

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.	Katie Dobesh	12.19	2008
3.	Amanda Jurgenson	12.22	1997
4.	Mary Kersenbrock	12.24	2006
5.	Amy Fries	12.25	2003
6.	Claire Kersenbrock	12.31	2003
7.	Wendi Rocolo	12.34	1998
	Gina Carriker	12.1	1999
9.	Tresa Watson	12.38	1992
	Holly Andrews	12.38	2008

100-Meter Hurdles

1.	Holly Andrews	14.07	2008
2.	Kim Oden	14.24	1992
3.	Taylor Tacha	14.38	2011
4.	Amy Vanderkolk	14.45	2004
5.	Joni Westland	14.51	1996
6.	Laura Janesch	14.52	2000
7.	Jennifer Guthrie	14.77	1992
8.	Lindsey Snowdon	14.90	2007
9.	Deb Iwata	14.8	1980
	Kalin Snowdon	15.04	2008

200 Meters

1.	Claire Kersenbrock	24.60	2003
2.	Amanda Jurgenson	24.86	1997
3.	Gina Carriker	25.11	1999
4.	Wendi Rocolo	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.	Anne Kersenbrock	25.56	2009
10.	Mary Kersenbrock	25.59	2003

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

7.	Amanda Jurgenson	58.05	1997
8.	Claire Boyer	58.15	2011
9.	Ashley Styskal	58.44	2004
10.	Shelley Glause	58.59	2001

400-Meter Hurdles

1.	Jenny Blenderman	60.76	1997
2.	Joni Westland	61.78	1996
3.	Taylor Tacha	62.82	2011
4.	Lisa Riecken	63.09	1988
5.	Kim Oden	64.89	1990
6.	Amy Cooper	65.92	1995
7.	Vanessa Harvey	66.11	2008
8.	Tara Berney	66.27	1995
9.	Jennifer Guthrie	66.30	1992
10.	Claire Boyer	66.36	2008

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.	Lauren Liebig	2:18.25	2010
7.	Jennifer Huebert	2:18.58	1995
8.	Denyse Atwell	2:18.9	1982
9.	Andrea Baker	2:19.59	1997
10.	Kaela Fisher	2:19.82	2001

1,500 Meters

1.	Katie Nelson	4:37.40	2010
2.	Amber Brandenburger	4:38.15	2007
3.	Jackie Spelts	4:39.96	2010
4.	Courtney Clinard	4:41.29	2001
5.	Andrea Baker	4:44.28	1997
6.	Deb Wright	4:44.9	1988
7.	Bridget Baldwin	4:46.23	2006
8.	Becki Parr	4:47.3	1990
9.	Kaela Fisher	4:47.35	2003
10.	Kate Hannon	4:47.41	2009

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

3,000-Meter Steeplechase

1.	Amanda Godemann	10:49.85	2008
2.	Bridget Baldwin	10:53.36	2008
3.	Kami Long	11:10.82	2004
4.	Meleia Oestmann	11:16.71	2011
5.	Ashley Sabin	11:24.90	2005
6.	Katie Nelson	11:37.78	2011
7.	Tanya Krof	12:07.41	2010
8.	Joanna Rempe	12:30.9	2002
9.	Carol Simons	12:42.18	2002
10.	Abby Tranel	12:42.82	2007

5,000 Meters

1.	Jackie Spelts	17:01.54	2010
2.	Ashley Sabin	17:37.93	2005
3.	Gina Morgan	17:40.02	2004
4.	Kami Long	17:53.52	2005
5.	Deb Wright	17:54.3	1989
6.	Brittany Hubbard	17:55.84	2008
7.	Andrea Baker	17:56.01	1997
8.	Amber Brandenburger	17:57.86	2008
9.	Tonya Lumpfrey	18:02.03	2002
10.	Amanda Godemann	18:07.23	2008

10,000 Meters

1.	Jackie Spelts	36:10.20	2010
2.	Brittany Hubbard	36:37.35	2008
3.	Gina Morgan	36:42.49	2004
4.	Hayley Sutter	37:21.06	2011
5.	Jessica Rohrig	37:21.47	2001
6.	Gina Schultz	37:43.09	1998
7.	Steph Dean	38:20.27	1998
8.	Megan Yonkey	38:32.20	1998
9.	Tonya Lumpfrey	38:48.82	2001
10.	Brittany Hubbard	38:49.77	2007

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
	Katie Schoen	5-6	2011
6.	Tina Masek	5-5 3/4	1999
7.	Lindsey Snowdon	5-5 1/4	2005
8.	Jenna Davies	5-4 1/4	2008

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.	Anne Kersenbrock	18-6 1/2	2009
4.	Megan Mejstrik	18-5 3/4	2008
5.	Allee Kuska	18-4 1/2	2011
6.	Megan Harper	18-4	1993
7.	Claire Kersenbrock	18-3 1/4	2002
8.	Jessica Petersen	18-1 3/4	1999
9.	Jennifer Guthrie	17-11 1/2	1995
10.	Jillian Guerrro	17-11	2011

