



Crusader

# Women's Track and Field Record Book

(updated through July 6, 2011)

## Indoor Records

### 55m Dash

NAME	YEAR	TIME
1. Makyba Lyons	1998	7.32
2. Amanda Body	2009	7.33
3. Laura Arloszynski	2004	7.45
4. Patricia Kloth	2008	7.50
5. Elizabeth Powers	1997	7.56

### 60m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	7.82
2. Laura Arloszynski	2005	7.96
3. Makyba Lyons	1999	7.98
Patricia Kloth	2008	7.98
5. Lakisha Lane	2007	8.16

### 200m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	25.35
2. Melanie Wilson	2005	25.74
3. Karie Dahlgren	1998	25.89
4. Patricia Kloth	2008	26.37
5. Lakisha Lane	2007	26.54

### 300m Dash

NAME	YEAR	TIME
1. Karie Dahlgren	1997	42.56
2. Elizabeth Powers	1997	45.16
3. Kenya Jenkins	1997	47.06

### 400m Dash

NAME	YEAR	TIME
1. Karie Dahlgren	1998	57.82
2. Maggie Zellner	2003	59.29
3. Amanda Meyer	2005	1:00.08
4. Lakisha Lane	2008	1:00.82
5. Coree Schmitz	2004	1:01.94

### 600m Dash

NAME	YEAR	TIME
1. Amanda Meyer	2004	1:39.54
2. Maggie Zellner	2003	1:41.34
3. Jorie Ballun	2011	1:44.61
4. Rachel Weide	2002	1:44.71

### 800m Run

NAME	YEAR	TIME
1. Collette Liss	1998	2:11.37
2. Danielle Nunnely	2006	2:15.44
3. Rachel Nelson	2002	2:15.82
4. Amy Mikel	2003	2:18.49
5. Jewel Market	1990	2:19.0

### 1,000m Run

NAME	YEAR	TIME
1. Chrys Davis	1996	3:08.29
2. Elizabeth Kinneer	2004	3:18.8
3. Rachel Brimmer	1997	3:23.2

### One Mile Run

NAME	YEAR	TIME
1. Collette Liss	1999	4:42.08
2. Laura Rolf	2007	4:44.96
3. Danielle Nunnely	2006	4:56.92
3. Rachel Nelson	2003	5:00.60
4. Amy Mikel	2002	5:01.25

### 3,000m Run

NAME	YEAR	TIME
1. Laura Rolf	2007	9:22.44
2. Collette Liss	1999	9:23.17
3. Danielle Nunnely	2006	9:47.50
4. Ashley Billstrom	2007	10:11.58
5. Carrie Waterman	2002	10:13.84

### 5,000m Run

NAME	YEAR	TIME
1. Laura Rolf	2009	16:53.16
2. Collette Liss	1999	16:57.26
3. Elizabeth Whiting	2001	17:55.62
4. Tami Long	2000	18:04.3x
5. Carrie Waterman	2002	18:13.13

### 55m Hurdles

NAME	YEAR	TIME
1. Melanie Wilson	2008	8.39
2. Lakisha Lane	2007	8.51
3. Karie Dahlgren	1997	8.55
4. Maggie Zellner	2006	8.86
5. Patricia Kloth	2005	9.08



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### 60m Hurdles

NAME	YEAR	TIME
1. Melanie Wilson	2008	8.74
2. Lakisha Lane	2007	9.02
3. Maggie Zellner	2006	9.55
4. Mary Frisch	2005	10.22
5. Becky Eager	2001	10.26

### 200m Hurdles

NAME	YEAR	TIME
1. Mary Frisch	2005	31.34
2. Becky Eager	2002	31.62
3. Tracy Larson	1998	33.22

### High Jump

NAME	YEAR	DIST.
1. Martha Josephson	2003	5'4"
2. Ashleigh Griechen	2005	5'0 1/4"
Emilie Marsicek	2007	5'0 1/4"
4. Rachel Matthews	1998	5'0"
5. Jennifer Sales	1999	4'11 3/4"

