



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



55-Meter Dash	Time	Year
1. Danita Roseboro	7.02	1993
2. Linda Gillis	7.04	1985
3. Vanessa Smith	7.08	1990
4. Carla Powell	7.10	1995
5. Nicky Goins	7.11	1998
6. Kai Eason	7.17	1997
7. Regina Kent	7.19	1983
Amanda Johnson	7.19	1997
9. Tenesia Simpson	7.21	2010
10. Chante Sessoms	7.25	2007

60-Meter Dash	Time	Year
1. Tania Minkins	7.39	2013
2. Erin Tucker	7.43	2014
<b>Courtney Warner</b>	<b>7.43</b>	<b>2016</b>
4. Tyshonda Hawkins	7.44	2013
<b>5. Madison Rayfield</b>	<b>7.50</b>	<b>2016</b>
6. Tiffany Harris	7.53	2013
7. Rasheca Barrow	7.56	2000
8. Jasmine Dawson	7.58	2015
9. Nicky Goins	7.61	1999
10. Shirena James	7.63	2002

200-Meter Dash	Time	Year
1. Tyshonda Hawkins	23.62	2013
2. Tania Minkins	23.73	2012
3. Terri Davenport	24.25	2005
4. Danita Roseboro	24.41	1993
5. Rasheca Barrow	24.45	2001
6. Kharya Brown	24.51	2007
7. Aiesha Goggins	24.55	2011
<b>8. Courtney Warner</b>	<b>24.60</b>	<b>2016</b>
9. Shirena James	24.61	2003
10. Tiffany Harris	24.97	2010

300-Meter Dash	Time	Year
1. Tiffany Harris	38.18	2013
2. Tyshonda Hawkins	38.39	2013
3. Tania Minkins	39.14	2014
4. Terri Davenport	40.08	2006
5. Aalayah Faulcon	40.23	2013
6. Shalice Anderson	40.30	2008
7. Janieyah Collins	40.35	2015
8. Portia Baker	40.43	2006
9. Chante Sessoms	40.83	2007
10. Aiesha Goggins	41.19	2014

400-Meter Dash	Time	Year
1. Aiesha Goggins	53.80	2011
2. Tiffany Harris	53.89	2013
3. Tyshonda Hawkins	54.24	2012
4. Kiona Kirkpatrick	55.88	2001
5. Portia Baker	55.97	2006
<b>6. Janieyah Collins</b>	<b>56.07</b>	<b>2016</b>
7. Chante Sessoms	56.11	2007
<b>8. Tia Jackson</b>	<b>56.46</b>	<b>2016</b>
9. Terri Davenport	56.69	2006
10. Toshima Dabbs	57.13	2002

500-Meter Dash	Time	Year
1. Aiesha Goggins	1:13.90	2012
2. Tara DeBrielle	1:14.65	2005
3. Ayana Coleman	1:15.98	2000
4. Aisha Bilal-Mack	1:17.22	2005
5. Alexis Jacks	1:17.61	1995
6. Marvinna Hamilton	1:17.85	1994
7. Ericka Charles	1:18.65	2010
8. Rachel Boerner	1:18.76	2012
9. Janieyah Collins	1:19.15	2013
10. Victoria Robinson	1:20.07	2013

600-Meter Run	Time	Year
1. Britney Kott	1:33.28	2012
2. Brooke Kott	1:33.35	2012
3. Olivia Slate	1:36.85	2012
<b>4. Julia Brown</b>	<b>1:38.59</b>	<b>2016</b>
<b>5. Mason Kepley</b>	<b>1:38.86</b>	<b>2016</b>
6. Aminah Ghaffar	1:38.92	2015
7. Janieyah Collins	1:39.17	2014
Kelley Miko	1:39.17	2012
9. Fowler	1:39.34	1983
10. Myra Wannamaker	1:40.22	2014

