

All-time Top 100 Relay Performances: 4 x 400m relay

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.

Girls 4 x 400m Relay

1	4:00.34	Region 4AAA Championship	5/20/2024	Lillian Broniak	Reagan Gilmore	Mabel George	Julia Schmitt
2	4:00.97	State AAA Championship	5/30/2003	Julie Brayton	Krissy Chandler	Angel Jennings	Trish Todd
3	4:02.98	Region 4AAA Championship	5/22/2023	Julia Schmitt	Leah Penick	Mattie Whitworth	Mabel George
4	4:03.39	State AAA Championship	5/19/2012	Melanie Strothman	Katherine Receveur	Hannah Elliott	Amanda Vokoun
5	4:04.29	State AAA Championship	5/23/2015	Lisi Spence	Taylor Allen	Abbie Wright	Emily Wiegel
6	4:05.41	Region 4-AAA Championship	5/10/2012	Melanie Strothman	Amanda Vokoun	Hannah Elliott	Katherine Receveur
7	4:05.49	State AAA Championship	6/1/2007	Erin Storck	Marissa Higgins	Lauren Noe	Ade Ighodaro
8	4:05.76	State AAA Championship	6/4/2004	Julie Brayton	Laura Henley	Laura Armstrong	Trish Todd
9	4:05.80	Region 4-AAA Championship	5/13/2014	Abbie Wright	Lisi Spence	Sarah Crawford	Emily Wiegel
10	4:06.25	Louisville Meet of Champions	5/5/2015	Lisi Spence	Taylor Allen	Abbie Wright	Emily Wiegel
11	4:06.64	State AAA Championship	5/28/2011	Melanie Strothman	Amanda Vokoun	Hannah Elliott	Ellen Marko
12	4:06.73	Region 4-AAA Championship	5/9/2013	Abbie Wright	Lisi Spence	Katherine Receveur	Hannah Elliott
13	4:06.83	State AAA Championship	5/24/2014	Abbie Wright	Lisi Spence	Sarah Crawford	Emily Wiegel
14	4:07.00	Class 3A State Championship	6/12/2021	Madeline Powell	Sophie Jerome	Julia Schmitt	Chloe Freilinger
15	4:07.01	Class 3A State Championship	6/3/2023	Julia Schmitt	Leah Penick	Mattie Whitworth	Mabel George
16	4:07.16	Quad Meet	3/30/2016	Taylor Allen	Lauryn Grady	Meghan Carrico	Emily Wiegel
17	4:07.94	State AAA Championship	6/4/2004	Julie Brayton	Laura Henley	Laura Armstrong	Trish Todd
18	4:08.09	Sundown Invitational	4/30/2015	Lauryn Grady	Taylor Allen	Madison Browning	Emily Wiegel
19	4:08.17	State AAA Championship	5/30/2003	Julie Brayton	Racheal McDonald	Laura Armstrong	Trish Todd
20	4:08.22	Sundown Invitational	4/29/2021	Alyssa Neubacher	Madeline Powell	Mattie Whitworth	Chloe Freilinger
21	4:08.30	State AAA Championship	5/18/2013	Abbie Wright	Lisi Spence	Madison Browning	Hannah Elliott
22	4:08.38	Louisville City Championship	5/10/2011	Melanie Strothman	Amanda Vokoun	Hannah Elliott	Ellen Marko
23	4:08.54	Region 4-AAA Championship	6/4/2021	Alyssa Neubacher	Madeline Powell	Sophie Jerome	Chloe Freilinger
24	4:08.74 *	Region 3-AAA Championship	5/19/2003	Laura Armstrong	Julie Brayton	Angel Jennings	Racheal McDonald
24	4:08.74	Class 3A State Championship	6/4/2022	Sophie Bouldin	Sophie Jerome	Mattie Whitworth	Julia Schmitt
26	4:08.84 *	Meet of Champions	5/11/2003				
27	4:08.98	State AAA Championship	6/1/2007	Erin Storck	Marissa Higgins	Lauren Noe	Ade Ighodaro
28	4:09.25	State AAA Championship	5/25/1991	Ronetta Montgomery	Cathy Whelan	Melea East	Michelle East

