

MONMOUTH COLLEGE

WOMEN'S INDOOR TRACK AND FIELD RECORD BOOK

TEAM HISTORY

Women's indoor track and field became an official intercollegiate sport at Monmouth in 1983 and the first Midwest Athletic Conference for Women (MACW) championship competition for indoor track was held the same year. Track races were originally measured in imperial yard/mile distances but all race distances were converted to metric equivalents in the late 1980s. The conference championship schedule has changed many times since the inception of the sport; some events have been added to the schedule while others are no longer contested. The MCAC (men) and MACW (women) conferences merged to form the current Midwest Athletic Conference (MWC) in 1994 and both conferences have held joint championship meets each year since 1983.

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[revised March 2009]

TEAM INFORMATION

Years of Competition: 27 (1983-2009)

Team Conference Championships: 13

NCAA National Qualifiers: 32

Individual Conference Titles: 113

NCAA All-Americans: 9

(relays count as 1 title)

(relays count as 4 individuals)

MIDWEST CONFERENCE CHAMPIONSHIPS TEAM RESULTS

Year	Place	Points	Host	Coach
1983	4th	23	Chicago	Jud Kruidenier
1984	7th	25	Chicago	Jud Kruidenier
1985	5th	22	Chicago	Jud Kruidenier
1986	8th	22	Chicago	Jud Kruidenier
1987	6th	30	Chicago	Jud Kruidenier
1988	7th	27	Cornell	Jud Kruidenier
1989	9th	1	Cornell	Chris Pio
1990	7th	28	Cornell	Chris Pio
1991	4th	58	Cornell	Chris Pio
1992	4th	76	Cornell	Chris Pio
1993	2nd	99	Knox	Chris Pio
1994	1st	122	Cornell	Chris Pio
1995	2nd	106.3	Knox	Chris Pio
1996	1st	161	Cornell	Chris Pio
1997	1st	139	Knox	Chris Pio
1998	1st	160	Knox	Chris Pio
1999	2nd	110	Knox	Chris Pio
2000	1st	163	Knox	Roger Haynes
2001	2nd	156.5	Knox	Roger Haynes
2002	1st	154	Knox	Roger Haynes
2003	1st	175	Knox	Roger Haynes
2004	1st	175	Knox	Roger Haynes
2005	1st	196.5	Illinois College	Roger Haynes
2006	1st	209.5	Monmouth	Roger Haynes
2007	1st	210	Knox	Roger Haynes
2008	1st	202	Illinois College	Roger Haynes
2009	1st	195	Monmouth	Roger Haynes

MIDWEST CONFERENCE WOMEN'S INDOOR TRACK TEAM CHAMPIONS

1983 Chicago	1997 MONMOUTH
1984 Grinnell	1998 MONMOUTH
1985 Grinnell	1999 Carroll
1986 St. Norbert	2000 MONMOUTH
1987 St. Norbert	2001 Carroll
1988 St. Norbert	2002 MONMOUTH
1989 St. Norbert	2003 MONMOUTH
1990 St. Norbert	2004 MONMOUTH
1991 St. Norbert	2005 MONMOUTH
1992 Coe	2006 MONMOUTH
1993 Coe	2007 MONMOUTH
1994 MONMOUTH	2008 MONMOUTH
1995 Coe	2009 MONMOUTH
1996 MONMOUTH	

MIDWEST CONFERENCE CHAMPIONSHIPS

CONFERENCE CHAMPIONS BY YEAR

Monmouth individual event champions are listed chronologically by year and number of titles won in each year. Event, athlete name, winning performance and meet site are also listed. Relays are counted as one championship title. Midwest Conference championship meet records are denoted by asterisk ().*

Year	Event	Athlete	Performance	Host
1984 (1)	60 Y Hurdles	Kim Dailey	8.8	Chicago
1988 (1)	Triple Jump	Kelly Simpson	32'8½"	Cornell
1991 (2)	55 M Hurdles	Dawn Fordyce	9.08	Cornell
	High Jump	Linda Schmidt	5'3¾"	
1992 (2)	Shot Put	Karen Seeman	42'0"	Cornell
	4 x 400 Relay	Tammy Jefferson, Jessica Mills, Jan Rowley, Christine Stanton	4:11.43	
1993 (2)	55 M Hurdles	Bitty Quinlan	8.90	Knox
	Shot Put	Karen Seeman	41'4½"	
1994 (6)	High Jump	Linda Schmidt	5'4"	Cornell
	200 Meters	Dori Ternig	27.44	
	400 Meters	Christine Stanton	1:00.62	
	600 Meters	Pauline Mahoney	1:41.36	
	1000 Meters	Jessica Mills	3:13.08	
	4 x 400 Relay	Dori Ternig,		

		Christine Stanton, Pauline Mahoney, Jessica Mills	4:14.10	
1995 (2)	55 Meters	Stacy Brown	7.57	Knox
	5000 Meters	Carrie Knauer	19:50.63	
1996 (9)	55 M Hurdles	Christy Hickey	8.78	Cornell
	200 M Hurdles	Christy Hickey	29.25 *	
	Shot Put	Tennille McClure	39'1"	
	Long Jump	Heather Furrow	17'8"	
	55 Meters	Heather Furrow	7.49	
	200 Meters	Heather Furrow	26.07 *	
	400 Meters	Heather Furrow	57.22 *	
	4x200 Relay	Dori Ternig, Stephanie Owen, Christy Hickey, Heather Furrow	1:45.7 *	
	4x400 Relay	Dori Ternig, Jennifer Koranda, Diana Plack, Heather Furrow	4:09.68	
1997 (8)	55 M Hurdles	Christy Hickey	8.48 *	Knox
	200 M Hurdles	Christy Hickey	29.66	
	Shot Put	Tennille McClure	39'6"	
	55 Meters	Christy Hickey	7.45 *	
	200 Meters	Heather Furrow	26.16	
	400 Meters	Heather Furrow	57.40	
	1000 Meters	Gretchen Vandergriff	3:08.87	
	4x200 Relay	Christy Hickey, Stephanie Owen, Stacy Brown, Heather Furrow	1:45.91 *	
1998 (7)	Shot Put	Tennille McClure	39'3"	Knox
	55 Meters	Stacy Brown	7.41 *	
	200 Meters	Constance Jackson	26.10	
	400 Meters	Heather Furrow	57.47	
	600 Meters	Gretchen Vandergriff	1:39.08 *	
	4x200 Relay	Constance Jackson, Stacy Brown, Elise Estes, Heather Furrow	1:44.96 *	
	4x400 Relay	Constance Jackson, Stacy Brown, Gretchen Vandergriff, Heather Furrow	4:06.02 *	
1999 (7)	Long Jump	Julie Larson	18' 5½"	Knox
	High Jump	Jaime Jones	5'3"	

	55 Meters	Constance Jackson	7.38 *	
	200 Meters	Constance Jackson	25.87 *	
	400 Meters	Constance Jackson	59.22	
	4x200 Relay	Constance Jackson, Maggie Semington, Stephanie Owen, Elise Estes	1:48.26	
	4x400 Relay	Elise Estes, Christy Keller, Sherri Polk, Constance Jackson	4:10.79	
2000 (7)	Long Jump	Constance Jackson	17'10-1/4"	Knox
	400 Meters	Constance Jackson	58.25	
	200 Meters	Constance Jackson	25.77	
	55 Meters	Jill Hoops	7.41	
	4x200 Relay	Constance Jackson, Jill Hoops, Philicia Moredock, Elise Estes	1:44.05 *	
	4x400 Relay	Constance Jackson, Jill Hoops, Philicia Moredock, Angie Frick	4:04.97	
	High Jump	Melissa Jones	5'1-3/4"	
2001 (8)	Long Jump	Constance Jackson	18'5-3/4" *	Knox
	55 Meters	Constance Jackson	7.30*	
	200 Meters	Constance Jackson	25.38 *	
	400 Meters	Constance Jackson	58.31	
	4x200 Relay	Constance Jackson, Jill Hoops, Elise Estes, Philicia Moredock	1:44.29	
	4x400 Relay	Constance Jackson, Jill Hoops, Kara Kuhrts, Philicia Moredock	4:04.41*	
	Triple Jump	Kara Kuhrts	35'6-1/2"	
	High Jump	Melissa Jones	5'2"	
2002 (8)	High Jump	Melissa Jones	5'2"	Knox
	Long Jump	Kara Kuhrts	17'6"	
	Triple Jump	Kara Kuhrts	36'9"	
	55 Meters	Philicia Moredock	7.39	
	200 Meters	Philicia Moredock	25.73	
	400 Meters	Philicia Moredock	58.71	
	55 M Hurdles	Philicia Moredock	8.64	
	4x200 Relay	Jill Hoops,		

