



# Minnesota Golden Gopher Women's Track & Field

## Outdoor All-Time Top 10 Performances



2015 FINAL

### 100 METER DASH

1. Tahesia Harrigan	11.37	2002
2. Kadian Douglas	11.51	2006
3. Chimerem Okorji	11.53	2011
<b>T-4. Erin Hawkins</b>	<b>11.58</b>	<b>2015</b>
T-4. Kylie Peterson	11.58	2010
6. Kim (Martin) Heath	11.68	1995
7. Todea-Kay Willis	11.73	2013
8. Shannaine Osbourne	11.74	2002
9. Samantha Caffey	11.79	1989
10. Adrienne Thomas	11.80	2010

### 200 METER DASH

1. Jane Oas	23.44	1976
2. Tahesia Harrigan	23.46	2002
3. Nyoka Giles	23.80	2009
4. Chimerem Okorji	23.91	2012
<b>5. Erin Hawkins</b>	<b>23.93</b>	<b>2015</b>
6. Kadian Douglas	24.07	2004
7. Liz Roehrig	24.12	2008
8. Kim (Martin) Heath	24.15	1995
9. Heather Van Norman	24.22	1989
10. Majik Reed	24.30	2003

### 400 METER DASH

<b>1. Titania Markland</b>	<b>52.86</b>	<b>2015</b>
2. Alena Brooks	53.55	2011
3. Megan Geyen	53.62	2014
<b>4. Emerald Egwim</b>	<b>53.70</b>	<b>2015</b>
5. Rikita Butler	53.88	2009
6. Kou Luogon	54.10	2003
7. Heather Dorniden	54.46	2008
8. Jessica Shuster	54.75	2000
<b>9. Jessica Waldvogel</b>	<b>54.93</b>	<b>2015</b>
10. Adrienne Thomas	55.13	2009

### 800 METER RUN

1. Heather Dorniden	2:01.05	2007
2. Alena Brooks	2:05.82	2013
3. Te'Shon Adderley	2:06.38	2013
4. Gabriele Anderson	2:06.55	2007
5. Julie Schwengler	2:06.58	2006
6. Nikki Swenson	2:07.19	2009
<b>7. Ally McSherry</b>	<b>2:07.42</b>	<b>2015</b>
8. Jamie Cheever	2:07.46	2007
9. Ann Lundin	2:07.71	1985
10. Ayla Mitchell	2:08.09	2007

### 1,500 METER RUN

1. Gabriele Anderson	4:13.45	2010
2. Jody Eder	4:15.59	1984
3. Heather Dorniden	4:17.68	2007
4. Elizabeth Yetzer	4:18.11	2009
5. Nikki Swenson	4:18.38	2011
6. Emily Brown	4:18.62	2007
7. Andrea Grove	4:20.92	1996
8. Rasa Michniovaite	4:22.83	1999
8. Monika Balint	4:23.97	1991
10. Jamie Cheever	4:24.76	2008

### 5,000 METER RUN

1. Megan Duwell	16:04.55	2010
2. Rocky Racette	16:10.50	1980
3. Laura Docherty	16:10.63	2013
4. Lori Townsend	16:17.67	1995
5. Stacy Bant	16:24.09	1986
6. Amy Laskowske	16:25.94	2009
<b>7. Liz Berkholtz</b>	<b>16:26.17</b>	<b>2015</b>
8. Emily Brown	16:28.24	2006
9. Kelli Budd	16:28.59	2014
10. Missa Varpness	16:31.17	2011

### 10,000 METER RUN

1. Laura Docherty	33:24.93	2013
2. Eileen Donaghy	33:31.96	1988
3. Megan Duwell	33:40.94	2010
4. Amy Laskowske	33:42.52	2009
5. Stephanie Price	34:02.15	2011
6. Liz Berkholtz	34:12.67	2014
7. Susan Bliss	34:22.50	1993
8. Corinne Nimtz	34:31.23	2000
9. Mallory Van Ness	34:45.98	2010
10. Rachel Drake	34:47.56	2012

### 100 METER HURDLES

<b>1. Emma Spagnola</b>	<b>13.58</b>	<b>2015</b>
2. Dawn Solberg	13.62	2008
3. Elizabeth Woolford	13.85	2005
4. Yvette White	13.87	1999
5. Vanessa Nelson	14.00	2004
Liz Roehrig	14.00	2009
7. Sharyl Schutz	14.04	2005
8. Sarah Redman	14.08	1992
9. Nicole Murphey	14.28	2012
<b>10. Jess Herauf</b>	<b>14.30</b>	<b>2015</b>