29	4:09.40	State AAA Championship	5/28/2016	Lauryn Grady	Chloe Moakler	Meghan Carrico	Emily Wiegel
30	4:09.66	Region 4-AAA Championship	5/18/2011	Melanie Strothman	Amanda Vokoun	Hannah Elliott	Ellen Marko
31	4:09.73	Region 4-AAA Championship	5/12/2015	Abbie Wright	Taylor Allen	Lisi Spence	Emily Wiegel
32	4:09.74 *	Sectional Championship	5/18/1991	Heather Pace	Cathy Whelan	Melea East	Michelle East
33	4:09.82	Kenwood Classic	4/26/2003	Julie Brayton	Racheal McDonald	Angel Jennings	Trish Todd
34	4:09.88	State AAA Championship	5/31/2002	Julie Brayton	Krissy Chandler	Racheal McDonald	Trish Todd
35	4:09.94 *	Region 3-AAA Championship	5/20/2002	Julie Brayton	Krissy Chandler	Racheal McDonald	Trish Todd
36	4:10.18	Region 4-AAA Championship	5/18/2016	Lauryn Grady	Chloe Moakler	McKenzie Browning	Emily Wiegel
37	4:10.26	Region 3-AAA Championship	5/21/2007	Erin Storck	Marissa Higgins	Lauren Noe	Ade Ighodaro
38	4:10.41	Johnny Conn Invitational	4/15/2017	Taylor Allen	Lauryn Grady	Chloe Moakler	Emily Wiegel
39	4:11.12	Region 4-AAA Championship	5/21/2019	Madeline Powell	Audrey Babcock	Sophie Jerome	Chloe Freilinger
40	4:11.20	Dual Meet vs Sacred Heart	4/18/2012	Melanie Strothman	Amanda Vokoun	Hannah Elliott	Katherine Receveur
40	4:11.20	State AAA Championship	6/3/2005	Debbie Ryan	Karissa Moll	Stephanie Wilson	Laura Armstrong
42	4:11.40	Louisville Premier Classic	4/22/2016	Taylor Allen	Chloe Moakler	McKenzie Browning	Emily Wiegel
43	4:11.84 *	Sectional Championship	5/23/1992	Lisa Lampkin	Rebecca Gronotte	Melea East	Yemicia Akande
44	4:12.07	Region 3-AAA Championship	5/23/2005	Debbie Ryan	Laura Henley	Karissa Moll	Laura Armstrong
44	4:12.07	State AAA Championship	5/31/2002	Julie Brayton	Krissy Chandler	Racheal McDonald	Trish Todd
46	4:12.20	Sundown Invitational	5/2/2013	Abbie Wright	Madison Browning	Lisi Spence	Hannah Elliott
47	4:12.56	Region 4-AAA Championship	5/9/2017	Taylor Moore	Lauryn Grady	Chloe Moakler	Emily Wiegel
48	4:12.74 *	Meet of Champions	5/19/2004	Julie Brayton	Krissy Chandler	Laura Henley	Trish Todd
49	4:13.21	State AAA Championship	6/3/2005	Debbie Ryan	Karissa Moll	Stephanie Wilson	Laura Armstrong
50	4:13.29	Dual Meet vs Sacred Heart	4/19/2011	Melanie Strothman	Amanda Vokoun	Katherine Receveur	Ellen Marko
51	4:13.33	State Class 3A Championship	6/1/2024	Lillian Broniak	Reagan Gilmore	Kinsley Yaden	Julia Schmitt
52	4:13.44	Eastern Relays	4/21/2017	Taylor Allen	Chloe Moakler	Taylor Moore	Emily Wiegel
53	4:13.52	Harry Greschel Invitational	3/21/2015	Abbie Wright	Taylor Allen	Lisi Spence	Emily Wiegel
54	4:13.54	Region 4AAA Championship	5/24/2022	Sophie Bouldin	Sophie Jerome	Mattie Whitworth	Julia Schmitt
55	4:13.60	State AAA Championship	5/27/1994	Melanie Massie	Yemicia Akande	Maeghan Ramser	Rebecca Gronotte
56	4:13.66	Academy Meet	5/2/2012	Amanda Vokoun	Melanie Strothman	Abbie Wright	Lauren Hayden
57	4:13.77	Bulldog Classic Elite	4/19/2003	Julie Brayton	Racheal McDonald	Angel Jennings	Trish Todd
58	4:13.86	Eastern Relays	4/24/2015	Lisi Spence	Lauryn Grady	Taylor Allen	Emily Wiegel
59	4:13.88	State AAA Championship	5/30/1997	Lindsay Brzozka	Meagan Snedeker	Rebecca Hash	Maeghan Ramser
60	4:14.14	State AAA Championship	5/29/1992	Melea East	Yemicia Akande	Lisa Lampkin	Rebecca Gronotte
61	4:14.45	Brother Borgia Invitational	4/28/2023	Julia Schmitt	Elle Cargould	Leah Penick	Mattie Whitworth
62	4:14.46	State AAA Championship	6/1/2019	Madeline Powell	Audrey Babcock	Sophie Jerome	Chloe Freilinger
63	4:14.70	State AAA Championship	5/30/1997	Lindsay Brzozka	Meagan Snedeker	Rebecca Hash	Maeghan Ramser
63	4:14.74 *	Academy Meet	5/8/2007	Erin Storck	Ade Ighodaro	Marissa Higgins	Lauren Noe
65	4:14.74 *	Regional Championship	5/21/1997	Lindsay Brzozka	Meagan Snedeker	Courtney Pollock	Maeghan Ramser