		Philicia Moredock,	
		Kara Kuhrts,	
		Lindsay Childs	1:46.38
2003 (8)	400 Meters	Jill Hoops	1:00.21
	55 M Hurdles	Jill Hoops	8.72
	4x200 Relay	Kuhrts, Hoops, Pacheco, Moredock	1:47.27
	Triple Jump	Kara Kuhrts	37'10-3/4" *
	Long Jump	Kara Kuhrts	17'9-1/2"
	High Jump	Melissa Jones	5'5-1/4"
	Shot Put	Katy Healy	41'2-1/2"
	Weight Throw	Katy Healy	50'4-1/2"
2004 (4)	4x200 Relay	Pacheco, Shirey, Herrera, Cox	1:46.47
	Triple Jump	Amy Horneck	35'2"
	Shot Put	Katy Healy	41'9-1/4"
	Weight Throw	Katy Healy	50'6-1/4"
2005 (7)	4x400 Relay	Barnett, Cox, Herrera, J. Ouart	4:10.45
	4x200 Relay	Cox, Herrera, McKenna, Reiner	1:47.21
	55 Meters	Brenda Herrera	7.52
	200 Meters	Brenda Herrera	26.59
	Pole Vault	Christina Reiner	10'10" *
	High Jump	Christina Reiner	5'1-3/4"
	Long Jump	Christina Reiner	17'8-1/4"
2006 (7)	4x200 Relay	Cox, Turczyn, Ouart, Widdop	1:47.94
	4x400 Relay	Cox, Turczyn, Ouart, Vaccarello	4:09.42
	400 Meters	Kila Cox	1:01.51
	55 Hurdles	Shannon Turczyn	8.65
	Pole Vault	Megan McKenna	10'5-1/2"
	High Jump	Christina Reiner	5'1-3/4"
	Weight Throw	Jen Babos	47'1-3/4"
2007 (9)	High Jump	Megan Clennnon	5'2-1/2"
	Pole Vault	Jessica White	11'10-1/2"*
	Long Jump	Megan McKenna	17'6-3/4"
	Triple Jump	Megan McKenna	35'4"
	Weight Throw	Jen Babos	49'7-3/4"
	55 Hurdles	Shannon Turczyn	8.43
	4x200 Relay	Cox, Widdop, Vaccarello, Turczyn	1:47.53
	400 Meters	Kila Cox	58.99
	4x400 Relay	Vaccarello, Ouart, Turczyn, Cox	4:08.04

2008 (5)	Pole Vault	Jessica White	11'11-3/4"
	Triple Jump	Morgan Leffel	35'2-1/2"
	Shot Put	Gloria Lehr	42'11"
	Weight Throw	Jenny Babos	51'3-1/2"
	55 Hurdles	Shannon Turczyn	8.57
2009 (3)	55 Hurdles	Shannon Turczyn	8.33*
	Shot Put	Gloria Lehr	44'8"*
	Weight Throw	Amanda Streeter	48'1-1/4"

CONFERENCE CHAMPIONS BY EVENT

Monmouth individual event champions are listed by event and number of titles won in each event. Year, athlete name and winning performance are also listed. Events measured in imperial yard/mile distances are denoted by (Yd). Midwest Conference championship meet records are denoted by asterisk ().*

55 Meter/60 Yd High Hurdles (11)

1984	Kim Dailey	8.8 (Yd)
1991	Dawn Fordyce	9.08
1993	Bitty Quinlan	8.90
1996	Christy Hickey	8.78
1997	Christy Hickey	8.48 *
2002	Philicia Moredock	8.64
2003	Jill Hoops	8.72
2006	Shannon Turczyn	8.65
2007	Shannon Turczyn	8.43
2008	Shannon Turczyn	8.57
2009	Shannon Turczyn	8.33*

200 Meter Intermediate Hurdles (2)

1996	Christy Hickey	29.25 *
1997	Christy Hickey	29.66

55 Meters (9)

1995	Stacy Brown	7.57
1996	Heather Furrow	7.49
1997	Christy Hickey	7.45 *
1998	Stacy Brown	7.41 *
1999	Constance Jackson	7.38 *
2000	Jill Hoops	7.41
2001	Constance Jackson	7.30*
2002	Philicia Moredock	7.39
2005	Brenda Herrera	7.52

200 Meters (9)

1994	Dori Ternig	27.44
1996	Heather Furrow	26.07 *
1997	Heather Furrow	26.16

1998	Constance Jackson	26.10
1999	Constance Jackson	25.87 *
2000	Constance Jackson	25.77*
2001	Constance Jackson	25.38*
2002	Philicia Moredock	25.73
2005	Brenda Herrera	26.59

400 Meters (11)

1994	Christine Stanton	1:00.62
1996	Heather Furrow	57.22 *
1997	Heather Furrow	57.40
1998	Heather Furrow	57.47
1999	Constance Jackson	59.22
2000	Constance Jackson	58.25
2001	Constance Jackson	58.31
2002	Philicia Moredock	58.71
2003	Jill Hoops	1:00.21
2006	Kila Cox	1:01.51
2007	Kila Cox	58.99

600 Meters (2)

1994	Pauline Mahoney	1:41.36
1998	Gretchen Vandergriff	1:39.08 *

800 Meters (0)

None

1000 Meters (2)

1994	Jessica Mills	3:13.08
1997	Gretchen Vandergriff	3:08.87

1500 Meters (0)

None

3000 Meters (0)

None

5000 Meters (1)

1995 Carrie Knauer 19:50.63

Long Jump (8)

1996 Heather Furrow 17' 8"
 1999 Julie Larson 18'5-1/2"
 2000 Constance Jackson 17' 10-1/4"
 2001 Constance Jackson 18'5-3/4"*
 2002 Kara Kuhrts 17'6"
 2003 Kara Kuhrts 17'9-1/2"
 2005 Christina Reiner 17'8-1/4"
 2007 Megan McKenna 17'6-3/4"

Triple Jump (7)

1988 Kelly Simpson 32' 8½"
 2001 Kara Kuhrts 35'6-1/2"
 2002 Kara Kuhrts 36'9"
 2003 Kara Kuhrts 37' 10-3/4"*
 2004 Amy Horneck 35'2"
 2007 Megan McKenna 35'4"
 2008 Morgan Leffel 35'2-1/2"

High Jump (10)

1991 Linda Schmidt 5' 3¾"
 1994 Linda Schmidt 5' 4"
 1999 Jaime Jones 5' 3"
 2000 Melissa Jones 5'1-3/4"
 2001 Melissa Jones 5'2"
 2002 Melissa Jones 5'2"
 2003 Melissa Jones 5'5-1/4"
 2005 Christina Reiner 5'1-3/4"
 2006 Christina Reiner 5'1-3/4"
 2007 Megan Clennon 5'2-1/2"

Pole Vault (4)

2005 Christina Reiner 10' 10"*
 2006 Megan McKenna 10'5-1/2"
 2007 Jessica White 11' 10-1/2"*
 2008 Jessica White 11' 11-3/4"*

Shot Put (9)

1992 Karen Seeman 42' 0"
 1993 Karen Seeman 41' 4½"
 1996 Tennille McClure 39' 1"
 1997 Tennille McClure 39' 6"

1998 Tennille McClure 39' 3"
 2003 Katy Healy 41'2-1/2"
 2004 Katy Healy 41'9-1/4"
 2008 Gloria Lehr 42' 11"
 2009 Gloria Lehr 44'8"*

20-Pound Weight (6)

2003 Katy Healy 50'4-1/2"
 2004 Katy Healy 50'6-1/4"
 2006 Jenny Babos 47' 1-3/4"
 2007 Jenny Babos 49'7-3/4"
 2008 Jenny Babos 51'3-1/2"
 2009 Amanda Streeter 48' 1-1/4"

4x200 Meter Relay (12)

1996 Ternig-Owen-Hickey-Furrow 1:45.7 *
 1997 Hickey-Owen-Brown-Furrow 1:45.91 *
 1998 Brown-Estes-Furrow-Jackson 1:44.96 *
 1999 Jackson-Owen-Estes-Semington 1:48.26
 2000 Jackson-Hoops-Moredock-Estes 1:44.05*
 2001 Jackson-Hoops-Moredock-Estes 1:44.29
 2002 Hoops-Moredock-Kuhrts-Childs 1:46.38
 2003 Kuhrts-Hoops-Pacheco-Moredock 1:47.27
 2004 Pacheco-Shirey-Herrera-Cox 1:46.67
 2005 Cox-Herrera-McKenna-Reiner 1:47.21
 2006 Cox-Turczyn-Ouart-Widdop 1:47.94
 2007 Cox-Widdop-Vaccarello-Turczyn 1:47.53

4x400 Meter Relay (10)

1992 Jefferson-Rowley-Mills-Stanton 4:11.43
 1994 Ternig-Mahoney-Mills-Stanton 4:14.10
 1996 Ternig-Koranda-Plack-Furrow 4:09.68
 1998 Brown-Vandergriff-Jackson-Furrow 4:06.02 *
 1999 Semington-Keller-Polk-Jackson 4:10.7

2000	Jackson-Hoops- Moredock-Frick	4:04.97	2006	Herrera-Ouart Cox-Turczyn- Ouart-Vaccarello	4:10.45
2001	Jackson-Hoops- Moredock-Kuhrts	4:04.41*	2007	Vaccarello-Ouart- Turczyn-Cox	4:09.42
2005	Barnett-Cox				4:08.04

INDIVIDUAL/TEAM MEET RECORDS

Individual Records

MOST INDIVIDUAL CONFERENCE TITLES - SINGLE SEASON

- 6 Heather Furrow, 1996 (55, 200, 400, LJ, 4x200, 4x400)**
- 6 Constance Jackson, 2001 (LJ, 55, 200, 400, 4x200, 4x400)**
- 5 Constance Jackson, 1999 (55, 200, 400, 4x200, 4x400)
- 5 Constance Jackson, 2000 (LJ, 400, 200, 4x200, 4x400)
- 5 Philicia Moredock, 2002 (55, 200, 400, 55H, 4x200)
- 4 Christy Hickey, 1997 (55HH, 200IH, 55, 4x200)
- 4 Christina Reiner, 2005 (PV, LJ, HJ, 4x200)
- 4 Brenda Herrera, 2005 (55, 200, 4x200, 4x400)

