

Miami University Outdoor Track Record Book -- Top Performers

100-Meter Dash

1.	Margarita Pogorelov	11.73	05/16/08
2.	Jackie Watkins	11.76	05/17/86
3.	Lashonda Davis	11.76w	03/26/05
4.	Leslie Smith	11.94	03/21/98
5.	Kelly Usher	11.97	05/23/98
6.	Bernitta Johnson	12.01	05/01/04
7.	Diona Graves	12.02	03/27/10
8.	Jamila Johnson	12.03	05/14/04
9.	Erin Ebner	12.14	03/27/93
10.	Tina Richardson	12.15w	04/23/88

200-Meter Dash

1.	Jackie Watkins	24.09	05/17/86
2.	Margarita Pogorelov	24.23	05/16/08
3.	Kelly Usher	24.37	05/23/98
4.	Leslie Smith	24.51	04/19/97
5.	Karen Bakewell	24.52	05/17/86
6.	Diona Graves	24.58	05/14/10
7.	Erika Harper	24.66	03/21/04
8.	Betsy Allen	24.78	04/28/07
9.	Lashonda Davis	24.85	04/09/05
10.	Tana Luckie	24.94	05/03/80

400-Meter Dash

1.	Karen Bakewell	53.58	05/19/84
2.	Betsy Allen	54.63	05/12/07
3.	Becca Williams	54.64	05/17/96
4.	Michelle Scotch	54.65	05/12/90
5.	Erika Harper	54.77	04/12/03
6.	Kim Hoffmann	55.19	05/17/96
7.	Carrie Alexander	55.59	05/15/98
8.	Rachael Clay	55.77	05/15/09
9.	Minette Jackson	56.14	04/29/95
10.	Nicole Guyton	56.58	05/20/94

800-Meter Run

1.	Karen Bakewell	2:00.85	06/07/86
2.	Carrie Alexander	2:07.87	04/11/98
3.	Katie Lenahan	2:08.69	05/07/10
4.	Kelley Miller	2:10.16	04/11/10
5.	Nikki Dutton	2:10.29	05/16/92
6.	Michelle Scotch	2:10.47	05/16/92
7.	Jenna Hann	2:12.17	05/17/97
8.	Celest Smyth	2:12.22	05/13/89
9.	Amanda Mirochna	2:12.72	05/09/08
10.	Rachael Fonda	2:12.83	05/20/94

1500-Meter Run

1.	Kelley Miller	4:26.39	05/27/10
2.	Amanda Mirochna	4:26.77	04/08/09
3.	Julie Rhoda	4:29.14	05/01/93
4.	Celest Smyth	4:29.24	05/04/91
5.	Sarah Henize	4:29.95	05/05/06
6.	Rachel Patterson	4:29.98	05/07/10
7.	Tricia Roddy	4:30.19	05/01/99
8.	Katie Lenahan	4:31.66	04/11/10
9.	Andrea Kremer	4:32.40	05/17/03
10.	Mary Pat Hickey	4:33.04	04/19/86

3000-Meter Run

1.	Molly Cullen	9:26.75	04/25/91
2.	Julie Rhoda	9:28.64	05/08/93
3.	Tricia Roddy	9:39.10	04/24/97
4.	Celest Smyth	9:41.88	04/25/91
5.	Michelle Slykhuis	9:46.38	04/12/85
6.	Jackie Principe	9:51.37	05/16/86
7.	Kelsey McHugh	9:51.38	04/04/09
8.	Laura Neufarth	9:54.10	03/21/08
9.	Rachel Patterson	9:54.77	04/04/09
10.	Melinda McCarthy	9:54.83	04/14/89

5000-Meter Run

1.	Molly Cullen	16:15.97	04/23/92
2.	Rachel Patterson	16:34.06	05/15/10
3.	Andrea Kremer	16:35.00	03/27/03
4.	Sue Augustauskas	16:55.09	04/01/89
5.	Michelle Slykhuis	16:55.36	04/12/86
6.	Julie Rhoda	17:00.73	03/26/93
7.	Tricia Roddy	17:00.87	04/22/99
8.	Melissa Mayers	17:01.56	04/24/97
9.	Laura Neufarth	17:02.75	03/29/08
10.	Melinda McCarthy	17:03.16	04/09/88

