



# WOMEN'S TRACK AND FIELD FRESHMEN ALL-TIME TOP 5



## SPRINTS

### 100 METERS

	YEAR	TIME
1. Janice Davis	2004	11.44
2. Carissa Levingston	2010	11.55
3. Chryste Gaines	1989	11.54
4. Kori Carter	2011	11.57
5. Nashonme Johnson	2003	11.64

### 200 METERS

	YEAR	TIME
1. Carissa Levingston	2010	23.43
2. Nashonme Johnson	2003	23.61
3. Janice Davis	2004	23.64
4. Kori Carter	2011	24.01
5. Chauntae Bayne	2003	24.15

### 400 METERS

	YEAR	TIME
1. Keisha Gaines	2004	53.83
2. Ashley Freeman	2004	54.36
3. Nashonme Johnson	2003	54.61
4. Chinny Offor	2003	54.68
5. Janice Davis	2004	54.84

## MID-DISTANCE/DISTANCE

### 800 METERS

	YEAR	TIME
1. Regina Jacobs	1982	2:04.38
2. Lindsay Hyatt	2000	2:05.64
3. Ashley Freeman	2004	2:06.20
4. Alicia Follmar	2006	2:07.69
5. Arianna Lambie	2004	2:08.06

### 1,500 METERS

	YEAR	TIME
1. Arianna Lambie	2004	4:13.14
2. Lauren Fleshman	2000	4:17.76
3. Alli Billmeyer	2012	4:19.20
3. Laurynne Chetelat	2009	4:20.68
5. Julia Stamps	1998	4:21.41

### 3,000 METERS

	YEAR	TIME
1. Ceci Hopp	1982	8:57.27
2. Alison Wiley	1983	9:03.51
3. Carol Gray	1987	9:19.04
4. Julia Stamps	1998	9:21.51
5. Cory Schubert	1984	9:21.9

### 3,000 METER STEEPLE

	YEAR	TIME
1. Katy Trotter	2004	10:07.55
2. Emilie Amaro	2009	10:11.68
3. Jeane Goff	2002	10:22.46
4. Lindsay Allen	2005	10:26.71
5. Mary Kate Anselmini	2012	10:28.12

### 5,000 METERS

	YEAR	TIME
1. Alicia Craig	2003	15:25.75
2. Laurynne Chetelat	2009	15:43.31
3. Lauren Fleshman	2000	15:50.18
4. Alison Wiley	1983	16:01.03
5. Kathy Kroeger	2010	16:01.13

### 10,000 METERS

	YEAR	TIME
1. Alicia Craig	2003	32:40.03
2. Ellen Lyons	1981	33:16.0
3. Alex Gits	2008	33:19.12
4. Ann Locke	1982	34:07.6
5. Georgia Griffin	2009	35:14.46

## HURDLES

### 100 METER HURDLES

	YEAR	TIME
1. Kori Carter	2011	13.13
2. Katie Nelms	2011	13.57
3. Robyn Woolfolk	1999	13.86
4. Lindsey Johnson	2001	13.91
5. Nora Miller	2007	14.04

### 400 METER HURDLES

	YEAR	TIME
1. Kori Carter	2011	57.10
2. Katie Nelms	2011	58.91
3. Pam Board	1984	59.64
4. Margaret Demorest	1982	61.04
5. Kala Stepter	2010	61.34

## FIELD

### HIGH JUMP

	YEAR	MARK
1. Lisa Bernhagen	1985	6-0 (1.83m)
2. Tracye Lawyer	1996	5-10 3/4 (1.80m)
3. Adrienne Johnson	2011	5-9 1/4 (1.76m)
4. Lauren Stewart	2006	5-8 3/4 (1.75m)
4. Cheryl Burdick	2000	5-8 3/4 (1.75m)
4. Kim Stone	2000	5-8 3/4 (1.75m)

### LONG JUMP

	YEAR	MARK
1. Erica McLain	2005	21-2 1/2 (6.46m)
2. Arantxa King	2008	20-1 3/4 (6.14m)
3. Pam Donald	1980	20-1 1/2 (6.13m)
4. Jackie Edwards	1989	20-0 1/2 (6.11)
5. Sarah Griffin Matthew	2007	19-09 1/2 (6.03m)

### POLE VAULT

	YEAR	MARK
1. Ellie McCardwell	2011	13-7 3/4 (4.16m)
2. Katerina Stefanidi	2009	13-6 1/2 (4.13m)
3. Samantha Shepard	2003	13-2 1/4 (4.02m)
4. Kathleen Donoghue	2000	13-0 1/4 (3.97m)
5. Anna McFarlane	2005	12-11 3/4 (3.96m)

<b>SHOT PUT</b>	<b>YEAR</b>	<b>MARK</b>
1. Jillian Camarena	2001	53-9 (16.38m)
2. Melissa Yunghans	2005	52-4 3/4 (15.97m)
3. Patty Purpur	1986	50-9 3/4 (15.49m)
4. Pam Dukes	1983	49-4 1/4 (15.04m)
5. Rebecca Hammar	2012	48-9 1/2 (14.87m)

<b>TRIPLE JUMP</b>	<b>YEAR</b>	<b>MARK</b>
1. Erica McLain	2005	45-11 3/4 (14.01m)
2. Lauren Stewart	2006	42-1 1/2 (12.84m)
3. Sabrina Nettey	2008	41-5 (12.62m)
4. Deborah Akinniyi	2005	41-4 1/4 (12.60m)
5. Jordan Merback	2009	41-1 3/4 (12.54m)

<b>DISCUS</b>	<b>YEAR</b>	<b>MARK</b>
1. Patty Purpur	1986	177-7 (54.12m)
2. Summer Pierson	1997	177-6 (54.10m)
3. Karen Nickerson	1983	174-11 (53.32m)
4. Carol Cady	1981	173-11 (53.0m)
5. Rebecca Hammar	2012	170-5 (51.94m)

<b>HAMMER</b>	<b>YEAR</b>	<b>MARK</b>
1. Jessica Pluth	2001	187-0 (57.00m)
2. Sarah Hopping	2003	184-1 (56.12m)
3. Katy Elsbury	2003	176-1 (53.68m)
4. Nicole Heintl	2010	163-10 (49.95m)
5. Maggie Isaac	1997	163-10 (49.94m)

<b>JAVELIN (OLD IMP.)</b>	<b>YEAR</b>	<b>MARK</b>
1. Mary Osborne	1980	181-3 (55.26m)
2. Sami Jo Small	1995	175-11 (53.62m)
3. Erica Wheeler	1987	174-5 (53.16m)
4. Allison Beatty	1997	152-0 (46.34m)
5. Whitney Drumright	2005	143-4 (43.68m)

<b>JAVELIN (NEW IPM.)</b>	<b>YEAR</b>	<b>MARK</b>
1. Brianna Bain	2012	171-2 (52.17m)
2. Danielle Maier	2005	150-2 (45.78m)
3. Lindsey Brisbin	2002	140-9 (42.92m)
4. Kara Bennett	2007	137-10 (42.02m)
5. Lindsay Hopkins	1999	128-7 (39.19m)

<b>HEPTATHLON</b>	<b>YEAR</b>	<b>POINTS</b>
1. Whitney Liehr	2008	5,186
2. Lauren Stewart	2006	5,141
3. Tracye Lawyer	1996	5,108
4. Denise Gaztambide	1983	4,938
5. Joy Goff	1997	4,931