MOST INDIVIDUAL CONFERENCE TITLES - CAREER

- 18 Constance Jackson (2001 - LJ, 55, 200, 400, 4x200, 4x400; 2000 - LJ, 400, 200, 4x200, 4x400; 1999 - 55, 200, 400, 4x200, 4x400; 1998 - 200, 4x200, 4x400)**
- 12 Heather Furrow (1998 - 400, 4x200, 4x400; 1997 - 200, 400, 4x200; 1996 - 55, 200, 400, LJ, 4x200, 4x400)
- 10 Philicia Moredock (2000 - 4x200, 4x400; 2001 - 4x200, 4x400; 2002 - 55, 200, 400, 55H, 4x200; 2003 - 4x200)
- 9 Kila Cox (2007 - 400, 4x200, 4x400; 2006 - 4x200, 4x400, 400; 2005 - 4x200, 4x400; 2004 - 4x200)
- 9 Jill Hoops, (2003 - 400, 55H, 4x200; 2002 - 4x200; 2001 - 4x200, 4x400; 2000 - 55, 4x200, 4x400)
- 8 Kara Kuhrts (2003 - 4x200, TJ, LJ; 2002 - 4x200, TJ, LJ; 2001 - TJ, 4x400)
- 8 Shannon Turczyn (2009 - 55HH; 2008 - 55HH; 2007 - 55HH, 4x200, 4x400; 2006 - 55HH, 4x200, 4x400)
- 7 Christy Hickey (1997 - 55HH, 200IH, 55, 4x200; 1996 - 55HH, 200IH, 4x200)

MOST INDIVIDUAL CONFERENCE TITLES - SAME EVENT

- 4 Shannon Turczyn, 55 Hurdles (2006-07-08-09)**
- 4 Kila Cox, 4x200 (2004-05-06-07)**
- 4 Melissa Jones, HJ (2000-01-02-03)**
- 4 Constance Jackson, 200 meters (1998-99-2000-01), 4x200 (1998-99-2000-01), 4x400 (1998-99-2000-01)**

- 3 Heather Furrow, 400 meters (1996-97-98), 4x200 (1996-97-98)
- 3 Tennille McClure, Shot Put (1996-97-98)
- 3 Philicia Moredock, 4x200 (2000-01-02)
- 3 Kara Kuhrts, TJ (2001-02-03)
- 3 Kila Cox, 4x400 (2005-06-07)
- 3 Jenny Babos, Weight Throw (2006-07-08)

Team Records

HIGHEST CONFERENCE MEET PLACE

1st place – 2009, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, 2000, 1998, 1997, 1996, 1994

HIGHEST CONFERENCE MEET POINT TOTAL

210 – 2007 at Knox

209.5 – 2006 at Monmouth

202 – 2008 at Illinois College

196.5 – 2005 at Illinois College

195 – 2009 at Monmouth

175 – 2003 at Knox; 2004 at Knox

165 – 2000 at Knox

161 - 1996 at Cornell

MOST INDIVIDUAL/RELAY EVENT TITLES - SINGLE SEASON

9 – 2007 at Knox; 1996 at Cornell

MOST CONSECUTIVE INDOOR TRACK TEAM TITLES

8 – 2002 to 2009

3 - 1996 to 1998

MIDWEST CONFERENCE CHAMPIONSHIPS

MOST OUTSTANDING PERFORMERS – COACH OF THE YEAR

1998		2001		2004	
Track	Heather Furrow	Track	Constance Jackson	Field	Katy Healy
1999		2002		2005	
Track	Constance Jackson	Track	Philicia Moredock	Track	Brenda Herrera
Field	Julie Larson	Field	Kara Kuhrts	Field	Christina Reiner
		Coach	Roger Haynes		
2000		2003		2006	
Track	Constance Jackson	Field	Katy Healy, Kara Kuhrts	Track	Kila Cox
		Coach	Roger Haynes	Coach	Roger Haynes

2007

Track Shannon Turczyn,
Kila Cox
Field Megan McKenna
Coach Roger Haynes

2008

Field Jenny Babos,
Jessica White

2009

Field Gloria Lehr
Coach Roger Haynes

NCAA DIVISION III NATIONAL CHAMPIONSHIPS TEAM RESULTS

Year	Place	Points	Host
1992	xxx	0	UW-Stevens Point (Stevens Point, Wisconsin)
1993	20th	6	Bowdoin (Brunswick, Maine)
1994	xxx	0	UW-Oshkosh (Oshkosh, Wisconsin)
1996	24th	4	Smith (Northampton, Massachusetts)
1997	xxx	0	UW-Oshkosh (Oshkosh, Wisconsin)
1998	30th	4	Brandeis (Waltham, Massachusetts)
1999	xxx	0	Ohio Northern (Ada, Ohio)
2000	xxx	0	Illinois Wesleyan (Bloomington, Illinois)
2001	xxx	0	UW-Oshkosh (Oshkosh, Wisconsin)
2002	35th	5	Ohio Northern Univ. (Ada, Ohio)
2003	35th	4.5	DePauw Univ. (Greencastle, Indiana)
2007	46th	2	Rose-Hulman (Terra Haute, Indiana)
2008	T33rd	6	Ohio Northern (Ada, Ohio)
2009	T54th	2	Rose-Hulman (Terre Haute, Indiana)

NCAA DIVISION III NATIONAL CHAMPIONSHIPS

NATIONAL QUALIFIERS BY YEAR

(Includes Provisional Qualifiers)

Monmouth individual national qualifiers are listed chronologically by year and number of qualifiers (by event). Provisional qualifiers not competing at NCAA Meet are denoted by an asterisk ().*

Year	Athlete	Event
1992 (2)	Linda Schmidt	High Jump
	Karen Seeman	Shot Put
1993 (5)	Michelle Dehner	Long Jump
	Linda Schmidt	High Jump, Triple Jump
	Karen Seeman	Shot Put
	Christine Stanton	400 meters *
1994 (1)	Linda Schmidt	High Jump

1995 (1)	Christine Stanton	400 meters *
1996 (6)	Heather Furrow	400 meters, Long Jump *
	Christy Hickey	55 meters *, 55m Hurdles *
	Dori Ternig	400 meters *
	Tennille McClure	Shot Put *
1997 (3)	Heather Furrow	400 meters
	Christy Hickey	55 meters, 55m Hurdles
1998 (1)	Heather Furrow	400 meters
1999 (2)	Constance Jackson	400 meters
	Julie Larson	Long Jump
2000 (2)	Constance Jackson	Long Jump, 400 meters
2001 (4)	Constance Jackson	Long Jump, 400 meters, 55 meters, 4x400 relay
	Jill Hoops	4x400 relay
	Philicia Moredock	4x400 relay
	Kara Kuhrts	4x400 relay
2002 (1)	Melissa Jones	High Jump
2003 (2)	Melissa Jones	High Jump
	Kara Kuhrts	Triple Jump
2004 (2)	Katy Healy	Weight Throw*, Shot Put*
2005 (1)	Christina Reiner	Pole Vault*
2007 (4)	Jessica White	Pole Vault
	Megan McKenna	Pole Vault*
	Jen Babos	Weight Throw*
	Shannon Turczyn	55m Hurdles
2008 (5)	Jessica White	Pole Vault
	Shannon Turczyn	55m Hurdles
	Gloria Lehr	Shot Put*
	Jenny Babos	Weight Throw*, Shot Put*
2009 (4)	Shannon Turczyn	55m Hurdles
	Tanesha Hughes	Shot Put*
	Megan McKenna	Pole Vault*
	Gloria Lehr	Shot Put

NATIONAL QUALIFIERS BY EVENT

Lists only those who qualified and competed (not provisional qualifiers).

55 Meter High Hurdles (5)

1996 Christy Hickey
 1997 Christy Hickey
 2007 Shannon Turczyn
 2008 Shannon Turczyn
 2009 Shannon Turczyn

1997 Christy Hickey
 2001 Constance Jackson

200 Meter Intermediate Hurdles (0)

200 Meters (0)

55 Meters (3)

1996 Christy Hickey

400 Meters (9)

1993 Christine Stanton

1995 Christine Stanton
 1996 Heather Furrow, Dori Ternig
 1997 Heather Furrow
 1998 Heather Furrow
 1999 Constance Jackson
 2000 Constance Jackson
 2001 Constance Jackson

1999 Julie Larson
 2000 Constance Jackson
 2001 Constance Jackson

Triple Jump (2)

1993 Linda Schmidt
 2003 Kara Kuhrts

600 Meters (0)

800 Meters (0)

1000 Meters (0)

1500 Meters (0)

3000 meters (0)

5000 meters (0)

4x200 Relay (0)

4x400 Relay (1)

2001 Jackson-Hoops-Moredock-Kuhrts

Long Jump (5)

1993 Michelle Dehner
 1996 Heather Furrow

High Jump (5)

1992 Linda Schmidt
 1993 Linda Schmidt
 1994 Linda Schmidt
 2002 Melissa Jones
 2003 Melissa Jones

Pole Vault (2)

2007 Jessica White
 2008 Jessica White

20-Pound Weight (0)

Shot Put (4)

1992 Karen Seeman
 1993 Karen Seeman
 1996 Tennille McClure

2009 Gloria Lehr

NCAA ALL-AMERICANS

The top eight (six prior to 2002) finishers in each event earn NCAA All-American status for indoor track and field.

