

# MIAMI UNIVERSITY WOMENS OUTDOOR TRACK & FIELD

## TOP 10 RANKINGS (1975 - 2008) (Revised 4/26/08)

### 100 METERS - INDIVIDUAL

1. Jackie Watkins	11.76	1986
2. Lashonda Davis	11.76w	2005
3. Margarita Pogorelo	11.85	2008
4. Leslie Smith	11.94	1998
5. Kelly Usher	11.97	1998
6. Bernitta Johnson	12.01	2004
7. Jamila Johnson	12.03	2004
8. Erin Ebner	12.14	1993
9. Tina Richardson	12.15	1988
10. Carrie Mitchell	12.24	2001

### 100 METERS - TIMES

1. Jackie Watkins	11.76	1986
Lashonda Davis	11.76w	2005
2. Lashonda Davis	11.79	2004
3. Lashonda Davis	11.81	2005
4. Lashonda Davis	11.82	2005
5. Margarita Pogorelo	11.85	2008
Lashonda Davis	11.85	2005
6. Lashonda Davis	11.88	2004
Margarita Pogorelo	11.88	2007
7. Lashonda Davis	11.90	2005

### 200 METERS - INDIVIDUAL

1. Jackie Watkins	24.09	1986
2. Kelly Usher	24.37	1998
3. Leslie Smith	24.51	1997
4. Karen Bakewell	24.52	1986
5. Margarita Pogorelo	24.64	2008
6. Erika Harper	24.66	2004
7. Betsy Allen	24.78	2007
8. Lashonda Davis	24.85	2005
9. Tana Luckie	24.94	1980
10. Meghan McGlocklin	25.13	1995

### 200 METERS - TIMES

1. Jackie Watkins	24.09	1986
2. Jackie Watkins	24.19	1985
3. Jackie Watkins	24.34	1985
4. Kelly Usher	24.37	1998
5. Jackie Watkins	24.38	1985
6. Kelly Usher	24.44	1998
Kelly Usher	24.44	1999
7. Leslie Smith	24.51	1997
8. Karen Bakewell	24.52	1986
9. Leslie Smith	24.53	1998

### 400 METERS - INDIVIDUAL

1. Karen Bakewell	53.58	1984
2. Betsy Allen	54.63	2007
3. Becca Williams	54.64	1996
4. Michelle Scotch	54.65	1990
5. Erika Harper	54.77	2003
6. Kim Hoffmann	55.19	1996
7. Carrie Alexander	55.59	1998
8. Minette Jackson	56.14	1995
9. Nicole Guyton	56.58	1994
10. Terri Hatcher	56.67	1991

### 400 METERS - TIMES

1. Karen Bakewell	53.58	1984
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	2007
7. Becca Williams	54.64	1996
8. Michelle Scotch	54.65	1990
9. Michelle Scotch	54.76	1990
10. Erika Harper	54.77	2003

### 800 METERS - INDIVIDUAL

1. Karen Bakewell	2:00.85	1986
2. Carrie Alexander	2:07.87	1998
3. Nikki Dutton	2:10.29	1992
4. Michelle Scotch	2:10.47	1992
5. Jenna Hann	2:12.17	1997
6. Celest Smyth	2:12.22	1989
7. Michaela Fonda	2:12.83	1994
8. Minette Jackson	2:12.97	1994
9. Cindy Beul	2:13.16	1989
10. Erika Nye	2:13.19	2006

### 800 METERS - TIMES

1. Karen Bakewell	2:00.85	1986
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	1998
8. Karen Bakewell	2:08.15	1987
9. Karen Bakewell	2:09.54	1986
10. Carrie Alexander	2:09.70	1998

### 1500 METERS - INDIVIDUAL

1. Julie Rhoda	4:29.14	1993
2. Celest Smyth	4:29.24	1991
3. Sarah Henize	4:29.95	2006
4. Tricia Roddy	4:30.19	1999
5. Andrea Kremer	4:32.40	2003
6. Mary Pat Hickey	4:33.04	1986
7. Jennie Stoll	4:33.07	2005
8. Jackie Principe	4:34.77	1986
9. Gina Kline	4:35.22	1995
10. Molly Cullen	4:35.40	1992

