



Minnesota Golden Gopher Women's Track & Field

Indoor All-Time Top 10 Performances



2015 Final | As of March 18, 2015

60 METER DASH

1. Tahesia Harrigan	7.22	2002
2. Chimerem Okoroiji	7.41	2012
3. Todea-Kay Willis	7.42	2013
4. Kylie Peterson	7.45	2010
5. Kadian Douglas	7.47	2006
6. Erin Hawkins	7.49	2015
T7. Chanteau White	*7.56	1997
T7. Nyoka Giles	7.56	2009
9. Melissa Woltmann	7.57	2003
T10. Majik Reed	7.60	2003
T10. Chidera Obasih	7.60	2012

200 METER DASH

1. Erin Hawkins	24.03	2015
2. Tahesia Harrigan	24.10	2002
3. Majik Reed	24.21	2003
4. Nyoka Giles	24.22	2009
5. Sasha Davis	24.27	2012
6. Rikita Butler	24.31	2010
7. Chimerem Okoroiji	24.36	2012
8. Kadian Douglas	24.45	2006
9. Jessica Waldvogel	24.66	2015
10. Kim (Martin) Heath	*24.68	1995

400 METER DASH

1. Rikita Butler	54.35	2010
2. Megan Geyen	54.41	2014
3. Alena Brooks	54.51	2011
4. Heather Dorniden	54.71	2006
5. Kou Luogon	54.78	2003
6. Titania Markland	54.96	2015
7. Jessica Waldvogel	55.09	2015
8. Emerald Egwim	55.20	2015
9. Adrienne Thomas	55.31	2009
10. Jessica Shuster	55.47	2001

600 METER RUN

1. Alena Brooks	1:26.73	2014
2. Heather Dorniden	1:27.78	2009
3. Titania Markland	1:29.91	2015
4. Gretchen Otto	1:30.41	1989
5. Lauren Donski	1:31.44	2015
6. Mollie Hupp	1:31.57	2005
7. Shani Marks	1:31.67	2001
8. Melissa Steele	1:32.10	2005
9. Jessica Shuster	1:32.11	2000
10. Candace Borgen	1:32.38	2005

800 METER RUN

1. Heather Dorniden	2:04.30	2006
2. Alena Brooks	2:04.90	2014
3. Jamie Cheever	2:06.34	2007
4. Te'Shon Adderley	2:06.42	2013
5. Julie Schwengler	2:06.64	2008
6. Nikki Swenson	2:06.81	2011
7. Gabriele Anderson	2:08.15	2007
8. Monika Balint	2:08.56	1991
9. Ladia Albertson-Junkans	2:09.29	2009
10. Jamie Dittmar	2:09.48	2010

MILE RUN

1. Heather Dorniden	4:38.80	2009
2. Jamie Cheever	4:39.54	2008
3. Nikki Swenson	4:39.86	2011
4. Elizabeth Yetzer	4:41.03	2011
5. Jody Eder	4:41.12	1984
6. Stephanie Price	4:42.75	2011
7. Chris Rowe	4:43.24	1992
8. Gabriele Anderson	4:44.18	2009
9. Andrea Grove	4:45.21	1995
10. Kaila Urick	4:45.28	2015

3,000 METER RUN

1. Megan Duwell	9:17.47	2010
2. Jamie Cheever	9:20.23	2008
3. Laura Docherty	9:22.16	2014
4. Molly Kayfes	9:24.67	2014
5. Stephanie Price	9:25.62	2011
6. Emily Brown	9:27.33	2006
7. Lori Townsend	9:28.43	1995
8. Becca Dyson	9:29.20	2014
9. Darja Vasiljeva	9:29.26	2003
10. Missa Varpness	9:29.86	2011

5,000 METER RUN

1. Megan Duwell	15:59.23	2010
2. Laura Docherty	16:15.00	2013
3. Molly Kayfes	16:15.31	2013
4. Amy Laskowske	16:20.12	2009
5. Liz Berkholtz	16:26.48	2014
6. Corinne Nimtz	16:30.76	2000
7. Stephanie Price	16:31.88	2011
8. Lori Townsend	16:34.60	1994
9. Kelli Budd	16:36.68	2014
10. Susan Bliss	16:37.10	1992

60 METER HURDLES

1. Kimberly Golding	8.34	2015
2. Emma Spagnola	8.41	2015
3. Dawn Solberg	8.58	2007
4. Jess Herauf	8.67	2015
5. Yvette White	8.72	1999
T6. Shari Schutz	8.75	2005
T6. Liz Woolford	8.75	2003
T6. Vanessa Nelson	8.75	2004
9. Nicole Carroll	8.77	2008
10. Alex Beckman	8.78	2014

