

All-time Top 100 Performances: 400m dash

The times below are reported as FAT. Handtimes are adjusted by rounding up to the next higher tenth, followed by adding 0.24 seconds to that result (* = converted handtime).

A "c" indicates that the time was converted from yards to meters
(e.g. 100 yards to 100 meters, 1 mile to 1600 meters, etc).

Girls 400m Dash

1	58.24 *	Trish Todd	5/19/2004	Meet of Champions
2	58.33	Michelle East	5/25/1991	State AAA Championship
3	58.40	Trish Todd	5/30/2003	State AAA Championship
4	58.47	Trish Todd	5/24/2004	Region 3-AAA Championship
5	58.53	Emily Wiegel	5/23/2015	State AAA Championship
6	58.59	Trish Todd	5/15/2004	Dunbar Invitational
7	58.67	Emily Wiegel	5/28/2016	State AAA Championship
8	58.68	Emily Wiegel	5/18/2016	Region 4-AAA Championship
9	58.75	Emily Wiegel	4/29/2017	Brother Borgia Invite
10	58.81	Chloe Freilinger	5/8/2021	Eastern Relays
11	58.99	Trish Todd	6/4/2004	State AAA Championship
12	59.06	Emily Wiegel	5/11/2016	Louisville Meet of Champions
13	59.17	Emily Wiegel	4/15/2017	Johnny Conn Invitational
14	59.26	Emily Wiegel	5/13/2014	Region 4-AAA Championship
15	59.30	Emily Wiegel	5/12/2015	Region 4-AAA Championship
16	59.34 *	Trish Todd	5/20/2002	Region 3-AAA Championship
17	59.37	Emily Wiegel	4/25/2014	Eastern Relays
18	59.42	Emily Wiegel	5/24/2014	State AAA Championship
18	59.42	Taylor Allen	3/30/2016	Quad Meet
20	59.48	Mabel George	5/2/2024	Sundown Invitational
21	59.66	Chloe Freilinger	6/1/2019	State AAA Championship
22	59.68	Trish Todd	6/4/2004	State AAA Championship
23	59.69	Emily Wiegel	5/5/2016	Sundown Invitational
24	59.71	Trish Todd	5/19/2003	Region 3-AAA Championship
25	59.74 *c	Teresa Wright	5/14/1974	Regional Championship
26	59.74 *	Trish Todd	4/9/2004	Lenny Lyles Classic
27	59.77	Trish Todd	4/24/2004	Kenwood Classic
28	59.84 *	Trish Todd	5/11/2003	Meet of Champions
29	59.94 *	Michelle East	5/10/1991	Regional Championship
29	59.94 *	Trish Todd	5/9/2002	Dual meet vs Butler, PRP
31	1:00.04 *	Michelle East	4/30/1991	Derby Invitational
31	1:00.04 *	Michelle East	5/15/1990	Sectional Championship
33	1:00.04	Chloe Freilinger	5/7/2019	Louisville Meet of Champions
34	1:00.07	Trish Todd	5/30/2003	State AAA Championship
35	1:00.13	Rebecca Gronotte	5/27/1994	State AAA Championship
36	1:00.24 *	Michelle East	5/18/1991	Sectional Championship
36	1:00.24 *	Maeghan Ramser	5/21/1997	Regional Championship