### 400 METER HURDLES

1. Melissa Steele	57.67	2005
2. Gretchen Otto	57.90	1990
3. Yvette White	58.22	1999
4. Sharyn Dahl	58.44	2011
5. Shani Marks	58.53	2003
6. Kelly Stalpes	59.28	2012
<b>7. Emma Spagnola</b>	<b>59.91</b>	<b>2015</b>
T8. Cathy Gorecki	1:00.09	1983
T8. Barb Peterson	1:00.09	1985
10. Ekene Obi	1:00.11	2007

### 3,000 METER STEEPLECHASE

1. Emily Brown	9:56.62	2006
2. Jamie Cheever	10:11.33	2008
3. Katie Moraczewski	10:14.07	2013
4. Kelli Budd	10:14.53	2014
<b>5. Kaila Urick</b>	<b>10:18.45</b>	<b>2015</b>
6. Molly Kayfes	10:27.43	2012
<b>7. Taylor Mikkalson</b>	<b>10:30.64</b>	<b>2015</b>
8. Ladia Albertson-Junkans	10:34.13	2008
9. Felicitas Mensing	10:34.62	2010
10. Paige Orcutt	10:35.03	2012

### 4x100 METER RELAY

1. Todea-Kay Willis Nyoka Giles Chimerem Okorji Kylie Peterson	44.32	2012
2. Shannaine Osbourne Shani Marks Amber Day Tahesia Harrigan	44.70	2002
3. Today-Kay Willis Nyoka Giles Chimerem Okorji Alena Brooks	44.85	2011
4. Akuoma Omeoga Megan Geyen Jessica Waldvogel Erin Hawkins	44.91	2014
<b>5. Emerald Egwim</b> <b>Emma Spagnola</b> <b>Jessica Waldvogel</b> <b>Erin Hawkins</b>	<b>45.17</b>	<b>2015</b>
6. Chimerem Okorji Nyoka Giles Chioma Omeoga Adrienne Thomas	45.40	2009
7. Shani Marks Shannaine Osbourne Melissa Woltman Tahesia Harrigan	45.43	2002
<b>8. Emerald Egwim</b> <b>Titania Markland</b> <b>Jessica Waldvogel</b> <b>Erin Hawkins</b>	<b>45.47</b>	<b>2015</b>
9. Chimerem Okorji Nyoka Giles Chioma Omeoga Kylie Peterson	45.59	2009
10. Jessica Waldvogel Todea-Kay Willis Megan Geyen Kylie Peterson	45.64	2013



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### 4x400 METER RELAY

1. <b>Jessica Waldvogel</b> <b>Emerald Egwim</b> <b>Erin Hawkins</b> <b>Titania Markland</b>	<b>3:32.68</b>	<b>2015</b>
2. Titania Markland Jessica Waldvogel Te'Shon Adderley Megan Geyen	3:34.71	2014
3. Sharyn Dahl Nyoka Giles Kelly Staples Alena Brooks	3:38.03	2011
4. Lisa Mickelson Shani Marks Rachel Schuttz Kou Luogon	3:38.59	2003
5. Katie Grundman Mollie Hupp Candace Borgen Melissa Steele	3:38.69	2005
6. Megan Geyen Nyoka Giles Kelly Staples Alena Brooks	3:38.85	2012
7. Alena Brooks Nyoka Giles Megan Geyen Jessica Waldvogel	3:39.22	2012
8. Katie Grundman Kadian Douglas Julie Schwengler Heather Dorniden	3:39.31	2006
9. Megan Geyen Titania Markland Jessica Waldvogel Erin Hawkins	3:39.43	2014
10. Megan Geyen Alena Brooks Jessica Waldvogel Te'Shon Adderley	3:39.56	2013

### 4x800 METER RELAY

1. Julie Schwengler Jamie Cheever Gabriele Anderson Heather Dorniden	8:27.42	2007
2. Julie Schwengler Jamie Cheever Gabriele Anderson Heather Dorniden	8:32.73	2008
3. Nikki Swenson Alena Brooks Jamie Dittmar Gabriele Anderson	8:33.98	2010
4. Julie Schwengler Nikki Swenson Jamie Cheever Heather Dorniden	8:37.20	2009
5. Nikki Swenson Katie Hill Jamie Dittmar Elizabeth Yetzer	8:37.54	2011
6. Katie Hill Te'Shon Adderley Maggie Bollig Alena Brooks	8:38.78	2013
7. Jamie Cheever Ladia Albertson-Junkans Ayla Mitchell Julie Schwengler	8:41.98	2006
8. <b>Stacey Swatek</b> <b>Anne Ferguson</b> <b>Ally McSherry</b> <b>Lauren Domski</b>	<b>8:43.18</b>	<b>2015</b>
9. Ann Lundin Stacy Bant Kris Rens Jody Eder	8:46.30	1983
10. J. Shima Kris Rens K. Harmon Rocky Racette	8:51.1 (.24)	1980

