

Women's Outdoor Charts

Note: Times in hundredths are fully automatic times. Times in tenths are hand times. Add .24 to hand times to get equivalent automatic time.

100 Meters

| | | | |
|-----|--------------------|-------|------|
| 1. | Erin Powell | 12.17 | 2006 |
| 2. | Amanda Jurgenson | 12.22 | 1997 |
| 3. | Mary Kersenbrock | 12.24 | 2006 |
| 4. | Amy Fries | 12.25 | 2003 |
| 5. | Claire Kersenbrock | 12.31 | 2003 |
| 6. | Wendi Rocole | 12.34 | 1998 |
| | Katie Dobesh | 12.34 | 2008 |
| 8. | Gina Carriker | 12.1 | 1999 |
| 9. | Tresa Watson | 12.38 | 1992 |
| 10. | Katie McGinnis | 12.42 | 2003 |

100-Meter Hurdles

| | | | |
|-----|------------------|-------|------|
| 1. | Kim Oden | 14.24 | 1992 |
| 2. | Amy Vanderkolk | 14.45 | 2004 |
| 3. | Joni Westland | 14.51 | 1996 |
| 4. | Laura Janesch | 14.52 | 2000 |
| 5. | Holly Andrews | 14.55 | 2007 |
| 6. | Jennifer Guthrie | 14.77 | 1992 |
| 7. | Lindsey Snowdon | 14.90 | 2007 |
| 8. | Deb Iwata | 14.8 | 1980 |
| 9. | Kalin Snowdon | 15.38 | 2008 |
| 10. | Lisa Riecken | 15.40 | 1988 |

200 Meters

| | | | |
|-----|--------------------|-------|------|
| 1. | Claire Kersenbrock | 24.60 | 2003 |
| 2. | Amanda Jurgenson | 24.86 | 1997 |
| 3. | Gina Carriker | 25.11 | 1999 |
| 4. | Wendi Rocole | 25.25 | 1999 |
| 5. | Amy Fries | 25.32 | 2003 |
| 6. | Beth Haley | 25.33 | 2000 |
| 7. | Erin Powell | 25.34 | 2005 |
| 8. | Kristi Lockhart | 25.38 | 2005 |
| 9. | Mary Kersenbrock | 25.59 | 2003 |
| 10. | Erin Dukich | 25.62 | 2001 |

400 Meters

| | | | |
|----|--------------------|-------|------|
| 1. | Claire Kersenbrock | 55.20 | 2003 |
| 2. | Beth Haley | 56.05 | 2000 |
| 3. | Patty Collins | 57.1 | 1981 |
| 4. | Erin Dukich | 57.46 | 2001 |
| 5. | Kelli Holton | 57.3 | 1983 |
| 6. | Mary Kersenbrock | 57.72 | 2003 |

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|-----|------------------|-------|------|
| 7. | Amanda Jurgenson | 58.05 | 1997 |
| 8. | Ashley Styskal | 58.44 | 2004 |
| 9. | Shelley Glause | 58.59 | 2001 |
| 10. | Devan Aschtgen | 59.60 | 2007 |

400-Meter Hurdles

| | | | |
|-----|------------------|-------|------|
| 1. | Jenny Blenderman | 60.76 | 1997 |
| 2. | Joni Westland | 61.78 | 1996 |
| 3. | Lisa Riecken | 63.09 | 1988 |
| 4. | Kim Oden | 64.89 | 1990 |
| 5. | Amy Cooper | 65.92 | 1995 |
| 6. | Tara Berney | 66.27 | 1995 |
| 7. | Jennifer Guthrie | 66.30 | 1992 |
| 8. | Deb Iwata | 66.6 | 1980 |
| 9. | Jaci Dick | 66.97 | 2006 |
| 10. | Laura Janesch | 68.08 | 2000 |

800 Meters

| | | | |
|-----|---------------------|---------|------|
| 1. | Tiffany Winters | 2:15.69 | 1994 |
| 2. | Deb Wright | 2:16.3 | 1988 |
| 3. | Becki Parr | 2:17.5 | 1991 |
| 4. | Amber Brandenburger | 2:17.99 | 2007 |
| 5. | Courtney Clinard | 2:18.22 | 2000 |
| 6. | Jennifer Huebert | 2:18.58 | 1995 |
| 7. | Denyse Atwell | 2:18.9 | 1982 |
| 8. | Andrea Baker | 2:19.59 | 1997 |
| 9. | Kaela Fisher | 2:19.82 | 2001 |
| 10. | Christine Haney | 2:19.84 | 1995 |