38	1:00.15	Emily Wiegel	4/24/2015	Eastern Relays
39	1:00.16	Emily Wiegel	3/31/2017	Tri-Cities Track Classic
39	1:00.16	Emily Wiegel	4/16/2016	Dual vs CAL-North Oldham
41	1:00.18	Chloe Freilinger	5/21/2019	Region 4-AAA Championship
42	1:00.21	Chloe Freilinger	6/12/2021	Class 3A State Championship
43	1:00.24 *	Michelle East	4/16/1991	Dual meet vs Male, Manual
44	1:00.29	Chloe Freilinger	4/24/2021	Brother Borgia
45	1:00.30	Madeline Powell	5/21/2021	AHS-Notre Dame Dual
46	1:00.32	Emily Wiegel	4/22/2016	Louisville Premier Classic
47	1:00.34 *	Susan Taylor	5/23/1986	Sectional Championship
48	1:00.34	Trish Todd	4/18/2003	Bulldog Classic Open
49	1:00.34 *	Michelle East	4/24/1991	Dual meet vs SHA, Seneca
50	1:00.39	Chloe Freilinger	6/4/2021	Class 3A Region 4 Championship
51	1:00.41	Trish Todd	4/26/2003	Kenwood Classic
52	1:00.44 *	Michelle East	5/9/1990	Regional Championship
53	1:00.50	Emily Wiegel	4/29/2016	Eastern Relays
54	1:00.54 *c	Sandy Schaefer	5/1/1980	Dual meet vs Atherton
55	1:00.55	Madeline Powell	5/7/2021	Swift & Staley Team Challenge
56	1:00.57	Chloe Freilinger	4/9/2021	AHS-OC 5 team meet
57	1:00.58	Chloe Freilinger	5/2/2019	Sundown Invitational
58	1:00.64 *	Trish Todd	5/11/2004	Academy Meet
59	1:00.68	Marissa Higgins	5/23/2006	Region 3-AAA Championship
60	1:00.69	Emily Wiegel	3/23/2017	Quad Meet
61	1:00.70	Emily Wiegel	6/13/2014	New Balance Outdoor Nationals
61	1:00.70	Chloe Freilinger	4/27/2019	Brother Borgia Invite
63	1:00.74 *	Susan Taylor	5/7/1987	Dual meet vs Seneca
64	1:00.76	Emily Wiegel	4/18/2015	Hinsdale Central Invite
65	1:00.84 *	Trish Todd	5/20/2002	Region 3-AAA Championship
66	1:00.84 *c	Teresa Wright	5/24/1974	State AAA Championship
67	1:00.94 *	Rebecca Gronotte	4/29/1994	Meet of Champions
67	1:00.94 *	Susan Taylor	5/22/1987	Sectional Championship
67	1:00.94 *	Susan Taylor	5/13/1987	Regional Championship
67	1:00.94 *	Taylor Allen	3/16/2016	JV Meet vs Pres
71	1:00.95	Trish Todd	5/31/2002	State AAA Championship
72	1:00.96	Trish Todd	5/31/2002	State AAA Championship
73	1:01.00	Julie Brayton	5/24/2004	Region 3-AAA Championship
74	1:01.02	Mabel George	5/4/2023	Sundown Invitational
74	1:01.02	Emily Wiegel	4/19/2014	KCD Invitational
76	1:01.04 *	Michelle East	4/27/1990	Meet of Champions
76	1:01.04 *	Trish Todd	5/24/2004	Region 3-AAA Championship
78	1:01.08	Julie Brayton	6/4/2004	State AAA Championship
79	1:01.09	Lillian Broniak	6/3/2023	Class 3A State Championship
80	1:01.14 *	Susan Taylor	4/15/1987	Dual meet vs Butler, Doss
80	1:01.14 *	Susan Taylor	5/16/1986	Regional Championship
80	1:01.14 *	Michelle East	4/23/1990	Dual meet vs Seneca, SHA
80	1:01.14 *	Michelle East	4/19/1991	Academy Meet
84	1:01.18	Lillian Broniak	5/20/2024	Region 4AAA Championship

85	1:01.24 *	Susan Taylor	4/24/1987	Meet of Champions
85	1:01.24 *	Michelle East	4/11/1991	Dual meet vs Brown, CAL
85	1:01.24 *	Susan Taylor	4/26/1985	Meet of Champions
85	1:01.24 *	Tonya Willis	5/15/1981	Sectional Championship
89	1:01.25	Taylor Allen	4/15/2017	Johnny Conn Invitational
90	1:01.26	Trish Todd	4/27/2002	Kenwood Classic
91	1:01.34 *	Susan Taylor	4/22/1987	Dual meet vs Iroquois, Shawnee
91	1:01.34 *	Trish Todd	5/15/2002	Meet of Champions
93	1:01.34 *c	Sandy Schaefer	4/3/1980	Dual Meet vs Waggener
94	1:01.34 *	Trish Todd	5/7/2002	Academy Meet
95	1:01.39	Hannah Elliott	5/2/2013	Sundown Invitational
96	1:01.44 *	Sandy Schaefer	4/15/1980	Courier Journal Best Marks
96	1:01.44 *	Michelle East	3/25/1991	Dual meet vs Holy Cross, Mercy
96	1:01.44 *	Susan Taylor	4/29/1986	Derby Invitational
99	1:01.44	Chloe Freilinger	3/16/2019	Harry Greschel Invitational
100	1:01.45	Sam Lindle	3/27/2024	Girls Night Out