

CENTRAL WASHINGTON UNIVERSITY TRACK FIELD - WOMEN'S TOP TEN MARKS - through 2008

(marks made since 1981, with school records set prior to 1981 included)

TRACK EVENTS (add .24 to hand times, listed in tenths of a second, to equate to automatic times, listed in hundredths.)

100 Meter Dash			1,500 Meter Run			10,000 Meter Run		
1	Pam Riggs (1977)	11.8	1	Alicen Maier (2002)	4:28.23	1	Marcie Mullen (2008)	36:41.83
2	Jody Binder (2002)	12.0	2	Lindy Mullen (2006)	4:39.19	2	Carol Christensen (1983)	38:16.0
3	Angela Wright (1987)	12.33	3	Rebecca Hill (1995)	4:40.44	3	Penny Myrvang (1983)	38:36.0
4	Sheri McCormick (1982)	12.1	4	Katie Hummel (2007)	4:42.02	4	Krissi Mathers (2000)	39:06.59
5	Michelle Bergmann (1990)	12.2	5	Erika Olson (2003)	4:42.06	5	Amber Green (2006)	39:08.92
6	Davina Strauss (2002)	12.49	6	Sarah Forrey (2001)	4:44.08	6	Kirsten Myrvang (1998)	39:17.89
7	Julie Smith (1983)	12.51	7	Laura Myers (1981)	4:44.8	7	Kim Burke (1986)	39:27.8
8	Alice Pleasant (1982)	12.54	8	Linsy Nickels (2000)	4:45.50	8	Carmen Aguirre (1981)	39:41.8
	Nickola Wilson (1985)	12.3	9	Heather Lucas (1987)	4:46.7	9	Brandy Anderson (2005)	39:50.16
10	Teresa Schlafer (2005)	12.57	10	Amy Forrey (2001)	4:48.78	10	Jamie Tuchscherer (2000)	39:53.02

200 Meter Dash			3,000 Meter Run			100 Meter Hurdles		
1	Pam Riggs (1977)	24.5	1	Alicen Maier (2003)	9:54.32	1	Kathleen Kilpatrick (1977)	14.2
2	Terran Legard (2004)	25.19	2	Katie Hummel (2007)	9:56.24	2	Ashley Rountree (2003)	14.55
3	Jody Binder (2002)	25.30	3	Laura Myers (1981)	10:01.42	3	Kelly Keene (1983)	15.56
4	Nickola Wilson (1994)	25.31	4	Sarah Forrey (2001)	10:02.14	4	Raquel Gonzalez (2008)	15.58
5	Sheri McCormick (1981)	25.34	5	Amy Forrey (2001)	10:12.0	5	Kris Kjolso (1990)	15.5
6	Angela Wright (1987)	25.39	6	Brandy Anderson (2005)	10:12.65	6	Kirston Obergh (1994)	15.76
7	Julie Smith (1983)	25.7	7	Marcie Mullen (2008)	10:12.81	7	Kennedy Lewis (1992)	15.80
8	Teresa Schlafer (2006)	25.96	8	Kim Burke (1986)	10:16.6	8	Kara Dodd (1992)	15.87
9	Kara Nygard (2004)	26.02	9	Heather Lucas (1988)	10:20.6	9	Katrina Reeves (1990)	15.7
10	Laura Crandall (1984)	25.8	10	Carol Christensen (1981)	10:20.9	10	Farrah Feist (1996)	15.94