### Long Jump

NAME	YEAR	TIME
1. Amanda Body	2006	18'8"
2. Melanie Wilson	2008	18'7 1/4"
3. Amanda Meyer	2005	16'11 1/4"
4. Fran Browden	1999	16'5"
5. Lynnae Skogerboe	2003	15'9 3/4"

### Triple Jump

NAME	YEAR	DIST.
1. Melanie Wilson	2006	38'5"
2. Amanda Body	2006	36'7 3/4"
3. Fran Browden	1999	35'8 1/2"
4. Martha Josephson	2003	34'0 3/4"
5. Lindsey Haan	2003	34'0"

### Pole Vault

NAME	YEAR	DIST.
1. Rachel Matthews	1999	10'11 3/4"
Amanda Meyer	2005	10'11 3/4"
<b>3. Kelley Freeman</b>	<b>2011</b>	<b>10'8"</b>
4. Elizabeth Powers	2000	10'7"
5. Katrina Roberson	2005	10'6"
Gianna Mirabelli	2010	10'6"

### Shot Put

NAME	YEAR	DIST.
1. Emilie Marsicek	2008	48'7 1/2"
2. Holly Hagen	2005	43'10"
<b>3. Sarah Drozdowski</b>	<b>2011</b>	<b>41'3 3/4"</b>
4. Tracy Broadstone	2000	40'0"
5. Jacque Richardson	1999	39'10 1/2"

### Weight Throw

NAME	YEAR	DIST.
1. Holly Hagen	2005	56'5 3/4"
<b>2. Sarah Drozdowski</b>	<b>2011</b>	<b>53'11 3/4"</b>
3. Ini Umana	2010	49'9 3/4"
4. Emilie Marsicek	2008	48'7 1/2"
5. Tracy Broadstone	2000	48'6"

### Pentathlon

NAME	YEAR	POINTS
1. Carissa Heinold	2008	2,186
2. Theresa Trompeter	1998	1,824



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## Indoor Records

### 4x200m Relay

NAMES	YEAR	TIME
1. (names unknown)	1998	1:47.45
2. Arloszynski, Banda, Zellner, Meyer	2004	1:49.94
3. Zellner, Meyer, Weide, Frisch	2003	1:50.49

### 4x400m Relay

NAMES	YEAR	TIME
1. Wilson, Body, Anderson, Kloth	2008	3:59.11
2. Meyer, Frisch, Wilson, Zellner	2005	4:02.98
3. Body, Alexander, Christensen, Lane	2007	4:05.55
4. Meyer, Nelson, Weide, Zellner	2003	4:05.60
5. Body, Anderson, Lane, Wilson	2008	4:06.65

### 4x800m Relay

NAMES	YEAR	TIME
1. Billstrom, Nunnelly, Rolf, Zellner	2006	9:30.47
2. Mikel, Lee, Zellner, Nelson	2003	9:39.0
3. Market, Meyer, Devine, Ludwig	1990	10:17.0
4. Fabricius, Bruckner, Hoffmeister, Williams	1992	10:25.0

### Dist. Medley Relay

NAMES	YEAR	TIME
1. Long, Dahlgren, Wittbracht, Liss	1998	12:07.0
2. Schmiesing, Zellner, Billstrom, Rolf	2006	12:18.27
3. Mikel, Zellner, Meyer, Nelson	2004	12:25.59
4. Kinneer, Kueker, Mikel, Whiting	2001	12:31.58
5. Nelson, Mikel, Waterman, Whiting	2002	12:33.49

### 4xMile Relay

NAMES	YEAR	TIME
1. Davis, Burns, Bollig, Hoffmeister	1994	23:55.0



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## Outdoor Records

### 100m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	(12.19)
<i>(non wind-aided)</i>	2009	12.27
2. Makyba Lyons	1998	12.48
3. Patricia Kloth	2007	12.58
4. Laura Arloszynski	2004	12.64
5. Melanie Wilson	2008	12.79