10,000-Meter Run

1.	Michelle Slykhuis	34:48.24	05/16/85
2.	Sue Augustauskas	34:56.95	04/27/89
3.	Kim Wilbanks	35:59.64	05/16/85
4.	Laura Neufarth	36:01.62	04/18/08
5.	Jill Nye	36:14.14	05/20/87
6.	Rebekah Hollander	36:31.16	05/14/09
7.	Janet Novallo	36:31.33	05/13/93
8.	Lisa Holland	36:36.54	04/09/88
9.	Laurel Simcox	36:48.54	04/22/99
10.	Nicki Willett	36:56.44	04/16/93

100-Meter Hurdles

1.	Becca Williams	13.31	05/18/96
2.	Erin Connolly	13.69	05/17/03
3.	DeLana Turner	13.78	05/30/08
4.	Ebonita Williams	13.84	04/16/94
5.	Candice Honroth	13.92	05/21/88
6.	Layne Baggett	13.95	05/15/10
7.	Kristen Renner	14.00	05/22/98
8.	Wendy Weiss	14.15w	05/15/92
9.	Shae Weiskircher	14.18	04/19/99
	Jennifer Caldwell	14.18	05/03/03

400-Meter Hurdles

1.	Becca Williams	54.98	05/31/96
2.	Ebonita Williams	59.47	05/16/92
3.	Alexis Lape	1:00.11	05/12/07
4.	Candice Honroth	1:00.12	05/21/88
5.	Wendy Weiss	1:00.15	05/16/92
6.	Alisha Jones	1:00.23	05/11/07
7.	Jennifer Caldwell	1:00.27	04/12/03
8.	Kristen Renner	1:00.42	05/23/98
9.	Andrea Tepe	1:00.61	05/11/07
10.	Katie Dyer	1:00.96	05/13/04

3000-Meter Steeplechase

1.	Andrea Kremer	10:10.61	06/13/03
2.	Amanda Mirochna	10:36.29	05/02/09
3.	Kylee Studer	10:42.41	05/30/03
4.	Maggie Bingham	10:50.65	04/17/10
5.	Kelly Ardelean	11:00.33	04/16/05
6.	Sarah Henize	11:06.05	04/29/06
7.	Liz Lundgren	11:19.45	03/30/02
8.	Jessica DeWitt	11:26.17	04/12/08
9.	Sarah Bertolini	11:26.90	04/12/03
10.	Kristine Wrede	11:35.56	04/12/03

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Long Jump

1.	Lashonda Davis	6.40m (21-0)	05/12/06
2.	Kim Horning	5.88m (19-3½)	05/11/07
3.	Bernitta Johnson	5.83m (19-1½)	04/14/01
4.	Carrie Mitchell	5.78m (18-11¾)	05/15/99
	Nicki Mitchell	5.78m (18-11¾)	05/03/08
6.	Magda Wikar	5.73m (18-9¾)	03/27/10
7.	Johya Howell	5.71m (18-8¾)	04/23/88
8.	Terri Hatcher	5.68m (18-7½)	03/21/91
9.	Taryn Nye	5.67m (18-7¼)	04/22/06
10.	Angie Schmitz	5.62m (18-5¼)	04/11/98

Triple Jump

1.	Bernitta Johnson	12.83m (42-1)	04/19/03
2.	Carrie Mitchell	12.74m (41-9¾)	05/12/01
3.	Alexis Lape	12.61m (41-4½)	04/25/09
4.	Grace Losier	12.24m (40-2)	05/21/88
	Hope Alexander	12.24m (40-2)	05/16/09
6.	Doreen Nagawa	12.12m (39-9¼)	04/22/06
7.	Shae Weiskircher	11.90m (39-0½)	05/22/99
8.	Laura Novotny	11.70m (38-4¾)	05/18/96
9.	Krista Stillson	11.62m (38-1½)	05/01/10
10.	Lashonda Davis	11.58m (38-0)	05/01/04

