



East Carolina Track and Field Women's Outdoor Top 10 Times / Marks



100-Meter Dash	Time	Year
1. Tania Minkins	11.45	2015
2. Tyshonda Hawkins	11.47	2014
3. Erin Tucker	11.60	2014
4. Courtney Warner	11.63	2016
5. Jasmine Dawson	11.68	2014
6. Danita Roseboro	11.73	1990
7. Tiffany Harris	11.74	2012
8. Vanessa Smith	11.75	1990
9. Nicky Goins	11.76	1999
10. Rasheca Barrow	11.76	2000

200-Meter Dash	Time	Year
1. Tyshonda Hawkins	23.29	2014
2. Tania Minkins	23.44	2014
3. Aiesha Goggins	23.67	2011
Terri Davenport	23.67	2005
5. Tiffany Harris	23.77	2013
6. Danita Roseboro	23.90	1992
7. Courtney Warner	23.91	2016
8. Jasmine Dawson	24.04	2014
9. Erin Tucker	24.16	2013
10. Amanda Salami	24.24	2016

400-Meter Dash	Time	Year
1. Aiesha Goggins	51.48	2015
2. Tiffany Harris	53.00	2012
3. Tyshonda Hawkins	53.73	2012
4. Kiona Kirkpatrick	54.89	2001
5. Portia Baker	55.00	2005
6. Terri Davenport	55.07	2005
7. Chante Sessoms	55.44	2009
8. Toshima Dabbs	55.59	2002
9. Vanessa Smith	55.90	1989
10. Jamie Cathcart	56.30	1983

800-Meter Run	Time	Year
1. Minnie McPhatter	2:06.13	1980
2. Brooke Kott	2:08.64	2012
3. Tara DeBrielle	2:08.84	2005
4. Britney Kott	2:08.97	2012
5. Delphine Mabry	2:09.17	1983
6. Olivia Slate	2:10.05	2013
7. Hollie Brooks	2:12.16	2009
8. Brittany Copeland	2:13.12	2012
9. Samantha Lichtner	2:13.69	2007
10. Kay Livick	2:15.10	2000

1,500-Meter Run	Time	Year
1. Brittany Copeland	4:18.39	2012
2. Brooke Kott	4:25.67	2012
3. Kay Livick	4:26.99	2003
4. Amanda Lapp	4:31.52	2011
5. Britney Kott	4:34.21	2012
6. Chelsea Hollingsworth	4:35.64	2013
7. Michelle Bailey	4:35.85	2015
8. Olivia Slate	4:36.49	2013
9. Amanda Tomlin	4:36.88	2015
10. Samantha Lichtner	4:38.98	2010

Mile Run	Time	Year
1. Linda Mason	4:58.5h	1979
2. Grace Sullivan	5:05.13	2016
3. Shewit Weldense	5:14.14	2016
4. Samantha Teague	5:18.51	2016
5. Victoria Cooke	5:20.75	2016
6. Sydney Teague	5:25.31	2014
7. Kayla Fisher	5:26.79	2016
8. Morgan Anderson	5:27.65	2016
9. Caitlyn Sheva	5:28.15	2016
10. Theresa Marini	5:31.45	1991

3,000-Meter Run	Time	Year
1. Kay Livick	9:47.14	2003
2. Brittany Copeland	9:49.81	2012
3. Dava Rhodes	10:02.42	1994
4. Shewit Weldense	10:06.34	2015
5. Michelle Bailey	10:07.83	2015
6. Amanda Tomlin	10:09.43	2015
7. Johanna Allen	10:09.63	2002
8. Tara Wilson	10:10.50	2010
9. Suzanne Bellamy	10:11.30	1996
10. Amanda Lapp	10:11.61	2012

3,000-Meter Steeplechase	Time	Year
1. Grace Sullivan	10:36.34	2016
2. Kelli Litten	10:55.80	2003
3. Bjork Olsen	11:01.90	2012
4. Kayla Fisher	11:08.73	2016
5. Amanda Lapp	11:13.70	2012
6. Kelley Miko	11:14.69	2012
7. Caitlyn Sheva	11:15.14	2015
8. Brooke Kott	11:22.17	2012
9. Samantha Lichtner	11:25.70	2010
10. Maura McDonnell	11:36.47	2016



