

WOMEN'S OUTDOOR RECORDS (As of May 7, 2013)

18-TIME CONFERENCE CHAMPIONS

100-METER DASH

1. Jasmine Reynolds	11.44	5/7/00
2. Clara Jarrett	11.68	4/23/11
3. Nina Grambling	11.69	4/11/13
4. Danielle Bolt	11.82	5/12/06
5. Mona Jackson	11.82	1994
6. Katie Betts	12.01	4/12/08
7. Symona Gregory	12.05	5/8/11
8. Jeanna Cunningham	12.08	4/30/05
9. Alexis Washington	12.10	4/6/13
10. Alisha Anthony	12.13	5/8/11

200-METER DASH

1. Jasmine Reynolds	23.47	5/7/00
2. Clara Jarrett	23.78	4/13/13
3. Nina Grambling	24.11	5/5/13
4. Jeanna Cunningham	24.19	4/29/06
5. Mona Jackson	24.20	5/14/94
6. Katie Betts	24.40	5/12/06
7. Darcelle Formby	24.41	5/5/07
8. Symona Gregory	24.51	5/8/11
9. Danielle Bolt	24.61	5/12/06
10. Kari Kreutzfeld	24.65	5/5/07

400-METER DASH

1. Jeanna Cunningham	54.64	4/29/06
2. Breanne Romeo	54.97	5/3/09
3. Emily Wollet	55.60	5/3/09
4. Kari Kreutzfeld	55.78	5/3/09
5. Janae Stephens	55.91	5/13/00
6. Marcella Scaife	56.09	5/1/99
7. Mona Jackson	56.35	5/20/94
8. Leslie Johnson	56.89	4/24/04
9. Alteeka Vanwright	57.21	5/6/12
10. Jen Rizer	57.24	5/3/98

800-METER DASH

1. Lindsay Frontz	2:13.98	5/9/02
2. Jennifer Roman	2:14.73	5/9/08
3. Jen Moore	2:16.24	
4. Marielle Glanz	2:16.60	5/13/05
5. Shantel Jackson	2:18.10	5/5/07
6. Janae Stephens	2:18.43	5/7/00
7. Racheal Albert	2:19.36	5/9/02
8. Lisa Clegg	2:19.50	1994
9. Lisa Lee	2:19.92	4/24/10
10. Alexis Cooper	2:19.52	4/27/13

1,500-METER RUN

1. Samantha Hamilton	4:32.56	5/14/11
2. Emily Schnitkey	4:37.81	5/7/04
3. Monica Ciarniello	4:43.23	5/5/13
4. Anna Ralston	4:45.83	5/14/96
5. Annabelle Hunt	4:45.91	4/24/99
6. Lauren Blase	4:46.25	4/18/09
7. Jen Moore	4:47.74	4/28/01
8. Chrysa Gearhart	4:48.74	5/13/95
9. Andrea Snyder	4:49.66	5/5/01
10. Adeen Cahal	4:50.97	3/25/00

3,000-METER RUN

1. Laura Thomas	10:01.55	4/10/99
2. Lauren Blase	10:02.80	4/10/10
3. Andrea Cohol	10:18.05	5/13/00
4. Amy Vernace	10:22.88	5/11/97
5. Anna Ralston	10:25.67	5/14/96
6. Chrysa Georhart	10:40.05	5/14/96
7. Becky Rudzik	10:42.82	
8. Anne Ughrin	10:44.24	5/3/98
9. Katey Heney	10:49.14	4/14/12
10. Becky Riggie	10:49.23	5/11/97

5,000-METER RUN

1. Samantha Hamilton	16:34.44	3/31/12
2. Lauren Blase	17:01.71	4/25/09
3. Emily Schnitkey	17:13.15	5/13/05
4. Andrea Cohol	17:39.00	3/18/00
5. Lisa Davies	17:48.55	4/10/04
6. Laura Thomas	17:51.84	5/1/99
7. Monica Ciarniello	17:52.43	3/30/13

8. Anna Ralston	18:07.70	5/14/96
9. Kim Rosenberger	18:13.35	5/13/95
10. Becky Riggie	18:19.85	5/11/97

10,000-METER RUN

1. Anna Pompeo	35:25.96	3/30/13
2. Laura Thomas	35:29.01	4/24/99
3. Andrea Cohol	36:34.61	4/29/00
4. Lisa Davies	36:38.23	3/26/04
5. Lauren Blase	36:39.63	5/3/09
6. Kayla Witmer	36:49.15	5/3/09
7. Emily Schnitkey	37:14.51	5/9/02
8. Becky Riggie	37:39.85	3/2/99
9. Kim Rosenberger	37:49.07	5/13/95
10. Katie Heney	37:59.02	5/4/12

