomis, J. Goodwyn		Springfield Knights	07:06.9	2023	new	
Long Jump	Elijah	Abide	NWA Hornets	10-00.75	2023	new	
Triple Jump	Benjamin	Koontz	Springfield Rush	19-07.5	2023	new	
High Jump	Benjamin	Koontz	Springfield Rush	2-10.00	2023	new	
Shot Put	Benjamin	Fahlstrom	Springfield Knights	13-02.5	2023	new	
Discus	Benjamin	Fahlstrom	Springfield Knights	40-01.75	2023	new	
<u>Division Winners</u>							
	2021	Springfield Knights					
	2022	Springfield Knights					
	2023	Springfield Knights					

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## Heartland Regional Homeschool Track and Field Records 2023

### 10U Girls

Event	First Name	Last Name	Team	Record	Year
100	Lily	Espy	Springfield Knights	16.6	2021
200	Claire	Williams	FCA	30.82	2021
400	Kyelin	Thrash	OK Storm	1:21.02	2022
800	Hanna	Thomas	KC East	3:17.84	2021
1600	Hanna	Thomas	KC East	7:12.37	2021
2400					
80 Hurdles	Karis	Pratt	Tulas Noah	17.86	2021
4x100 Relay	B. Bunn, L. Espy, L. Mahadevan, R. Freelan		Springfield Knights	1:13.74	2021
4x200 Relay	G. Keller, E. Smith, N. Sedlock, C. Williams		FCA	2:32.61	2021
4x400 Relay	F. Jenks, M. Chapman, K. Schroader, M. Christensen		Springfield Knights	6:32.48	2021
Long Jump	Ella	Marcum	Lighthouse Christian	10-08.00	2021
Triple Jump	Claire	Williams	FCA	25-00.00	2021
High Jump	Ella	Marcum	Lighthouse Christian	4-01.00	2021
Shot Put	Asalia	Lwali	Springfield Knights	20-05.5	2023 new
Discus	Asalia	Lwali	Springfield Knights	48-08.75	2023 new

#### Division Winners

2021 Springfield Knights  
 2022 Springfield Knights  
 2023 Springfield Knights

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## Heartland Regional Homeschool Track and Field Records 2023

### 10U Boys

Event	First Name	Last Name	Team	Record	Year
100	Logan	Goins	Tulsa Noah	15.40	2021
200	Berek	Thrash	OK Storm	31.36	2022
400	Cristian	Smith	Tulsa Noah	1:15.58	2021
800	Logan	Tolin	NEK Nighthawks	3:12.5	2023 new
1600	Asher	Nugent	Springfield Knights	6:51.84	2022
2400	Edmund	Christensen	Springfield Knights	12:12.00	2023 new
80 Hurdles	Nate	Hanson	Springfield Knights	18.23	2021
4x100 Relay	M. Kasner, R. Jones, ???, ???		Tulsa Noah	1:02.42	2021
4x200 Relay	M. Kesner, R. Jones, ?????, ?????		Tulsa Noah	2:17.78	2021
4x400 Relay	M. Gazaway, J. Metzner, N. McConnell, Z. Schmidt		NWA Hornets	5:59.13	2023 new
4x800	Z. Gazaway, R. Kendrick, S. Goze, M. Gazaway		NWA Hornets	13:24-7	2021
Long Jump	Finn	Schmitz	Tulsa Noah	11-11.00	2021
Triple Jump	Robert	Hiatt	Springfield Knights	26-03.5	2021
High Jump	Isaac	Loomis	Springfield Knights	3-10.00	2023 new
Shot Put	Robert	Hiatt	Springfield Knights	26-07.25	2021
Discus	Evan	Parker	Springfield Rush	51-06.25	2023 new

#### Division Winners

2021 Springfield Knights  
 2022 Springfield Knights  
 2023 Springfield Knights

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## Heartland Regional Homeschool Track and Field Records 2023

### 12-U Girls

Event	First Name	Last Name	Team	Record	Year
100	Bree	Born	NWA Hornets	13.81	2021
200	Bree	Blankenship	NEK Nighthawks	31.25	2023 new
400	Bree	Blankenship	NEK Nighthawks	1:10.14	2023 new
800	Bayli	Sterbenz	NEK Nighthawks	2:36.68	2023 new
1600	Bayli	Sterbenz	NEK Nighthawks	5:40.22	2023 new
2400	Bayli	Sterbenz	NEK Nighthawks	8:49.44	2023 new
80 Hurdles	Makayla	Fisher	Tulsa Noah	15.22	2022
4x100 Relay	M. Fisher, K. Shiew, K. Pratt, B. Phibbs		Tulsa Noah	1:00.88	2022
4x200 Relay	M. Fisher, K. Shiew, K. Pratt, B. Phibbs		Tulsa Noah	2:07.90	2022
4x400 Relay	M. Fisher, K. Pratt, L. Hall, K. Shiew		Tulsa Noah	5:23.98	2022
4x800 Relay	L. Hall, E. Rice, L. Miller, A. Lafayette		Tulsa Noah	14:09.45	2022
Long Jump	Miracle	Stone	Springfield Knights	13-04.00	2023 new
Triple Jump	Nancy	Hiatt	Springfield Knights	25-03.5	2021
High Jump	Hannah	Marcum	Lighthouse Christian	4-00.0	2021
Shot Put	Heartlee	Ledet	OK Knights	26-05.5	2022
	Sarah	Ferguson	Springfield Knights	26-05.5	2023
Discus	Heartlee	Ledet	OK Knights	61-05.5	2022