High Jump

1.	Meghan Gilhooly	1.80m (5-10¾)	04/24/99
	Kristina Bolterstein	1.80m (5-10¾)	04/28/07
3.	Kim Hill	1.78m (5-10)	05/11/91
4.	Mary Alice Wolf	1.76m (5-9¼)	05/09/87
5.	Lindsay Hazen	1.73m (5-8)	04/18/04
6.	Nicki Lawrie	1.72m (5-7¾)	04/03/99
	Katelyn Kelly	1.72m (5-7¾)	04/21/07
8.	Monica Branom	1.71m (5-7¼)	04/25/86
9.	Taryn Nye	1.70m (5-7)	04/08/06
	Kristen Mathews	1.70m (5-7)	05/17/08
	Katelyn Kelly	1.70m (5-7)	04/18/09

Pole Vault

1.	Sarah Landau	4.16m (13-7¾)	05/28/05
2.	Brittney Bernardoni	3.81m (12-6)	03/31/07
3.	Tabitha Schwartz	3.74m (12-3)	04/19/03
4.	Sarah Kinnaman	3.70m (12-1½)	04/24/10
5.	Hannah Tabler	3.60m (11-9¾)	04/24/10
6.	Amanda Rhoades	3.55m (11-7¾) .. twice, last 4/18/09	
7.	Erin Frazer	3.45m (11-3¾)	04/29/06
	Jackie Marquardt	3.45m (11-3¾)	05/13/04
	Sharon Poisson	3.45m (11-3¾)	04/22/00
10.	Brienne Wade	3.36m (11-0¼)	05/04/02

Shot Put

1.	Lauren Collins	14.97m (49-1½)	05/16/03
2.	Alexandra Roberts	14.65m (48-0¾)	05/14/10
3.	Brenda Reed	14.53m (47-8)	05/09/87
4.	Lindsey Arundel	14.18m (46-6¼)	04/22/06
5.	Pam Staton	13.98m (45-10¼)	04/06/93
6.	Pam Hall	13.95m (45-9¼)	05/14/82
7.	Samantha Gable	13.86m (45-5¾)	04/24/10
8.	Kim Way	13.78m (45-2½)	05/15/92
9.	Kristine Carlson	13.53m (44-4¾)	05/03/03
10.	Brittany Wilson-Farley	13.46m (44-2)	05/14/10

Discus Throw

1.	Christin Scott	49.71m (163-1)	05/10/97
2.	Quekan Ibdunni	48.11m (157-10)	04/09/05
3.	Lauren Collins	47.94m (157-3)	05/04/02
4.	Brenda Reed	46.69m (153-2)	05/05/87
5.	Missy Archibald	45.45m (149-1)	05/21/88
6.	Amy Lavengood	45.35m (148-9)	05/09/92
7.	Pam Hall	44.63m (146-5)	05/14/82
8.	Marie Mokosso	44.53m (146-1)	04/22/00
9.	Alexandra Roberts	44.27m (145-3)	04/24/10
10.	Kristine Carlson	44.07m (144-7)	04/19/03

Hammer Throw

1.	Lauren Collins	59.01m (193-7)	05/15/03
2.	Quekan Ibdunni	54.49m (178-9)	05/10/07
3.	Samantha Gable	54.03m (177-3)	04/24/10
4.	Hope Alexander	52.07m (170-10)	05/07/10
5.	Marie Mokosso	49.46m (162-3)	04/21/01
6.	Aisha Abernathy	49.44m (162-2)	03/27/99
7.	Teresa Bis	49.41m (162-1)	04/13/07
8.	Elise Bottarini	49.31m (161-9)	05/04/07
9.	Kristine Carlson	48.58m (159-4)	04/19/03
10.	Kristen Mathews	48.34m (158-7)	04/24/10