Year	Athlete	Event	Place
1993 (1)	Michelle Dehner	Long Jump	3rd place
1996 (1)	Heather Furrow	400 meters	4th place
1998 (1)	Heather Furrow	400 meters	4th place
2002 (1)	Melissa Jones	High Jump	4th place
2003 (2)	Melissa Jones	High Jump	T5th place
	Kara Kuhrts	Triple Jump	8th place
2007 (1)	Jessica White	Pole Vault	7th place
2008 (1)	Jessica White	Pole Vault	3rd place
2009 (1)	Shannon Turczyn	55m Hurdles	7th place

INDIVIDUAL/TEAM MEET RECORDS

National Qualifier Records

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - SINGLE SEASON

- 4 – Constance Jackson, 2001 (55m, 400m, LJ, 4x400 Relay)**
- 2 – Constance Jackson, 2000 (LJ, 400m)
- 2 - Christy Hickey, 1997 (55m hurdles, 55m), 1996 (55m hurdles, 55m)
- 2 - Heather Furrow, 1996 (400m, LJ)
- 2 - Linda Schmidt, 1993 (HJ, TJ)

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - CAREER

- 7 – Constance Jackson (1999 – 400m; 2000 – LJ, 400m; 2001 – LJ, 400m, 55m, 4x400 relay)**
- 4 - Heather Furrow (1998 - 400m; 1997 - 400m; 1996 - 400m, LJ)
- 4 - Christy Hickey (1997 - 55m hurdles, 55m; 1996 - 55m hurdles, 55m)
- 4 - Linda Schmidt (1994 -HJ; 1993 - HJ, TJ; 1992 - HJ)

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - SAME EVENT

- 3 – Shannon Turczyn, 55m Hurdles (2007-08-09)**
- 3 – Constance Jackson, 400 meters (1999-2000-01)**
- 3 - Heather Furrow, 400 meters (1996-97-98)**
- 3 - Linda Schmidt, High Jump (1992-93-94)**

MOST TEAM NATIONAL QUALIFIERS - SINGLE SEASON

- 6 - 1996 at Smith College**

MOST TEAM NATIONAL QUALIFIERS IN SAME EVENT - SINGLE SEASON

- 2 - 400 meters, 1996 (Heather Furrow, Dori Ternig)**

All-American Records

HIGHEST INDIVIDUAL NATIONAL MEET PLACE

- 3rd place - Michelle Dehner, 1993 (Long Jump)**
- 3rd place – Jessica White, 2008 (Pole Vault)**
- 4th place - Heather Furrow, 1998 (400 meters), 1996 (400 meters)
- 4th place – Melissa Jones, 2002 (High Jump)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - SINGLE SEASON

- 1 - Heather Furrow, 1998 (400 meters), 1996 (400 meters)**
- 1 - Michelle Dehner, 1993 (long jump)**
- 1 – Melissa Jones, 2002 (High Jump)**
- 1 – Melissa Jones, 2003 (High Jump)**
- 1 – Kara Kuhrts, 2003 (Triple Jump)**
- 1 – Jessica White, 2007 (Pole Vault); 2008 (Pole Vault)**
- 1 – Shannon Turczyn, 2009 (55m Hurdles)**

MOST INDIVIDUAL ALL-AMERICAN AWARDS - CAREER

2 - Heather Furrow (1998, 400 meters; 1996, 400 meters)

2 – Melissa Jones (2002-03, High Jump)

2 – Jessica White (2007-08, Pole Vault)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - SAME EVENT

2 - Heather Furrow, 400 meters (1996, 1998)

2 – Melissa Jones, High Jump (2002-03)

2 – Jessica White, Pole Vault (2007-08)

MOST TEAM ALL-AMERICAN AWARDS - SINGLE SEASON

2 – 2003 at DePauw (High Jump, Triple Jump)

Team Records

HIGHEST TEAM NATIONAL MEET PLACE

20th place - 1993 at Bowdoin (6 points)

HIGHEST TEAM NATIONAL MEET POINT TOTAL

6 points - 1993 at Bowdoin (20th place)

6 points – 2008 at Ohio Northern (T33rd place)

**MONMOUTH WOMEN'S INDOOR TRACK & FIELD VARSITY
RECORDS**

55 METER HURDLES	Shannon Turczyn	8.26	2009
200 METER HURDLES	Christy Hickey	29.25	1996
55 METER DASH	Constance Jackson	7.30	2001
200 METER DASH	Constance Jackson	25.38	2001
300 METER DASH	Constance Jackson	41.72	2001
400 METER DASH	Heather Furrow	57.22	1996
600 METER DASH	Heather Furrow	1:35.98	1998
800 METER RUN	Tiffanie York	2:21.39	2005

1000 METER RUN	Gretchen Vandergriff	3:08.87	1997
1500 METER RUN	Angie Hickerson	4:58.5	1987
MILE RUN	Tiffanie York	5:20.25	2005
3000 METER RUN	Mary Kate Beyer	10:27.02	2009
5000 METER RUN	Mary Kate Beyer	18:27.55	2008
LONG JUMP	Constance Jackson	18'5-3/4"	2001
TRIPLE JUMP	Kara Kuhrts	37'11-3/4"	2003
HIGH JUMP	Linda Schmidt	5'8"	1993
SHOT PUT	Gloria Lehr	44'8"	2009
20-POUND WEIGHT	Jenny Babos	52'9-1/2"	2008
POLE VAULT	Jessica White	12'7-1/2"	2008
4X200 RELAY	Jackson, Hoops, Moredock, Estes	1:44.05	2000
4X400 RELAY	Kuhrts, Jackson, Hoops, Moredock	3:59.28	2001
4X800 RELAY	Plack, Pagel, Moody, Polk	10:27.69	1997
SPRINT MEDLEY	Jackson, Estes, Moredock, Moody	4:19.60	2000
DISTANCE MEDLEY	Ingersoll, Cox, Ab. Horneck, Altekruse	13:04.16	2004

MONMOUTH WOMEN'S INDOOR TRACK & FIELD FRESHMAN RECORDS

55 METER HURDLES	Shannon Turczyn	8.55	2006
200 METER HURDLES	Stephanie Owen	29.56	1996

55 METER DASH	Jill Hoops	7.41	2000
200 METER DASH	Constance Jackson	26.10	1998
300 METER DASH	Michelle Dehner	45.37	1992
400 METER DASH	Philicia Moredock	59.20	2000
600 METER DASH	Jessica Mills	1:44.73	1992
800 METER RUN	Sara Ingersoll	2:22.78	2004
1000 METER RUN	Diana Plack	3:15.03	1996
1500 METER RUN	Abby Horneck	5:08.40	2003
ONE MILE RUN	Tiffanie York	5:20.25	2005
3000 METER RUN	Mary Kate Beyer	10:43.75	2008
TWO MILE RUN	Julia Zobrist	13:19.2	1989
5000 METER RUN	Mary Kate Beyer	18:27.55	2008
LONG JUMP	Michelle Dehner	17'5"	1992
TRIPLE JUMP	Megan McKenna	33'4"	2005
HIGH JUMP	Stephenie Schuler	5'4"	1998
SHOT PUT	Gloria Lehr	41'3"	2007
20-POUND WEIGHT	Amanda Streeter	48'1-1/4"	2009
POLE VAULT	Whitney Didier	10'10"	2008

ALL-TIME TOP TEN PERFORMANCES and ALL-TIME TOP TEN INDIVIDUALS (By Event)

The following lists include the top ten all-time Monmouth performances and top ten Monmouth individuals in each track and field event. The performance lists include all regular-season and post-season competition and may include the same athlete more than once. Only an athlete's best career performance may be ranked on the top ten individual list. The performance list shows the year and site of the performance; the individual list shows only the season in which the performance was recorded. Where necessary, manual times (MT) for track events

have been converted to fully-automatic times (FAT) by adding 0.24 seconds and are denoted by a “C” after the time.

55-METER HURDLES			
Performance:		Individual:	
1)	8.26	Shannon Turczyn, 2009 (NCAA-Rose-Hulman)	1) 8.26 Shannon Turczyn, 2009 (NCAA-Rose-Hulman)
2)	8.29	Shannon Turczyn, 2009 (NCAA-Rose-Hulman)	2) 8.48 Christy Hickey, 1997
3)	8.33	Shannon Turczyn, 2009 (Conf-Monmouth)	3) 8.61 Ashley Widdop, 2006 (Monmouth)
4)	8.35	Shannon Turczyn, 2007 (NCAA-Rose-Hulman)	4) 8.64 Philicia Moredock, 2002
5)	8.36	Shannon Turczyn, 2008 (UW-Stevens Pt.); 2009 (Conf-Monmouth)	5) 8.72 Jill Hoops, 2003
6)	8.37	Shannon Turczyn, 2007 (Conf-Knox); 2009 (Wartburg)	6) 8.90 Bitty Quinlan, 1993
7)	8.39	Shannon Turczyn, 2008 (NCAA-Ohio Northern); 2009 (UW-Stevens Pt.)	7) 8.97 Markie Bacon, 2006 (Conf-Monmouth)
8)	8.42	Shannon Turczyn, 2008 (UW-Stevens Pt.)	8) 8.98 Stephanie Owen, 1996
9)	8.43	Shannon Turczyn, 2007 (Conf-Knox)	9) 9.03 Brandy Whitson, 2005
10)	8.44	Shannon Turczyn, 2007 (Anderson)	10) 9.04C Kim Dailey, 1984
200-METER HURDLES			
Performance:		Individual:	
1)	29.25	Christy Hickey, 1996 (Conf-Cornell)	1) 29.25 Christy Hickey, 1996
2)	29.56	Stephanie Owen, 1996 (Conf-Cornell)	2) 29.56 Stephanie Owen, 1996
3)	29.66	Christy Hickey, 1997 (Conf-Knox)	3) 31.49 Regina Bannan, 1997
4)	29.96	Stephanie Owen, 1997 (Conf-Knox)	4) 31.99 Sherri Polk, 1998
5)	30.14	Stephanie Owen, 1998 (Conf-Knox)	5) 33.09 Rachelle Poirier, 1995
6)	30.59	Stephanie Owen, 1998 (Knox)	6) 34.09 Maggie Semington, 1998
7)	30.85	Stephanie Owen, 1996 (Knox)	7) 35.19 Kim Lawhorn, 1995
8)	30.87	Christy Hickey, 1996 (Knox)	
9)	30.94C	Stephanie Owen, 1996 (UW-Oshkosh)	
10)	31.00	Christy Hickey, 1996 (UW-Platteville)	
55 METER DASH			
Performance:		Individual:	
1)	7.30	Constance Jackson, 2001 (Conf-Knox)	1) 7.30 Constance Jackson, 2001
2)	7.34	Constance Jackson, 2001 (IWU, Knox)	2) 7.35 Stacy Brown, 1998
3)	7.35	Stacy Brown, 1998 (UNI)	3) 7.36 Philicia Moredock, 2002
4)	7.36	Philicia Moredock, 2002 (Conf-	4) 7.37 Shalyn Shirey, 2004
			5) 7.39 Jill Hoops, 2003
			6) 7.40 Christy Hickey, 1997