#### Division Winners

2021 Springfield Knights  
 2022 Tulsa Noah  
 2023 Springfield Knights

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## Heartland Regional Homeschool Track and Field Records 2023

### 12-U Boys

Event	First Name	Last Name	Team	Record	Year	
	100	Joshua	Cuellar	Tulsa Noah	13.40	2021
	200	Michael	Hurst	Tulsa Noah	27.04	2022
	400	Micah	Rogers	Springfield Knights	01:05.5	2022
	800	Ryker	DeMoss	Tulsa Noah	2:27.92	2021
	1600	Cristian	Smith	Tulsa Noah	6:15.59	2022
	2400	Isaac	Inchaustegul	FCA	10:11.25	2021
80 Hurdles		Gideon	Anderson	Tulsa Noah	15.94	2022
4x100 Relay	R. Jones, M. Kesner, M. Hurst, L. Goins		Tulsa Noah	55:12.0	2022	
4x200 Relay	R. Jones, M. Kesner, M. Hurst, L. Goins		Tulsa Noah	2:02.59	2022	
4x400 Relay	A. Williams, I. Ichaustagul, I. Watson, J. Gardner		FCA	4:58.29	2021	
4x800	A. Nugent, R. Hiatt, J. Wiberg, Z Clingman		Springfield Knights	12:41.4	2023 new	
Long Jump	Lucas	Marichal	Cornerstone	13-00.75	2021	
Triple Jump	Robert	Hiatt	Springfield Knights	30-10.00	2023	
High Jump	Abram	Williams	FCA	4-06.00	2021	
		Gideon	Goodwyn	Springfield Knights		2022 new
Shot Put	Ethan	blanton	Lighthouse Christian	31.06.25	2021	
Discus	Micah	Rogers	Springfield Knights	86-11.5	2022 new	
<u>Division Winners</u>						
	2021	Springfield Knights				
	2022	Springfield Knights				
	2023	Springfield Knights				

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## Heartland Regional Homeschool Track and Field Records 2023

### JH Girls

Event	First Name	Last Name	Team	Record	Year
100	Lily	Schroeder	Springfield Rush	12.73	2023 new
200	Carolina	Garner	Tulsa Noah	28.31	2022
400	Skyler	Tolin	NE Kansas Saints	1:05.93	2022
800	Julia	Trost	Tulsa Noah	2:35.28	2022
1600	Zyah	Thrash	OK Storm	"5:50.63	2022
2400	Ella	Grennan	Springfield Knights	9:28.37	2021
100 Hurdles	Lila	Sterbenz	NE Kansas Saints	17.36	2023 new
300 Hurdles	Christian	Steuck	Eldorado Christian	51.17	2021
4x100 Relay	B. Burgess, L. Ray, S. Garrison, J. Polston		Springfield Rush	1:00.65	2023 new
4x200 Relay	A. Brandenburg, L. Kesner, C. Garner, P. Rainey		Tulsa Noah	2:01.74	2022
4x400 Relay	A. Brandenburg, S. Marti, C. Garner, J. Troost		Tulsa Noah	4:38.55	2022
4x800 Relay	L. Donhue, S. Marti, L. Kesner, J. Troost		Tulsa Noah	11:20.42	2022
Long Jump	Lila	Sterbenz	NEK Nighthawks	14-05.5	2023 new
Triple Jump	Miaya	Schroeder	Springfield Knights	28-11.5	2023 new
High Jump	Trinity	Koontz	Springfield Rush	4-02.0	2021
Shot Put	Jennady	Welte	Springfield Knights	30-08.5	2023 new
Discus	Kalana	Smittick	Cornerstone	84-06.00	2021
Javelin	Joslynn	Polston	Springfield Rush	72-00.75	2023 new
Pole Vault	Adial	DeMoss	Tulsa Noah	7-06.00	2021

### Division Winners

2021 Springfield Knights  
 2022 Tulsa Noah  
 2023 Springfield Knights

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## Heartland Regional Homeschool Track and Field Records 2023