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5,000-Meter Run	Time	Year
1. Brittany Copeland	16:09.67	2012
2. Dava Rhodes	16:59.61	1994
3. Amanda Tomlin	17:03.55	2014
4. Tara Wilson	17:05.47	2010
5. Nicole Briggs	17:08.44	2009
6. Grace Sullivan	17:12.01	2016
7. Chelsea Hollingsworth	17:17.30	2013
8. Suzanne Bellamy	17:19.94	1996
9. Johanna Allen	17:24.60	2005
10. Tara Rhodes	17:36.39	1994

10,000-Meter Run	Time	Year
1. Dava Rhodes	35:10.74	1994
2. Brittany Copeland	35:35.27	2010
3. Shewit Weldense	36:00.65	2015
4. Suzanne Bellamy	36:05.29	1996
5. Caroline Reiser	36:10.77	2015
6. Anne Marie Welch	36:36.00	1989
7. Johanna Allen	36:11.26	2005
8. Tara Rhodes	36:33.12	1994
9. Bjork Olsen	36:58.27	2012
10. Tara Wilson	37:01.44	2010

100-Meter Hurdles	Time	Year
1. Cheyenne Hutchinson	13.31	2015
2. Erin Tucker	13.34	2014
3. Madison Rayfield	13.60	2016
4. Leah Lott	13.72	2015
5. Marshari Williams	14.00	1999
6. Aminah Ghaffar	14.09	2015
7. Nicole Callaham	14.15	2005
8. Sandra Teel	14.20	1999
9. Lindsay Dolan	14.27	2008
10. Jennifer Kalinick	14.42	1996

400-Meter Hurdles	Time	Year
1. Ayana Coleman	58.78	2000
2. Janieyah Collins	58.84	2014
3. Aisha Bilal-Mack	1:00.70	2005
4. Victoria Robinson	1:00.77	2011
5. Kiona Kirkpatrick	1:00.88	2001
6. Missy Johnson	1:01.31	1997
7. Kathryn Warner	1:02.09	2013
8. Aminah Ghaffar	1:02.63	2016
9. Leana Anding	1:02.90	2000
10. Estrella Coppin	1:03.49	2002

4x100-Meter Relay	Time	Year
1. Minkins, Hawkins, Tucker, Dawson	44.38	2014
2. Minkins, Hawkins, Rayfield, Dawson	44.63	2015
3. Rayfield, Warner, Singletary, Salami	44.76	2016
4. Minkins, Hawkins, Tucker, Harris	45.05	2012
5. Barrow, Goins, Eason, Johnson	45.16	1997
6. Davenport, Picott, Coppin, James	45.24	2003
7. Eason, Johnson, Goins, Barrow	45.42	1997

4x200-Meter Relay	Time	Year
1. Minkins, Dawson, Collins, Hawkins	1:34.26	2014
2. Minkins, Hawkins, Harris, Goggins	1:35.01	2011
3. Goggins, Hawkins, Minkins, Harris	1:35.13	2012
4. Minkins, Tucker, Dawson, Hawkins	1:35.60	2014
5. Harris, Tucker, Collins, Hutchinson	1:35.85	2013
6. Hawkins, Harris, Tucker, Goggins	1:35.91	2011
7. Dawson, Hutchinson, Rayfield, Collins	1:36.90	2015
8. Woodall, Collins, Rayfield, Warner	1:36.99	2016
9. Singletary, Palmer, Jackson, Hutchinson	1:38.28	2016
10. Bader, Carter, Johnson, Powell	1:38.49	1995

4x400-Meter Relay	Time	Year
1. Hawkins, Harris, Minkins, Goggins	3:35.75	2011
2. Goggins, Harris, Minkins, Hawkins	3:36.92	2012
3. Hawkins, Collins, Minkins, Goggins	3:37.18	2014
4. Hawkins, Harris, Warner, Goggins	3:38.85	2011
5. Baker, Baptiste, DeBrielle, Davenport	3:38.98	2005
6. Hawkins, Harris, Bri. Kott, Goggins	3:43.45	2011

4x800-Meter Relay	Time	Year
1. Allen, Hayes, Lash, Livick	8:59.39	2001
2. Livick, Lash, Hayes, Lattie	9:04.42	2001
3. Livick, DeBrielle, Lash, Hayes	9:06.44	2002
4. Colemand, Livick, Lash, Lattie	9:12.15	2001
5. Livick, Chadwick, Lattie, Hayes	9:12.29	2000
6. Lapp, Lichtner, Kott, Copeland	9:12.59	2010
7. East Carolina	9:12.89	2002
8. Lichtner, Lapp, Kott, Kott	9:14.99	2010
9. Szymanski, McGruder, Jacks, Hamilton	9:16.00	1994