400 Meter Dash			3,000 Meter Steeplechase			400 Meter Hurdles		
1	Terran Legard (2004)	54.86	1	Sarah Benson (2007)	11:11.44	1	Kara Dodd (1995)	1:03.04
2	Pam Riggs (1977)	54.9	2	Sarah Forrey (2001)	11:24.9	2	Cathy Peterson (1980)	1:04.3
3	Rachael Kaercher (2006)	57.21	3	Amy Forrey (2001)	11:25.0	3	Kara Nygard (2004)	1:04.67
4	Kelli Lambert (1992)	57.77	4	Stephanie Stine (2004)	11:41.08	4	Kennedy Lewis (1992)	1:04.8
5	Chelsea Evans (2008)	57.85	5	Erinn Nickels (2001)	11:47.83	5	Kris Kjolso (1989)	1:05.06
6	Heather Lucas (1987)	57.9	6	Linsy Nickels (2001)	11:52.28	6	Kestle Riley (2004)	1:05.37
7	Katie Hingston (2005)	58.53	7	Erica Pitman (2004)	12:05.08	7	Kelly Keene (1983)	1:06.48
8	Leah Villegas (2001)	58.75	8	Rachel Bailey (2005)	12:08.7	8	Ashley Rountree (2005)	1:07.40
9	Jody Binder (2002)	59.10	9	Emily Uhlig (2006)	12:09.43	9	Dana Hansen (1998)	1:08.05
10	Kara Dodd (1994)	59.21	10	Nicole Bandy (2004)	12:28.9	10	SuzAnne Snell (1989)	1:08.1

800 Meter Run			5,000 Meter Run		
1	Alicen Maier (2002)	2:11.45	1	Katie Hummel (2007i)	17:13.50
2	Kristelle Arthur (1989)	2:14.41	2	Amy Forrey (2001)	17:17.41
3	Kelli Lambert (1990)	2:15.0	3	Sarah Forrey (2001)	17:20.58
4	Heather Lucas (1988)	2:15.6	4	Kim Burke (1987)	17:27.9
5	Ellie Fortin (2000)	2:16.04	5	Rachel Bailey (2006)	17:38.80
6	Lindy Mullen (2006)	2:16.4	6	Laura Myers (1981)	17:45.4
7	Rebecca Hill (1996)	2:16.92	7	Marcie Mullen (2008)	17:46.43
8	Sarah Benson (2006)	2:19.06	8	Tiffany Picinich (2003)	17:50.11
9	LeAnne Trole (1991)	2:19.28	9	Carol Christensen (1981)	17:52.5
10	Terran Legard (2004)	2:19.49	10	Abby Bielenberg (2001)	17:53.77

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4x100 Meter Relay			Triple Jump			Discus Throw		
1	2005	48.29	1	Lea Tiger (2005)	37-6 3/4	1	Cindy Pottle (1977)	158-10
2	2003	48.37	2	Lisa Ostrander (1993)	37-6 1/2	2	Stacy Faller (1998)	141-11
	2006	48.37	3	Julie Graham (2005)	36-5 1/2	3	Jennifer Mercy (1998)	140-11
4	2004	48.43	4	Amanda Rose (2007)	36-1 1/4	4	Becky Scherer (2006)	139-3
5	1980	48.3	5	Jessica Wagner (2005)	35-9 1/4	5	Krissy Tandle (2006)	137-7
6	2002	48.78	6	Anjuli Spear (2005)	35-6 3/4	6	Shaina Afoa (2008)	134-2
7	2007	48.97	7	Katie Crowell (1986)	35-4 1/2	7	Tiffany Quilter (2004)	131-6
8	1987	49.04	8	Shelley Johnson (1994)	34-3 1/4	8	Jill Palmquist (1981)	131-0
9	1983	49.2	9	Tammy Mattison (1992)	34-3	9	Sonya Howard (1994)	130-0
10	1982	49.72	10	Tina Parly (1986)	34-1	10	Roslyn Farrington (1982)	129-9