		Knox)	7) 7.44	Heather Furrow, 1998
5) 7.37		Shalyn Shirey, 2004 (Conf-Knox)	8) 7.46	Jae Moore, 2009 (Monmouth)
6) 7.38		Constance Jackson, 1999 (Conf-Knox); 2001 (Knox)	9) 7.47	Brenda Herrera, 2004
7) 7.39		Philicia Moredock, 2002 (Conf-Knox)	10) 7.53	Dori Ternig, 1996
	7.39	Jill Hoops, 2003 (Conf-Knox)	7.53	Megan Hamilton, 2004
8) 7.40		Christy Hickey, 1997 (Knox)	7.53	Christina Reiner, 2005
		Constance Jackson, 2001 (Conf-Knox)		
9) 7.41		Constance Jackson, 1999 (Knox)		
	7.41	Stacy Brown, 1998 (Conf-Knox)		
	7.41	Christy Hickey, 1997 (Conf-Knox)		
		Jill Hoops, 2000 (Conf-Knox); 2003 (Knox)		
10) 7.42		Constance Jackson, 2000 (Conf-Knox)		
	7.42	Constance Jackson, 2001 (Cornell)		

200 METER DASH

Performance:

1) 25.38	Constance Jackson, 2001 (Conf-Knox)
2) 25.73	Philicia Moredock, 2002 (Conf-Knox)
3) 25.77	Constance Jackson, 2000 (Conf-Knox)
4) 25.84	Constance Jackson, 1999 (Knox)
5) 25.87	Constance Jackson, 1999 (Conf-Knox)
6) 25.92	Constance Jackson, 2001 (Cornell)
7) 25.99	Philicia Moredock, 2002 (U-WOSH)
8) 26.07	Heather Furrow, 1996 (Conf-Cornell)
9) 26.10	Constance Jackson, 1998 (Conf-Knox)
10) 26.16	Constance Jackson, 1999 (UNI)
26.16	Heather Furrow, 1997 (Conf-Knox)

Individual:

1) 25.38	Constance Jackson, 2001
2) 25.73	Philicia Moredock, 2002
3) 26.07	Heather Furrow, 1996
4) 26.34	Jill Hoops, 2000
5) 26.39	Kila Cox, 2007 (Conf-Knox)
6) 26.55	Jae Moore, 2009 (Conf-Monmouth)
7) 26.56	Brenda Herrera, 2004
8) 26.80	Stacy Brown, 1998
9) 26.90	Shannon Turczyn, 2009 (Wartburg)
10) 27.10	Melissa Pacheco, 2004

300 METER DASH

Performance:

1) 41.72	Constance Jackson, 2001 (Knox)
2) 44.10	Paula Hageman, 1991 (Conf-Cornell)
3) 44.20	Mimi Hurd, 1990 (Conf-Cornell)
4) 45.06	Tammy Jefferson, 1992 (Conf-Cornell)
5) 45.37	Michelle Dehner, 1992 (Conf-Cornell)
6) 45.45	Mimi Hurd, 1990 (Cornell)
7) 45.69	Christine Stanton, 1992 (Cornell)
8) 46.57	Paula Hageman, 1991 (Cornell)
9) 47.04	Kelly Simpson, 1988 (Cornell)
10) 47.19	Tammy Jefferson, 1990 (Cornell)

Individual:

1) 41.72	Constance Jackson, 2001 (Knox)
2) 44.10	Paula Hageman, 1991 (Conf-Cornell)
3) 44.20	Mimi Hurd, 1990
4) 45.06	Tammy Jefferson, 1992
5) 45.37	Michelle Dehner, 1992
6) 45.69	Christine Stanton, 1992
7) 47.04	Kelly Simpson, 1988
8) 48.47	Kanisha Lampkin, 2009 (Monmouth)
9) 49.14	Michelle Nutting, 2009 (Monmouth)
10) 49.63	Lindsay Ditzler, 2006

400 METER DASH**Performance:**

- 1) 57.22 Heather Furrow, 1996 (Conf-Cornell)
- 2) 57.37 Heather Furrow, 1998 (Knox)
- 3) 57.40 Heather Furrow, 1997 (Conf-Knox)
- 4) 57.47 Heather Furrow, 1998 (Conf-Knox)
- 5) 57.54 Heather Furrow, 1996 (NCAA-Smith)
- 6) 57.57 Heather Furrow, 1996 (NCAA-Smith)
- 7) 57.80 Heather Furrow, 1998 (NCAA-Brandeis)
- 8) 57.84 Heather Furrow, 1996 (Knox)
- 9) 58.14 Heather Furrow, 1998 (UNI)
- 10) 58.25 Constance Jackson, 2000 (Conf-Knox)

Individual:

- 1) 57.22 Heather Furrow, 1996 (Conf-Cornell)
- 2) 58.25 Constance Jackson, 2000
- 3) 58.71 Philica Moredock, 2002
- 4) 59.85 Christine Stanton, 1993
- 5) 58.99 Kila Cox, 2007 (Conf-Knox)
- 6) 1:00.04 Dori Ternig, 1996
- 7) 1:00.21 Jill Hoops, 2003
- 8) 1:00.94 Morgan Leffel, 2008 (Wartburg)
- 9) 1:01.54 Kara Kuhrts, 2002
- 1:01.54 Kaci Lierman, 2009 (Illinois Wesleyan)

600 METER DASH**Performance:**

- 1) 1:35.98 Heather Furrow, 1998 (Cornell)
- 2) 1:38.76 Heather Furrow, 1997 (Cornell)
- 3) 1:39.08 Gretchen Vandergriff, 1998 (Conf-Knox)
- 4) 1:39.83 Heather Furrow, 1996 (Knox)
- 5) 1:40.13 Gretchen Vandergriff, 1998 (Knox)
- 6) 1:41.36 Pauline Mahoney, 1994 (Conf-Cornell)
- 7) 1:41.93 Pauline Mahoney, 1993 (Iowa State)
- 8) 1:42.61 Pauline Mahoney, 1993 (Cornell)
- 9) 1:42.75 Jan Rowley, 1993 (Conf-Knox)
- 10) 1:42.86 Pauline Mahoney, 1993 (Conf-Knox)

Individual:

- 1) 1:35.98 Heather Furrow, 1998 (Cornell)
- 2) 1:39.08 Gretchen Vandergriff, 1998
- 3) 1:41.36 Pauline Mahoney, 1994
- 4) 1:42.75 Jan Rowley, 1993
- 5) 1:43.02 Christine Stanton, 1993
- 6) 1:44.55 Diana Plack, 1997
- 7) 1:44.73 Jessica Mills, 1992
- 8) 1:44.77 Jennifer Koranda, 1995
- 9) 1:44.99 Sara Ingersoll, 2004
- 10) 1:46.57 Dori Ternig, 1994

800 METER RUN**Performance:**

- 1) 2:21.39 Tiffanie York, 2005 (UW-Whitewater)
- 2) 2:21.55 Heather Furrow, 1998 (Knox)
- 3) 2:22.78 Sara Ingersoll, 2004 (Monmouth)
- 4) 2:22.88 Sara Ingersoll, 2004 (IWU)
- 5) 2:23.06 Tiffanie York, 2005 (Conf-Illinois College)
- 6) 2:23.54 Sara Ingersoll, 2007 (UNI)
- 7) 2:23.73 Sara Ingersoll, 2007 (Conf-Knox)
- 8) 2:24.12 Pauline Mahoney, 1994 (Knox)
- 9) 2:24.74 Tiffanie York, 2005 (Monmouth)
- 10) 2:25.07 Sara Ingersoll, 2006 (UW-Whitewater, Conf-Monmouth)

Individual:

- 1) 2:21.39 Tiffanie York, 2005
- 2) 2:21.55 Heather Furrow, 1998
- 3) 2:22.78 Sara Ingersoll, 2004
- 4) 2:24.12 Pauline Mahoney, 1994
- 5) 2:25.58 Katie Staab, 2008 (Wartburg)
- 6) 2:25.60 Elizabeth Altekruise, 2002
- 7) 2:26.57 Sherri Polk, 1998
- 8) 2:27.04C Angie Hickerson, 1987
- 9) 2:28.64C Jessica Mills, 1992
- 10) 2:28.65 Gretchen Vandergriff, 1998

1000 METER RUN**Performance:****Individual:**

<p>1) 3:08.87 Gretchen Vandergriff, 1997 (Conf-Knox)</p> <p>2) 3:12.74C Pauline Mahoney, 1993 (Knox)</p> <p>3) 3:13.08 Jessica Mills, 1994 (Conf-Cornell)</p> <p>4) 3:14.39 Gretchen Vandergriff, 1998 (Conf-Knox)</p> <p>5) 3:15.03 Diana Plack, 1996 (Conf-Cornell)</p> <p>6) 3:15.14 Gretchen Vandergriff, 1998 (UW-Oshkosh)</p> <p>7) 3:15.94 Gretchen Vandergriff, 1997 (Augustana)</p> <p>8) 3:17.23 Jessica Mills, 1994 (Knox)</p> <p>9) 3:17.47 Jessica Mills, 1992 (Conf-Cornell)</p> <p>10) 3:17.52 Jessica Mills, 1995 (Conf-Knox)</p>	<p>1) 3:08.87 Gretchen Vandergriff, 1997</p> <p>2) 3:12.74C Pauline Mahoney, 1993</p> <p>3) 3:13.08 Jessica Mills, 1994</p> <p>4) 3:15.03 Diana Plack, 1996</p> <p>5) 3:20.44C Jenny Salisbury, 1993</p> <p>6) 3:23.23 Dara Pagel, 1997</p> <p>7) 3:25.13 Jody Smith, 1991</p> <p>8) 3:25.94C Nicki Bertelsen, 1992</p> <p>9) 3:26.50 Tara Putnam, 1991</p> <p>10) 3:26.90 Jennifer Hoffman, 1997</p>
<p>1500 METER RUN</p> <p>Performance:</p> <p>1) 4:58.5 Angie Hickerson, 1987 (Cornell)</p> <p>2) 5:01.8 Angie Hickerson, 1987 (Cornell)</p> <p>3) 5:02.44 Elizabeth Altekruise, 2004 (Conf-Knox)</p> <p>4) 5:04.22 Elizabeth Altekruise, 2003 (IWU)</p> <p>5) 5:04.81 Gretchen Vandergriff, 1998 (Conf-Knox)</p> <p>6) 5:05.60 Abby Horneck, 2004 (Conf-Knox)</p> <p>7) 5:06.03 Pauline Mahoney, 1994 (Conf-Cornell)</p> <p>8) 5:06.38 Elizabeth Altekruise, 2004 (IWU)</p> <p>9) 5:08.40 Abby Horneck, 2003 (Conf-Knox)</p> <p>10) 5:10.03 Jessica Mills, 1994 (Knox)</p>	
<p>Individual:</p> <p>1) 4:58.5 Angie Hickerson, 1987</p> <p>2) 5:02.44 Elizabeth Altekruise, 2004</p> <p>3) 5:04.81 Gretchen Vandergriff, 1998</p> <p>4) 5:05.60 Abby Horneck, 2004</p> <p>5) 5:06.03 Pauline Mahoney, 1994</p> <p>6) 5:10.03 Jessica Mills, 1994</p> <p>7) 5:11.40 Sara Ingersoll, 2004</p> <p>8) 5:13.80 Aleksandra Forsman, 2003</p> <p>9) 5:14.05 Diana Plack, 1997</p> <p>10) 5:14.53 Nicki Bertelsen, 1992</p>	
<p>3000 METER RUN</p> <p>Performance:</p> <p>1) 10:27.02 Mary Kate Beyer, 2009 (Illinois Wesleyan)</p> <p>2) 10:30.33 Mary Kate Beyer, 2009 (Wartburg)</p> <p>3) 10:43.75 Mary Kate Beyer, 2008 (Conf-Illinois College)</p> <p>4) 10:43.79 Mary Kate Beyer, 2009 (Rose-Hulman)</p> <p>5) 10:47.86 Mary Kate Beyer, 2009 (Conf-Monmouth)</p> <p>6) 10:50.51 Mary Kate Beyer, 2008 (UW-Platteville)</p> <p>7) 10:50.70 Tiffanie York, 2005 (Conf – Illinois College)</p> <p>8) 10:52.79 Carrie Knauer, 1998 (Conf-Knox)</p> <p>9) 10:56.42 Carrie Knauer, 1997 (Conf-Knox)</p> <p>10) 10:57.99 Mary Kate Beyer, 2008 (Cornell)</p>	
<p>Individual:</p> <p>1) 10:27.02 Mary Kate Beyer, 2009 (Illinois Wesleyan)</p> <p>2) 10:50.70 Tiffanie York, 2005 (Conf-Illinois College)</p> <p>3) 10:52.79 Carrie Knauer, 1998</p> <p>4) 11:02.68 Katie Staab, 2009 (Monmouth)</p> <p>5) 11:03.66 Aleksandra Forsman, 2003</p> <p>6) 11:05.8 Angie Hickerson, 1987</p> <p>7) 11:20.40 Lindsey Whately, 2002</p> <p>8) 11:23.30 Erin Mann, 2006 (UW-Whitewater)</p> <p>9) 11:24.24 Rita McQuinn, 1998</p> <p>10) 11:25.11 Gretchen Vandergriff, 1999</p>	
<p>5000 METER RUN</p> <p>Performance:</p>	
<p>Individual:</p>	

1) 18:27.55	Mary Kate Beyer, 2008 (Conf-Illinois College)	1) 18:27.55	Mary Kate Beyer, 2008 (Conf-Illinois College)
2) 18:39.54	Mary Kate Beyer, 2009 (Monmouth)	2) 18:57.87	Katie Staab, 2009 (Conf-Monmouth)
3) 18:48.23	Mary Kate Beyer, 2009 (Conf-Monmouth)	3) 19:02.21	Carrie Knauer, 1998
4) 18:57.87	Katie Staab, 2009 (Conf-Monmouth)	4) 19:18.28	Aleksandra Forsman, 2003
5) 19:02.21	Carrie Knauer, 1998 (Conf-Knox)	5) 19:24.71	Lindsey Whately, 2002
6) 19:06.27	Mary Kate Beyer, 2008 (IWU)	6) 19:33.95	Rita McQuinn, 1998
7) 19:08.89	Carrie Knauer, 1997 (Conf-Knox)	7) 19:39.24C	Kathleen Yarger, 1998
8) 19:15.41	Carrie Knauer, 1997 (Knox)	8) 19:50.10	Taryn Tang, 2009 (Monmouth)
9) 19:18.28	Aleksandra Forsman, 2003 (IWU)	9) 19:55.74	Kaile Schreiner, 2008 (Monmouth)
10) 19:23.47	Carrie Knauer, 1996 (Conf-Cornell)	10) 19:56.72	Erin Mann, 2006 (Conf-Monmouth)
60 YARD HURDLES			
1) 8.8	KIM DAILEY, 1984		
60 YARD DASH			
1) 7.7	KIM DAILEY, 1984		
200 YARD DASH			
1) 29.8	MIMI HURD, 1990		
600 YARD DASH			
1) 1:33.21	PAULINE MAHONEY, 1993		
1000 YARD RUN			
1) 2:56.5	ANGIE HICKERSON, 1985		
ONE MILE RUN			
Performance:		Individual:	
1) 5:17.01	Tiffanie York, 2005 (Conf – Illinois College)	1) 5:17.01	Tiffanie York, 2005 (Conf – Illinois College)
2) 5:18.77	Mary Kate Beyer, 2009 (Monmouth)	2) 5:18.77	Mary Kate Beyer, 2009 (Monmouth)
3) 5:19.80	Sara Ingersoll, 2007 (Anderson)	3) 5:19.80	Sara Ingersoll, 2007 (Anderson)
4) 5:20.50	Tiffanie York, 2005 (UNI)	4) 5:25.0	Angie Hickerson, 1987
5) 5:20.95	Sara Ingersoll, 2007 (Conf-Knox)	5) 5:25.33	Katie Staab, 2009 (Monmouth)
6) 5:22.92	Sara Ingersoll, 2006 (Conf-Monmouth)	6) 5:27.47	Gretchen Vandergriff, 1998
7) 5:23.33	Mary Kate Beyer, 2009 (Rose-Hulman)	7) 5:34.38	Abby Horneck, 2006 (Conf-Monmouth)
8) 5:25.0	Angie Hickerson, 1987 (Conf-Chicago)	8) 5:39.19	Valerie Daves, 2007 (Anderson)
9) 5:25.19	Sara Ingersoll, 2007 (DePauw)	9) 5:40.65	Brianna Flynn, 2009 (Monmouth)
10) 5:25.33	Katie Staab, 2009 (Monmouth)	10) 5:41.10	Carrie Knauer, 1998

TWO MILE RUN**Performance:**

- 1) **11:56.2 Angie Hickerson, 1987 (Conf-Chicago)**
- 2) 12:28.7 Angie Hickerson, 1986 (Champaign)
- 3) 12:39.2 Susan Kvasnicka, 1982 (Grinnell)
- 4) 12:57.8 Susan Kvasnicka, 1982 (Grinnell)
- 5) 13:01.9 Julia Zobrist, 1990 (Augustana)
- 6) 13:12.0 Jody Smith, 1988 (Conf-Cornell)
- 7) 13:19.2 Julia Zobrist, 1989 (Conf-Cornell)
- 8) 13:40.0 Jody Smith, 1988 (Sterling)
- 9) 14:06.0 Susan Kvasnicka, 1982 (Chicago)
- 10) 14:24.0 Sue Tomlinson, 1988 (Sterling)