### 1500 METERS - TIMES

1. Julie Rhoda	4:29.14	1993
2. Celest Smyth	4:29.24	1991
3. Sarah Henize	4:29.95	2006
4. Julie Rhoda	4:30.19	1993
Tricia Roddy	4:30.19	1999
5. Tricia Roddy	4:30.22	1999
6. Tricia Roddy	4:31.64	1999
7. Sarah Henize	4:31.65	2006
8. Tricia Roddy	4:31.74	1997
9. Julie Rhoda	4:31.87	1992
Tricia Roddy	4:31.87	1999

### 3000 METERS - INDIVIDUAL

1. Molly Cullen	9:26.75	1991
2. Julie Rhoda	9:28.64	1993
3. Tricia Roddy	9:39.10	1997
4. Celest Smyth	9:41.88	1991
5. Michelle Slykhuis	9:46.38	1985
6. Jackie Principe	9:51.37	1986
7. Laura Neufarth	9:54.10	2008
8. Melinda McCarthy	9:54.83	1989
9. Melissa Mayers	9:54.95	1997
10. Andrea Kremer	9:58.40	2004

### 3000 METERS - TIMES

1. Molly Cullen	9:26.75	1991
2. Julie Rhoda	9:28.64	1993
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	1997
10. Molly Cullen	9:40.60	1992

### 5000 METERS - INDIVIDUAL

1. Molly Cullen	16:15.97	1992
2. Andrea Kremer	16:35.00	2003
3. Sue Augustauska	16:55.09	1989
4. Michelle Slykhuis	16:55.36	1986
5. Julie Rhoda	17:00.73	1993
6. Tricia Roddy	17:00.87	1999
7. Melissa Mayers	17:01.56	1997
8. Laura Neufarth	17:02.75	2008
9. Melinda McCarthy	17:03.16	1988
10. Jill Nye	17:07.24	1987

### 5000 METERS - TIMES

1. Molly Cullen	16:15.97	1992
2. Andrea Kremer	16:35.00	2003
3. Andrea Kremer	16:35.59	2004
4. Andrea Kremer	16:43.38	2001
5. Molly Cullen	16:43.45	1992
6. Molly Cullen	16:43.52	1992
7. Andrea Kremer	16:43.65	2004
8. Andrea Kremer	16:48.90	2003
9. Andrea Kremer	16:49.98	2003
10. Andrea Kremer	16:54.47	2002

### 10000 METERS - INDIVIDUAL

1. Michelle Slykhuis	34:48.24	1985
2. Sue Augustauska	34:56.95	1989
3. Kim Wilbanks	35:59.64	1985
4. Laura Neufarth	36:01.62	2008
5. Jill Nye	36:14.14	1987
6. Janet Novallo	36:31.33	1993
7. Lisa Holland	36:36.54	1988
8. Laurel Simcox	36:48.54	1999
9. Nicki Willett	36:56.44	1993
10. Stacy Boling	37:06.61	1994

### 10000 METERS - TIMES

1. Michelle Slykhuis	34:48.24	1985
2. Sue Augustauska	34:56.95	1989
3. Michelle Slykhuis	35:14.36	1985
4. Michelle Slykhuis	35:17.37	1986
5. Kim Wilbanks	35:59.64	1985
6. Laura Neufarth	36:01.62	2008
7. Michelle Slykhuis	36:12.64	1986
8. Jill Nye	36:14.14	1987
9. Sue Augustauska	36:30.04	1988
10. Janet Novallo	36:31.33	1993

### 100 METER HURDLES-INDIVIDUAL

1. Becca Williams	13.31	1996
2. Erin Connolly	13.69	2003
3. Ebonita Williams	13.84	1994
4. Candice Honroth	13.90	1988
5. Kristen Renner	14.00	1998
6. DeLana Turner	14.03	2007
7. Wendy Weiss	14.15	1992
8. Shae Weiskircher	14.18	1999
Jennifer Caldwell	14.18	2003
10. Alexis Lape	14.23w	2008