1,500 Meters

| | | | |
|-----|---------------------|---------|------|
| 1. | Amber Brandenburger | 4:38.15 | 2007 |
| 2. | Courtney Clinard | 4:41.29 | 2001 |
| 3. | Andrea Baker | 4:44.28 | 1997 |
| 4. | Deb Wright | 4:44.9 | 1988 |
| 5. | Bridget Baldwin | 4:46.23 | 2006 |
| 6. | Becki Parr | 4:47.3 | 1990 |
| 7. | Kaela Fisher | 4:47.35 | 2003 |
| 8. | Ashley Sabin | 4:48.85 | 2005 |
| 9. | Michelle Rossitto | 4:49.3 | 1990 |
| 10. | Andrea Brousaides | 4:50.9 | 1981 |

3,000 Meters

| | | | |
|----|-------------------|----------|------|
| 1. | Deb Wright | 10:03.3 | 1989 |
| 2. | Andrea Baker | 10:11.3 | 1999 |
| 3. | Susanne Swanson | 10:16.41 | 2001 |
| 4. | Amberly Divis | 10:22.1 | 1999 |
| 5. | Courtney Clinard | 10:31.7 | 2001 |
| 6. | Dori Schwartz | 10:39.3 | 1983 |
| 7. | Gina Schultz | 10:44.41 | 1998 |
| 8. | Michelle Rossitto | 10:45.7 | 1991 |

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|-----|----------------|---------|------|
| 9. | Becki Parr | 10:49.6 | 1989 |
| 10. | Stasia Guenzel | 10:51.8 | 1993 |

3,000-Meter Steeplechase

| | | | |
|-----|-----------------|----------|------|
| 1. | Bridget Baldwin | 10:56.13 | 2007 |
| 2. | Kami Long | 11:10.82 | 2004 |
| 3. | Ashley Sabin | 11:24.90 | 2005 |
| 4. | Amanda Godemann | 11:53.69 | 2008 |
| 5. | Joanna Rempe | 12:30.9 | 2002 |
| 6. | Carol Simons | 12:42.18 | 2002 |
| 7. | Abby Tranel | 12:42.82 | 2007 |
| 8. | ReNae Engel | 12:47.22 | 2002 |
| 9. | Jill Hansen | 13:09.97 | 2004 |
| 10. | Jessica Godtel | 13:11.4 | 2002 |

5,000 Meters

| | | | |
|-----|---------------------|----------|------|
| 1. | Ashley Sabin | 17:37.93 | 2005 |
| 2. | Gina Morgan | 17:40.02 | 2004 |
| 3. | Kami Long | 17:53.52 | 2005 |
| 4. | Deb Wright | 17:54.3 | 1989 |
| 5. | Andrea Baker | 17:56.01 | 1997 |
| 6. | Tonya Lumpfrey | 18:02.03 | 2002 |
| 7. | Jackie Spelts | 18:02.62 | 2008 |
| 8. | Brittany Hubbard | 18:07.87 | 2005 |
| 9. | Amber Brandenburger | 18:07.94 | 2008 |
| 10. | Gina Schultz | 18:07.95 | 1998 |

10,000 Meters

| | | | |
|-----|------------------|----------|------|
| 1. | Gina Morgan | 36:42.49 | 2004 |
| 2. | Jessica Rohrig | 37:21.47 | 2001 |
| 3. | Gina Schultz | 37:43.09 | 1998 |
| 4. | Brittany Hubbard | 37:59.83 | 2008 |
| 5. | Steph Dean | 38:20.27 | 1998 |
| 6. | Megan Yonkey | 38:32.20 | 1998 |
| 7. | Tonya Lumpfrey | 38:48.82 | 2001 |
| 8. | Brittany Hubbard | 38:49.77 | 2007 |
| 9. | Pat Wright | 39:02.5 | 1989 |
| 10. | Mercy Dinwiddie | 39:09.91 | 2006 |