Individual:

- 1) **11:56.2 Angie Hickerson, 1987**
- 2) 12:39.2 Susan Kvasnicka, 1982
- 3) 13:01.9 Julia Zobrist, 1990
- 4) 13:12.0 Jody Smith, 1988
- 5) 14:24.0 Sue Tomlinson, 1988

LONG JUMP**Performance:**

- 1) **18'5-3/4" Constance Jackson, 2001 (Conf-Knox)**
- 2) 18' 5½" Julie Larson, 1999 (Conf-Knox)
- 3) 18' 2" Michelle Dehner, 1993 (Knox)
- 4) 18' 1½" Michelle Dehner, 1993 (Conf-Knox)
- 5) 18' 1¼" Michelle Dehner, 1993 (NCAA-Bowdoin)
- 6) 17'10-1/4" Constance Jackson, 2000 (Conf-Knox)
- 7) 17'10" Michelle Dehner, 1993 (Knox)
- 8) 17'9-1/2" Constance Jackson, 2001 (NCAA-IWU)
- 9) 17' 8¼" Kara Kuhrts, 2003 (Conf-Knox)
Michelle Dehner, 1993 (UNI)
Christina Reiner, 2005 (Conf – Illinois College)
- 10) 17' 8" Heather Furrow, 1996 (Conf-Cornell)

Individual:

- 1) **18'5-3/4" Constance Jackson, 2001**
- 2) 18' 5½" Julie Larson 1999
- 3) 18' 2" Michelle Dehner, 1993
- 4) 17'9-1/2" Kara Kuhrts, 2003
- 5) 17'8-1/4" Christina Reiner, 2005
- 6) 17' 8" Heather Furrow, 1996
- 7) 17'6-3/4" Megan McKenna, 2007 (Conf-Knox)
- 8) 16'11¼" Christy Keller, 1997
- 9) 16'10¼" Paula Hageman, 1991
- 10) 16'8-3/4" Philicia Moredock, 2003

TRIPLE JUMP**Performance:**

- 1) **37'11-3/4" Kara Kuhrts, 2003 (NCAA-DePauw)**
- 2) 37"10-3/4" Kara Kuhrts, 2003 (Conf-Knox)
- 3) 37'7-1/2" Kara Kuhrts, 2003 (Whitewater)
- 4) 37'6" Kara Kuhrts, 2003 (DePauw, Knox)
- 5) 37'-1/2" Kara Kuhrts, 2003 (Central)
- 6) 36'9" Kara Kuhrts, 2002, (Conf-Knox)
- 7) 36' 8¼" Linda Schmidt, 1993 (Conf-Knox)
- 8) 36'8" Kara Kuhrts, 2002 (Knox)
- 9) 36'2-3/4" Megan McKenna, 2007 (Anderson)
- 10) 36'1-1/4" Kara Kuhrts, 2002 (Carthage, Knox)

Individual:

- 1) **37'11-3/4" Kara Kuhrts, 2003**
- 2) 36' 8¼" Linda Schmidt, 1993
- 3) 36'2-3/4" Megan McKenna, 2007 (Anderson)
- 4) 35'4-1/2" Christina Reiner, 2005 (Conf – Illinois College)
- 5) 35'2-1/2" Morgan Leffel, 2008 (Conf-Illinois College)
- 6) 35'2" Amy Horneck, 2003
- 7) 34' 6½" Paula Hageman, 1991
- 8) 34' 5½" Julie Larson, 1999
- 9) 34'0-3/4" Jae Moore, 2009 (Conf-Monmouth)
- 10) 33'11½" Michelle Dehner, 1993

HIGH JUMP**Performance:**

- 1) **5' 8"** **Linda Schmidt, 1993 (UNI)**
- 2) 5' 6½" Linda Schmidt, 1992 (NCAA-UW Stevens Point)
- 3) 5' 6" Linda Schmidt, 1994 (Knox); 1993 (Knox); 1992 (Chicago)
- 4) 5'5-3/4" Melissa Jones, 2002 (IWU)
- 5) 5'5-1/4" Melissa Jones, 2002 (NCAA-ONU); 2003 (Conf-Knox, NCAA-DePauw)
- 6) 5' 5" Linda Schmidt, 1993 (Cornell)
- 7) 5' 4½" Linda Schmidt, 1993 (Iowa State)
- 8) 5' 4¼" Linda Schmidt, 1994 (UNI), 1992 (UNI)
- 9) 5' 4" Stephenie Schuler, 1998 (Conf-Knox, Knox, Cornell)
- 5' 4" Linda Schmidt, 1994 (Conf-Cornell)
- 5' 4" Linda Schmidt, 1993 (Conf-Knox, NCAA-Bowdoin)
- 5' 4" Linda Schmidt, 1992 (Conf-Cornell, Cornell)
- 10) 5' 3¾" Linda Schmidt, 1991 (Conf-Cornell)

Individual:

- 1) **5' 8"** **Linda Schmidt, 1993 (UNI)**
- 2) 5'5-3/4" Melissa Jones, 2002
- 3) 5' 4" Stephenie Schuler, 1998
- 4) 5'3-1/4" Tracy Nelson, 2001
- 5'3-1/4" Megan Clennon, 2008 (Conf-Illinois College)
- 6) 5' 3" Jaime Jones, 1999
- 5' 3" Heather Robertson, 1986
- 8) 5' 2" Lesley Stone, 1994
- 9) 5'1-3/4" Christina Reiner, 2005 (Conf – Illinois College); 2006 (Conf-Monmouth)
- 10) 5'1-1/4" Sarah Stinson, 2009 (Wartburg)
- 5'1-1/4" Heather Hull, 2009 (Conf-Monmouth)

SHOT PUT**Performance:**

- 1) **44'8"** **Gloria Lehr, 2009 (Conf-Monmouth)**
- 2) 43'4-1/2" Gloria Lehr, 2009 (Monmouth)
- 3) 43'3-1/4" Katy Healy, 2004 (Monmouth)
- 4) 43'0-1/2" Gloria Lehr, 2009 (Rose-Hulman)
- 5) 42'11" Gloria Lehr, 2008 (Conf-Illinois College); 2009 (Wartburg)
- 42'11" Tanesha Hughes, 2009 (Conf-Monmouth)
- 6) 42'9" Gloria Lehr, 2009 (Knox)
- 7) 42'7-1/2" Gloria Lehr, 2009 (UW-Stevens Pt.)
- 8) 42'6-1/4" Katy Healy, 2004 (Monmouth)
- 9) 42'4-1/2" Jenny Babos, 2008 (Conf-Illinois College)
- 10) 42'3-1/2" Gloria Lehr, 2009 (Rose-Hulman)

Individual:

- 1) **44'8"** **Gloria Lehr, 2009 (Conf-Monmouth)**
- 2) 43'3-1/4" Katy Healy, 2004 (Monmouth)
- 3) 42'11" Tanesha Hughes, 2009 (Conf-Monmouth)
- 4) 42'4-1/2" Jenny Babos, 2008 (Conf-Illinois College)
- 5) 42' 0" Karen Seeman, 1992
- 6) 41'8-1/2" Amanda Streeter, 2009 (Conf-Monmouth)
- 7) 40'9-1/2" Allison Renfroe, 2009 (Knox)
- 8) 40' 9" Vanessa Armstrong, 1999
- 9) 40' 3¼" Tennille McClure, 1996
- 10) 39'11" Debby Jackowniak, 1992

20-POUND WEIGHT THROW**Performance:**

- 1) **52'9-1/2"** **Jenny Babos, 2008 (UW-Stevens Pt.)**
- 2) 51'7-1/4" Jenny Babos, 2007 (Anderson)
- 3) 51'5-1/2" Jenny Babos, 2008 (Cornell)
- 4) 51'5" Jenny Babos, 2008 (Monmouth)
- 5) 51'3-1/2" Jenny Babos, 2008 (UW-Platteville, Conf-Illinois College)
- 6) 50'11-1/2" Jenny Babos, 2007 (DePauw)
- 7) 50'10" Jenny Babos, 2008 (IWU)

Individual:

- 1) **52'9-1/2"** **Jenny Babos, 2008 (UW-Stevens Pt.)**
- 2) 50'6-1/4" Katy Healy, 2004
- 3) 49'3-3/4" Amanda Streeter, 2009 (UW-Stevens Pt.)
- 4) 48'4" Gloria Lehr, 2009 (Illinois Wesleyan)
- 5) 47'8" Tanesha Hughes, 2009 (Conf-Monmouth)
- 6) 44'9-3/4" Allison Renfroe, 2009 (Rose-

