

12-31-1999

# Central Washington University Women's Track and Field Records

Central Washington University Athletics

Follow this and additional works at: [http://digitalcommons.cwu.edu/cwu\\_track\\_field](http://digitalcommons.cwu.edu/cwu_track_field)

---

## Recommended Citation

Central Washington University Athletics, "Central Washington University Women's Track and Field Records" (1999). *Track and Field*. Book 495.  
[http://digitalcommons.cwu.edu/cwu\\_track\\_field/495](http://digitalcommons.cwu.edu/cwu_track_field/495)

This Book is brought to you for free and open access by the Sports Statistics and Histories at ScholarWorks@CWU. It has been accepted for inclusion in Track and Field by an authorized administrator of ScholarWorks@CWU.

## WOMEN'S TRACK AND FIELD RECORDS

### CWU School Records

100 - 11.8, Pam Riggs (1977)  
200 - 24.5, Pam Riggs (1977)  
400 - 54.9, Pam Riggs (1977)  
800 - 2:14.41, Kristelle Arthur (1989)  
1500 - 4:40.44, Rebecca Hill (1995)  
3000 - 10:01.42, Laura Myers (1981)  
5000 - 17:27.9, Kim Burke (1987)  
10,000 - 38:16.0, Carol Christensen (1983)  
2000 Steeplechase - 8:01.4, Amy Forrey (1998)  
3000 Race-Walk - 15:45.90, Erin Taylor (1997)  
Marathon - 3:11:41, Jennifer Sursely (1991)  
100 Hurdles - 14.2, Kathleen Kilpatrick (1977)  
400 Hurdles - 1:03.04, Kara Dodd (1995)  
4x100 Relay - 48.3, Merrily Boast, Laura Jones, Sheri McCormick, Alice Pleasant (1980)  
800 Medley - 1:47.2, Jan Miller, Kathleen Kilpatrick, Leann Makin, Pam Riggs (1977)  
4x400 Relay - 4:00.31, Crissie Gordon, Dana Hansen, Sarah Levens, Angela Swanson (1998)  
4x800 Relay - 9:32.0, Sherri Calkins, Cheryl Carpenter, Kitty Teller, Laura Myers (1979)  
High Jump - 5-8, Sonia Swan (1989)  
Long Jump - 18-4 3/4, Shelley Johnson (1994)  
Triple Jump - 37-6 1/2, Lisa Ostrander (1993)  
Pole Vault - 10-2, Dana Riste (1998)  
Discus - 158-10, Cindy Pottle (1977)  
Shot Put - 43-5, Cindy Pottle (1978)  
Javelin (Prior to 1986) - 160-11, Lorna Martinson (1983)  
Javelin (1986-98) - 136-1, Angie Marchant (1994)  
Javelin (1999-Current) - 134-0, Sara Lind (1999)  
Hammer - 125-0, Billie Jo Bandy (1998)  
Heptathlon - 4647, Lona Joslin (1984)

### Spike Arlt Invitational Records

100 - 12.22, Vanessa Fryer, Simon Fraser (1998)  
200 - 24.8, Brandi Stevenson, Western Washington (1994)  
400 - 56.47, Sydney Green, Western Washington (1997)  
800 - 2:15.46, Kristin Mora, unattached (1997)  
1500 - 4:32.9, Danita Erickson, Puget Sound (1993)  
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)  
3000 - 10:11.1, Emily Kelman, Puget Sound (1994)  
5000 - 18:28.2, My Nguyen, Puget Sound (1995)  
3000 Race-Walk - 14:53.71, Jill Green, Pacific Lutheran (1997)  
100 Hurdles - 14.34, Vanessa Fryer, Simon Fraser (1998)  
400 Hurdles - 1:02.38, Louise Bomars, Western Washington (1998)  
4x100 Relay - 48.02, Pacific Lutheran (J. Krueger, Lay, C. Axley, S. Axley, 1997)  
4x400 Relay - 3:53.6, Pacific Lutheran (Andrade, Wirth, Saathoff, Metzger, 1994)  
4x800 Relay - 10:11.10, Pacific Lutheran (S. Robinson, T. Robinson, Morris, Dykes, 1998)  
Long Jump - 18-7, Jennifer Frazier, Pacific Lutheran (1993)  
Triple Jump - 38-8 1/2, Tracy Fox, Pacific Lutheran (1994)