### 100 METER HURDLES - TIMES

1. Becca Williams	13.31	1996
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	2003

### 400 METER HURDLES-INDIVIDUAL

1. Becca Williams	54.98	1996
2. Ebonita Williams	59.47	1992
3. Alexis Lape	60.11	2007
4. Candice Honroth	60.12	1988
5. Wendy Weiss	60.15	1992
6. Alisha Jones	60.23	2007
7. Jennifer Caldwell	60.27	2003
8. Kristen Renner	60.42	1998
9. Andrea Tepe	60.61	2007
10. Katie Dyer	60.96	2004

### 400 METER HURDLES - TIMES

1. Becca Williams	54.98	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

### 4 x 100 METER RELAY

1. Erika Harper, Bernitta Johnson, Jamila Johnson, Lashonda D:	45.87	2004
2. Kelly Usher - Kim Clement - Leslie Smith - Jolyn Darby	45.97	1999
3. Erika Harper, Bernitta Johnson, Jamila Johnson, Lashonda D:	45.99	2004
4. Erika Harper, Bernitta Johnson, Jamila Johnson, Lashonda D:	46.12	2004
5. Kelly Usher - Kim Clement - Leslie Smith - Jolyn Darby	46.25	1998
6. Erika Harper, Bernitta Johnson, Jamila Johnson, Lashonda D:	46.34	2004
7. Kelly Usher - Kim Clement - Leslie Smith - Jolyn Darby	46.35	1999
8. Kelly Usher - Kim Clement - Leslie Smith - Jolyn Darby	46.44	1999
9. Erika Harper, Bernitta Johnson, Jamila Johnson, Lashonda D:	46.45	2004
10. Kelly Usher - Kim Clement - Leslie Smith - Jo Vanderbosch	46.64	1997

### 4 X 400 METER RELAY

1. Erica Barnett, Katie Dyer, Jen Caldwell, Erika Harper	3:44.91	2004
2. Rasheda Malcolm-Katie Dyer-Jen Caldwell-Erika Harper	3:44.99	2003
3. Rasheda Malcolm-Katie Dyer-Jen Caldwell-Erika Harper	3:45.16	2003
4. Kim Horning, Taryn Nye, Andrea Tepe, Betsy Allen	3:45.57	2006
5. Kristen Renner - Delisa Binning - Angie Schmitz -C. Alexar	3:45.91	1998
6. Wendy Weiss-Nikki Dutton-Michelle Scotch-Terri Hatcher	3:46.01	1992
7. Rasheda Malcolm-Katie Dyer-Jen Caldwell-Erika Harper	3:46.05	2003
8. Kristen Renner-Delisa Binning-Angie Schmitz-C. Alexander	3:46.38	1998
9. Andrea Tepe, Alisha Jones, Alexis Lape, Betsy Allen	3:46.68	2007
10. Terri Hatcher-Martine Wurst-Michelle Scotch-Wendy Weiss	3:46.94	1991

### 3000 STEEPLECHASE - IND.

1. Andrea Kremer	10:10.61	2003
2. Kylee Studer	10:42.41	2003
3. Kelly Ardelean	11:00.33	2005
4. Sarah Henize	11:06.05	2006
5. Liz Lundgren	11:19.45	2002
6. Jessica DeWitt	11:26.17	2008
7. Sarah Bertolini	11:26.90	2003
8. Kristine Wrede	11:35.56	2003
9. Meredith Magsig	11:39.06	2002
10. Hillary Greene	11:41.30	2007

### 3000 STEEPLECHASE - TIMES

1. Andrea Kremer	10:10.61	2003
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

### 4 X 400 RELAY SPLITS - IND.

1. Karen Bakewell	53.6	1986
2. Erika Harper	53.8	2004
3. Michelle Scotch	54.3	1990
Betsy Allen	54.3	2006
5. Carrie Alexander	55.0	1998
Jen Caldwell	55.0	2003
7. Nikki Dutton	55.5	1992
Becca Williams	55.5	1996
9. Taryn Nye	55.6	2006
10. Minette Jackson	55.7	1995