Javelin Throw (New rule post-1998)

1.	Joanna Borawski	46.01m (150-11)	04/13/05
2.	Ally Sisler	40.31m (132-3)	05/17/03
3.	Erin Frazer	38.61m (126-8)	04/12/08
4.	Rachel Buchenroth	38.40m (126-0)	05/13/05
5.	Alisha Jones	37.67m (123-7)	04/12/08
6.	Alexia DeWitz	35.94m (117-11)	04/11/09
7.	Erin Bamberger	35.51m (116-6)	04/25/09
8.	Katie Hanley	34.39m (112-10)	04/07/01
9.	Catie Hollinger	33.45m (109-9)	04/20/02
10.	Jen Moore	32.86m (107-10)	05/21/99

Javelin Throw (Old rule pre-1999)

1.	Nancy Denny	52.71m (172-11)	05/17/91
2.	Maude DiVittis	47.05m (154-4)	05/03/86
3.	Tracee Holmes	43.19m (141-8)	05/18/89
4.	Ann Yonkee	41.31m (135-6)	04/14/79
5.	Keeley Hancox	39.68m (130-2)	05/22/98
6.	Pam Hall	39.30m (128-11)	05/14/83
7.	Jen Moore	38.61m (126-8)	03/15/97
	Missy Archibald	38.61m (126-8)	05/19/88
9.	Becca Williams	36.24m (118-11)	05/19/95
10.	Kim Hill	36.19m (118-9)	05/17/91

Heptathlon

1.	Becca Williams	5144	05/18-19/95
2.	Taryn Nye	5009	04/12-13/06
3.	Kim Hill	4964	05/16-17/91
4.	Nicki Mitchell	4956	05/16-17/09
5.	Mary Alice Wolf	4886	05/21-22/87
6.	Katie Hanley	4723	05/17-18/01
7.	Karen Grimm	4678	05/17-18/90
8.	Candice Honroth	4592	05/15-16/86
9.	Jen Moore	4420	05/21-22/98
10.	Kristen Renner	4186	05/16-17/96

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100-Meter Dash

1.	Margarita Pogorelov	11.73	05/16/08
2.	Margarita Pogorelov	11.75	2009
3.	Jackie Watkins	11.76	05/17/86
	Lashonda Davis	11.76w	03/26/05
5.	Margarita Pogorelov	11.77	2009
6.	Margarita Pogorelov	11.78w	2008
7.	Lashonda Davis	11.79	2004
8.	Lashonda Davis	11.81	2005
9.	Lashonda Davis	11.82	2005
10.	Margarita Pogorelov	11.84	2009

200-Meter Dash

1.	Jackie Watkins	24.09	05/17/86
2.	Jackie Watkins	24.19	1985
3.	Margarita Pogorelov	24.23	05/16/08
4.	Margarita Pogorelov	24.28	04/18/09
5.	Jackie Watkins	24.34	1985
6.	Kelly Usher	24.37	05/23/98
7.	Margarita Pogorelov	24.38	04/04/09
8.	Jackie Watkins	24.38	1985
9.	Kelly Usher	24.44	1998
	Kelly Usher	24.44	1999

400-Meter Dash

1.	Karen Bakewell	53.58	05/19/84
2.	Karen Bakewell	54.16	1986
3.	Karen Bakewell	54.22	1986
4.	Karen Bakewell	54.50	1986
5.	Karen Bakewell	54.52	1986
6.	Betsy Allen	54.63	05/12/07
7.	Becca Williams	54.64	05/17/96
8.	Michelle Scotch	54.65	05/12/90
9.	Michelle Scotch	54.76	1990
10.	Erika Harper	54.77	04/12/03

800-Meter Run

1.	Karen Bakewell	2:00.85	06/07/86
2.	Karen Bakewell	2:02.77	1986
3.	Karen Bakewell	2:04.18	1986
4.	Karen Bakewell	2:05.66	1986
5.	Karen Bakewell	2:06.03	1986
6.	Karen Bakewell	2:06.97	1986
7.	Carrie Alexander	2:07.87	04/11/98
8.	Karen Bakewell	2:08.15	1987
9.	Katie Lenahan	2:08.69	05/07/10
10.	Karen Bakewell	2:09.54	1986