### 4x1600 METER RELAY

1. Nikki Swenson Elizabeth Yetzer Megan Duwell Gabriele Anderson	18:58.82	2010
2. Jamie Cheever Nikki Swenson Gabriele Anderson Heather Dorniden	19:06.11	2008
3. Nikki Swenson Missa Varpness Stephani Price Elizabeth Yetzer	19:06.52	2011
4. Jamie Cheever Elizabeth Yetzer Gabriele Anderson Emily Brown	19:07.75	2007
5. Jamie Cheever Heather Dorniden Ladia Albertson-Junkans Emily Brown	19:10.92	2006
6. Ladia Albertson-Junkans Elizabeth Yetzer Nikki Swenson Heather Dorniden	19:14.09	2009
7. Katie Moraczewski Molly Kayfes Ashlie Decker Laura Docherty	19:17.71	2012
8. Maggie Bollig Becca Dyson Ashlie Decker Laura Docherty	19:23.25	2013
9. Maggie Bollig Kelli Budd Cassy Opitz Kaitlin Mincke	19:24.68	2014
10. <b>Ally McSherry</b> <b>Haley Johnson</b> <b>Liz Berkholtz</b> <b>Kaila Urick</b>	<b>19:24.88</b>	<b>2015</b>



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### DISTANCE MEDLEY RELAY

1. Katie Hill	11:06.47	2013
Alena Brooks Te'Shon Adderley Laura Docherty		
2. Elizabeth Yetzer	11:08.16	2007
Heather Dorniden Ayla Mitchell Emily Brown		
3. Emily Brown	11:10.65	2006
Kadian Douglas Julie Schwengler Heather Dorniden		
4. Ladia Albertson-Junkans	11:17.47	2009
Heather Dorniden Julie Schwengler Elizabeth Yetzer		
5. Elizabeth Yetzer	11:19.59	2010
Rikita Butler Alena Brooks Megan Duwell		
6. Ladia Albertson-Junkans	11:26.68	2005
Katie Grundman Gabriele Anderson Emily Brown		
7. Kaitlin Mincke	11:28.78	2014
Lauren Dowski Te'Shon Adderley Maggie Bollig		
8. Missa Varpness	11:29.23	2011
Katie Hill Jamie Dittmar Stephanie Price		
9. Jenny Alby	11:37.34	1990
Sarah Renk Jessica Kawohl Monika Balint		
<b>10. Stacey Swatek</b>	<b>11:38.41</b>	<b>2015</b>
<b>Lauren Dowski</b> <b>Anne Ferguson</b> <b>Haley Johnson</b>		

### HIGH JUMP

1. Liz Roehrig	6-0	1.83m	2008
2. Tracee Wolf	5-10	1.78m	1988
<b>T-3. Jess Herauf</b>	<b>5-9 1/4</b>	<b>1.76m</b>	<b>2015</b>
T-3. Kathianne Sellers	5-9 1/4	1.76m	1995
T-3. Caitlin Roemhildt	5-9 1/4	1.76m	2007
T-3. Natalie Devine	5-9 1/4	1.76m	2008
T-7. Coralea Brown	5-8 1/2	1.74m	1993
T-7. Katie Loberg	5-8 1/2	1.74m	2013
<b>T-9. Alex Beckman</b>	<b>5-8</b>	<b>1.73m</b>	<b>2015</b>
<b>T-9. Heta Tuuri</b>	<b>5-8</b>	<b>1.73m</b>	<b>2015</b>
T-9. Robyn Hackbarth	5-8	1.73m	1988

### POLE VAULT

1. Alicia Rue	14-3 1/4	4.35m	2009
2. Samatha Sonnenberg	14-3 1/4	4.35m	2010
3. Monica Stearns	14-1 3/4	4.31m	2004
<b>4. Katie Murgic</b>	<b>13-7 1/4</b>	<b>4.15m</b>	<b>2015</b>
5. Andrea Smith	13-5 1/4	4.10m	2008
6. Ashley Nord	13-3 3/4	4.06m	2008
<b>7. Cami Gilson</b>	<b>13-2 3/4</b>	<b>4.03m</b>	<b>2015</b>
8. Laura Massey	13-1 1/2	4.00m	2006
9. Becca Pilkerton	12-11 1/2	3.95m	2010
10. Erica Findlay	12-6	3.81m	2001