800-Meter Run	Time	Year
1. Brooke Kott	2:07.96	2012
2. Tara DeBrielle	2:08.37	2005
3. Britney Kott	2:09.72	2012
4. Olivia Slate	2:10.14	2013
5. Samantha Lichtner	2:14.39	2007
6. Aisha Bilal-Mack	2:15.23	2006
7. Kay Livick	2:15.61	2002
8. Fran Lattie	2:16.94	2001
9. Kim Lash	2:17.91	2002
10. Marvinna Hamilton	2:18.89	1993



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1,000-Meter Run	Time	Year
1. Brooke Kott	2:52.03	2014
2. Olivia Slate	2:54.09	2013
3. Kay Livick	2:54.28	2001
4. Amanda Lapp	2:54.49	2012
5. Britney Kott	2:55.10	2012
6. Cindy Szymanski	2:56.37	1995
7. Samantha Lichtner	2:57.29	2010
8. Brittany Copeland	2:57.77	2011
9. Amanda Tomlin	3:01.37	2015
10. Michelle Bailey	3:03.51	2015

Mile Run	Time	Year
1. Brittany Copeland	4:50.70	2011
2. Kay Livick	4:54.02	2002
3. Brooke Kott	4:56.75	2014
4. Olivia Slate	4:57.40	2013
5. Chelsea Hollingsworth	4:58.13	2013
6. Jessica Collins	5:00.86	2004
7. Amanda Tomlin	5:01.07	2015
8. Amanda Lapp	5:02.02	2012
9. Robin Bates	5:02.28	1998
10. Abrial Hayes	5:03.50	2002

3,000-Meter Run	Time	Year
1. Brittany Copeland	9:12.11	2012
2. Chelsea Hollingsworth	9:57.77	2013
3. Bjork Olsen	9:59.91	2012
4. Johanna Allen	10:00.11	2002
5. Abrial Hayes	10:01.60	2000
Tara Wilson	10:01.60	2010
7. Amanda Tomlin	10:03.55	2015
8. Kelli Litten	10:06.03	2003
9. Jessica Collins	10:06.49	2004
<b>10. Grace Sullivan</b>	<b>10:07.39</b>	<b>2016</b>

5,000-Meter Run	Time	Year
1. Brittany Copeland	16:15.66	2012
2. Tara Wilson	17:03.92	2012
3. Johanna Allen	17:11.05	2002
4. Bjork Olsen	17:12.75	2012
5. Amanda Tomlin	17:18.56	2015
6. Dava Rhodes	17:23.00	1994
7. Shewit Weldense	17:23.98	2015
8. Chelsea Hollingsworth	17:25.41	2012
9. Stefanie Fresenius	17:27.10	2012
10. Stacey Gonzalez	17:32.55	2012

55-Meter Hurdles	Time	Year
1. Lindsay Dolan	8.21	2007
2. Marshari Williams	8.26	1999
3. Jennifer Kalinick	8.27	1995
4. Sandra Teel	8.28	1996
5. Lanaire Lindo	8.32	2007
6. JaQuanda Wright	8.38	2010
7. Missy Johnson	8.39	1998
8. Nicole Callaham	8.46	2005
9. Jaslyn Grullon	8.76	2006
10. Nicole Saunders	8.77	2010

60-Meter Hurdles	Time	Year
1. Erin Tucker	8.24	2014
2. Cheyenne Hutchinson	8.26	2015
<b>3. Madison Rayfield</b>	<b>8.44</b>	<b>2016</b>
4. Leah Lott	8.54	2015
<b>5. Aminah Ghaffar</b>	<b>8.67</b>	<b>2016</b>
6. Lanaire Lindo	8.72	2008
7. Lindsay Dolan	8.76	2007
8. Nicole Callaham	8.79	2005
9. JaQuanda Wright	8.87	2009
10. Sandra Teel	8.89	1999

4x200-Meter Relay	Time	Year
1. Weldon, Johnson, Barrow, Hill	1:41.27	1997
2. Roseboro, Carter, Crews, Bullock	1:47.14	1993
3. Charles, Gonzalez, Haskins, Jones	1:51.13	2008