4x200 METER RELAY

1. Natalie Smith Shellie Braggs Kim Heath Yvette White	1:42.79	1997
2. Kim (Martin) Heath Kathianne Sellers Lori Hardrick Kim Hofner	1:42.98	1995
3. Pattie Galle Kim Heath Natalie Smith Yvette White	1:44.46	1998
4. P. Cayemberg Cece Cox K.Omodt T. Kazemba	*1:46.54	1979
T5. Steph Stoltman Char Wetzel K. Murray Jo Arvesen	*1:47.74	1986
T5. Steph Stoltman Char Wetzel L. Pruitt Jody Eder	1:47.74	1986

4x400 METER RELAY

1. Titania Markland Alena Brooks Jessica Waldvogel Megan Geyen	3:36.67	2014
2. Jessica Waldvogel Erin Hawkins Emerald Egwim Titania Markland	3:37.03	2015
3. Titania Markland Alena Brooks Te'Shon Adderley Megan Geyen	3:38.10	2014
4. Katie Grundman Heather Dorniden Kadian Douglas Mollie Hupp	3:40.77	2006
5. Megan Geyen Te'Shon Adderley Jessica Waldvogel Alena Brooks	3:40.99	2013
6. Melissa Steele Mollie Hupp Candace Borgen Kadian Douglas	3:41.16	2005
7. Jessica Shuster Amber Day Shani Marks Ali Gartner	3:42.55	2001
8. Kelly Stalpes Rikita Butler Chioma Omeoga Alena Brooks	3:42.74	2010
9. Kat Keller Erin Hawkins Emma Spagnola Titania Markland	3:43.03	2015
10. Ekene Obi Rikita Butler Jamie Dittmar Heather Dorniden	3:43.08	2008



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4x800 METER RELAY

1.	Sarah Renk Jenny Alby Shelly Wall Monika Balint	9:08.10	1990
2.	Monika Balint Ann Westby Jenny Alby Shelly Wall	9:08.60	1990
3.	Andrea Grove Chris Rowe Susan Bliss Jacinda Raiche	9:09.20	1992
4.	Sarah Renk Gretchen Otto Jenny Alby Kathy Gebeke	9:11.92	1989
5.	Lisa Johnson Cara Daniels Kathy Gebeke Kathryn Scharnhorst	9:16.32	1987
6.	M. Peninger Rocky Raceette T. McGrane CeCe Cox	*9:19.44	1979
7.	Andrea Grove Heather Amundson Jacinda Raiche Chris Rowe	9:20.69	1992
8.	Sarah Renk Ann Westby Shelly Wall Monika Balint	9:24.63	1990
9.	Kathy Gebeke Bobbi Van Amber Stephanie Battier Krista Thyreen	9:25.51	1988
10.	Kathy Gebeke Krista Thyreen Bobbi Van Amber Kathryn Scharnhorst	9:27.74	1988

DISTANCE MEDLEY RELAY

1.	Jamie Cheever Kadian Douglas Heather Dorniden Emily Brown	11:07.27	2006
2.	Gabriele Anderson Rikita Butler Heather Dorniden Jamie Cheever	11:09.35	2007
3.	Jamie Cheever Rikita Butler Heather Dorniden Gabriele Anderson	11:11.12	2009
4.	Elizabeth Yetzer Alena Brooks Katie Hill Nikki Swenson	11:12.34	2011
5.	Katie Hill Megan Geyen Alena Brooks Maggie Bollig	11:12.85	2014
6.	Gabriele Anderson Kadian Douglas Heather Dorniden Emily Brown	11:14.83	2007
7.	Heather Dorniden Kadian Dougler Jamie Cheever Emily Brown	11:14.91	2007
8.	Nikki Swenson Alena Brooks Jamie Dittmar Elizabeth Yetzer	11:15.70	2010
9.	Katie Hill Alena Brooks Te'Shon Adderley Maggie Bollig	11:17.94	2013
10.	Nikki Swenson Nyoka Gilers Kathryn Ritter Elizabeth Yetzer	11:21.51	2011