### LONG JUMP

1. Todea-Kay Willis	21-1 1/2	6.44m	2011
2. Liz Roehrig	21-1 1/4	6.43m	2006
3. Christin Kingsley	21-0	6.40m	2008
4. Jane Mattke	20-2 1/2	6.16m	1982
<b>5. Jess Herauf</b>	<b>19-10 3/4</b>	<b>6.06m</b>	<b>2015</b>
6. Adrienne Thomas	19-8 1/4	6.00m	2010
7. Christine Gulbrandsen	19-6	5.94m	1999
8. Val Owen	19- 4 3/4	5.91m	1991
9. Sarah Nelson	19-4 1/4	5.90m	2006
10. Shannaine Osbourne	19-4	5.89m	2002

### TRIPLE JUMP

1. Shani Marks	45-3	13.79m	2003
2. Christine Gulbrandsen	43-9 3/4	13.55m	2000
3. Lori Hardrick	40-11 3/4	12.49m	1996
4. Anna Arciszewska	40-8 3/4	12.41m	2008
5. Leslie Revier	40-7 3/4	12.38m	1990
6. Saree Zweifel	40-2	12.24m	2003
7. Kou Luogon	40-0 3/4	12.21m	2003
8. Kelsey Joson	39-10 3/4	12.16m	2013
9. Cindy Bethany	39-10 1/4	12.16m	1992
10. Christin Kingsley	39-6 1/2	12.05m	2006

### SHOT PUT

1. Liz Podominick	53-5 3/4	16.30m	2006
2. Alean Frawley	53-5 1/2	16.29m	2003
3. Rachel Lewis	53-2 1/4	16.21m	1991
4. Christina DeLakis	52-6	16.00m	2012
5. Dani Parkos	51-10 1/2	15.81m	1997
6. Aubrey Schmitt	51-9 1/4	15.78m	2000
7. Liz Alabi	51-5 3/4	15.69m	2007
8. Kari Schmidt	50-2 1/2	15.30m	2008
9. Becky Fettig	49-4 1/2	15.05m	1985
10. Hannah Studt	49-3	15.01m	2008

### DISCUS

1. Nicole Chimko	182-10	55.72m	1999
2. Becky Fettig	181-6	55.32m	1984
3. Nikki Tzanakis	180-1	54.88m	2011
4. Aubrey Schmitt	179-5	54.68m	2001
<b>5. Agnes Esser</b>	<b>178-5</b>	<b>54.38m</b>	<b>2015</b>
6. Liz Podominick	178-2	54.30m	2008
<b>7. Devin Stanford</b>	<b>177-11</b>	<b>54.24m</b>	<b>2015</b>
8. Rachel Lewis	177-3	54.02m	1991
9. Brenda Meyer	169-11	51.80m	1999
10. Jean Schleusener	169-1	51.54m	1990

### HAMMER

<b>1. Devin Stanford</b>	<b>202-10</b>	<b>61.82m</b>	<b>2015</b>
2. Liz Alabi	199-8	60.86m	2007
3. DeAnne Hahn	197-0	60.04m	2012
<b>4. Lyndsey Thorpe</b>	<b>196-2</b>	<b>59.78m</b>	<b>2015</b>
<b>5. Angie Guenther</b>	<b>194-10</b>	<b>59.38m</b>	<b>2015</b>
6. Beth Howard	194-1	59.16m	2000
<b>7. Ke-ke Burks</b>	<b>193-3</b>	<b>58.90m</b>	<b>2015</b>
8. Aubrey Schmitt	192-8	58.72m	2001
<b>9. Agnes Esser</b>	<b>191-07</b>	<b>58.40m</b>	<b>2015</b>
10. Jeri Johnson-Chambers	190-2	57.96m	2013

### JAVELIN

1. Ruby Radocaj	188-11	57.58m	2008
2. Heather Berlin	183-2	55.82m	1995
3. Nicole Chimko	180-2	54.92m	1999
4. Barbora Spotakova	176-8	53.86m	2002
5. Nicolle Murphy	175-9	53.58m	2014
6. Tanya Simonsen	174-9	53.26m	1996
7. Loreena Anderson	174-4	53.14m	1984
8. Linda Lindqvist	174-0	53.04m	2000
9. Decia Agnew	168-9	51.44m	1991
10. Jess Herauf	159-7	48.65m	2014

### HEPTATHLON

<b>1. Jess Herauf</b>	<b>6,014</b>	<b>2015</b>
2. Liz Roehrig	5,892	2009
3. Barbora Spotakova	5,400	2002
4. Apasha Blocker	5,153	1996
<b>5. Alex Beckman</b>	<b>5,088</b>	<b>2015</b>
6. Jacenta Spandl	5,042	2005
7. Maggie Jaunich	5,004	2005
8. Polly Oas	4,990	1984
9. Audra Winter	4,908	2014
<b>10. Amanda Beckman</b>	<b>4,879</b>	<b>2015</b>

2015 marks in bold