



Minnesota Golden Gopher Women's Track & Field

Outdoor All-Time Top 10 Performances



As of April 22, 2018

100 METER DASH

1. Tahesia Harrigan	11.37	2002
2. Kadian Douglas	11.51	2006
3. Chimerem Okoroji	11.53	2011
T4. Erin Hawkins	11.58	2015
T4. 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. Emerald Egwim	23.74	2017
4. Nyoka Giles	23.80	2009
5. Chimerem Okoroji	23.91	2012
6. Erin Hawkins	23.93	2015
7. Kadian Douglas	24.07	2004
8. Liz Roehrig	24.12	2008
9. Kim (Martin) Heath	24.15	1995
10. Heather Van Norman	24.22	1989

400 METER DASH

1. Emerald Egwim	51.99	2017
2. Titania Markland	52.64	2018
3. Alena Brooks	53.55	2011
4. Megan Geyen	53.62	2014
5. Rikita Butler	53.88	2009
6. Kou Luogon	54.10	2003
7. Erin Hawkins	54.31	2016
8. Heather Dorniden	54.46	2008
9. Val Larson	54.61	2018
10. Jessica Shuster	54.75	2000

800 METER RUN

1. Heather Dorniden	2:01.05	2007
2. Alena Brooks	2:05.82	2013
T3. Titania Markland	2:06.38	2018
T3. Te'Shon Adderley	2:06.38	2013
5. Gabriele Anderson	2:06.55	2007
6. Julie Schwengler	2:06.58	2006
7. Ally McSherry	2:07.10	2016
8. Nikki Swenson	2:07.19	2009
9. Jamie Cheever	2:07.46	2007
10. Ann Lundin	2:07.71	1985

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. Madeline Strandemo	4:22.50	2016
9. Rasa Michniovaite	4:22.83	1999
10. Monika Balint	4:23.97	1991

5,000 METER RUN

1. Bethany Hasz	15:59.46	2018
2. Megan Hasz	16:00.22	2018
3. Megan Duwell	16:04.55	2010
4. Rocky Racette	16:10.50	1980
5. Laura Docherty	16:10.63	2013
6. Lori Townsend	16:17.67	1995
7. Stacy Bant	16:24.09	1986
8. Amy Laskowske	16:25.94	2009
9. Liz Berkholtz	16:26.17	2015
10. Emily Brown	16:28.24	2006

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. Bailey Ness	34:17.74	2017
8. Megan Hasz	34:19.48	2018
9. Susan Bliss	34:22.50	1993
10. Corinne Nimtz	34:31.23	2000

100 METER HURDLES

1. Kimberly Golding	12.98	2017
2. Emma Spagnola	13.02	2017
3. Dawn Solberg	13.62	2008
4. Rachel Schow	13.81	2018
5. Elizabeth Woolford	13.85	2005
6. Yvette White	13.87	1999
7. Ayesha Champagne	13.95	2018
T8. Vanessa Nelson	14.00	2004
T8. Liz Roehrig	14.00	2009
10. Sharyl Schutz	14.04	2005

400 METER HURDLES

1. Emma Spagnola	57.35	2018
2. Melissa Steele	57.67	2005
3. Gretchen Otto	57.90	1990
4. Rachel Schow	58.08	2018
5. Yvette White	58.22	1999
6. Sharyn Dahl	58.44	2011
7. Shani Marks	58.53	2003
8. Erin Huls	59.25	2017
9. Kelly Stalpes	59.28	2012
T10. Cathy Gorecki	1:00.09	1983
T10. Barb Peterson	1:00.09	1985

3,000 METER STEEPLECHASE

1. Madeline Strandemo	9:51.83	2017
2. Emily Brown	9:56.62	2006
3. Jamie Cheever	10:11.33	2008
4. Kaila Urick	10:11.54	2015
5. Katie Moraczewski	10:14.07	2013
6. Kelli Budd	10:14.53	2014
7. Taylor Mikkalson	10:15.26	2016
8. Molly Kayfes	10:27.43	2012
9. Ladia Albertson-Junkans	10:34.13	2008
10. Felicitas Mensing	10:34.62	2010