### JH Boys

Event	First Name	Last Name	Team	Record	Year	
	100	Sinjin	Moore	Tulsa Noah	11.40	2021
	200	Kolby	Brown	OK Storm	24.45	2022
	400	Cade	Williams	FCA	55.17	2021
	800	Dalton	Rasseau	Springfield Knights	2:26.28	2021
	1600	Dalton	Roaseau	Springfield Knights	5:18.40	2021
	2400	Darby	Nugent	Springfield Knights	8:43.58	2023 new
100 Hurdles	Aaron	Powell	Springfield Rush	14.05	2023 new	
300 Hurdles	Noah	Koontz	Springfield Rush	50.12	2023 new	
4x100 Relay	S. Moore, K. Steophenon, H. Hall, N. Raidt		Tulsa Noah	47.95	2021	
4x200 Relay	S. Moore, K. Stephenson, H. Hall, N. Raidt		Tulsa Noah	1:40.23	2021	
4x400 Relay	D. Scheiper, K. Stephenson, H. Hall, N. Raidt		Tulsa Noah	3:56.4	2021	
4x800 Relay	D. Schelper, A. Lafayette, M. Magness, R. DeMoss		Tulsa Noah	1034.99	2021	
Long Jump	Cade	Williams	FCA	17-08.5	2021	
Triple Jump	Cade	Williams	FCA	38-08.25	2021	
High Jump	Mundan	Waite	Springfield Knights	4-08.00	2021	
Shot Put	Riley	Hinck	Cornerstone	41-05.00	2021	
Discus	Riley	Hinck	Cornerstone	148-00.00	2021	
Javelin	Gunnar	Winterrie	Lighthouse Christian	102-11.25	2021	
Pole Vault	Skyler	DeMoss	Tulsa Noah	8-05.00	2022	
<u>Division Winners</u>						
	2021	Tulsa Noah				
	2022	Springfield Knights				
	2023	Springfield Knights				

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## Heartland Regional Homeschool Track and Field Records 2023

### Senior High Girls

Event	First Name	Last Name	Team	Record	Year
100	Kitty	DeAtley	NWA Hornets	12.81	2023 new
200	Skyler	Tolin	NEK Nighthawks	27.13	2023 new
400	Skyler	Tolin	NEK Nighthawks	1:02.96	2023 new
800	Abriel	Thrash	OK Storm	2:35.21	2022
1600	Nikki	Trost	Tulsa Noah	5:52.37	2022
3200	Adi	Coopere	Springfield Knights	12:26.97	2023 new
100 Hurdles	Abriel	Thrash	OK Storm	16.14	2022
300 Hurdles	Jesse	Swan	Tulsa Noah	52.6	2021
4x100 Relay	B.Demoss, J. Swan, H. Byrams, M. Stephenson		Tulsa Noah	54.01	2021
4x200 Relay	B. DeGroot, A. DeMoss, H. Byrams, J. Swan		Tulsa Noah	1:57.40	2021
4x400 Relay	M. Connell, T. Thrash, A. Thrash, ???		OK Storm	04:23.9	2022
4x800 Relay	A. Kittinger, N. Trost, A. Dorsey, ???		Tulsa Noah	12:11.34	2021
Long Jump	Abriel	Thrash	OK Storm	15-02.5	2022
Triple Jump	Esther	Clingman	Springfield Knights	28-07.00	2023
High Jump	Lydia	Epps	Springfield Rush	5-00.0	2021
Pole Vault	Alexa	Hunt	Tulsa Noah	7-05.0	2022
Shot Put	Skyler	Tolin	NEK Nighthawks	27-04.00	2023
Discus	Mallary	Coombs	OK Knights	87-01	2022
Javelin	Caroline	Brink	FCA	99-08.75	2021

#### Division Winners

2021 Tulsa Noah  
 2022 OK City Storm  
 2023 Springfield Knights

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## Heartland Regional Homeschool Track and Field Records 2023

### Senior High Boys

Event	First Name	Last Name	Team	Record	Year
100	Gabriel	Hynson	Springfield Knights	10.96	2023 new
200	Avery	Goins	Tulsa Noah	22.73	2021
400	Zachary	Schumacher	Tulsa Noah	52.85	2021
800	Aidan	Thomas	KC East	2:04.20	2021
1600	Chase	Weeks	FCA	4:48.42	2021
3200	chase	Weeks	FCA	10:52.75	2021
110 Hurdles	John	Tucking	Lighthouse Christian	18.45	2021
300 Hurdles	Alex	Sexton	Springfield Knights	46.78	2022
4x100 Relay	A. Gions, Z. Schumacher, M. Dilbeck. ???		Tulsa Noah	45.07	2022
4x200 Relay	R. Hall, R. Egner, M. Dilbeck, A. Goins		Tulsa Noah	1:36.54	2021
4x400 Relay	H. Hall, Z. Schumacher, N. Raidt, M. DeMoss		Tulsa Noah	3:41.54	2022
4x800 Relay	M.DeMoss, Z. Schumacher, R. Egner, C. Baxter		Tulsa Noah	9:34.08	2021
Long Jump	Sway	Jenkins	FCA	1910.75	2021
Triple Jump	Sway	Jenkins	FCA	43-07.00	2021
High Jump	Jesse	Smith	Springfield Rush	5-06.00	2021
Shot Put	Weston	Van Camp	Cornerstone	47-08.75	2021
Discus	Weston	Van Camp	Cornerstone	144-08.75	2021
Pole Vault					
Javelin	Brody	Wagner	NEK Nighthawks	120-08.00	2023 new

#### Division Winners

2021 KC East  
 2022 Tulsa Noah  
 2023 Springfield Knights

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