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# Central Washington University Women's Track and Field/Cross-Country Running Records

Central Washington University Athletics

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WOMEN'S TRACK & FIELD/CROSS COUNTRY RECORDS

Track and Field District/Region and National Finishes

| Year | AIAW Regional | Nationals  |
|------|---------------|------------|
| 1967 | 1st, 87       |            |
| 1970 | DNS           |            |
| 1971 | 6th, 40       | 10th, 16   |
| 1972 | 14th, 7       | DNS        |
| 1973 | 14th, 8       | NA, 4      |
| 1974 | NA, 2         |            |
| 1975 | 5th, 33       | 15th, 12   |
| 1976 | 7th, 30       | DNS        |
| 1977 | 4th, 44       | 31st, 4    |
| 1978 | DNS           |            |
| 1979 | 8th, 19       | DNS        |
| 1980 | 6th, 51       | No entries |
| 1981 | 4th, 45       | 30th, 6    |

| Year | District    | Nationals   |
|------|-------------|-------------|
| 1982 | 4th, 54     | 26th, 6     |
| 1983 | 4th, 89     | 18th, 7 1/2 |
| 1984 | 5th, 89 1/2 | DNS         |
| 1985 | 5th, 34     | DNS         |
| 1986 | 5th, 56     | DNS         |
| 1987 | 5th, 53     | 40th, 3     |
| 1988 | 6th, 28     | DNS         |
| 1989 | 4th, 84     | 43rd, 3     |
| 1990 | 5th, 71     | DNS         |
| 1991 | 4th, 103    | DNS         |
| 1992 | 5th, 83     | 48th, 1     |
| 1993 | 5th, 72     | DNS         |
| 1994 | 2nd, 148    | 26th, 8     |

| Year | NAIA Regional | Nationals |
|------|---------------|-----------|
| 1995 | 5th, 70       | 25th, 8   |
| 1996 | 6th, 54 1/2   | 47th, 1   |

Head Coaches: Jan Boyungs (1967-87), Doug Adkins (1988-90), Charles Chandler (1990-94), Kevin Adkisson (1995), John Picha (1996).

Cross Country District/Region, Conference and National Finishes

| Year | Nationals |
|------|-----------|
| 1985 | 16th, 402 |
| 1988 | 16th, 448 |

| Year | District  |
|------|-----------|
| 1977 | 9th, 265  |
| 1978 | 11th, 293 |
| 1979 | 4th, 80   |
| 1980 | inc.      |
| 1981 | 4th, 114  |
| 1982 | 5th, 107  |

1983 4th, 111  
1984 7th, 183  
1985 4th, 106  
1986 4th, 108  
1987 6th, 120  
1988 4th, 108  
1989 6th, 153  
1990 6th, 141  
1991 6th, 145  
1992 7th, 169  
1993 8th, 187

Year Regionals  
1994 7th, 185  
1995 5th, 142

Head Coaches: Jan Boyungs (1977-83), Mike Frederick (1984-86), Keith Kellogg (1987), Pete Steiner (1988), Gil Coleman (1989), Tim Branham (1990), Spike Arlt (1991-93), Kevin Adkisson (1994-95).

#### CWU TRACK 23 Track and Field Records

##### 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)  
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 - 4:00.77, Melissa Van Ruiten, Nickola Wilson, Carri Wullner, Shelley Johnson (1994)  
4x800 Relay - 9:32.0, Sherri Calkins, Cheryl Carpenter, Kitty Teller, Laura Myers (1979)  
Discus - 158-10, Cindy Pottle (1977)  
Shot Put - 43-5, Cindy Pottle (1978)  
Javelin - 160-11, Lorna Martinson (1983)  
Javelin (1986 spec.) - 136-1, Angie Marchant (1994)  
Heptathlon - 4647, Lona Joslin (1984)  
High Jump - 5-8, Sonia Swan (1989)  
Long Jump - 18-4 3/4, Shelley Johnson (1994)  
Triple Jump - 35-10, Lisa Ostrander (1991)

Tomlinson Stadium Bests (Since 1981)

100 - 11.6, Kim Vanderhoek, Simon Fraser (1993)  
200- 24.39, Hollie Watson, Western Washington (1987)  
400- 57.16, Lori Ewing, Simon Fraser (1987)  
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)  
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)  
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)  
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 - 121-8, Sherie Schroeder, Western Washington (1996)  
Heptathlon- 4936, Rhonda James, Idaho (1982)

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)

Regional Meet Records (1995-96)