### 4 X 400 RELAY SPLITS - TIMES

1. Karen Bakewell	53.6	1986
2. Erika Harper	53.8	2004
3. Karen Bakewell	54.3	1987
Michelle Scotch	54.3	1990
Betsy Allen	54.3	2006
4. Erika Harper	54.7	2003
Erika Harper	54.7	2003
Betsy Allen	54.7	2006
5. Karen Bakewell	54.9	1987
Erika Harper	54.9	2004
Karen Bakewell	54.9	1986
Betsy Allen	54.9	2007

**LONG JUMP - INDIVIDUALS**

1. Lashonda Davis	21' 0"	2006
2. Kim Horning	19' 3 1/2"	2007
3. Bernitta Johnson	19' 1 1/2"	2001
4. Carrie Mitchell	18' 11 3/4"	1999
5. Johya Howell	18' 8 3/4"	1988
6. Terri Hatcher	18' 7 1/2"	1991
7. Taryn Nye	18' 7 1/4"	2006
8. Angie Schmitz	18' 5 1/4"	1998
9. Magda Wikar	18' 5 1/4"	2008
10. Alexis Lape	18' 4 1/2"	2007

**LONG JUMP - DISTANCES**

1. Lashonda Davis	21' 0"	2006
2. Lashonda Davis	20'10 1/2"	2005
3. Lashonda Davis	20' 7 3/4"	2004
4. Lashonda Davis	20' 7 1/4"	2006
5. Lashonda Davis	20' 5 3/4"	2005
6. Lashonda Davis	20' 4 1/2"	2005
Lashonda Davis	20' 4 1/2"	2006
7. Lashonda Davis	20' 3 1/2"	2006
8. Lashonda Davis	20' 2 3/4"	2006
9. Lashonda Davis	19' 11 1/2"	2005

**TRIPLE JUMP - INDIVIDUALS**

1. Bernitta Johnson	42' 1"	2003
2. Carrie Mitchell	41' 9 3/4"	2001
3. Grace Losier	40' 2"	1988
4. Doreen Nagawa	39' 9 1/4"	2006
5. Shae Weiskircher	39' 1/2"	1999
6. Laura Novotny	38' 4 3/4"	1996
7. Lashonda Davis	38' 0"	2004
8. Mary Alice Wolf	37' 11"	1987
9. Katie Hanley	37'10 3/4"	2000
10. Nicki Mitchell	37' 2 1/2"	2008

**TRIPLE JUMP - DISTANCES**

1. Bernitta Johnson	42' 1"	2003
2. Bernitta Johnson	42' 0"	2004
3. Bernitta Johnson	41' 11"	2004
4. Carrie Mitchell	41' 9 3/4"	2001
5. Carrie Mitchell	41' 7 1/4"	2001
6. Bernitta Johnson	41' 7"	2003
7. Bernitta Johnson	41' 2 1/4"	2004
8. Carrie Mitchell	41' 1 1/2"	2001
9. Bernitta Johnson	41' 1/2"	2003
Bernitta Johnson	40' 10"	2003

**HIGH JUMP - INDIVIDUALS**

1. Meghan Gilhooly	5'10 3/4"	1999
Kristina Bolterstein	5'10 3/4"	2007
3. Kim Hill	5' 10"	1991
4. Mary Alice Wolf	5' 9 1/4"	1987
5. Lindsay Hazen	5' 8"	2004
6. Nicki Lawrie	5' 7 3/4"	1999
Katelyn Kelly	5' 7 3/4"	2007
8. Monica Branom	5' 7 1/4"	1986
9. Taryn Nye	5' 7"	2006
10. Carolyn Palombo	5' 6 1/2"	1988

