

# Outdoor Records

Through 5/19/08

<b>100 Meter</b>			<b>10,000 Meters</b>			<b>Pole Vault</b>		
1.	11.19	Gloria Asumnu ..... 6-21-07	1.	34:53.01	Aubrey Phillips ..... 4-5-08	1.	11-04.25 (3.46)	Lindsey Karlik ..... 3-28-03
2.	11.64	Asha James ..... 5-11-01	2.	37:25.86	Stephanie Lohbeck ..... 5-15-97	2.	10-08.00 (3.25)	Peggy Keplinger ..... 5-16-08
3.	11.68	Angel Dooley ..... 5-17-03	3.	38:19.05	Laurie Dalrymple ..... 5-19-08	2.	10-06.00 (3.20)	Ellen Vollmers ..... 4-12-03
4.	11.77	Nicole Royal ..... 5-16-97	4.	39:38.20	Marilyn Feldmeier ..... 1991	3.	10-00.00 (3.05)	Molly Calender ..... 4-22-06
5.	11.78	Rebecca Murphy ..... 5-12-00	5.	40:43.27	Mandy Hopper ..... 5-16-03	<b>Hammer</b>		
6.	11.80	Mashandra Hall ..... 1992	<b>100-Meter Hurdles</b>			1.	164-10 (50.42)	Katarina Busljeta ..... 5-16-08
7.	11.93	Quasheba Lee ..... 3-18-00	1.	14.36	Rebecca Murphy ..... 3-28-98	2.	148-02 (45.17)	Nicole Sauer ..... 5-14-04
8.	11.97	Frith Maunder ..... 1996	2.	14.53	Camilla Hatlen ..... 4-12-03	3.	139-06 (45.52)	Moji Alade ..... 3-9-02
<b>200 Meter</b>			<b>400-Meter Hurdles</b>			<b>Heptathlon</b>		
1.	22.70	Gloria Asumnu ..... 5-26-07	1.	57.18	Nadja Petersen ..... 5-06-01	1.	5,044	Camilla Hatlen ..... 5-13-05
2.	23.61	Angel Dooley ..... 5-14-05	2.	58.35	Charlotte Plummer ..... 4-26-98	2.	4,649	Helmi Leppanen ..... 5-10-02
3.	23.66	Rebecca Murphy ..... 5-12-00	3.	1:00.12	Shanon Beelendorf ..... 4-19-08	3.	4,451	Arielle Minor ..... 5-16-08
4.	23.82	Asha James ..... 5-10-02	4.	1:00.23	Lana Garner ..... 3-18-00	4.	4,324	Nicolette Taku ..... 5-12-07
5.	24.06	Nikelola Balogun ..... 5-11-01	5.	1:00.98	Latosha Lewis ..... 1995	<b>4x100 Relay</b>		
6.	24.10	Quasheba Lee ..... 5-12-00	<b>High Jump</b>			1.	44.74	..... 5-12-07
<b>400 Meter</b>			1.	5-11.25 (1.81)	Nadia Smith ..... 4-19-97	Taneekwa Ross, Jasmine Momoh, Shaina Pelham, Gloria Asumnu		
1.	53.20	Lana Garner ..... 5-8-99	2.	5-08.50 (1.74)	Jenny Isgren ..... 5-11-01	2.	44.93	..... 6-6-07
2.	53.34	Valencia Wilson ..... 4-1-06	3.	5-08.00 (1.73)	Cassandra Howell ..... 1991	Taneekwa Ross, Jasmine Momoh, Olivia Kizzee, Gloria Asumnu		
3.	53.54	Nadja Petersen ..... 5-12-01	4.	5-04.75 (1.64)	Frith Maunder ..... 1995	3.	45.24	..... 4-15-00
4.	53.66	Nikelola Balogun ..... 5-12-01	5.	5-04.25 (1.63)	Helmi Leppanen ..... 4-10-04	Asha James, Quasheba Lee, Lana Garner, Rebecca Murphy		
5.	53.71	Mashandra Hall ..... 1993	6.	5-04.00 (1.63)	Amber Burgess ..... 4-24-99	4.	45.45	..... 3-31-07