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 - 2:13.78, Summer Morris, Western Oregon (1996)  
 1500 - 4:31.88, Carolyn Murray, Simon Fraser (1996)  
 3000 - 9:48.95, Emily Kellman, Puget Sound (1995)  
 5000 - 17:28.36, Jessica Bissonette, Whitman (1995)  
 10,000 - 38:59.05, Jen Funk, Eastern Oregon (1996)  
 3,000 Race-Walk -15:00.46, Anne-Marie Oswald, Simon Fraser (1996)  
 100 Hurdles - 14.34, Amy Cameron, Western Washington (1996)  
 400 Hurdles - 1:01.33, Jill Carrier, Southern Oregon (1995)  
 4x100 Relay - 48.06, Pacific Lutheran (Angie Grimes, Amy Cameron, Sandy Metzger, Lukenbill, 1995)  
 4x400 Relay - 3:49.81, Pacific Lutheran (Karen Andrade, Kristi Keene, Amy Saathoff, Sandy Metzger, 1995)  
 Shot Put - 46-5 1/2, Molly Duggan, Western Oregon (1995)  
 Discus - 150-2, Molly Duggan, Western Oregon (1995)  
 Javelin - 147-6, Emily Pohlschneider, Western Oregon (1995)  
 Hammer - 150-2, Corie Krueger, Pacific Lutheran (1996)  
 Heptathlon - 4020, Kahleia Crane, Puget Sound (1995)  
 High Jump - 5-8, Corrinna Wolf, Simon Fraser (1995)  
 Long Jump - 18-8 1/2, Angie Grimes, Pacific Lutheran (1995)  
 Triple Jump - 37-8 1/2, Kirsten Holmboe, Puget Sound (1996)24 CWU TRACK  
 CWU National Track and Field Place-Winners

#### Outdoor Track & Field All-Americans

| Year | Athlete          | Time     | Place | Event       |
|------|------------------|----------|-------|-------------|
| 1981 | Laura Myers      | 10:01.42 | 3rd   | 3000        |
| 1982 | Lorna Beaver     | 157-7    | 3rd   | Javelin     |
| 1983 | Lorna Martinson  | 151-10   | 3rd   | Javelin     |
| 1983 | Kelly Keene      | 5-5 3/4  | 5th   | High Jump   |
| 1987 | Kim Burke        | 17:27.9  | 6th   | 5000        |
| 1989 | Kris Kjolso      | 4249     | 8th   | Heptathlon  |
| 1989 | Mary Veneziani   | 3:57:07  | 7th   | Marathon    |
| 1992 | Kara Dodd        | 1:04.77  | 8th   | 400 Hurdles |
| 1994 | Kirston Obergh   | 4,373    | 5th   | Heptathlon  |
| 1994 | Veronica Persons | 5-7      | 5th   | High Jump   |
| 1996 | Veronica McGuire | 5-5      | 8th   | High Jump   |

#### Other Outdoor Track & Field Placers

| Year | Athlete           | Time       | Place | Event   |
|------|-------------------|------------|-------|---------|
| 1971 | Carol Kruckenberg | 2:19.0     | 3rd   | 880     |
| 1971 | Carol Kruckenberg | 5:12.5     | 1st   | Mile    |
| 1973 | Carrie Burrell    | 142-2      | 4th   | Javelin |
| 1974 | Mary Petrie       | 135-10 1/2 | 5th   | Discus  |

1975 Pam Riggs 11.20 2nd 100 Yards  
1975 Pam Riggs 25.07 4th 220  
1977 Cindy Pottle 158-10 1/2 4th Discus

#### Indoor Track All-Americans

| Year | Athlete       | Time     | Place | Event      |
|------|---------------|----------|-------|------------|
| 1988 | Kim Burke     | 16:31.99 | 1st   | Three-Mile |
| 1988 | Kim Burke     | 10:50.05 | 5th   | Two-Mile   |
| 1988 | Heather Lucas | 5:08.44  | 5th   | One-Mile   |

#### Cross Country All-Americans

| Year | Athlete           | Time  | Place |
|------|-------------------|-------|-------|
| 1982 | Carol Christensen | 18:58 | 12th  |
| 1985 | Kim Burke         | 19:18 | 9th   |
| 1987 | Kim Burke         | 17:39 | 5th   |
| 1995 | Doreen LeVander   | 19:10 | 18th  |

All-Americans (First Presented in 1978): Outdoor Track - Top 6. Seventh and Eighth Honorable Mention since 1987. Indoor Track - Top 6. Cross Country - Top 25.

#### CWU District/Regional Champions

##### 100 Yards

1975 Pam Riggs 11.0  
1976 Pam Riggs 11.0

##### 200 Meters

1977 Pam Riggs 24.9

##### 220 Yards

1975 Pam Riggs 25.1

##### 400 Meters

1992 Kelli Lambert 58.05

##### 880 Yards

1971 Carol Kruckenberg 2:18.8

##### Mile

1971 Carol Kruckenberg 5:14.7

##### 440 Yard Relay

1967 Central 52.4  
1970 Central 51.7

##### 10,000 Meters

1983 Carol Christensen 39:16.4  
1984 Carol Christensen 38:23.0

##### Marathon

1988 Mary Veneziani 3:29:40

80 Meter Hurdles

1967 Judy Dickenson 14.2

100 Hurdles

1984 Lona Joslin 16.27

Long Jump

1967 Loretta Miles 16-4

1970 Alma Gapsch 16-8

Javelin

1981 Lorna Beaver 134-2

1982 Lorna Beaver 144-4

Standing Long Jump

1967 Maria Floyd 8-2

Shot Put

1967 Diane Walters 35-5

1984 Lona Joslin 41-4

Discus

1980 Cindy Pottle 149-0

Heptathlon/Pentathlon

1978 Karen Schillinger 3470

1983 Lona Joslin 4344

1984 Lona Joslin 4647

1991 Kris Kjolso 3939CWU TRACK 25

-99

NAIA NAIA 1NAIA

PNWAC 1996 4th, 97

1997 3rd, 83

Year NCAA Regionals

1998 5th, 1628