### 200m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	24.67
2. Karie Dahlgren	1999	25.66
3. Patricia Kloth	2008	25.95
4. Makyba Lyons	1999	26.00
5. Lakisha Lane	2007	26.42

### 400m Dash

NAME	YEAR	TIME
1. Karie Dahlgren	1998	57.53
2. Maggie Zellner	2003	57.88
3. Patricia Kloth	2008	58.40
4. Amanda Meyer	2004	59.52
5. Coree Schmitz	2004	1:01.02

### 600m Dash

NAME	YEAR	TIME
1. Hope Burns	1995	1:39.8

### 800m Run

NAME	YEAR	TIME
1. Danielle Nunnelly	2006	2:14.37
2. Collette Liss	1997	2:15.15
3. Rachel Nelson	2004	2:15.34
4. Amy Mikel	2003	2:16.53
5. Alyssa Bradford	2010	2:18.12

### 1,500m Run

NAME	YEAR	TIME
1. Collette Liss	1999	4:22.78
2. Danielle Nunnelly	2006	4:38.19
3. Elizabeth Kinneer	2001	4:39.53
4. Amy Mikel	2003	4:39.65
5. Laura Rolf	2006	4:40.39

### 3,000m Run

NAME	YEAR	TIME
1. Collette Liss	1999	9:22.39
2. Tami Long	1998	10:20.0
3. Kimberly Bruckner	1990	10:49.0

### 5,000m Run

NAME	YEAR	TIME
1. Collette Liss	1997	16:25.32
2. Danielle Nunnelly	2006	17:12.77
3. Laura Rolf	2006	17:49.54
4. Rachael Button	2008	17:49.75
5. Tami Long	2000	17:50.80

### 10,000m Run

NAME	YEAR	TIME
1. Collette Liss	1999	33:26.21
2. Tami Long	2000	36:46.68
3. Elizabeth Whiting	2002	37:57.27
4. Rachael Button	2008	37:57.44
5. Renae Swift	2006	38:54.67

### 100m Hurdles

NAME	YEAR	TIME
1. Melanie Wilson	2008	14.27
2. Lakisha Lane	2007	14.68
3. Karie Dahlgren	1998	15.01
4. Maggie Zellner	2006	15.32
5. Makyba Lyons	1999	16.14

### 400m Hurdles

NAME	YEAR	TIME
1. Karie Dahlgren	1998	1:01.97
2. Lakisha Lane	2007	1:03.70
3. Maggie Zellner	2006	1:04.59
4. Mary Frisch	2003	1:06.55
5. Heather Furr	2004	1:08.20

### 3,000m Steeplechase

NAME	YEAR	TIME
1. Ashley Billstrom	2007	10:40.38
2. Jobeth Schmiesing	2005	11:22.84
3. Amanda Lee	2003	11:23.64
4. Rachel Stoehr	2002	11:30.35
5. Danielle Nunnelly	2007	11:34.05



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## Outdoor Records

### High Jump

NAME	YEAR	DIST.
1. Martha Josephson	2003	5'3"
2. Rachel Matthews	1998	5'2"
3. Heather Furr	2004	4'11 1/2"
4. Emilie Marsicek	2004	4'10"
5. Patricia Kloth	2005	4'9 3/4"

### Pole Vault

NAME	YEAR	DIST.
1. Amanda Meyer	2004	11'3 3/4"
<b>2. Kelley Freeman</b>	<b>2011</b>	<b>10'10"</b>
3. Elizabeth Powers	1998	10'7 1/2"
4. Rachel Matthews	1999	10'6"
Carissa Heinold	2007	10'6"