1500-Meter Run

1.	Kelley Miller	4:26.39	05/27/10
2.	Kelley Miller	4:26.47	2010
3.	Amanda Mirochna	4:26.77	04/18/09
4.	Julie Rhoda	4:29.14	05/01/93
5.	Celest Smyth	4:29.24	05/04/91
6.	Sarah Henize	4:29.95	05/05/06
7.	Rachel Patterson	4:29.98	05/07/10
8.	Kelley Miller	4:30.01	05/08/09
9.	Julie Rhoda	4:30.19	1993
	Tricia Roddy	4:30.19	05/01/1999

3000-Meter Run

1.	Molly Cullen	9:26.75	04/25/91
2.	Julie Rhoda	9:28.64	05/08/93
3.	Molly Cullen	9:33.22	1991
4.	Julie Rhoda	9:33.22	1993
5.	Julie Rhoda	9:34.51	1993
6.	Julie Rhoda	9:34.68	1993
7.	Molly Cullen	9:35.71	1992
8.	Molly Cullen	9:37.84	1991
9.	Tricia Roddy	9:39.10	04/24/97
10.	Molly Cullen	9:40.60	1992

5000-Meter Run

1.	Molly Cullen	16:15.97	04/23/92
2.	Rachel Patterson	16:34.06	05/15/10
3.	Andrea Kremer	16:35.00	03/27/03
4.	Andrea Kremer	16:35.59	2004
5.	Andrea Kremer	16:43.38	2001
6.	Molly Cullen	16:43.45	1992
7.	Molly Cullen	16:43.52	1992
8.	Andrea Kremer	16:43.65	2004
9.	Rachel Patterson	16:44.23	2010
10.	Rachel Patterson	16:45.99	2009

10,000-Meter Run

1.	Michelle Slykhuis	34:48.24	05/16/85
2.	Sue Augustauskas	34:56.95	04/27/89
3.	Michelle Slykhuis	35:14.36	1985
4.	Michelle Slykhuis	35:17.37	1986
5.	Kim Wilbanks	35:59.64	05/16/85
6.	Laura Neufarth	36:01.62	04/18/08
7.	Michelle Slykhuis	36:12.64	1986
8.	Jill Nye	36:14.14	05/20/87
9.	Sue Augustauskas	36:30.04	1988
10.	Rebekah Hollander	36:31.16	05/14/09

100-Meter Hurdles

1.	Becca Williams	13.31	05/18/96
2.	Becca Williams	13.40	1996
3.	Becca Williams	13.44	1995
4.	Becca Williams	13.44	1996
5.	Becca Williams	13.46	1996
6.	Becca Williams	13.46	1996
7.	Becca Williams	13.51	1996
8.	Becca Williams	13.52	1997
9.	Becca Williams	13.68	1997
10.	Erin Connolly	13.69	05/17/03

400-Meter Hurdles

1.	Becca Williams	54.98	05/31/1996
2.	Becca Williams	55.99	1996
3.	Becca Williams	56.67	1996
4.	Becca Williams	56.78	1997
5.	Becca Williams	56.84	1997
6.	Becca Williams	57.04	1996
7.	Becca Williams	57.17	1996
8.	Becca Williams	57.25	1997
9.	Becca Williams	57.63	1996
10.	Becca Williams	58.03	1996

3000-Meter Steeplechase

1.	Andrea Kremer	10:10.61	06/13/03
2.	Andrea Kremer	10:12.86	2001
3.	Andrea Kremer	10:14.62	2001
4.	Andrea Kremer	10:15.60	2004
5.	Andrea Kremer	10:15.77	2001
6.	Andrea Kremer	10:16.16	2003
7.	Andrea Kremer	10:17.47	2003
8.	Andrea Kremer	10:20.85	2003
9.	Andrea Kremer	10:21.44	2001
10.	Andrea Kremer	10:22.40	2003