**HIGH JUMP - HEIGHTS**

1. Meghan Gilhooly	5'10 3/4"	1999
2. Kristina Bolterstein	5'10 3/4"	2007
Kristina Bolterstein	5'10 3/4"	2007
3. Meghan Gilhooly	5' 10 1/2"	1997
4. Kim Hill	5' 10"	1991
Meghan Gilhooly	5' 10"	1998
Kristina Bolterstein	5' 10"	2007
Kristina Bolterstein	5' 10"	2007
Kristina Bolterstein	5' 10"	2007
Kristina Bolterstein	5' 10"	2008

**POLE VAULT - INDIVIDUALS**

1. Sarah Landau	13' 7 3/4"	2005
2. Brittney Bernardoni	12' 6"	2007
3. Tabitha Schwartz	12' 3"	2003
4. Amanda Rhoades	11' 7 3/4"	2008
5. Erin Frazer	11' 3 3/4"	2006
Jackie Marquardt	11' 3 3/4"	2004
Sharon Poisson	11' 3 3/4"	2000
8. Brienne Wade	11' 1/4"	2002
9. Jackie Benson	10' 10"	2004
10. Vicki Leszczak	10' 6"	2007

**POLE VAULT - HEIGHTS**

1. Sarah Landau	13' 7 3/4"	2005
2. Sarah Landau	13' 6 3/4"	2006
3. Sarah Landau	13' 5 1/4"	2006
Sarah Landau	13' 5 1/4"	2005
Sarah Landau	13' 5 1/4"	2006
Sarah Landau	13' 5 1/4"	2005
4. Sarah Landau	13' 3 3/4"	2006
5. Sarah Landau	13' 3 1/2"	2005
Sarah Landau	13' 3 1/2"	2006
6. Sarah Landau	13' 3 1/4"	2006

**SHOT PUT - INDIVIDUAL**

1. Lauren Collins	49' 1 1/2"	2003
2. Brenda Reed	47' 8"	1987
3. Lindsey Arundel	46' 6 1/4"	2006
4. Pam Staton	45' 10 1/4"	1993
5. Pam Hall	45' 9 1/4"	1982
6. Kim Way	45' 2 1/2"	1992
7. Kristine Carlson	44' 4 3/4"	2003
8. Amy Lavengood	44' 3/4"	1994
9. Rachel Buchenroth	43' 11 3/4"	2005
10. Quekan Ibdunni	43' 7 1/4"	2006

**SHOT PUT - DISTANCES**

1. Lauren Collins	49' 1 1/2"	2003
2. Lauren Collins	48' 4 3/4"	2004
3. Lauren Collins	48' 4"	2004
4. Lauren Collins	48' 2 3/4"	2002
5. Lauren Collins	47' 9 1/4"	2004
6. Brenda Reed	47' 8"	1987
7. Lauren Collins	47' 1/4"	2003
8. Lauren Collins	46' 11"	2003
9. Lauren Collins	46' 10 3/4"	2004
10. Lauren Collins	46'10 1/2"	2002

**DISCUS - INDIVIDUALS**

1. Christin Scott	163' 1"	1997
2. Quekan Ibdunni	157' 10"	2005
3. Lauren Collins	157' 3"	2002
4. Brenda Reed	153' 2"	1987
5. Missy Archibald	149' 1"	1988
6. Amy Lavengood	148' 9"	1992
7. Pam Hall	146' 5"	1982
8. Ally Siskler	146' 1"	2000
9. Kristine Carlson	144' 7"	2003
10. Becky Pelger	141' 6"	1997

**DISCUS - DISTANCES**

1. Christin Scott	163' 1"	1997
2. Christin Scott	162' 8"	1996
3. Christin Scott	162' 4"	1997
4. Quekan Ibdunni	157' 10"	2005
5. Christin Scott	157' 7"	1997
6. Lauren Collins	157' 3"	2002
7. Christin Scott	156' 3"	1996
8. Christin Scott	156' 2"	1997
9. Lauren Collins	155' 1"	2003
10. Lauren Collins	154' 11"	2003