3,000-METER STEEPLECHASE

1. Samantha Hamilton	10:36.44	5/5/12
2. Emily Schnitkey	10:44.75	4/28/05
3. Brittany Stockmaster	11:09.78	5/4/13
4. Lindsay Wojciak	11:29.78	5/7/04
5. Andrea Snyder	11:43.14	4/21/01
6. Katherine Digby	11:43.32	5/2/10
7. Andrea Bardy	11:50.80	4/27/02
8. Dawn Goodwin	12:30.62	5/9/08
9. Jocelyn Steiner	12:48.90	4/25/09
10. Courtney Houck	12:57.43	4/21/01

100-METER HURDLES

1. Aaliyah Gillespie	13.88	5/13/05
2. Laura Kosiorek	14.03	5/5/13
3. Satar Freeman	14.23	4/22/06
4. Kendall Homan	14.32	5/6/12
5. Kelly Leonard	14.39	5/9/02
6. Yandeh Joh	14.57	4/11/09
7. Kenitha Smith	14.66	5/14/96
8. Nicole Rymer	14.76	5/2/10
9. Nicole Pachol	14.78	4/23/11
10. Katy Well	14.81	4/19/08

400-METER HURDLES

1. Nicole Pachol	1:01.04	5/5/13
2. Yandeh Joh	1:02.47	4/22/06
3. Jen Shiley	1:02.55	5/5/13
4. Michelle Fletcher	1:02.90	1994
5. Satar Freeman	1:02.92	4/29/06
6. Kelly Leonard	1:04.21	5/9/02
7. Kenitha Smith	1:05.92	5/14/96
8. Emily Dumitru	1:06.31	5/9/08
9. Alex Casi	1:06.57	5/7/04
10. Brittany Humphrey	1:06.66	4/30/05

LONG JUMP

1. Alisha Anthony	6.02m (19-9)	5/8/11
2. Nina Grambling	5.76m (18-10 1/4)	4/13/13
3. Yandeh Joh	5.73m (18-9 3/4)	5/12/06
4. Clara Jarrett	5.72m (18-9 1/4)	5/5/13
5. Kendall Homan	5.67m (18-7 1/4)	4/23/11
6. Carly Youlton	5.65m (18-6 3/4)	5/13/05
7. Marcella Scaife	5.64m (18-6)	4/24/99
8. Lisette Alamo	5.56m (18-3)	5/9/02
9. Vickie Robinson	5.48m (17-11 3/4)	5/11/97
10. Laura Kosiorek	5.48m (17-11 3/4)	5/5/13
10. Alex Casi	5.34m (17-6 1/4)	5/7/04

TRIPLE JUMP

1. Alisha Anthony	12.43m (40-9)	4/29/11
2. Kendall Homan	11.84m (38-10 1/4)	5/5/13
3. Laura Kosiorek	11.79m (38-8 1/4)	4/10/10
4. Carly Youlton	11.73m (38-5 3/4)	5/13/05
5. Robyn Ray	11.49m (37-8 1/2)	4/17/10
6. Lisette Alamo	11.41m (37-5 1/4)	5/9/02
7. Miranda Fellows	11.11m (36-5 1/2)	5/14/96
8. Marcella Scaife	11.10m (36-5)	5/1/99
9. Nikki Hooper	10.90m (35-9 1/4)	3/27/04
10. Laura Schatz	10.75m (35-3 1/4)	4/28/01

HIGH JUMP

1. Katrina Rettburg	1.70m (5-7)	4/28/12
1. Makayla Martin	1.70m (5-7)	4/28/12

3. Jen Grayson	1.67m (5-5 3/4)	5/12/06
Laura Schatz	1.67m (5-5 3/4)	4/7/01
5. Leanna Hartsough	1.65m (5-5)	3/31/12
Ashley Wagner	1.65m (5-5)	4/6/13
7. Amanda Eichner	1.63m (5-4 1/4)	5/14/96
8. Shannon Devlin	1.62m (5-4)	1995
9. Courtney Collins	1.60m (5-3)	5/13/95
Christyna Sawyer	1.60m (5-3)	5/7/00
Jessica Wran	1.60m (5-3)	4/8/00
Robyn Ray	1.60m (5-3)	4/10/10