4x100 METER RELAY

1. Todea-Kay Willis Nyoka Giles Chimerem Okoroji Kylie Peterson	44.32	2012
2. Shannaine Osbourne Shani Marks Amber Day Tahesia Harrigan	44.70	2002
3. Kimberly Golding Emerald Egwim Emma Spagnola Erin Hawkins	44.80	2017
4. Rachel Schow Titania Markland Emma Spagnola Emerald Egwim	44.84	2018
5. Today-Kay Willis Nyoka Giles Chimerem Okoroji Alena Brooks	44.85	2011
6. Akuoma Omeoga Megan Geyen Jessica Waldvogel Erin Hawkins	44.91	2014
7. Emerald Egwim Emma Spagnola Jessica Waldvogel Erin Hawkins	45.17	2015
8. Kimberly Golding Emerald Egwim Emma Spagnola Rachel Schow	45.39	2017
9. Chimerem Okoroji Nyoka Giles Chioma Omeoga Adrienne Thomas	45.40	2009
10. Shani Marks Shannaine Osbourne Melissa Woltman Tahesia Harrigan	45.43	2002



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4x400 METER RELAY

1. Erin Hawkins 3:32.50 2016
Kat Keller
Emerald Egwim
Titania Markland
2. Jessica Waldvogel 3:32.68 2015
Emerald Egwim
Erin Hawkins
Titania Markland
3. **Emerald Egwim 3:33.53 2018**
Rachel Schow
Titania Markland
Val Larson
4. Titania Markland 3:34.71 2014
Jessica Waldvogel
Te'Shon Adderley
Megan Geyen
5. Erin Hawkins 3:37.01 2016
Emma Spagnola
Kat Keller
Emerald Egwim
6. Sharyn Dahl 3:38.03 2011
Nyoka Giles
Kelly Staples
Alena Brooks
7. Lisa Mickelson 3:38.59 2003
Shani Marks
Rachel Schutz
Kou Luogon
8. Katie Grundman 3:38.69 2005
Mollie Hupp
Candace Borgen
Melissa Steele
9. Megan Geyen 3:38.85 2012
Nyoka Giles
Kelly Stalpes
Alena Brooks
10. Alena Brooks 3:39.22 2012
Nyoka Giles
Megan Geyen
Jessica Waldvogel

4x800 METER RELAY

1. Julie Schwengler 8:27.42 2007
Jamie Cheever
Gabriele Anderson
Heather Dorniden
2. Julie Schwengler 8:32.73 2008
Jamie Cheever
Gabriele Anderson
Heather Dorniden
3. Nikki Swenson 8:33.98 2010
Alena Brooks
Jamie Dittmar
Gabriele Anderson
4. Julie Schwengler 8:37.20 2009
Nikki Swenson
Jamie Cheever
Heather Dorniden
5. Nikki Swenson 8:37.54 2011
Katie Hill
Jamie Dittmar
Elizabeth Yetzer
6. Katie Hill 8:38.78 2013
Te'Shon Adderley
Maggie Bollig
Alena Brooks
7. Stacey Swatek 8:41.30 2016
Kate Shelerud
Paige Peschel
Ally McSherry
8. Jamie Cheever 8:41.98 2006
Ladia Albertson-Junkans
Ayla Mitchell
Julie Schwengler
9. Stacey Swatek 8:43.18 2015
Anne Ferguson
Ally McSherry
Lauren Domski
10. Ann Lundin 8:46.30 1983
Stacy Bant
Kris Rens
Jody Eder