**HAMMER - INDIVIDUALS**

1. Lauren Collins	193' 7"	2003
2. Quekan Ibdunni	178' 9"	2007
3. Marie Mokosso	162' 3"	2001
4. Aisha Abernathy	162' 2"	1999
5. Teresa Bis	162' 1"	2007
6. Elise Bottarini	161' 9"	2007
7. Kristine Carlson	159' 4"	2003
8. Becky Pelger	152' 8"	1997
9. Hope Alexander	151' 9"	2008
10. Ali Holt	142' 5"	1998

**HAMMER - DISTANCES**

1. Lauren Collins	193' 7"	2003
2. Lauren Collins	188' 0"	2004
3. Lauren Collins	187' 8"	2003
4. Lauren Collins	185' 11"	2004
5. Lauren Collins	185' 0"	2004
6. Lauren Collins	183' 9"	2004
7. Lauren Collins	183' 5"	2003
8. Lauren Collins	183' 3"	2004
9. Lauren Collins	183' 0"	2004
Lauren Collins	183' 0"	2004

**JAVELIN - INDIVIDUAL**

1. Nancy Denny	172' 11"	1991
2. Maude DiVittis	154' 4"	1986
3. Joanna Borawski	150' 11"	2005
4. Tracee Holmes	141' 8"	1989
5. Ann Yonkee	135' 6"	1979
6. Ally Siskler	132' 3"	2003
7. Keeley Hancox	130' 2"	1998
8. Pam Hall	128' 11"	1983
9. Jen Moore	126' 8"	1997
Missy Archibald	126' 8"	1988
Erin Frazer	126' 8"	2008

**JAVELIN - DISTANCES**

1. Nancy Denny	172' 11"	1991
2. Nancy Denny	165' 2"	1992
3. Nancy Denny	163' 9"	1991
4. Nancy Denny	162' 2"	1991
5. Nancy Denny	160' 8"	1992
6. Nancy Denny	160' 4"	1991
7. Nancy Denny	160' 2"	1991
8. Nancy Denny	159' 9"	1991
9. Nancy Denny	159' 3"	1991
10. Nancy Denny	159' 1"	1990

**HEPTATHLON - INDIVIDUALS**

1. Becca Williams	5144	1995
2. Taryn Nye	5009	2006
3. Kim Hill	4964	1991
4. Mary Alice Wolf	4886	1987
5. Katie Hanley	4723	2001
6. Nicki Mitchell	4706	2008
7. Karen Grimm	4678	1990
8. Candice Honroth	4592	1986
9. Jen Moore	4420	1998
10. Kristen Renner	4186	1996

**HEPTATHLON - SCORES**

1. Becca Williams	5144	1995
2. Becca Williams	5099	1995
3. Taryn Nye	5009	2006
4. Kim Hill	4964	1991
5. Taryn Nye	4962	2006
6. Becca Williams	4958	1995
7. Taryn Nye	4938	2006
8. Mary Alice Wolf	4886	1987
9. Kim Hill	4862	1991
10. Kim Hill	4834	1990

**DISTANCE MEDLEY RELAY (1200 - 400 - 800 - 1600)**

1. Megan Stanley - Kim Clement - Jenna Hann - Tricia Roddy	11:43.43	1999
2. Amanda Mirochna - Andrea Tepe - Katie Lenahan - Jennie Stoll	11:59.80	2008
3. Jenny Korrison - Erica Barnett - Sara Edwards - Andrea Kremer	12:02.55	2001
4. Jenny Korrison - Maeghan Ramser - Sara Edwards - Andrea Kremer	12:06.20	2001
5. Cindy Beul - Michelle Scotch - Liz Cowie - Celest Smyth	12:06.74	1988
6. Cindy Beul - Michelle Scotch - Lindsay Kuhel - Celest Smyth	12:07.64	1989
7. Minette Jackson - Kim Hoffmann - Rachael Fonda - Gina Kline	12:16.45	1995
8. Lynn Garrett - Brittany Rusch - Tricia Roddy - Gina Kline	12:28.24	1996
9. Linda Kuhel - Cheryl Salters - Liz Cowie - Kristen Hillman	12:31.67	1987
10. Cindy Beul - Michelle Scotch - Kristen Hillman - Celest Smyth	12:32.25	1989