High Jump

| | | | |
|----|-----------------|---------|------|
| 1. | Kim Oden | 5-11 | 1990 |
| 2. | Julie Bargaen | 5-7 | 2001 |
| | Mikaela Richard | 5-7 | 2008 |
| 4. | Kelly Bowen | 5-6 | 2001 |
| 5. | Tina Masek | 5-5 3/4 | 1999 |
| | Mikaela Richard | 5-5 3/4 | 2007 |
| 7. | Lindsey Snowdon | 5-5 1/4 | 2005 |
| 8. | Jenna Davies | 5-4 1/4 | 2007 |
| 9. | Diane Eschliman | 5-4 | 1992 |
| | Lisa Riecken | 5-4 | 1988 |

| | | |
|------------------------|-----------|------|
| Kelly Rezac | 5-4 | 2002 |
| Long Jump | | |
| 1. Kim Oden | 19-7 3/4 | 1992 |
| 2. Erin Powell | 19-6 | 2006 |
| 3. Megan Harper | 18-4 | 1993 |
| 4. Claire Kersenbrock | 18-3 1/4 | 2002 |
| 5. Jessica Petersen | 18-1 3/4 | 1999 |
| 6. Megan Mejstrik | 18-1/2 | 2008 |
| 7. Jennifer Guthrie | 17-11 1/2 | 1995 |
| 8. Linsey Thomsen | 17-8 | 2006 |
| 9. Sue Anderson | 17-5 3/4 | 1988 |
| 10. Jamie Whitwer | 17-5 1/2 | 1996 |
| Triple Jump | | |
| 1. Erin Powell | 39-2 | 2006 |
| 2. Kim Oden | 38-10 1/2 | 1989 |
| 3. Megan Harper | 37-4 1/2 | 1994 |
| 4. Steph Kaiser | 36-8 | 2006 |
| 5. Erin Dukich | 36-7 | 2001 |
| 6. Jessica Petersen | 36-2 3/4 | 1998 |
| 7. Tina Masek | 36-2 | 1997 |
| 8. Megan Mejstrik | 35-11 1/2 | 2007 |
| 9. Niki Glasser | 35-7 1/2 | 2000 |
| 10. Anne Oldham | 35-1 1/2 | 1999 |
| Discus | | |
| 1. Luann Soderling | 151-1 | 1984 |
| 2. Karen Oerter | 149-8 | 1985 |
| 3. Kim Grosshans | 149-3 | 1994 |
| 4. Tracy Mahloch | 145-0 | 1998 |
| 5. Jill Menke | 135-4 | 2001 |
| 6. Becky Nietfeld | 134-0 | 1999 |
| 7. Amy Lohrberg | 134-3 | 1984 |
| 8. Colleen Svoboda | 133-7 | 2002 |
| 9. Kim VerMaas | 133-5 | 1997 |
| 10. Linda Piller | 132-6 | 1998 |
| Hammer Throw | | |
| 1. Amanda Stuehrenberg | 157-1 | 2004 |
| 2. Jennifer Nunnenkamp | 154-4 | 2006 |
| 3. Linda Piller | 137-2 | 1999 |
| 4. Amy Traudt | 132-9 | 2000 |
| 5. Rachel Seidel | 131-7 | 2006 |
| 6. Laci Sievers | 128-7 | 2000 |
| 7. Rachel Seidel | 125-10 | 2004 |
| 8. Amanda Brichacek | 121-6 | 2008 |
| 9. Jill Menke | 119-11 | 2001 |
| 10. Becky Nietfeld | 119-6 | 1999 |

Javelin

| | | | |
|-----|------------------|--------|------|
| 1. | Kim Oden | 158-7 | 1992 |
| 2. | Kim Grosshans | 147-7 | 1994 |
| 3. | Lindsey Snowdon | 124-4 | 2008 |
| 4. | Luann Soderling | 123-5 | 1982 |
| 5. | Jennifer Guthrie | 119-10 | 1995 |
| 6. | Jill Menke | 111-6 | 2001 |
| 7. | Lindsey Snowdon | 109-9 | 2007 |
| 8. | Karen Oerter | 108-3 | 1989 |
| 9. | Jessica Petersen | 105-6 | 1999 |
| 10. | Marcia Drake | 105-2 | 1989 |

Pole Vault

| | | | |
|-----|---------------------|-----------|------|
| 1. | Kelly Bowen | 13-2 | 2002 |
| 2. | Ashley Lovegrove | 10-11 3/4 | 2007 |
| 3. | Mira Brown | 10-4 | 2003 |
| 4. | Tami Trehearn | 10-4 | 2003 |
| 5. | Jessica Wondercheck | 10-2 | 2001 |
| 6. | Hannah Rankin | 10-0 | 2007 |
| 7. | Nicole Kauk | 9-10 | 2006 |
| 8. | Traci Lorenzen | 9-6 | 1999 |
| 9. | Amanda Daly | 9-2 | 2001 |
| 10. | Kelly Rezac | 9-1 | 2003 |