4x1600 METER RELAY

1. Nikki Swenson 18:58.82 2010
Elizabeth Yetzer
Megan Duwell
Gabriele Anderson
2. Jamie Cheever 19:06.11 2008
Nikki Swenson
Gabriele Anderson
Heather Dorniden
3. Nikki Swenson 19:06.52 2011
Missa Varpness
Stephani Price
Elizabeth Yetzer
4. Jamie Cheever 19:07.75 2007
Elizabeth Yetzer
Gabriele Anderson
Emily Brown
5. Jamie Cheever 19:10.92 2006
Heather Dorniden
Ladia Albertson-Junkans
Emily Brown
6. Ladia Albertson-Junkans 19:14.09 2009
Elizabeth Yetzer
Nikki Swenson
Heather Dorniden
7. Katie Moraczewski 19:17.71 2012
Molly Kayfes
Ashlie Decker
Laura Docherty
8. Kaila Urick 19:21.71 2016
Haley Johnson
Taylor Mikkalson
Madeline Strandemo
9. Maggie Bollig 19:23.25 2013
Becca Dyson
Ashlie Decker
Laura Docherty
10. Maggie Bollig 19:24.68 2014
Kelli Budd
Cassy Opitz
Kaitlin Mincke



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DISTANCE MEDLEY RELAY

1. Katie Hill Alena Brooks Te'Shon Adderley Laura Docherty	11:06.47	2013
2. Elizabeth Yetzer Heather Dorniden Ayla Mitchell Emily Brown	11:08.16	2007
3. Emily Brown Kadian Douglas Julie Schwengler Heather Dorniden	11:10.65	2006
4. Ladia Albertson-Junkans Heather Dorniden Julie Schwengler Elizabeth Yetzer	11:17.47	2009
5. Elizabeth Yetzer Rikita Butler Alena Brooks Megan Duwell	11:19.59	2010
6. Taylor Mikkalson Kate Shelerud Ally McSherry Madeline Strandemo	11:24.25	2016
7. Ladia Albertson-Junkans Katie Grundman Gabriele Anderson Emily Brown	11:26.68	2005
8. Kaitlin Mincke Lauren Domski Te'Shon Adderley Maggie Bollig	11:28.78	2014
9. Missa Varpness Katie Hill Jamie Dittmar Stephanie Price	11:29.23	2011
10. Jenny Alby Sarah Renk Jessica Kawohl Monika Balint	11:37.34	1990

HIGH JUMP

1. Taylor Wiebke	6-00.75	1.85m	2017
2. Liz Roehrig	6-00.00	1.83m	2008
3. Ashley Ramacher	5-11.25	1.81m	2018
4. Heta Tuuri	5-10.75	1.80m	2016
5. Tracee Wolf	5-10.00	1.78m	1988
T6. Jess Herauf	5-09.25	1.76m	2015
T6. Kathianne Sellers	5-09.25	1.76m	1995
T6. Caitlin Roemhildt	5-09.25	1.76m	2007
T6. Natalie Devine	5-09.25	1.76m	2008
T10. Coralea Brown	5-08.50	1.74m	1993
T10. Katie Loberg	5-08.50	1.74m	2013

POLE VAULT

1. Alicia Rue	14-03.25	4.35m	2009
2. Samatha Sonnenberg	14-03.25	4.35m	2010
3. Monica Stearns	14-01.75	4.31m	2004
4. Katie Murgic	13-07.25	4.15m	2015
5. Andrea Smith	13-05.25	4.10m	2008
6. Ashley Nord	13-03.75	4.06m	2008
7. Karlie Place	13-03.50	4.05m	2018
8. Cami Gilson	13-03.00	4.04m	2017
T9. Lexi Kiefer	13-01.50	4.00m	2017
T9. Laura Massey	13-01.50	4.00m	2006

LONG JUMP

1. Todea-Kay Willis	21-01.50	6.44m	2011
2. Liz Roehrig	21-01.25	6.43m	2006
3. Christin Kingsley	21-00.00	6.40m	2008
4. Jane Mattke	20-02.50	6.16m	1982
5. Jess Herauf	19-10.75	6.06m	2015
6. Adrienne Thomas	19-08.25	6.00m	2010
T7. Shanique Wright	19-06.00	5.94m	2016
T7. Christine Gulbrandsen	19-06.00	5.94m	1999
9. Val Owen	19-04.75	5.91m	1991
10. Sarah Nelson	19-04.25	5.90m	2006