POLE VAULT

1. Hanna Ropp	3.50m (11-5 1/2)	3/30/13
2. Stephanie Jarvis	3.40m (11-1 3/4)	5/9/08
3. Karlie Ligure	3.30m (10-10)	5/5/13
4. Amanda Carpin	3.25m (10-8)	5/8/11
5. Brianna Wise	3.10m (10-2)	4/28/12
6. Darla Wilson	2.95m (9-8)	5/9/08
7. Kristin Hill	2.90m (9-6 1/4)	4/28/07
8. Eryn Langenkamp	2.89m (9-0 1/4)	5/3/09
9. Melissa Zimmerman	2.59m (8-6)	4/1/00
10. Jen Beach	2.44m (8-0)	4/20/00

DISCUS

1. Alison Roth	47.58m (156-1)	5/6/12
2. Mary Domitrovich	47.04m (154-4)	5/13/00
3. Elizabeth Gilliam	46.43m (152-4)	5/14/96
4. Katy Williams	44.81m (147-0)	4/14/04
5. Beth Hochstetler	44.53m (146-1)	5/9/02
6. Danielle Curry	44.42m (145-9)	4/17/10
7. KaiCee Kubicina	44.26m (145-2)	4/2/11
8. Marissa Opper	43.94m (144-2)	5/2/10
9. Delores Gaines	43.76m (143-7)	5/7/00
10. Kaitlyn Griffith	43.56m (142-11)	5/8/11

HAMMER

1. Bethany Anderson	58.04m (190-5)	4/5/08
2. Kaitlyn Griffith	56.15m (184-3)	4/28/12
3. Alexis Hall	51.79m (169-11)	4/25/09
4. Megan Wesner	50.98m (167-3)	4/27/13
5. Lindsay Cobey	49.03m (160-10)	4/21/07
6. Amy Hill	48.87m (160-4)	4/14/07
7. Danielle Curry	48.61m (159-5 3/4)	5/3/09
8. Marissa Opper	48.56m (159-4)	5/2/10
9. Katy Williams	47.15m (154-8 1/4)	4/29/06
10. Danielle Sexton	46.41m (152-3)	5/9/03

JAVELIN

1. Karen McReady	45.19m (148-3)	5/12/01
2. Jessica Parham	41.89m (137-5)	5/8/11
3. Melanie Prelac	38.81m (127-4)	4/23/11
4. Lyndsie Hall	37.53m (123-1)	5/8/11
5. Lindsey Hill	36.27m (119-0)	5/6/06
6. Laura Widdowson	35.38m (116-1)	3/30/90
7. Laura Schatz	34.36m (112-8 3/4)	5/13/05
8. Amy Hill	34.31m (112-6 3/4)	5/13/05
9. Mary Domitrovich	33.43m (109-8)	4/26/97
10. Christina Campana	33.15m (108-9)	4/6/02

SHOT PUT

1. Danielle Curry	15.71m (51-6 1/2)	5/27/10
2. Alison Roth	14.41m (47-3 1/2)	4/13/13
3. Kaitlyn Griffith	14.38m (47-2 1/4)	4/2/11
4. Jennifer Neider	14.29m (46-10 1/2)	4/13/13
5. Bethany Anderson	14.11m (46-3 1/2)	5/13/05
6. Lori Sickle	13.70m (44-11 1/2)	1991
7. Delores Gaines	13.36m (43-10)	5/9/03
8. Meressa Cornwell	13.31m (43-8)	5/11/97
9. Lindsey Hill	13.13m (43-1)	4/15/06
10. Amy Hill	13.08m (42-11)	4/15/06
Suzi Behm	13.08m (42-11)	5/13/95

HEPTATHLON

1. Yandeh Joh	4,467	5/3/09
2. Mary Domitrovich	4,200	5/13/00
3. Jen Grayson	4,195	5/12/06
4. Marcy Reinbolt	3,777	5/13/00
5. Kacy Boros	3,757	5/14/96
6. Robyn Ray	3,693	5/3/09
7. Estee Rogers	3,529	5/13/05
8. Cassandra Smith	3,386	4/26/05
9. Kim Hensel	3,158	5/13/00