Pole Vault - 9-0, Erin Schaueremann, Western Washington (1998)  
High Jump - 5-4, Verninica McGuire, Central Washington (1993-96), Larissa Norris, Pacific Lutheran (1997), Kirston Obergh, Central Washington (1994)  
Discus - 151-1, Sherie Schroeder, Western Washington (1998)  
Shot Put - 44-8 1/2, Wendy Cordeiro, Pacific Lutheran (1994)  
Hammer - 158-2, Corie Krueger, Pacific Lutheran (1997)  
Javelin - 151-3, Laura Kruse, Western Washington (1998)

#### Tomlinson Stadium Bests (Since 1981)

100 - 11.6, Kim Vanderhoek, Simon Fraser (1993)  
200- 24.39, Hollie Watson, Western Washington (1987)  
400- 56.47, Sydney Green, Western Washington (1997)  
800- 2:09.71, Brit McRoberts, Simon Fraser (1987)  
1500- 4:27.64, Brit McRoberts, Simon Fraser (1987)  
3000- 9:48.0, Leah Pells, Simon Fraser (1987)  
5000- 17:00.61, Patsy Sharples, Idaho (1982)  
10,000- 36:52.8, Patsy Sharples, Idaho (1982)  
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)  
3,000 Race-Walk- 14:46.87, Anne-Marie Oswald, SFU (1996)  
100 Hurdles- 13.91, Michaela Colluney, Simon Fraser (1993)  
400 Hurdles- 1:00.64, Michaela Colluney, Simon Fraser (1993)  
800 Medley Relay - 1:43.6, Simon Fraser (Thiele, Matheson, Vanderhoek, Colluney, 1993)  
4x100 Relay- 47.89, Simon Fraser (Thiele, Colluney, Matheson, Vanderhoek, 1993)  
4x400 Relay- 3:49.30, Simon Fraser (Ewing, Parrish, Wagner, McRoberts, 1987)  
4x800 Relay - 9:13.0, Simon Fraser ( Street, Evanow, Tomlinson, Grant, 1984)  
Long Jump- 19-4, Kim Huey, Seattle Pacific (1987)  
Triple Jump- 38-8 1/2, Tracy Fox, Pacific Lutheran (1994)  
High Jump- 5-9, Corinna Wolf, Simon Fraser (1993); Holly Wilson, PLU (1984)  
Pole Vault - 9-0, Erin Schaueremann, Western Washington (1998)  
Shot Put- 47-1 1/4, Jenny Lemke, Wenatchee Valley (1981)  
Javelin- 160-11, Lorna Martinson, Central Washington (1983)  
Javelin (1986 spec.) - 154-3, Barb Lashinski, Whitworth (1987)  
Discus- 166-11, Julie Hanson, unattached(1983)  
Hammer - 158-2, Corie Krueger, Pacific Lutheran (1997)  
Heptathlon- 4936, Rhonda James, Idaho (1982)

#### Regional Meet Records (1995-98)

100 - 12.17, Sandy Metzger, Pacific Lutheran (1996 prelims)  
200 - 24.74, Sandy Metzger, Pacific Lutheran (1996 prelims)  
400 - 56.90, Karen Andrade, Pacific Lutheran (1995)  
800 - 2:12:20, Heather DeGeest, Simon Fraser (1998)  
1500 - 4:28.8, Heather DeGeest, Simon Fraser (1997)  
3000 - 9:48.95, Emily Kellman, Puget Sound (1995)  
5000 - 17:26.2, Tanya Robinson, Pacific Lutheran (1997)  
10,000 - 38:59.05, Jen Funk, Eastern Oregon (1996)  
3,000 Race-Walk -14:55.4, Jill Green, Pacific Lutheran (1998)  
100 Hurdles - 14.34, Amy Cameron, Western Washington (1996)  
400 Hurdles - 1:01.33, Jill Carrier, Southern Oregon (1995)  
4x100 Relay - 47.44, Pacific Lutheran (Jenni Krueger, Corinne Lay, Christine Axley, Sarah Axley, 1998)  
4x400 Relay - 3:49.81, Pacific Lutheran (Karen Andrade, Kristi Keene, Amy Saathoff, Sandy Metzger, 1995)  
4x800 Relay - 9:08.93, Simon Fraser (Heather DeGeest, Cari Rampersad, Carolyn Murray, Desneige McLean, 1998)