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4x100-Meter Relay

1. Erika Harper, Bernitta Johnson 45.8705/28/04
Jamila Johnson, Lashonda Davis
2. Kelly Usher, Kim Clement 45.9705/22/99
Leslie Smith, Jolyn Darby
3. Erika Harper, Bernitta Johnson 45.9905/15/04
Jamila Johnson, Lashonda Davis
4. Erika Harper, Bernitta Johnson 46.1205/12/04
Jamila Johnson, Lashonda Davis
5. Kelly Usher, Kim Clement 46.2504/11/98
Leslie Smith, Jolyn Darby
6. Erika Harper, Bernitta Johnson 46.3405/01/04
Jamila Johnson, Lashonda Davis
7. Kelly Usher, Kim Clement 46.3505/14/99
Leslie Smith, Jolyn Darby
8. Kelly Usher, Kim Clement 46.4404/03/99
Leslie Smith, Jolyn Darby
9. Erika Harper, Bernitta Johnson 46.4504/10/04
Jamila Johnson, Lashonda Davis
10. Kelly Usher, Kim Clement 46.6404/26/97
Leslie Smith, Jo Vanderbosch

4x400-Meter Relay

1. Diona Graves, Tasha Profit 3:42.7205/15/10
Ruth Rasch, Rachael Clay
2. Erica Barnett, Katie Dyer 3:44.9105/15/04
Jen Caldwell, Erika Harper
3. Rasheda Malcolm, Katie Dyer 3:44.9904/19/03
Jen Caldwell, Erika Harper
4. Rasheda Malcolm, Katie Dyer 3:45.1604/12/03
Jen Caldwell, Erika Harper
5. Kim Horning, Taryn Nye 3:45.5705/05/06
Andrea Tepe, Betsy Allen
6. Kristen Renner, Delisa Binning 3:45.9105/23/98
Angie Schmitz, C. Alexander
7. Wendy Weiss, Nikki Dutton 3:46.0104/18/92
Michelle Scotch, Terri Hatcher
8. Rasheda Malcolm, Katie Dyer 3:46.0505/17/03
Jen Caldwell, Erika Harper
9. Kristen Renner, Delisa Binning 3:46.3804/11/98
Angie Schmitz, C. Alexander
10. Andrea Tepe, Alisha Jones 3:46.6805/04/07
Alexis Lape, Betsy Allen

4x800-Meter Relay

1. Amanda Mirochna, Kelley Miller 8:54.9704/24/09
Olivia Klaus, Katie Lenahan
2. Jenny Korrison, Sarah Correll 9:16.2803/23/03
Sophie Afridi, Sara Edwards
3. Gina Kline, Rachael Fonda 9:16.5904/15/95
Jennifer Anderson, Minette Jackson
4. Jenny Korrison, Sarah Correll 9:17.3103/24/02
Kylee Studer, Sara Edwards
5. Minette Jackson, Nikki Dutton 9:18.4703/26/94
Gina Kline, Rachael Fonda
6. Jenna Hann, Tricia Roddy 9:22.9403/24/96
Alyson Butterfield, Gina Kline
7. Celest Smyth, Cindy Beul 9:24.3403/18/88
Paula Kenny, Liz Cowie
8. Kylee Studer, Jo Custer 9:26.9803/16/01
Sara Edwards, Jenny Korrison
9. Gina Kline, Tricia Roddy 9:30.8404/20/96
Jenna Hann, Lynn Garrett
10. Laura Nash, Celest Smyth 9:32.1303/24/90
Liz Cowie, Julie Rhoda

Distance Medley Relay (1200-400-800-1600)