6.	53.94	Quasheba Lee ..... 5-13-00	6.	5-04.00 (1.63)	Britney Hurst ..... 4-22-00	Shaina Pelham, Gloria Asumnu, Kyra Lobbins, Jasmine Momoh		
7.	55.04	Angela Milner ..... 4-15-00	8.	5-03.75 (1.62)	Camilla Hatlen ..... 5-12-05	5.	45.49	..... 5-14-05
8.	55.13	Charlotte Plummer ..... 1998	9.	5-03.00 (1.60)	Shanon Beelendorf ..... 4-15-06	Gloria Asumnu, Angel Dooley, Lissie Mo, Marilyn Sauls		
9.	55.23	Angel Dooley ..... 5-15-04	9.	5-03.00 (1.60)	Zandria Debowles ..... 3-15-08	6.	45.88	..... 4-10-04
10.	55.76	Jasmine Momoh ..... 3-24-07	11.	5-02.00 (1.57)	Jill Fayard ..... 4-24-99	Lissie Mo, Angel Dooley, Tahira Wiggins, Gloria Asumnu		
<b>800 Meter</b>			<b>Long Jump</b>			7.	46.03	..... 5-12-01
1.	2:06.57	Hanne Lyngstad ..... 1998	1.	20-08.50 (6.31)	Mashandra Hall ..... 1993	Asha James, Jillian Green, Nikelola Balogun, Deshawnda Williams		
2.	2:06.66	Nadja Petersen ..... 4-7-01	2.	20-07.00 (6.27)	Nadia Smith ..... 1997	8.	46.17	..... 5-11-02
3.	2:06.80	Lana Garner ..... 4-3-99	3.	20-06.50 (6.26)	Frith Maunder ..... 1995	Asha James, Angel Dooley, Tahira Wiggins, Essence Kendrick		
4.	2:07.85	Hanna Ritakallio ..... 4-15-00	4.	20-00.25 (6.10)	Lissie Mo ..... 5-28-98	9.	46.19	..... 4-12-08
5.	2:09.61	Alison Lambert ..... 4-19-97	5.	19-06.25 (5.95)	Marilyn Sauls ..... 4-08-04	Taneekwa Ross, Jasmine Momoh, Kyra Lobbins, Olivia Kizzee		
6.	2:10.43	Angela Milner ..... 5-6-00	6.	19-05.00 (5.92)	Camilla Hatlen ..... 5-13-05	10.	46.20	..... 5-17-97
7.	2:10.73	Carlyne Pradieu ..... 5-11-02	7.	19-02.75 (5.86)	Jillian Green ..... 5-8-04	Lindsay Eustace, Nicole Royal, Shavon Arline, Nadia Smith		
8.	2:10.94	Katrina Gemmell ..... 4-10-99	8.	19-00.75 (5.81)	Cecelie Rise ..... 5-12-00	<b>4x200 Relay</b>		
9.	2:12.49	Whitney Hampton ..... 4-22-06	<b>Triple Jump</b>			1.	1:34.93	..... 4-28-01
<b>1,500 Meter</b>			1.	42-10.25 (13.06)	Cecilie Rise ..... 5-13-00	Asha James, Nikelola Balogun, Nadja Petersen, Quasheba Lee		
1.	4:17.64	Hanne Lyngstad ..... 1998	2.	42-09.50 (13.04)	Marie Ahlander ..... 4-27-01	2.	1:38.42	..... 4-27-07
2.	4:19.93	Alison Lambert ..... 5-7-99	3.	41-08.25 (12.70)	Tracy Harris ..... 1994	Taneekwa Ross, Andrea Rosemond, Gloria Asumnu, Olivia Kizzee		
3.	4:26.44	Katrina Gemmell ..... 5-15-99	4.	40-11.50 (12.48)	Yogi Weigel ..... 1990	3.	1:38.80	..... 3-28-99
4.	4:29.11	Hanna Ritakallio ..... 4-8-00	5.	40-08.25 (12.40)	Nicolette Taku ..... 4-12-08	Asha James, Rebecca Murphy, Nikelola Balogun, Quasheba Lee		
5.	4:32.80	Theresa Maru ..... 4-14-01	6.	40-02.25 (12.25)	Jillian Green ..... 5-12-01	4.	1:39.45	..... 4-21-05