Long Jump - 18-8 1/2, Angie Grimes, Pacific Lutheran (1995)  
Triple Jump - 37-8 3/4, Jane Wallace, Western Washington (1998)  
Pole Vault - 11-1 3/4, Amy Wells, Puget Sound (1998)  
High Jump - 5-8, Corrinna Wolf, Simon Fraser (1995); Nancu Rissmiller, George Fox (1997)  
Shot Put - 46-5 1/2, Molly Duggan, Western Oregon (1995)  
Discus - 151-10, Sherie Schroeder, Western Washington (1998)  
Javelin - 153-6, Laura Kruse, Western Washington (1998)  
Hammer - 167-3, Jennifer Boyman, Linfield (1997)  
Heptathlon - 4020, Kahleia Crane, Puget Sound (1995)  
District 1 Records (1983-94)  
100 - 11.6, Kim Vanderhoek (1993)  
200 - 24.39, Hollie Watson, Western Washington (1987)  
400 - 55.27, Sharon Wilson, Pacific Lutheran (1990)  
800 - 2:08.3, Sarah Howell, Simon Fraser (1992)  
1500 - 4:18.70, Sarah Howell, Simon Fraser (1992)  
3000 - 9:25.0, Sarah Howell, Simon Fraser (1991)  
5000 - 17:00.64, Emily Kellman, Puget Sound (1994)  
10,000 - 36:04.0, Heather Lucas, Pacific Lutheran (1990)  
3,000 Race-Walk - 15:26.82, Joanne Fox, Simon Fraser (1994)  
Marathon - 2:47.31, Wanda Howlett, Puget Sound (1990)  
100 Hurdles - 13.91, Michaela Colluney, Simon Fraser (1993)  
400 Hurdles - 1:00.64, Michaela Colluney, Simon Fraser (1993)  
4x100 Relay - 47.10, Simon Fraser (Parrish, Jolly, Matheson, Leclair, 1990)  
4x400 Relay - 3:48.86, Simon Fraser (Kripps, O'Gorman, Matheson, Leclair, 1990)  
4x800 Relay - 9:13.0, Simon Fraser (Street, Evanow, Tomlinson, Grant, 1984)  
800 Medley - 1:43.05, Simon Fraser (Mayes, Matheson, Vanderhoek, Colluney, 1992)  
Shot Put - 46-6, Wendy Cordeiro, Pacific Lutheran (1993)  
Discus - 158-0, Wendy Cordeiro, Pacific Lutheran (1993)  
Javelin - 159-1, Patricia Perry, Puget Sound (1988)  
Heptathlon - 5183, Kim Vanderhoek, Simon Fraser (1990)  
High Jump - 5-10 3/4, Sara McGladdery, Simon Fraser (1992)  
Long Jump - 19-1 1/4, Kendall Matheson, Simon Fraser (1992)  
Triple Jump - 38-2 1/4, Jennifer Frazier, Pacific Lutheran (1993)

#### PNWAC Meet Records (1995-98)

100 - 12.22, Vanessa Fryer, Simon Fraser (1998)  
200 - 25.42, Andee Anderson, Puget Sound (1996)  
400 - 58.3, Sydney Green, Western Washington (1995)  
800 - 2:14.3, Carolyn Murray, Simon Fraser (1996)  
1500 - 4:39.1, Carolyn Murray, Simon Fraser (1995)  
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)  
3000 - 10:18.3, Aundrea Bertoia, Simon Fraser (1995)  
5000 - 17:28.6, Beth Robbins, Puget Sound (1995)  
100 Hurdles - 14.34, Vanessa Fryer, Simon Fraser (1998)  
400 Hurdles - 1:01.94, Erin Sullivan, Puget Sound (1996)  
3000 Race-Walk - 14:46.87, Anne-Marie Oswald, Simon Fraser (1996)  
4x100 Relay - 48.21, Western Washington (Johnson, Jones, Cameron, Stevenson, 1996)  
4x400 Relay - 3:59.38, Western Washington (Jones, Garrod, Stevenson, Green, 1996)  
Long Jump - 17-10, Sarah Hiss, Western Washington (1998)  
Triple Jump - 37-2 1/4, Jane Wallace, Western Washington (1998)  
Pole Vault - 9-0, Erin Schaueremann, Western Washington (1998)  
High Jump - 5-6, Veronica Persons, Central Washington (1995)

Discus - 151-1, Sherie Schroeder, Western Washington (1998)  
Shot Put - 43-3 1/2, Sherie Schroeder, Western Washington (1998)  
Hammer - 125-0, Billie Jo Bandy, Central Washington (1998)  
Javelin - 151-3, Laura Kruse, Western Washington (1998)  
Heptathlon - 4641, Brandi Stevenson, Western Washington (1996)

100m 17:37.3, Linsy Nickels (1999)87924.97, Sarah Axley, Pacific Lutheran  
(1999)6:40.0, Lisa Nye, Nike Portland (1999)47.48, Pacific Lutheran (Lay,  
Osborne, C. Axley, S. Axley, 1999)3:52.13, Western Washington (Anderson,  
Ellingson, Rose, Tenace, 1999)8 1/2, Kristi Osborne, Pacific Lutheran (1999)