1. Amanda Mirochna, Rachael Clay 11:31.4804/22/10
Katie Lenahan, Kelley Miller
2. Katie Lenahan, Kelley Miller 11:43.1804/24/09
Olivia Klaus, Amanda Mirochna
3. Megan Stanley, Kim Clement 11:43.4303/28/99
Jenna Hann, Tricia Roddy
4. Amanda Mirochna, Andrea Tepe 11:49.8003/21/08
Katie Lenahan, Jennie Stoll
5. Jenny Korrison, Erica Barnett 12:02.5503/25/01
Sara Edwards, Andrea Kremer
6. Jenny Korrison, Maeghan Ramser 12:06.2003/16/01
Sara Edwards, Andrea Kremer
7. Cindy Beul, Michelle Scotch 12:06.7403/18/88
Liz Cowie, Celest Smyth
8. Cindy Beul, Michelle Scotch 12:07.6403/15/89
Linda Kuhel, Celest Smyth
9. Minette Jackson, Kim Hoffmann 12:16.4504/15/95
Rachael Fonda, Gina Kline
10. Lynn Garrett, Brittany Rusch 12:28.2404/20/96
Tricia Roddy, Gina Kline

Long Jump

1. Lashonda Davis 6.40m (21-0)05/12/06
2. Lashonda Davis 6.36m (20-10½)2005
3. Lashonda Davis 6.29m (20-7¾)2004
4. Lashonda Davis 6.28m (20-7¼)2006
5. Lashonda Davis 6.24m (20-5¾)2005
6. Lashonda Davis 6.21m (20-4½)2005
Lashonda Davis 6.21m (20-4½)2006
8. Lashonda Davis 6.18m (20-3½)2006
9. Lashonda Davis 6.17m (20-2¾)2006
10. Lashonda Davis 6.08m (19-11½)2005

Triple Jump

1. Bernitta Johnson 12.83m (42-1)04/19/03
2. Bernitta Johnson 12.80m (42-0)2004
3. Bernitta Johnson 12.78m (41-11)2004
4. Carrie Mitchell 12.74m (41-9¾)05/12/01
5. Carrie Mitchell 12.68m (41-7¼)2001
6. Bernitta Johnson 12.67m (41-7)2003
7. Alexis Lape 12.61 (41-4½)04/25/09
8. Bernitta Johnson 12.55m (41-2¼)2004
9. Carrie Mitchell 12.53m (41-1½)2001
10. Bernitta Johnson 12.51m (41-0½)2003

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High Jump

1.	Meghan Gilhooly	1.80m (5-10 ³ / ₄)	04/24/99
	Kristina Bolterstein	1.80m (5-10 ³ / ₄)	04/28/07
	Kristina Bolterstein	1.80m (5-10 ³ / ₄)	2007
	Kristina Bolterstein	1.80m (5-10 ³ / ₄)	2008
	Kristina Bolterstein	1.80m (5-10 ³ / ₄)	2008
6.	Meghan Gilhooly	1.79m (5-10 ¹ / ₂)	1997
7.	Kim Hill	1.78m (5-10)	05/11/91
	Meghan Gilhooly	1.78m (5-10)	1998
	Kristina Bolterstein	1.78m (5-10)	2007
	Kristina Bolterstein	1.78m (5-10)	2007
	Kristina Bolterstein	1.78m (5-10)	2007
	Kristina Bolterstein	1.78m (5-10)	2007
	Kristina Bolterstein	1.78m (5-10)	2008

Pole Vault

1.	Sarah Landau	4.16m (13-7 ³ / ₄)	05/28/05
2.	Sarah Landau	4.12m (13-6 ³ / ₄)	2006
3.	Sarah Landau	4.10m (13-5 ¹ / ₄)	2006
	Sarah Landau	4.10m (13-5 ¹ / ₄)	2005
	Sarah Landau	4.10m (13-5 ¹ / ₄)	2006
	Sarah Landau	4.10m (13-5 ¹ / ₄)	2005
7.	Sarah Landau	4.06m (13-3 ³ / ₄)	2006
8.	Sarah Landau	4.05m (13-3 ¹ / ₂)	2005
	Sarah Landau	4.05m (13-3 ¹ / ₂)	2006
10.	Sarah Landau	4.04m (13-3 ¹ / ₄)	2006