4x400 Meter Relay			Pole Vault			Hammer Throw		
1	2007	3:50.17	1	Haley Amos (2006i)	11-5 3/4	1	Christin McDowell (2005)	167-3
2	2006	3:51.83	2	Sarah Windham (2001)	10-8 1/4	2	Krissy Tandle (2007)	154-1
3	2004	3:53.42	3	Whitney Omlin (2004)	10-6	3	Heather Yergen (2005)	150-4
4	2003	3:57.28	4	Dana Riste (1998)	10-2	4	Alison McWeeny (2008)	143-1
5	2008	3:57.73	5	Brianna Fredricksen (2005)	10-0	5	Becky Scherer (2007)	142-9
6	2005	3:58.31	6	Annie Shuler (2003)	9-10 1/2	6	Billie Jo Bandy (1999)	128-7
7	1999	3:58.78	7	Katie Maurer (2005)	9-10	7	Bree Renzetti (2006)	128-4
8	2000	4:00.20	8	Rachael Schwartz (2001)	9-3 1/4	8	Rebecca Lindquist (2006)	124-0
9	1998	4:00.31	9	Becky Perez (2005)	9-2 1/4	9	Jennifer Mercy (1997)	123-11
10	1994	4:00.77	10	Angela Swanson (1997)	8-0 1/2	10	Stacy Faller (1999)	123-0

FIELD EVENTS			Heptathlon			Javelin Throw		
High Jump			1	Lona Joslin (1984)	4647	1	Lorna Martinson (1983)	160-11
1	Sonia Swan (1989)	5-8	2	Kirston Obergh (1994)	4421	2	Katie McMeel (2006)*	160-4
2	Veronica Persons (1993, 94)	5-7	3	Kris Kjolso (1992)	4396	3	Karie Pruettt (2002)*	140-1
3	Kelly Keene (1983)	5-6	4	Megan Prkut (1997)	4268	4	Donna Olin (1984)	137-8
	Karen Munger (1987)	5-6	5	Sara Lind (1998)	4239	5	Angie Marchant (1994)	136-1
	Kirston Obergh (1994)	5-6	6	Heidi Peterson (1998)	4038	6	Sara Lind (1999)*	134-0
6	Jenoa Potter (2002)	5-5	7	Lisa Carlson (1983)	3968	7	Kris Kjolso (1992)	131-8
7	Megan Prkut (1997)	5-4 1/2	8	Raquel Gonzalez (2008)	3899	8	Hailey Ruff (2002)*	128-10
8	Mirranda Saari (1994, 95)	5-3 3/4	9	Brenda Allenbaugh (1981)	3740	9	Natalie Hutcheson (1996)	128-6
9	Liz Ryen (2004)	5-3 1/4	10	Kennedy Lewis (1992)	3721	10	Becky Swindell (1999)*	127-11
	Tiffany Fackrell (2004)	5-3 1/4						(* Indicates current rule javelin)

Long Jump			Shot Put		
1	Davina Strauss (2002)	18-10 1/4	1	Krissy Tandle (2007)	46-1 1/2
2	Shelley Johnson (1994)	18-4 3/4	2	Cindy Pottle (1978)	43-5
3	Katie Crowell (1985)	18-4 1/2	3	Shaina Afoa (2008)	42-7 1/2
4	Nickola Wilson (1994)	18-4	4	Lona Joslin (1983)	42-1 1/2
5	Alice Pleasant (1982)	18-1 1/2	5	Angie Marchant (1994)	42-1
6	Kris Kjolso (1992)	17-10 1/4	6	Jill Palmquist (1981)	42-0
7	Heather Lucas (1987)	17-4	7	Amanda Johnson (1996)	41-3 1/2
8	Anjuli Spear (2004)	17-3 1/2	8	Tiffany Quilter (2005)	40-9 1/2
9	Gina Kimsey (1995)	17-3	9	Roslyn Farrington (1982)	40-3 1/2
10	Kennedy Lewis (1992)	17-1 1/2	10	Jennifer Mercy (1996)	39-10

(Note : Specifications for javelin, reducing flight distance, were changed in 1986 and again in 1999. Angie Marchant's 136-1 holds the record with 1986-98 javelin. Katie McMeel's 160-4 holds the record with the current javelin rule.