TRIPLE JUMP

1. Shani Marks	45-03.00	13.79m	2003
2. Christine Gulbrandsen	43-09.75	13.55m	2000
3. Shanique Wright	42-09.00	13.03m	2016
4. Lori Hardrick	40-11.75	12.49m	1996
5. Anna Arciszewska	40-08.75	12.41m	2008
6. Leslie Revier	40-07.75	12.38m	1990
7. Saree Zweifel	40-02.00	12.24m	2003
8. Lorean Murray	40-01.50	12.23m	2018
9. Kou Luogon	40-00.75	12.21m	2003
T-10. Kelsey Joson	39-10.75	12.16m	2013
T-10. Cindy Bethany	39-10.75	12.16m	1992

SHOT PUT

1. Kiley Sabin	54-07.50	16.65m	2017
2. Liz Podominick	53-05.75	16.30m	2006
3. Alean Frawley	53-05.50	16.29m	2003
4. Rachel Lewis	53-02.25	16.21m	1991
5. Christina DeLakis	52-06.00	16.00m	2012
T6. Shay Nielsen	51-10.50	15.81m	2017
T6. Dani Parkos	51-10.50	15.81m	1997
8. Aubrey Schmitt	51-09.25	15.78m	2000
9. Liz Alabi	51-05.75	15.69m	2007
10. Nayoka Clunis	51-05.00	15.67m	2018

DISCUS

1. Agnes Esser	190-03	57.98m	2018
2. Nicole Chimko	182-10	55.72m	1999
3. Becky Fettig	181-06	55.32m	1984
4. Nikki Tzanakis	180-01	54.88m	2011
5. Aubrey Schmitt	179-05	54.68m	2001
6. Liz Podominick	178-02	54.30m	2008
7. Devin Stanford	177-11	54.24m	2015
8. Rachel Lewis	177-03	54.02m	1991
9. Kiley Sabin	175-09	53.58m	2018
10. Nayoka Clunis	172-10	52.67m	2018

HAMMER

1. Temi Ogunrinde	221-03	67.45m	2018
2. Nayoka Clunis	210-10	64.26m	2018
3. Agnes Esser	208-09	63.62m	2018
4. Lyndsey Thorpe	207-08	63.30m	2016
5. Devin Stanford	202-10	61.82m	2015
6. Angie Guenther	199-11	60.94m	2017
T7. Nina Horvath	199-08	60.86m	2017
T7. Liz Alabi	199-08	60.86m	2007
9. Ke-ke Burks	198-04	60.47m	2016
10. DeAnne Hahn	197-00	60.04m	2012

JAVELIN

1. Ruby Radocaj	188-11	57.58m	2008
2. Nicole Murphy	184-10	56.35m	2016
3. Heather Berlin	183-02	55.82m	1995
4. Nicole Chimko	180-02	54.92m	1999
5. Barbora Spotakova	176-08	53.86m	2002
6. Tanya Simonsen	174-09	53.26m	1996
7. Loreena Anderson	174-04	53.14m	1984
8. Linda Lindqvist	174-00	53.04m	2000
9. Decia Agnew	168-09	51.44m	1991
10. Jess Herauf	159-07	48.65m	2014

HEPTATHLON

1. Jess Herauf	6,014	2015
2. Liz Roehrig	5,892	2009
3. Ayesha Champagnie	5,521	2018
4. Barbora Spotakova	5,400	2002
5. Ashley Ramacher	5,231	2018
6. Audra Winter	5,203	2016
7. Apasha Blocker	5,153	1996
8. Sofie Albrechtsen	5,143	2018
9. Alex Beckman	5,088	2015
10. Jacenta Spandl	5,042	2005

2018 marks in bold.