Shot Put

| | | | |
|-----|---------------------|----------|------|
| 1. | Luann Soderling | 48-1/2 | 1984 |
| 2. | Amy Traudt | 43-9 1/2 | 1999 |
| 3. | Amanda Stuehrenberg | 42-11 | 2003 |
| 4. | Linda Piller | 42-2 | 1999 |
| 5. | Kim Grosshans | 42-1 | 1994 |
| 6. | Marcia Daake | 41-1 | 1990 |
| 7. | Rachel Seidel | 40-11 | 2006 |
| 8. | Colleen Svoboda | 40-8 | 2002 |
| 9. | Laci Sievers | 40-7 1/2 | 2000 |
| 10. | Rachel Seidel | 40-2 | 2005 |

Heptathlon

| | | | |
|----|------------------|-------|------|
| 1. | Kim Oden | 5,467 | 1992 |
| 2. | Lindsey Snowdon | 4,432 | 2007 |
| 3. | Jennifer Guthrie | 4,349 | 1995 |
| 4. | Deidra Sharp | 4,041 | 1981 |
| 5. | Megan Harper | 3,615 | 1992 |
| 6. | Jenny Blenderman | 3,572 | 1996 |
| 7. | Laura Janesch | 3,431 | 1999 |
| 8. | Jenny Robothom | 3,415 | 1990 |
| 9. | Sarah Hestand | 3,369 | 2001 |

4x100-Meter Relay

| | | | |
|----|--------------------------------------|-------|------|
| 1. | Fries-McGinnis-Powell-C. Kersenbrock | 47.38 | 2003 |
| 2. | Cooper-Rocole-Blenderman-Jurgenson | 47.59 | 1997 |

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|-----|--|-------|-------|------|
| 3. | Carriker-Haley-Petersen-Rocole | 47.80 | 1999 | |
| | Fries-McGinnis-M. Kersenbrock-C. Kersenbrock | | 47.80 | 2003 |
| 5. | Dobesh-Andrews-Lockhart-Powell | 47.85 | 2005 | |
| 6. | Fries-Dukich-C. Kersenbrock-Niewohner | 47.88 | 2001 | |
| 7. | Westland-Rocole-Blenderman-Jurgenson | 47.91 | 1996 | |
| 8. | Fries-Dukich-C. Kersenbrock-Carriker | 47.92 | 2001 | |
| 9. | Fries-Haley-Niewohner-C. Kersenbrock | 47.94 | 2002 | |
| 10. | Carriker-Lorenzen-Rocole-Jurgenson | 48.03 | 1998 | |

4x100-Meter Hurdle Relay

| | | | | |
|----|------------------------------------|-------|------|--|
| 1. | Blenderman-Westland-Berney-Guthrie | 63.47 | 1995 | |
| 2. | Blenderman-Westland-Berney Guthrie | 63.7 | 1994 | |
| 3. | Whitwer-Blenderman-Cooper-Westland | 64.71 | 1996 | |

4x200-Meter Relay

| | | | | |
|----|---|---------|------|--|
| 1. | Fries-McGinnis-Dukich-C. Kersenbrock | 1:42.46 | 2003 | |
| 2. | Powell-Styskal-Lockhart-Dukich | 1:42.85 | 2004 | |
| 3. | Styskal-Aschtgen-Andrews-Kersenbrock | 1:43.63 | 2007 | |
| 4. | Aschtgen-Lockhart-M. Kersenbrock-Powell | 1:44.87 | 2005 | |
| 5. | Guthrie-Blenderman-Harper-Watson | 1:46.52 | 1994 | |
| 6. | Guthrie-Huebert-Westland-Watson | 1:47.18 | 1993 | |
| 7. | Hess-Iwata-Powell-Collins | 1:55.0 | 1981 | |

Sprint Medley Relay

(100-100-200-400 meters)

| | | | | |
|----|-------------------------------------|---------|------|--|
| 1. | Hess-McCammond-Powell-Collins | 1:49.7 | 1980 | |
| 2. | Iwata-Powell-Hess-Collins | 1:50.0 | 1981 | |
| 3. | Kruse-Riecken-D. Wright-Holton | 1:51.9 | 1986 | |
| 4. | Hess-Atwell-Powell-Holton | 1:52.0 | 1983 | |
| 5. | Blenderman-Granquist-Watson-Huebert | 1:52.45 | 1994 | |
| 6. | Harper-Watson-Huebert-Andersen | 1:52.51 | 1992 | |
| 7. | Connealy-Robothom-Bellairs-Andersen | 1:56.8 | 1990 | |

