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

Recommended Citation


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)
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)
100 Hurdles - 14.2, Kathleen Kilpatrick (1977)
400 Hurdles - 1:03.04, Kara Dodd (1995)
4x100 Relay - 48.3, Merrill 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)
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 (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)
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)
Triple Jump - 38-8 1/2, Tracy Fox, Pacific Lutheran (1994)
Discus - 151-1, Sherie Schroeder, Western Washington (1998)
Shot Put - 44-8 1/2, Wendy Cordeiro, Pacific Lutheran (1994)

Tomlinson Stadium Bests (Since 1981)
100 - 11.6, Kim Vanderhoek, Simon Fraser (1993)
400 - 56.47, Sydney Green, Western Washington (1997)
1500- 4:27.64, Brit McRoberts, 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, Michela Colluney, Simon Fraser (1993)
400 Hurdles- 1:00.64, Michela 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)
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)
Discus - 166-11, Julie Hanson, unattached(1983)
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)
1500 - 4:28.8, Heather DeGeest, Simon Fraser (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)
High Jump - 5-8, Corrinna Wolf, Simon Fraser (1995); Nanci 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)
Heptathlon - 4020, Kahleia Crane, Puget Sound (1995)

District 1 Records (1983-94)
100 - 11.6, Kim Vanderhoek (1993)
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 McGladery, Simon Fraser (1992)
Long Jump - 19-1 1/4, Kendall Matheson, Simon Fraser (1992)

PNWAC Meet Records (1995-98)
100 - 12.22, Vanessa Fryer, Simon Fraser (1998)
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)
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)
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)
Heptathlon - 4641, Brandi Stevenson, Western Washington (1996)

7:37.3, 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)