

## Top Women's Outdoor Track and Field Marks

### 100-Meter Dash

Tamika Johnson	13.04	4/5/03
Korinne Krych	13.17	4/12/03
Tina Thompson	13.37	4/12/03
Erica Nsoedo-Heady	13.75	4/12/03
Lauren Quinn	14.5	3/29/03

### 200-Meter Dash

Tamika Johnson	25.82	5/9/03
Korinne Krych	27.44	4/12/03
Erica Nsoedo-Heady	28.81	4/12/03
Lauren Quinn	30.79	3/29/03

### 400-Meter Dash

Monieka Thompson	57.68	5/3/03
Tamika Johnson	58.84	5/9/03
Korinne Krych	1:02.82	4/5/03
Tina Thompson	1:05.36	3/29/03
Erica Nsoedo-Heady	1:06.46	5/9/03

### 800-Meter Run

Monieka Thompson	2:17.41	4/12/03
Jessica Pancoska	2:29.95	4/5/03
Gloria Jackson	2:50.5	3/29/03

### 1,500-Meter Run

Jessica Streit	4:57.47	5/3/03
Jessica Pancoska	5:02.40	5/16/03 *
Monieka Thompson	5:13.4	3/29/03
Stephanie Maisel	7:00.56	5/3/03

### 5,000-Meter Run

Lizet Diaz	18:51.90	4/5/03
Jessica Streit	19:39.25	4/12/03
Stephanie Maisel	24:19.50	4/19/03

### 10,000-Meter Run

Lizet Diaz	37:43.7	5/9/03
Sara Jeffers	39:26.6	5/9/03
Stephanie Maisel	53:51.25	5/9/03

**3,000-Meter Steeplechase**

Sara Jeffers 11:44.22 5/9/03

**100-Meter Hurdles**

Crystal Sanders 15.07 5/9/03 **SCHOOL RECORD**

**400-Meter Hurdles**

Crystal Sanders 1:02.51 5/9/03 **SCHOOL RECORD**

Jessica Pancoska 1:13.21 5/3/03

**Pole Vault**

Lauren Quinn 8'6" 5/9/03 **SCHOOL RECORD**

**Long Jump**

Crystal Sanders 16'5 3/4" 5/9/03

Gloria Jackson 16'5" 5/9/03

Korinne Krych 15'10 1/2" 3/29/03

Erica Nsoedo-Heady 13'8 1/2" 5/3/03

**Triple Jump**

Tamika Johnson 35'1" 5/9/03

Gloria Jackson 34' 8 1/2" 5/9/03

Tina Thompson 30'10 1/4" 3/29/03

**Shot Put**

Sara O'Mara 33'6 1/2" 4/5/03

Danielle Simpson 32'5 1/2" 3/29/03

**Discus**

Sara O'Mara 128'1" 5/9/03 **SCHOOL RECORD**

Danielle Simpson 89'4" 4/5/03

**Hammer Throw**

Sara O'Mara 139'0" 4/26/03 **SCHOOL RECORD**

Danielle Simpson 137'7" 5/9/03

**Javelin**

Teaha Shepperd 126' 5 3/4" 4/19/03 **SCHOOL RECORD**

**400-Meter Relay**

49.54 5/9/03

**1,600-Meter Relay**

3:57.99 4/19/03