4x400-Meter Relay	Time	Year
1. Hawkins, Harris, Minkins, Goggins	3:34.02	2012
2. Baker, Baptiste, Davenport, DeBrielle	3:42.63	2005
3. Harris, Goggins, Boerner, Hawkins	3:44.39	2012
4. Falcon, Harris, Minkins, Hawkins	3:44.45	2013
5. Harris, Warner, Collins, Hawkins	3:45.47	2013

4x800-Meter Relay	Time	Year
1. Hayes, Lash, Lattie, Livick	9:03.83	2001
2. Livick, Coleman, Lash, Lattie	9:21.16	2001
3. East Carolina	9:23.49	2002
4. East Carolina	9:24.60	2002
<b>5. Brown, Kepley, Sullivan, Rodney</b>	<b>9:25.99</b>	<b>2016</b>
6. Livick, Hayes, Coleman, Lash	9:31.04	2001
7. Livick, Coleman, Chadwick, Lattie	9:33.59	2000
8. Szymanski, Hamilton, Jacks, Harley	9:38.80	1994
9. Livick, Hayes, Chadwick, Lattie	9:40.37	2000
<b>10. Cooke, McDonnell, Weldense, Sa. Teague</b>	<b>9:44.23</b>	<b>2016</b>



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## Sprint Medley Relay

	Time	Year
1. Jacks, Sandridge, Smith, Szymanski	4:25.00	1994
2. East Carolina	4:28.00	1993

## Distance Medley Relay

	Time	Year
1. Lapp, Kott, Kott, Copeland	11:24.51	2012
2. Davenport, DeBrielle, Lash, Livick	11:48.76	2003
3. Lichtner, Kott, Lapp, Copeland	11:50.75	2010
4. Copeland, Kott, Kott, Lapp	11:52.94	2012
<b>5. McDonnell, Palmer, Brown, Sullivan</b>	<b>11:54.86</b>	<b>2016</b>
6. Hollingsworth, Ghaffar, Slate, Bro. Kott	11:58.01	2014
6. East Carolina	11:58.54	2003
8. Gonzalez, Warner, Slate, Hollingsworth	11:58.64	2013

## High Jump

	Mark	Year
1. Tynita Butts	1.90m (6-2.75)	2013
<b>2. Lauren Lubarski</b>	<b>1.75m (5-08.75)</b>	<b>2016</b>
3. Colleen McGinn	1.73m (5-08.00)	2002
4. Valeria Moore	1.69m (5-06.50)	2008
5. Sandra Teel	1.68m (5-06.00)	1996
<b>Brittany Bryant</b>	<b>1.68m (5-06.00)</b>	<b>2016</b>
7. Meghan Horne	1.64m (5-04.50)	2008
8. Jasmine Thompson	1.63m (5-04.25)	2015
<b>9. Rachel Braesseale</b>	<b>1.63m (5-04.25)</b>	<b>2016</b>
10. Kelli Post	1.60m (5-03.00)	2000

## Pole Vault

	Mark	Year
1. Lindsay Rosales	3.85m (12-07.50)	2005
2. Kathryn Warner	3.76m (12-04.00)	2012
3. Taylor Drummonds	3.75m (12-03.50)	2014
<b>4. Adell Remsberg</b>	<b>3.67m (12-00.50)</b>	<b>2016</b>
5. Amy Hart	3.66m (12-00.00)	2006
Abbey Way	3.66m (12-00.00)	2012
7. Tammie Mentzel	3.65m (11-11.75)	2004
8. Stephanie McDougal	3.60m (11-09.75)	2008
Jessica Botter	3.60m (11-09.75)	2013
10. Kinsey Batts	3.50m (11-05.75)	2004

## Long Jump

	Mark	Year
1. Amanda Johnson	6.20m (20-04.25)	1995
2. Toshima Dabbs	6.19m (20-03.75)	2000
3. Tynita Butts	6.12m (20-01.00)	2011
4. Leah Lott	5.95m (19-06.25)	2015
5. Chante Sessoms	5.91m (19-04.75)	2007
6. Alisha Hopkins	5.88m (19-03.50)	2005
7. Brittany Bryant	5.86m (19-02.75)	2015
8. Tiffany Harris	5.83m (19-01.50)	2011
9. Toni Kilgore	5.82m (19-01.25)	1999