4x1,500-Meter Relay	Time	Year
1. Allen, Hayes, Lash, Livick	19:07.30	2002
2. Bailey, Slate, Tomlin, Sheva	19:10.71	2015
3. East Carolina	19:23.77	2002
4. Sa. Teague, Syd. Teague, Fisher, Anderson	19:56.19	2016
5. Lattie, Hayes, Lash, Livick	19:59.59	2001
6. East Carolina	20:46.20	1991



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Sprint Medley Relay		
	Time	Year
1. Hawkins, Minkins, Goggins, Bro. Kott	3:51.00	2012
2. Hawkins, Harris, Goggins, Bro. Kott	3:55.30	2011
3. Tucker, Hutchinson, Harris, Slate	3:55.42	2013
4. Hawkins, Dawson, Goggins, Slate	3:59.98	2014
5. Coppin, Davenport, Livick, Powell	4:00.44	2002
6. McCallum, Saunders, Harris, Bro. Kott	4:02.13	2010
7. Jackson, Charles, Sessoms, Lichtner	4:03.38	2009
8. East Carolina	4:03.75	2004
9. Cremedy, Leeper, Cathcart, Mabry	4:05.74	1983
10. Singletary, Collins, Palmer, Sa. Teague	4:06.70	2016

Distance Medley Relay		
	Time	Year
1. Lapp, Harris, Bri. Kott, Copeland	11:21.24	2012
2. DeBrielle, Powell, Hayes, Livick	11:52.48	2002
3. Tomlin, Warner, Slate, Hollingsworth	11:57.59	2012
4. Livick, Lattie, Lash, Hayes	12:00.95	2001
5. East Carolina	12:14.55	1995
6. Livick, Barrow, Chadwick, Hayes	12:18.37	2000
7. Slate, Goggins, McDonnell, Hollingsworth	12:18.80	2014
8. Hayes, Kirkpatrick, Coleman, Livick	12:22.56	2000
9. Allen, Powell, Mentzel, Litten	12:38.30	2002

Shuttle Hurdle Relay		
	Time	Year
1. Lott, Tucker, Ghaffar, Thompson	59.26	2014
2. Hutchinson, Bell, Holloway, Rayfield	1:00.60	2013
3. Dolan, Lindo, Grullon, Berkowitz	1:01.59	2007

High Jump		
	Mark	Year
1. Tynita Butts	1.91m (6-03.25)	2014
2. Colleen McGinn	1.74m (5-08.50)	2001
3. Saundra Teel	1.71m (5-07.25)	1996
4. Lauren Lubarski	1.70m (5-07.00)	2016
5. Valeria Moore	1.65m (5-05.00)	2007
6. Kelly Gwyn	1.64m (5-04.50)	2002
7. Denise McCoy	1.62m (5-04.00)	1978
Minnie McPhatter	1.62m (5-04.00)	1978
Roz Major	1.62m (5-04.00)	1980
10. Brittany Bryant	1.60m (5-03.00)	2016
Rachel Braesseale	1.60m (5-03.00)	2016
Meghan Horne	1.60m (5-03.00)	2008
Lindsay Dolan	1.60m (5-03.00)	2008

Long Jump		
	Mark	Year
1. Tynita Butts	6.22m (20-05.00)	2010
2. Tomisha Dabbs	6.19m (20-03.75)	2001
3. Amanda Johnson	6.16m (20-02.50)	1996
4. Lave Wilson	6.10m (20-00.25)	1997
5. Tiffany Harris	6.06m (19-10.50)	2012
6. Chante Sessoms	6.05m (19-10.25)	2006
7. Ros Major	6.02m (19-09.00)	1980
8. Aisha Hopkins	6.00m (19-08.25)	2005
9. Leah Lott	5.96m (19-06.75)	2015
10. Camelia Morman	5.85m (19-02.50)	2007

Triple Jump		
	Mark	Year
1. Camelia Morman	12.95m (42-06.00)	2008
2. Toni Kilgore	12.78m (41-11.25)	2001
3. Meka Battle	12.36m (40-06.75)	2001
4. Jada Cunningham	12.33m (40-05.50)	2016
5. Lave Wilson	12.31m (40-04.75)	1996
6. Estrella Coppin	12.23m (40-01.50)	2002
7. Leana Anding	11.83m (38-09.75)	1998
8. Michelle Bullock	11.62m (38-01.50)	1993
Nicole Crews	11.62m (38-01.50)	1993
10. Lakeya O'Neal	11.60m (38-00.75)	2011