Shot Put

1.	Lauren Collins	14.97m (49-1 ¹ / ₂)	05/16/03
2.	Lauren Collins	14.75m (48-4 ³ / ₄)	2004
3.	Lauren Collins	14.73m (48-4)	2004
4.	Lauren Collins	14.70m (48-2 ³ / ₄)	2002
5.	Alexandra Roberts	14.65m (48-0 ³ / ₄)	05/14/10
6.	Lauren Collins	14.56m (47-9 ¹ / ₄)	2004
7.	Brenda Reed	14.53m (47-8)	05/09/87
8.	Alexandra Roberts	14.49m (47-6 ¹ / ₂)	2010
9.	Alexandra Roberts	14.46m (47-5 ¹ / ₄)	2010
10.	Lauren Collins	14.33m (47-0 ¹ / ₄)	2003

Discus Throw

1.	Christin Scott	49.71m (163-1)	05/10/97
2.	Christin Scott	49.59m (162-8)	1996
3.	Christin Scott	49.49m (162-4)	1997
4.	Quekan Ibdunni	48.11m (157-10)	04/09/05
5.	Christin Scott	48.04m (157-7)	1997
6.	Lauren Collins	47.94m (157-3)	05/04/02
7.	Christin Scott	47.63m (156-3)	1996
8.	Christin Scott	47.61m (156-2)	1997
9.	Lauren Collins	47.28m (155-1)	2003
10.	Lauren Collins	47.23m (154-11)	2003

Hammer Throw

1.	Lauren Collins	59.01m (193-7)	05/15/03
2.	Lauren Collins	57.31m (188-0)	2004
3.	Lauren Collins	57.21m (187-8)	2003
4.	Lauren Collins	56.67m (185-11)	2004
5.	Lauren Collins	56.39m (185-0)	2004
6.	Lauren Collins	56.01m (183-9)	2004
7.	Lauren Collins	55.91m (183-5)	2003
8.	Lauren Collins	55.86m (183-3)	2004
9.	Lauren Collins	55.79m (183-0)	2004
	Lauren Collins	55.79m (183-0)	2004

Javelin Throw (New rule post-1998)

1.	Joanna Borawski	46.01m (150-11)	04/13/05
2.	Joanna Borawski	44.19m (145-0)	2003
3.	Joanna Borawski	43.99m (144-4)	04/30/05
4.	Joanna Borawski	43.68m (143-4)	2005
5.	Joanna Borawski	43.53m (142-10)	2005
6.	Joanna Borawski	43.20m (141-9)	2005
7.	Joanna Borawski	41.88m (137-5)	2005
	Joanna Borawski	41.88m (137-5)	2005
9.	Joanna Borawski	41.80m (137-2)	2004
10.	Joanna Borawski	41.25m (135-4)	04/23/04

Javelin Throw (Old rule pre-1999)

1.	Nancy Denny	52.71 (172-11)	05/07/91
2.	Nancy Denny	50.35 (165-2)	1992
3.	Nancy Denny	49.92 (163-9)	1991
4.	Nancy Denny	49.43 (162-2)	1991
5.	Nancy Denny	48.98 (160-8)	1992
6.	Nancy Denny	48.88 (160-4)	1991
7.	Nancy Denny	48.83 (160-2)	1991
8.	Nancy Denny	48.70 (159-9)	1991
9.	Nancy Denny	48.55 (159-3)	1991
10.	Nancy Denny	48.50 (159-1)	1990

Heptathlon

1.	Becca Williams	5144	05/18-19/95
2.	Becca Williams	5099	1995
3.	Taryn Nye	5009	04/12-13/06
4.	Kim Hill	4964	05/16-17/91
5.	Taryn Nye	4962	2006
6.	Becca Williams	4958	1995
7.	Nicki Mitchell	4956	05/14-15/09
8.	Nicki Mitchell	4952	04/17-18/09
9.	Taryn Nye	4938	2006
10.	Mary Alice Wolf	4886	05/21-22/87

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