### Long Jump

NAME	YEAR	DIST.
1. Amanda Body	2008	18'9"
2. Melanie Wilson	2006	18'6 1/2"
3. Karie Dahlgren	1999	17'0"
4. Fran Browden	1999	16'11 1/2"
Amanda Meyer	2004	16'11 1/2"

### Triple Jump

NAME	YEAR	DIST.
1. Melanie Wilson	2006	39'4"
2. Amanda Body	2006	37'4"
3. Fran Browden	1999	35'11"
4. Annie Elzey	2004	33'11 1/4"
5. Alicia McNair	2003	33'10 1/4"

### Shot Put

NAME	YEAR	DIST.
1. Emilie Marsicek	2008	46'9"
2. Holly Hagen	2004	42'10 1/4"
<b>3. Sarah Drozdowski</b>	<b>2011</b>	<b>41'8 3/4"</b>
4. Jacque Richardson	1998	39'4 1/2"
5. Ini Umana	2010	38'3 1/4"

### Discus Throw

NAME	YEAR	DIST.
1. Ini Umana	2010	143'6"
2. Elizabeth Schroeder	1999	141'0"
3. Emilie Marsicek	2008	140'9"
<b>4. Erica Funk</b>	<b>2011</b>	<b>130'4"</b>
<b>5. Sarah Drozdowski</b>	<b>2011</b>	<b>128'4"</b>

### Hammer Throw

NAME	YEAR	DIST.
1. Holly Hagen	2005	177'0"
2. Ini Umana	2010	156'8"
3. Emilie Marsicek	2007	156'4"
<b>4. Sarah Drozdowski</b>	<b>2011</b>	<b>155'7"</b>
5. Tracy Broadstone	1999	144'1"

### Javelin Throw

NAME	YEAR	DIST.
1. Jessica Cherrington	2002	140'5"
2. Emilie Marsicek	2007	124'2"
3. Karie Dahlgren	1999	121'9"
4. Lindsey Gilman	2007	119'5"
5. Heather Furr	2003	110'8"

### Heptathlon

NAME	YEAR	POINTS
1. Karie Dahlgren	1999	4,660
2. Heather Furr	2004	3,969
3. Jessica Cherrington	2003	3,784
4. Lindsey Gilman	2007	3,599
5. Emilie Marsicek	2007	3,573



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## Outdoor Records

### 4x100m Relay

NAMES	YEAR	TIME
1. Body, Kloth, Wilson, Lane	2007	48.33
2. Body, Kloth, Zellner, Wilson	2006	48.63
3. Body, Heinold, Wilson, Lane	2007	48.83
4. (names unknown)	2008	48.97
5. (names unknown)	1998	49.17

### Shuttle Hurdles Relay

NAMES	YEAR	TIME
1. Wilson, Zellner, Kloth, Frisch	2005	1:05.02

### Sprint Medley Relay

NAMES	YEAR	TIME
1. Sankey, Coyne, Fox, Baker	1995	4:38.63

### 4x400m Relay

NAMES	YEAR	TIME
1. Zellner, Nelson, Mikel, Meyer	2003	3:58.65
2. Zellner, Schmitz, Nelson, Meyer	2004	4:00.93
3. (names unknown)	2008	4:03.95
4. Zellner, Wilson, Body, Plaskota	2006	4:05.83
5. Zellner, Mikel, Nelson, Weide	2004	4:06.22

### 4x800m Relay

NAMES	YEAR	TIME
1. Dahlgren, Liss, Brimmer, Long	1997	9:33.73

### Dist. Medley Relay

NAMES	YEAR	TIME
1. Long, Dahlgren, Liska, Liss	1997	11:54.16
2. Nelson, Zellner, Mikel, Schmiesing	2004	12:24.31

### 4xMile Relay

NAMES	YEAR	TIME
1. Kinner, Mikel, Lee, Whiting	2001	21:11.09
2. Nelson, Waterman, Lee, Stoehr	2002	21:11.83
3. Nelson, Lee, Schmiesing, Mikel	2003	21:25.24