8) 50'6-1/4"	Katy Healy, 2004 (Conf-Knox)	Hulman)
9) 50'4-1/2"	Katy Healy, 2003 (Conf-Knox)	7) 44'6-1/4"
10) 50'3-1/4"	Katy Healy, 2004 (UW-Whitewater)	8) 44'6"
		9) 44'4-1/2"
		10) 44'0-3/4"
		Meaghan Tobias, 2004
		Vanessa Armstrong, 2001
		Maureen Dewan, 2009 (Monmouth)
		Whitney Shepherd, 2005
POLE VAULT		
Performance:		Individual:
1) 12'7-1/2"	Jessica White, 2008 (UW-Stevens Pt.)	1) 12'7-1/2"
2) 12'4"	Jessica White, 2008 (NCAA-Ohio Northern)	2) 11'6-1/4"
3) 12'3-1/2"	Jessica White, 2008 (IWU, Monmouth)	3) 10'10-3/4"
4) 12'	Jessica White, 2008 (UW-Platteville)	4) 10'10"
5) 11'11-3/4"	Jessica White, 2007 (NCAA-Rose-Hulman); 2008 (Wartburg, Conf-Illinois College)	10'10"
6) 11'10-1/2"	Jessica White, 2007 (Conf-Knox)	6) 10'
7) 11'10"	Jessica White, 2007 (Monmouth); 2008 (Monmouth)	7) 9'3-3/4"
8) 11'8"	Jessica White, 2007 (Illinois Wesleyan)	8) 8'6"
9) 11'6-1/4"	Megan McKenna, 2007 (Monmouth); 2009 (Conf-Monmouth)	9) 8'
10) 11'6"	Jessica White, 2007 (Anderson)	10) 7'11-1/2"
11'6"	Megan McKenna, 2007 (Anderson)	Morgan Leffel, 2008 (Conf-Illinois College)

ALL-TIME TOP TEN RELAY PERFORMANCES

4x200 METER RELAY

1)	1:44.05	Jackson, Hoops, Moredock, Estes, 2000 (Conf-Knox)
2)	1:44.29	Jackson, Hoops, Moredock, Estes, 2001 (Conf-Knox)
3)	1:44.96	Brown, Estes, Furrow, Jackson, 1998 (Conf-Knox)
4)	1:45.71	Jackson, Hoops, Moredock, Estes, 2001 (Knox)
5)	1:45.91	Hickey, Owen, Brown, Furrow, 1997 (Conf-Knox)
6)	1:45.94C	Ternig, Owen, Hickey, Furrow, 1996 (Conf-Cornell)
7)	1:46.38	Hoops, Moredock, Kuhrts, Childs, 2002 (Conf-Knox)
8)	1:46.43	Ternig, Keller, Hickey, Furrow, 1996 (UW-Oshkosh)
9)	1:46.48	Brown, Estes, Furrow, Jackson, 1998 (Knox)
10)	1:46.67	Pacheco, Shirey, Herrera, Cox, 2004 (Conf-Knox)

4 x 400 METER RELAY

1)	3:59.28	Kuhrts, Jackson, Hoops, Moredock, 2001 (NCAA-IWU)
2)	4:01.42	Jackson, Hoops, Kuhrts, Moredock, 2001 (UWOSH)

- 3) 4:04.41 Jackson, Kuhrts, Hoops, Moredock, 2001 (Conf-Knox)
- 4) 4:04.97 Jackson, Moredock, Hoops, Estes, 2000 (Conf-Knox)
- 5) 4:06.02 Brown, Vandergriff, Jackson, Furrow, 1998 (Conf-Knox)
- 6) 4:06.96 Kuhrts, Hoops, Childs, Moredock, 2002 (Conf-Knox)
- 7) 4:07.45 Herrera, York, Ouart, Cox, 2005 (UW-Whitewater)
- 8) 4:08.04 Vaccarello, Ouart, Turczyn, Cox, 2007 (Conf-Knox)
- 9) 4:08.81 Furrow, Vandergriff, Estes, Jackson, 1998 (UW-Oshkosh)
- 10) 4:08.97 Jackson, Kuhrts, Hoops, Moredock, 2001 (Knox)

4 x 800 METER RELAY

- 1) **10:27.69** **Plack, Pagel, Moody, Pold, 1997 (Knox)**
- 2) 10:40.12 Altekruise, Mann, Ab. Horneck, Forsman, 2003 (Central)
- 3) 10:48.83 Polk, Pagel, Moody, McQuinn, 1997 (Augustana)
- 4) 11:02.1 Putnam, Bertelsen, Zobrist, Smith, 1991 (UNI)
- 5) 11:02.85 Knauer, Pagel, Moody, Polk, 1997 (Cornell)
- 6) 11:03.5 Hickerson, Gaikis, Dugan, Morgan, 1985 (Conf-Chicago)
- 7) 11:10.24C Moody, Polk, Knauer, McQuinn, 1998 (Cornell)
- 8) 11:12.0 McQuinn, Kite, Knauer, Mills, 1995 (Cornell)
- 9) 13:05.5 Zerr, Blatzer, Bratvold, Kvasnicka, 1982 (Grinnell)

SPRINT MEDLEY RELAY

- 1) **4:19.60** **Jackson, Estes, Moredock, Moody, 2000 (Conf-Knox)**
- 2) 4:21.65 Hoops, Moredock, Childs, Altekruise, 2002 (Conf-Knox)
- 3) 4:22.77 Jae Moore, Shannon Turczyn, Morgan Leffel, Amy Aghababian, 2009 (Conf-Monmouth)
- 4) 4:23.24 Firchau, Moore, Vaccarello, Staab, 2008 (Conf-Illinois College)
- 5) 4:24.43 Pacheco, Thornton, McGee, Altekruise, 2003 (Conf-Knox)
- 6) 4:25.88 ??????????????????????????????????????, 2001 (Conf-Knox)
- 7) 4:25.92 Cox, Vaccarello, Ouart, Nelson, 2007 (Conf-Knox)
- 8) 4:25.98 Pacheco, Herrera, Cox, Nelson, 2004 (Conf-Knox)
- 9) 4:30.52 Pacheco, Herrera, Nelson, Altekruise, 2004 (Knox)
- 10) 4:31.19 Herrera, Pacheco, Nelson, York, 2005 (Knox)

DISTANCE MEDLEY RELAY

- 1) **13:04.16** **Ingersoll, Cox, Ab. Horneck, Altekruise, 2004 (IWU)**
- 2) 13:15.41 Staab, Cox, Aghababian, Ingersoll, 2007 (Illinois Wesleyan)
- 3) 13:18.10 Mary Kate Beyer, Lindsie Pettie, Briana Flynn, Kanisha Lampkin, 2009 (Conf-Monmouth)
- 4) 13:24.26 Altekruise, McGee, Mann, Ab. Horneck, 2003 (Conf-Knox)
- 5) 13:24.97 Schreiner, Ditzler, Nelson, Daves, 2006 (Conf-Monmouth)
- 6) 13:26.48 Altekruise, McGee, Ab. Horneck, Forsman, 2003 (KNOX)
- 7) 13:40.63 Altekruise, McGee, Mann, Forsman, 2003 (Knox)
- 8) 13:42.59 Heimann, Childs, McGee, Altekruise, 2001 (Conf-Knox)
- 9) 13:42.71 Wasson, Frick, McGee, Moody, 2000 (Conf-Knox)
- 10) 13:44.60 Moody, Hosey, Polk, Vandergriff, 1999 (Conf-Knox)

HUFF ATHLETIC CENTER FIELDHOUSE

WOMEN'S INDOOR TRACK & FIELD RECORDS

<u>Event</u>	<u>Athlete/School</u>	<u>Mark</u>	<u>Date</u>
55 METER HURDLES	Amanda LaRocca/Ill. Wesleyan	8.08	Feb. 14, 2009
55 METER DASH	Keli Coleman/Augustana	7.16	Jan. 24, 2009
200 METER DASH	Ali McCoy/Ill. Wesleyan	25.43	Jan. 24, 2009
300 METER DASH	Rachel Anderson/Ill. Wesleyan	40.29	Jan. 26, 2008
400 METER DASH	Gianina Taylor/Ill. Wesleyan	58.74	Jan. 31, 2004
600 METER DASH	Mackenzie Clemens/Ill. Wes.	1:36.80	Jan. 26, 2008
800 METER RUN	Mackenzie Clemens/Ill. Wes.	2:12.66	Feb. 14, 2009
1000 METER RUN	Kelli Stratmeyer/Millikin	3:16.40	Feb. 12, 2005
1500 METER RUN	Jenna Boerboom/Coe	4:51.82	Feb. 14, 2004
MILE RUN	Kerry Devitt/Illinois Wes.	5:01.90	Feb. 14, 2009
3000 METER RUN	Jenny Scherer/St. Norbert	10:06.90	Feb. 28, 2009
5000 METER RUN	Jenny Scherer/St. Norbert	17:24.69	Feb. 27, 2009
HIGH JUMP	Gaby Johnson/Illinois Wes.	5'4-1/2	Jan. 24, 2009
LONG JUMP	Kate Button/Unattached	18'4-1/2	Jan. 31, 2004
TRIPLE JUMP	Ashley Yancy/Western Ill.	37'11-1/4	Feb. 11, 2006
SHOT PUT	Dana Klemm/Loras	45'9-3/4"	Jan. 27, 2007
35-POUND WEIGHT	Dana Klemm/Loras	54'5-1/4"	Jan. 27, 2007
POLE VAULT	Jessica White/Monmouth Rebecca Grafenauer/Carroll	12'3-1/2" 12'3-1/2"	Jan. 26, 2008 Feb. 14, 2009
4x200 RELAY	St. Norbert	1:45.14	Feb. 27, 2009
4X400 RELAY	Illinois Wesleyan	3:55.37	Jan. 27, 2007
SPRINT MEDLEY	St. Norbert	4:09.12	Feb. 27, 2009

DISTANCE MEDLEY Central

12:36.81

Jan. 29, 2005