10. Camelia Morman	5.80m (19-00.50)	2008
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## Triple Jump

	Mark	Year
1. Camelia Morman	12.68m (41-07.25)	2008
2. Toni Kilgore	12.66m (41-06.50)	1999
3. Lave Wilson	12.39m (40-08.00)	1997
4. Meka Battle	12.13m (39-09.50)	2002
5. Estrella Coppin	12.00m (39-04.50)	2002
6. Jada Cunningham	11.92m (39-01.25)	2015
7. Michelle Bullock	11.67m (38-03.50)	1994
8. Lakeya O'Neal	11.65m (38-02.75)	2012
9. Shaunte Hill	11.43m (37-06.00)	1997
<b>10. Courtney Miles</b>	<b>11.39m (37-04.50)</b>	<b>2016</b>

## Shot Put

	Mark	Year
<b>1. Galissia Cause</b>	<b>15.48m (50-09.50)</b>	<b>2016</b>
<b>2. Raqurra Ishmar</b>	<b>15.15m (49-08.50)</b>	<b>2016</b>
<b>3. Kayla Padgett</b>	<b>14.97m (49-01.50)</b>	<b>2016</b>
4. Michelle Clayton	14.82m (48-07.50)	1999
5. Crystal Frye	14.63m (48-00.00)	2002
6. Amy Mueller	14.37m (47-01.75)	2007
7. Kourtney Edwards-Campbell	13.85m (45-05.25)	2015
8. Susan Schram	13.63m (44-08.75)	1993
9. Danielle Eiler	13.34m (43-09.25)	2008
10. Kelsey Rohrig	12.85m (42-02.00)	2014

## Weight Throw

	Mark	Year
1. Kayla Padgett	21.95m (72-00.25)	2014
<b>2. Raqurra Ishmar</b>	<b>21.09m (69-02.50)</b>	<b>2016</b>
<b>3. Mohogany Baker</b>	<b>20.39m (66-10.75)</b>	<b>2016</b>
4. Michelle Clayton	18.80m (61-08.00)	1999
5. Kim Kanala	18.10m (59-05.00)	2012
6. Chloe Early	17.93m (58-10.00)	2015
7. Kaylee Redon	17.81m (58-05.25)	2014
8. Margaret Clayton	17.73m (58-02.00)	2002
9. Ashley Clasen	17.20m (56-05.00)	2012
10. Dana Keister	17.07m (56-00.00)	2014



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



<b>Pentathlon</b>	<b>Points</b>	<b>Year</b>
<b>1. Aminah Ghaffar</b>	<b>3,526 Points</b>	<b>2016</b>
2. Jasmine Thompson	3,263 Points	2015
3. Sandra Teel	3,128 Points	1998
4. Madison Rayfield	3,089 Points	2015
5. Erica Bell	2,985 Points	2011
6. Lauren Chadwick	2,827 Points	1999
7. Lindsay Dolan	2,771 Points	2010
8. Christine Greco	2,752 Points	1994
9. Sharon Heilig	2,713 Points	2004
10. Marshari Williams	2,617 Points	1998

### **Pentathlon Event Records**

<b>Event</b>	<b>Athlete</b>	<b>Time / Mark</b>	<b>Year</b>
<b>60m Hurdles</b>	<b>Aminah Ghaffar</b>	<b>8.81</b>	<b>2016</b>
High Jump	Jasmine Thompson	1.62m (5-03.75)	2015
<b>Shot Put</b>	<b>Aminah Ghaffar</b>	<b>10.29m (33-09.25)</b>	<b>2016</b>
Long Jump	Jasmine Thompson	5.18m (17-00.00)	2015
<b>800-Meter Run</b>	<b>Aminah Ghaffar</b>	<b>2:25.14</b>	<b>2016</b>