66	4:14.94 *	Regional Championship	5/18/1994	Melanie Massie	Yemicia Akande	Maeghan Ramser	Rebecca Gronotte
67	4:14.96	Region 4-AAA Championship	5/26/2010	Ellen Marko	Amanda Vokoun	Elizabeth Lohr	Caroline McCaslin
68	4:15.27	Region 3-AAA Championship	5/24/2004	Julie Brayton	Laura Armstrong	Laura Henley	Trish Todd
69	4:15.34 *	Meet of Champions	5/15/2007				
70	4:15.40	Brother Borgia	4/24/2021	Lauren Schweitzer	Madeline Powell	Kate Widman	Chloe Freilinger
71	4:15.68	State AAA Championship	6/5/2010	Amanda Vokoun	Caroline McCaslin	Elizabeth Lohr	Ellen Marko
72	4:15.71	Dual vs CAL-North Oldham	4/16/2016	Lauryn Grady	Sophie Beavin	Madison Malloy	Emily Wiegel
73	4:15.86	AOC Mini-Meet	4/12/2022	Sophie Bouldin	Leah Penick	Reagan Gilmore	Julia Schmitt
74	4:15.91	Louisville Premier Classic	4/11/2014	Madison Browning	Meghan Carrico	Sarah Crawford	Abbie Wright
74	4:16.04 *	Meet of Champions	4/23/1982				
76	4:16.04	Quad Meet	3/23/2017	Chloe Moakler	Lauryn Grady	Taylor Moore	Taylor Allen
77	4:16.14 *	Sectional Championship	5/15/1981				
78	4:16.41	Region 3-AAA Championship	5/23/2006	Erin Storck	Marissa Higgins	Stephanie Wilson	Laura Armstrong
79	4:16.49	Area 3 Meet of Champions	5/16/2006	Stephanie Wilson	Marissa Higgins	Debbie Ryan	Laura Armstrong
80	4:16.54 *	Regional Championship	5/13/1992	Yemicia Akande	Melea East	Rebecca Gronotte	Sheryl Jones
81	4:16.83	Region 4-AAA Championship	5/16/2009	Amanda Vokoun	Elizabeth Lohr	Bethany Schweiger	Erin Storck
82	4:16.84 *	Derby Invitational	4/29/1997	Lindsay Brzozka	Meagan Snedeker	Courtney Pollock	Maeghan Ramser
83	4:17.22	State AAA Championship	5/23/2009	Amanda Vokoun	Caroline Cappy	Elizabeth Lohr	Erin Storck
84	4:17.60	Louisville Premier Classic	4/19/2013	Katherine Receveur	Abbie Wright	Lisi Spence	Madison Browning
85	4:17.64 *	Regional Championship	5/17/1995	Yemicia Akande	Jeanna Gandolfo	Meagan Snedeker	Maeghan Ramser
86	4:17.80	Kenwood Classic	4/27/2002	Julie Brayton	Krissy Chandler	Racheal McDonald	Trish Todd
87	4:17.94 *	Lenny Lyles Classic	4/9/2004	Laura Armstrong	Stephanie Wilson	Krissy Chandler	Trish Todd
88	4:18.11	Eastern Relays	4/20/2018	Haley McEnaney	Marissa Findley	Audrey Babcock	Taylor Allen
89	4:18.14	Swift & Staley Midwest Team Chall	5/7/2021	Alyssa Neubacher	Sophie Jerome	Kendall Norrenbrock	Madeline Powell
90	4:18.24 *	Derby Invitational	4/30/2002	Holly Grant	Nicole Haworth	Racheal McDonald	Trish Todd
91	4:18.27	Bulldog Classic Elite	4/17/2004	Julie Brayton	Laura Armstrong	Krissy Chandler	Laura Henley
92	4:18.54 *	Regional Championship	5/8/1981				
93	4:18.66	Louisville City Championship	5/18/2010	Brandy Orth-Becker	Elizabeth Lohr	Amanda Vokoun	Caroline McCaslin
94	4:18.75	Louisville Premier Classic	3/27/2015	Taylor Allen	Lauryn Grady	Madison Browning	Emily Wiegel
95	4:18.94 *	Valkyrie Relays	4/1/2003	Laura Henley	Racheal McDonald	Angel Jennings	Trish Todd
95	4:19.09	Region 4-AAA Championship	5/8/2018	Lauryn Grady	Madeline Powell	Marissa Findley	Taylor Allen
97	4:19.09	Male Invitational	4/12/2014	Annie Crotty	Emily Bean	Lisi Spence	Jessica Byrd
97	4:19.44 *	Regional Championship	5/5/1982				
99	4:19.44 *	Dual meet vs Central, Valley	4/25/1989	Michelle East	Melea East	Tracy Bosemer	Heather Pace
100	4:19.54 *	Iroquois Invitational	4/23/1994	Wheeler	Maeghan Ramser	Rebecca Gronotte	Yemicia Akande