6.	4:35.24	Lisa Green ..... 3-26-05	7.	39-06.50 (12.05)	Aisha Otori ..... 4-18-03	Marilyn Sauls, Angel Dooley, Shanon Beelendorf, Gloria Asumnu		
7.	4:35.65	Carlyne Pradieu ..... 4-16-04	8.	39-03.75 (11.98)	Frith Maunder ..... 1996	<b>4x400 Relay</b>		
8.	4:38.37	Birka Wicke ..... 4-18-03	<b>Shot Put</b>			1.	3:34.92	..... 4-14-01
9.	4:40.70	Eva Lustigova ..... 4-5-03	1.	49-09.25 (15.17)	Helmi Leppanen ..... 5-14-05	Quasheba Lee, Nikelola Balogun, Angela Milner, Nadja Petersen		
10.	4:41.51	Tiffany Faucher ..... 1996	2.	45-11.75 (14.01)	Tracy Harris ..... 1991	2.	3:36.85	..... 4-15-00
<b>3,000 Meter</b>			3.	45-11.75 (14.01)	Jelena Jurlina ..... 3-13-04	Quasheba Lee, Lana Garner, Nikelola Balogun, Angela Milner		
1.	9:18.19	Hanne Lyngstad ..... 1998	4.	41-00.50 (12.51)	Moji Alade ..... 4-5-02	3.	3:37.38	..... 5-26-07
2.	9:51.63	Alison Lambert ..... 1997	<b>Discus</b>			Gloria Asumnu, Jasmine Momoh, Olivia Kizzee, Shanon Beelendorf		
3.	9:57.04	Katrina Gemmell ..... 3-17-01	1.	181-03 (55.27)	Jelena Jurlina ..... 5-28-04	4.	3:37.43	..... 5-19-00
4.	10:02.66	Hanna Ritakallio ..... 3-18-00	2.	145-08 (44.51)	Katarina Busljeta ..... 5-3-08	Tulane		
5.	10:11.52	Marla Pleyte ..... 4-13-97	3.	141-07 (43.16)	Teana McKiver ..... 5-11-01	<b>Distance Medley Relay</b>		
6.	10:20.23	Rachel Bryan ..... 4-16-05	4.	141-03 (43.05)	Moji Alade ..... 3-28-03	1.	10:55.71	..... 4-24-99
7.	10:23.08	Theresa Maru ..... 4-7-01	5.	128-10 (39.26)	Karen Edison ..... 1993	Alison Lambert, Charlotte Plummer, Lana Garner, Hanne Lyngstad		
<b>3,000 Meter Steeplechase</b>			6.	126-02 (38.46)	Kristine Urban ..... 4-21-01	2.	11:15.97	..... 1998
1.	11:29.68	Rebecca Coady ..... 3-29-08	<b>Javelin</b>			Hanne Lyngstad, Lana Garner, Charlotte Plummer, Alison Lambert		
<b>5,000 Meter</b>			1.	165-07 (50.48)	Helmi Leppanen ..... 5-10-02	3.	11:25.10	..... 4-29-00
1.	16:30.47	Hanne Lyngstad ..... 1998	2.	165-03 (50.36)	Catherine Betz ..... 5-11-01	Hanna Ritakallio, Quasheba Lee, Lana Garner, Hanne Lyngstad		
2.	17:15.54	Aubrey Phillips ..... 4-19-08	3.	163-11 (49.96)	Jelena Jurlina ..... 4-4-04	4.	11:38.60	..... 4-26-01
3.	17:29.92	Laurie Dalrymple ..... 4-24-08				Katrina Gemmell, Quasheba Lee, Carlyne Pradieu, Theresa Maru		
4.	17:36.63	Birka Wicke ..... 4-5-03						
5.	17:45.27	Keriann Langley ..... 4-21-07						
6.	17:45.37	Marla Pleyte ..... 4-13-97						
7.	17:46.29	Katrina Gemmell ..... 5-12-01						
8.	17:49.52	Alison Lambert ..... 1998						
9.	17:55.32	Stephanie Lohbeck ..... 3-27-97						
10.	17:59.74	Rachel Bryan ..... 4-2-05						