HIGH JUMP

1.	Heta Tuuri	5-10 3/4	1.80	2015
2.	Liz Roehrig	5-10 1/2	1.79	2005
3.	Caitlin Roemhildt	5-10	1.78	2008
4.	Tracee Wolf	5-9 3/4	1.77	1989
T5.	Jess Herauf	5-8 1/2	1.74	2015
T5.	Coralea Brown	5-8 1/2	1.74	1994
T5.	Natalie Devine	5-8 1/2	1.74	2009
8.	Kathianne Sellers	5-8	1.71	1995
9.	Vanessa Schwanke	5-7 3/4	1.72	2005
T10.	Katerina Gasteratou	5-7 1/4	1.71	2015
T10.	Maggie Jaunich	5-7 1/4	1.71	2005
T10.	Robyn Hackbarth	5-7 1/4	1.71	1988

LONG JUMP

1.	Todea-Kay Willis	20-7 3/4	6.29	2013
2.	Christin Kingsley	20-5	6.22	2009
3.	Chanteau White	19-11 1/2	6.08	1997
4.	Liz Roehrig	19-11	6.07	2006
T5.	Jess Herauf	19-9	6.02	2015
T5.	Adrienne Thomas	19-9	6.02	2011
7.	Val Owen	19-8 3/4	6.01	1993
8.	Sarah Nelson	19-5 1/4	5.92	2004
9.	Natalie Smith	19-3	5.87	1997
10.	Shani Marks	19-1 1/2	5.83	2000

POLE VAULT

1.	Alicia Rue	14-4 1/2	4.38	2010
2.	Samantha Sonnenberg	14-1 1/4	4.30	2010
3.	Becca Pilkerton	13-7 1/4	4.15	2011
4.	Andrea Smith	13-6 1/4	4.12	2008
T5.	Katie Murgic	13-5 3/4	4.11	2015
T5.	Cami Gilson	13-5 3/4	4.11	2015
7.	Laura Massey	13-0 1/4	3.97	2008
T8.	Monica Stearns	12-10	3.91	2003
T8.	Ashley Nord	12-10	3.91	2007
10.	Erica Findlay	12-6	3.81	2003

TRIPLE JUMP

1.	Shani Marks	43-11 1/4	13.39	2003
2.	Christine Gulbrandsen	42-10 1/4	13.06	1999
3.	Lori Hardsey	41- 3 1/2	12.59	1996
4.	Anna Arciszewska	41-2 1/2	12.56	2008
5.	Christin Kingsley	40-9 3/4	12.44	2009
6.	Leslie Revier	40- 2 3/4	12.26	1990
7.	Natalie Smith	40- 0 3/4	12.21	1998
8.	Todea-Kay Willis	39-7 1/4	12.07	2011
9.	Stormy Nesbit	39-4 1/2	12.00	2010
10.	Cindy Bethany	39- 3 3/4	11.98	1994

SHOT PUT

1.	Aubrey Schmitt	54-4 3/4	16.58	1999
2.	Liz Alabi	52-10 3/4	16.12	2007
3.	Liz Podominick	52-10 1/4	16.11	2007
4.	Rachel Lewis	52-10	16.10	1991
5.	Alean Frawley	52-4	15.97	2003
6.	Christina DeLakis	50-11	15.52	2012
7.	Dani Parkos	50-2 3/4	15.31	1997
8.	Becky Fettig	50-0	15.24	1984
	Nicole Chimko	50-0	15.24	1998
10.	Agnes Esser	49-11	15.21	2015

WEIGHT THROW

1.	Liz Alabi	69-0 3/4	21.05	2007
2.	Devin Stanford	67-7 1/2	20.61	2015
3.	Beth Howard	64-1 3/4	19.55	2000
4.	Lyndsey Thorpe	63-8 1/4	19.41	2015
5.	Aubrey Schmitt	63-1 1/4	19.23	2001
6.	DeAnne Hahn	62-1	18.92	2010
7.	Jeri Johnson-Chambers	57-7 3/4	17.57	2013
8.	Angie Guenther	57-1 1/2	17.41	2015
9.	Caty Dongoske	56-6 3/4	17.24	2011
10.	Ke-Ke Burks	56-5 1/4	17.20	2015

PENTATHLON

1.	Jess Herauf	4,372	2015
2.	Liz Roehrig	4,218	2008
3.	Apasha Blocker	3,715	1996
4.	Jacenta Spandl	3,698	2005
5.	Polly Oas	3,675	1984
6.	Alex Beckman	3,669	2014
7.	Maggie Jaunich	3,641	2005
8.	Audra Winter	3,592	2015
9.	Amanda Beckman	3,544	2014
10.	Christine Gulbrandsen	3,526	1998

2015 performances in bold

* Indicates time has been converted