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.	Anne Kersenbrock	36-10 1/2	2010
5.	Steph Kaiser	36-8	2006
6.	Erin Dukich	36-7	2001
7.	Jillian Guerrero	36-4 1/4	2011
8.	Jessica Petersen	36-2 3/4	1998
9.	Tina Masek	36-2	1997
10.	Megan Mejstrik	35-11 1/2	2007

Discus

1.	Bailey Soucie	151-3	2011
2.	Luann Soderling	151-1	1984
3.	Karen Oerter	149-8	1985
4.	Kim Grosshans	149-3	1994
5.	Deanna Dirkschneider	145-3	2011
6.	Tracy Mahloch	145-0	1998
7.	Jill Menke	135-4	2001
8.	Becky Nietfeld	134-0	1999
9.	Amy Lohrberg	134-3	1984
10.	Mindi Schlautman	133-11	2010

Hammer Throw

1.	Amanda Brichacek	190-0	2011
2.	Amanda Stuehrenberg	157-1	2004
3.	Jennifer Nunnenkamp	154-4	2006
4.	Kayla Franzluebbers	141-8	2011
5.	Linda Piller	137-2	1999
6.	Amy Traudt	132-9	2000
7.	Rachel Seidel	131-7	2006

8.	Laci Sievers	128-7	2000
9.	Rachel Seidel	125-10	2004
10.	Jill Menke	119-11	2001

Javelin

1.	Kim Oden	158-7	1992
2.	Kim Grosshans	147-7	1994
3.	Bailey Soucie	138-2	2011
4.	Lindsey Snowdon	134-8	2008
5.	Luann Soderling	123-5	1982
6.	Jennifer Guthrie	119-10	1995
7.	Jill Menke	111-6	2001
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	2008
3.	Molly Underwood	10-9	2010
4.	Mira Brown	10-4	2003
	Tami Trehearn	10-4	2003
6.	Jessica Wondercheck	10-2	2001
7.	Hannah Rankin	10-0	2007
8.	Nicole Kauk	9-10	2006
9.	Traci Lorenzen	9-6	1999
10.	Amanda Daly	9-2	2001

Shot Put

1.	Luann Soderling	48-1/2	1984
2.	Amanda Brichacek	47-2 1/4	2011
3.	Deanna Dirkschneider	46-11 3/4	2011
4.	Amy Traudt	43-9 1/2	1999
5.	Amanda Stuehrenberg	42-11	2003
6.	Linda Piller	42-2	1999
7.	Kim Grosshans	42-1	1994
8.	Marcia Daake	41-1	1990
9.	Rachel Seidel	40-11	2006
10.	Colleen Svoboda	40-8	2002

Heptathlon

1.	Kim Oden	5,467	1992
2.	Lindsey Snowdon	4,594	2008
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 Histan	3,369	2001
10.	Kate Byrkit	3,361	2010

4x100-Meter Relay

1.	Fries-McGinnis-Powell-C. Kersenbrock	47.38	2003
2.	Tacha-Twibell-Kuska-Kersenbrock	47.57	2010
3.	Cooper-Rocole-Blenderman-Jurgenson	47.59	1997
4.	Carriker-Haley-Petersen-Rocole	47.80	1999
	Fries-McGinnis-M. Kersenbrock-C. Kersenbrock	47.80	2003
6.	Dobesh-Andrews-Lockhart-Powell	47.85	2005
	Tacha-Twibell-Boyer-Kuska	47.85	2011
7.	Fries-Dukich-C. Kersenbrock-Niewohner	47.88	2001
8.	Westland-Rocole-Blenderman-Jurgenson	47.91	1996
10.	Fries-Dukich-C. Kersenbrock-Carriker	47.92	2001

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.	Boyer-Tacha-Pritschau-Kuska	3:51.37	2011

6.	Carriker-Rocole-Schneringer-Haley	3:53.23	1999
7.	Dukich-Fries-Niewohner-C. Kersenbrock	3:53.69	2003
8.	Fries-Carriker-Glause-Haley	3:54.54	2000
9.	Jurgenson-Westland-Cooper-Blenderman	3:55.50	1996
10.	Glause-Niewohner-Fries-C. Kersenbrock	3:57.17	2003

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
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.	Liebig-Spelts-Baldwin-Brandenburger	9:51.47	2008
8.	Baldwin-VanderPlaats-Fenster-Brandenburger	9:52.23	2006
9.	Liebig-Spelts-Buhman-Faimon	9:57.07	2007
10.	Baldwin-Nelson-Hedlund-Liebig	10:06.15	2009

4x1600-Meter Relay

1.	Spelts-Baldwin-Godemann-Brandenburger	21:12.52	2008
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Distance Medley Relay

1.	Baldwin-Aschtgen-Styskal-Brandenburger	12:10.52	2007
2.	Nelson-Kersenbrock-Liebig-Spelts	12:17.60	2010
3.	Mc. Horton-Andersen-Parr-Rossitto	12:26.1	1991
4.	Rossitto-Andersen-Mc. Horton-Parr	12:49.6	1990
5.	Divis-Crawford-Shenk-Yonkey	13:11.53	1997
6.	Yacevich-Talbott-Godtel-Simons	13:24.60	2001
7.	Roudebush-Nelson-Weilage-Pettit	15:11.5	1984