**4 x 800 RELAY**

1. Jenny Korrison - Sarah Correll - Sophie Afridi - Sara Edwards	9:16.28	2003
2. Gina Kline - Rachael Fonda - Jennifer Anderson - Minette Jackson	9:16.59	1995
3. Jenny Korrison - Sarah Correll - Kylee Studer - Sara Edwards	9:17.31	2002
4. Minette Jackson - Nikki Dutton - Gina Kline - Rachael Fonda	9:18.47	1994
5. Jenna Hann - Tricia Roddy - Alyson Butterfield - Gina Kline	9:22.94	1996
6. Celest Smyth - Cindy Beul - Paula Kenny - Liz Cowie	9:24.34	1988
7. Kylee Studer - Jo Custer - Sara Edwards - Jenny Korrison	9:26.98	2001
8. Gina Kline - Tricia Roddy - Jenna Hann - Lynn Garrett	9:30.84	1996
9. Laura Nash - Celest Smyth - Liz Cowie - Julie Rhoda	9:32.13	1990
10. Mary Wolf - Liz Cowie - Kristen Hillman - Missy Furnas	9:32.34	1987

**SPRINT MEDLEY RELAY (200 - 200 - 400 - 800)**

1. Kim Clement - Leslie Smith - Carrie Alexander - Jenna Hann	4:06.14	1998
2. Mary Wolf - Sharon Simon - Candice Honroth - Karen Bakewell	4:06.34	1987
3. Cheryl Salters - Sharon Simon - Candice Honroth - Liz Cowie	4:13.74	1987
4. Cheryl Salters - Sharon Simon - Candice Honroth - Mary Wolf	4:14.94	1987
5. M. Weidenhamer - Catie Holinger - Rachel Tomczak - Kylee Studer	4:16.94	2001

**4 x 200 RELAY**

1. Sommer Lawal - Angie Schmitz - Leslie Smith - Jolyn Darby	1:42.95	1998
2. Brittany Rusch - Jo Vanderbosch - Kim Hoffmann - Meghan McGlock	1:43.18	1995
3. Kelly Usher - Kim Clement - Jo Vanderbosch - Angie Schmitz	1:43.34	1996
4. Candice Honroth - Tina Richardson - Leah Wade - Michelle Scotch	1:44.14	1988
5. Michel Hall - Terri Hatcher - Martine Wurst - Michelle Scotch	1:44.97	1989

**4 x 1500 RELAY**

1. Kylee Studer - Sarah Bertolini - Kelly Ardelean - Andrea Kremer	19:10.83	2003
2. Celest Smyth - Molly Cullen - Liz Cowie - Chris Gaylo	19:27.95	1990

**4 x 1600 RELAY**

1. Michelle Slykhuis - Kim Wilbanks - Judy Stobbe - Lisa Holland	21:55.64	1985
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**4 x 1 MILE RELAY**

1. Gina Kline - Kelly Collins - Tricia Roddy - Jenna Hann	20:37.34	1996
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**SHUTTLE HURDLE RELAY (4 X 100H)**

1. Katie Dyer - Jen Caldwell - Kate Christoff - Erin Connolly	58.94	2003
2. Alexis Lape - DeLana Turner - Alisha Jones - Katelyn Kelly	60.27	2007
3. Becca Williams - Shae Weiskircher - Laura Novotny - Delisa Binning	60.84	1996
4. Kate Christoff - Erin Connolly - Katie Hanley - Jennifer Caldwell	60.85	2001
5. Kristen Renner - Delisa Binning - Sommer Lawal - Shae Weiskircher	61.24	1998
Katie Dyer - Jolien Jakubick - Kate Christoff - Erin Connolly	61.53	2002