4x400-Meter Relay

| | | | | |
|-----|--|---------|---------|------|
| 1. | C. Kersenbrock-Glause-Niewohner-Haley | 3:47.30 | 2002 | |
| 2. | Dukich-Carriker-Glause-Haley | 3:49.58 | 2001 | |
| 3. | Blenderman-Rocole-Cooper-Jurgenson | 3:50.44 | 1997 | |
| 4. | Dukich-Fries-M. Kersenbrock-C. Kersenbrock | | 3:50.59 | 2003 |
| 5. | Carriker-Rocole-Schneringer-Haley | 3:53.23 | 1999 | |
| 6. | Dukich-Fries-Niewohner-C. Kersenbrock | 3:53.69 | 2003 | |
| 7. | Fries-Carriker-Glause-Haley | 3:54.54 | 2000 | |
| 8. | Jurgenson-Westland-Cooper-Blenderman | 3:55.50 | 1996 | |
| 9. | Glause-Niewohner-Fries-C. Kersenbrock | 3:57.17 | 2003 | |
| 10. | Huebert-Winters-Westland-Blenderman | 3:58.83 | 1994 | |

Sprint Medley Relay

(200-200-400-800 meters)

| | | | | |
|----|-----------------------------------|---------|------|--|
| 1. | Fries-Carriker-Haley-Clinard | 4:07.09 | 2001 | |
| 2. | Rocole-Blenderman-Jurgenson-Baker | 4:11.77 | 1997 | |
| 3. | Carriker-Rocole-Jurgenson-Baker | 4:12.84 | 1998 | |

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|----|---|---------|---------|------|
| 4. | Fries-C. Kersenbrock-Haley-Fisher | 4:13.53 | 2002 | |
| 5. | Watson-Guthrie-Andersen-Rossitto | 4:15.90 | 1992 | |
| 6. | Westland-Rocole-Jurgenson-Baker | 4:16.50 | 1996 | |
| 7. | M. Kersenbrock-Powell-Styskal-Brandenburger | | 4:21.72 | 2006 |
| 8. | Janesch-Schneringer-Sparks-Divis | 4:24.60 | 1999 | |
| 9. | Lockhart-Glause-Richardson-Fisher | 4:24.85 | 2003 | |

4x800-Meter Relay

| | | | | |
|-----|--|---------|---------|------|
| 1. | Harrah-P. Wright-Parr-D. Wright | 9:37.9 | 1988 | |
| 2. | Larson-Biltoft-Schwartz-Brousaides | 9:43.6 | 1981 | |
| 3. | Andersen-Ma. Horton-Rossitto-Mc. Horton | 9:44.2 | 1991 | |
| 4. | Collins-Schwartz-Larson-Biltoft | 9:46.4 | 1982 | |
| 5. | Styskal-Faimon-Baldwin-Brandenburger | 9:47.18 | 2007 | |
| 6. | Mc. Horton-Ma. Horton-Andersen-Parr | 9:49.4 | 1990 | |
| 7. | Baldwin-VanderPlaats-Fenster-Brandenburger | | 9:52.23 | 2006 |
| 8. | Liebig-Spelts-Baldwin-Brandenburger | 9:51.47 | 2008 | |
| 9. | Liebig-Spelts-Buhman-Faimon | 9:57.07 | 2007 | |
| 10. | Yacevich-Simons-Dolezal-Godtel | 10:09.0 | 2001 | |

4x1600-Meter Relay

| | | | | |
|----|---------------------------------------|----------|------|--|
| 1. | Spelts-Baldwin-Godemann-Brandenburger | 21:12.52 | 2008 | |
|----|---------------------------------------|----------|------|--|

Distance Medley Relay

| | | | | |
|----|--|----------|------|--|
| 1. | Baldwin-Aschtgen-Styskal-Brandenburger | 12:10.52 | 2007 | |
| 2. | Mc. Horton-Andersen-Parr-Rossitto | 12:26.1 | 1991 | |
| 3. | Rossitto-Andersen-Mc. Horton-Parr | 12:49.6 | 1990 | |
| 4. | Divis-Crawford-Shenk-Yonkey | 13:11.53 | 1997 | |
| 5. | Yacevich-Talbott-Godtel-Simons | 13:24.60 | 2001 | |
| 6. | Roudebush-Nelson-Weilage-Pettit | 15:11.5 | 1984 | |