Pole Vault		
	Mark	Year
1. Taylor Drummonds	3.85m (12-07.50)	2015
2. Kathryn Warner	3.82m (12-06.25)	2013
3. Tammy Menzel	3.81m (12-06.00)	2003
4. Lindsay Rosales	3.80m (12-05.50)	2005
Amy Hart	3.80m (12-05.50)	2008
Abbey Way	3.80m (12-05.50)	2012
7. Rachel Webb	3.75m (12-04.00)	2012
8. Stephanie McDougal	3.70m (12-01.50)	2009
9. Adell Remsberg	3.65m (11-11.75)	2016
10. Kinsey Batts	3.45m (11-03.74)	2004

Shot Put		
	Mark	Year
1. Galissia Cause	15.77m (51-09.00)	2016
2. Raqurra Ishmar	15.35m (50-04.50)	2016
3. Kayla Padgett	15.16m (49-09.00)	2013
4. Michelle Clayton	14.70m (48-02.75)	1999
5. Crystal Frye	14.65m (48-00.75)	2002
6. Susan Schram	14.16m (46-05.75)	1992
7. Kourtney Edwards-Campbell	13.90m (45-07.25)	2015
8. Amy Mueller	13.77m (45-02.12)	2007
9. Janie Rowe	13.60m (44-07.50)	1992
10. Mohogany Baker	13.47m (44-02.50)	2016



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Discus	Mark	Year	Javelin	Mark	Year
1. Raqurra Ishmar	53.90m (176-10.00)	2016	1. Lauren Lubarski	48.32m (158-06.00)	2013
2. Kayla Padgett	53.19m (174-06.00)	2014	2. Nicole Tozzi	48.14m (157-11.00)	2010
3. Mohogany Baker	49.86m (163-07.00)	2016	3. Krystel Pabey	46.71m (153-03.00)	2003
4. Danielle Eiler	49.01m (160-09.00)	2009	4. Jessica Georgio	45.27m (148-06.00)	2005
5. Galissia Cause	48.84m (160-03.00)	2016	5. Rebecca Cooper	44.81m (147-00.17)	2012
6. Chloe Early	47.41m (155-06.00)	2013	6. Emily Thompson	44.41m (145-08.00)	2005
7. Sunni Massop	45.82m (150-04.00)	2012	7. Chelsea Salisbury	44.00m (144-04.00)	2005
8. Kim Kanala	45.49m (149-03.00)	2010	8. Krista Vincent	43.55m (142-10.00)	2013
9. Lauren Lubarski	45.39m (148-11.00)	2014	9. Debbie Freeman	41.96m (137-08.00)	1978
10. Darlene Vick	44.58m (146-03.00)	1997	10. Taylor Harris	40.78m (133-09.50)	2012

Hammer	Mark	Year	Heptathlon	Points	Year
1. Kayla Padgett	65.25m (214-01.00)	2016	1. Aminah Ghaffar	5,006 Points	2016
2. Kaylee Redon	60.50m (198-06.00)	2015	2. Madison Rayfield	4,705 Points	2015
3. Raqurra Ishmar	60.30m (197-10.00)	2016	3. Jasmine Thompson	4,534 Points	2015
4. Michelle Clayton	59.22m (194-03.00)	1999	4. Sandra Teel	4,148 Points	1998
5. Maegan Lewis	58.77m (192-09.00)	2010	5. Lindsay Dolan	4,092 Points	2008
6. Chelsea Salisbury	58.62m (192-04.00)	2007	6. Lauren Chadwick	3,996 Points	2000
7. Charlene Grady	56.05m (183-11.00)	2009	7. Ayana Coleman	3,967 Points	2000
8. Kim Kanala	55.63m (182-06.00)	2012	8. Erica Bell	3,912 Points	2011
9. Donisha Brown	54.75m (179-07.00)	2010			
10. Mohogany Baker	53.89m (176-10.00)	2016			

Heptathlon Event Records

Event	Athlete	Time / Mark	Year
100HH	Madison Rayfield	14.19	2015
High Jump	Jasmine Thompson	1.64m (5-04.50)	2014
Shot Put	Aminah Ghaffar	10.83m (35-06.50)	2016
200m	Madison Rayfield	24.86	2015
Long Jump	Jasmine Thompson	5.65m (18-06.50)	2014
Javelin	Jasmine Thompson	35.25m (115-07.00)	2014
800m	Aminah Ghaffar	2:24.55	2016

Records set this season (2016) are in *bold italics*