

ETSU

WOMEN'S TRACK & FIELD

SCHOOL RECORDS – OUTDOOR TRACK & FIELD

100 METER DASH

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Jenny Knox	11.63	2008

200 METER DASH

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Kiana Davis	23.66	2019

400 METER DASH

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Jasmine Ingram	54.15	2011

800 METER RUN

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Michelle Gregg	2:05.18	1997

1500 METER RUN

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Heidi Dahl	4:14.00	2009

5000 METER RUN

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Catherine Berry	16:00.97	2000

10,000 METER RUN

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Kim Bird	34:41.12	1983

100 METER HURDLES

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Kyra Atkins	13.15	2018

400 METER HURDLES

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Katrina Seymour	56.32	2017

3000 METER STEEPLECHASE

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Chelsea Clark	10:57.16	2013

4X100 METER RELAY/440 YARD RELAY

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Williams Keturah, Kinlaw Courtney, Bertling Karissa, Harrison Emani	44.75	2013

4X400 METER RELAY/MILE RELAY

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Bowers Hannah, Bowers Emma, Harrison Emani, Ingram Jasmine	3:45.53	2011

LONG JUMP

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Taneisha Robinson	6.18/20'3	1999

TRIPLE JUMP

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Taneisha Robinson	13.03/42'9	1999

HIGH JUMP

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Kim Harrell	1.84/6' ½	1980

Pole Vault

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Ashley Kessler	3.95/12'11 ½	2014

SHOT PUT

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Angie Barker	16.25/53'3 ¾	1988

DISCUS

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Verena Tobis	47.09/154'6	2014

HAMMER

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Zachlynn Blackburn	50.11/164'5	2010

JAVELIN

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Angie Barker	46.58/152'10	1988

HEPTATHLON

<u>NAME</u>	<u>PERF.</u>	<u>DATE</u>
Shelli Clendenon	5306	1995

Women's Indoor and Outdoor Conference Champions

Indoor Champions

55-Meter Dash
2003.....Chantelle Vernon.....7.02

60-Meter Dash
2017.....Katrina Seymour.....7.57
2008..... Judy Johnson7.65
2004.....Chantelle Vernon.....7.54

60-Meter Hurdles
2018..... Kyra Atkins8.29
2017..... Kyra Atkins8.32
2015.. Demeteria Edgcombe ...8.29
2012.. Demeteria Edgcombe ...8.53

200-Meter Dash
2017.....Katrina Seymour.....24.32
2009..... Judy Johnson24.13

400-Meter Run
2017.....Katrina Seymour.....55.91
2016.....Katrina Seymour.....55.12
2005.....Nichola Cornish.....56.21
2003..... Kim Simmons57.50
1989.....April Via.....58.28

800-Meter Run
2004..... Kim Simmons2:14.55
1996..... Michelle Gregg2:15.60
1995..... Michelle Gregg2:12.98
1989.....Sabrina Keeton2:19.93

Mile Run
2009.....Heidi Dahl.....4:39.39
1998..... Valerie Urchison ...4:53.37
1997..... Valerie Urchison ...5:02.46
1989.....Sabrina Keeton5:02.02
1988.....Sabrina Keeton5:10.33

3,000-Meter Run
1998.....Catherine Berry.....9:49.73

5,000-Meter Run
2000.....Catherine Berry..17:01.05
1997.....Mary Jo Ferrigan.17:36.82

Two-Mile Relay
1989.....9:32.27
1988.....9:45.63

4x400 Meter Relay
1995.....3:50.44

Distance Medley Relay
1998.....11:58.99
1997.....12:06.54

Long Jump
2019.....Khiara White.....6.01m
1999....Taneisha Robinson...5.94m
1998....Taneisha Robinson...6.17m

Triple Jump
2012.....Lexie Burley.....12.19m

High Jump
2006....Anna Marie Ricciardi..1.71m
2005 ...Anna Marie Ricciardi..1.73m
2003..... Cheryl Howard1.66m
1999....Taneisha Robinson...1.73m
1998..... Jennifer Sluss1.72m
1997..... Jennifer Sluss1.72m
1995.....Shellie Clendenon.....1.72m
1993.....Shellie Clendenon.....1.68m
1992.....Shellie Clendenon.....1.69m

Shot Put
1989.....Angie Barker.....13.74m
1988.....Angie Barker.....16.61m

Weight Throw
2010.....Zachlynn Blackburn....17.13m
2008.....Zachlynn Blackburn....16.32m

Outdoor Champions

100 Meters
2007 Jenny Knox11.85
1996 Leisa Moulton12.40

200 Meters
2017 Kyra Atkins.....23.86
2009 Nae-Nae Bailey24.23

400 Meters
2005 Nichola Cornish.....54.59
1987 Kellie Smith57.72

800 Meters
2009 Heidi Dahl2:08.99
1995 Michelle Gregg.....2:14.87
1989 April Via2:13.31
1988 Sabrina Keeton2:18.17
1987 Kellie Smith2:18.06

1,500 Meters
2009 Heidi Dahl4:18.08
1996 Michelle Gregg.....4:38.00
1995 Michelle Gregg.....4:40.35
1994 Jennel Walby4:37.36
1989 Sabrina Keeton4:38.97
1987 Sabrina Keeton4:38.64

3,000 Meters
1987 Sabrina Keeton10:07.70
2000 Catherine Berry.....9:53.10

5,000 Meters
1999 Catherine Berry.....16:53.60
2000 Catherine Berry.....17:14.00

10,000 Meters
1996 Mary Jo Ferrigan37:33.61
1987 Lesley Whitehead37:54.25

100 Meter Hurdles
2018 Kyra Atkins.....13.42
2017 Kyra Atkins.....13.25
1996 Erica Edmond.....14.70

400 Meter Hurdles
1988 Kim Frazwer.....1:03.70
1987 Lisa Rosenbaum.....1:03.70

4x100 Meter Relay
2018.....45.65
200845.60
200248.07
199647.18

4x400 Meter Relay
2018.....3:45.67
2009.....3:46.14
20023:48.17
19973:50.19
19953:50.10
19873:57.90

Long Jump
1998 Taneisha Robinson.....5.89m
1997 Taneisha Robinson.....5.79m

High Jump
2006 Anna Marie Ricciardi....1.70m
2003 Cheryl Howard1.65m
1999 Taneisha Robinson.....1.67m
1998 Taneisha Robinson.....1.73m
1997 Jennifer Sluss.....1.67m
1995 Shellie Clendenon.....1.73m
1994 Shellie Clendenon.....1.73m

Triple Jump
2012 Lexie Burley12.31m
1999 Taneisha Robinson.....12.95m
1998 Taneisha Robinson.....12.57m
1997 Jennifer Sluss.....12.18m

Shot Put
1989 Angie Barker13.59m
1988 Maelynn Thompson ...11.90m

Javelin
2018 Alyssa Whipkey.....43.34m

Discus
2007 Zachlynn Blackburn ...39.29m

Hammer
2010 Zachlynn Blackburn ...48.84m
2008 Zachlynn Blackburn ...48.59m
2007 Zachlynn Blackburn ...46.08m

Decathlon
2012 Katerina Vodova.....5152

Buccaneer Honors

Women's Awards

Men's and Women's All-Americans

Indoor

Outdoor

Concurrence Championships

Concurrence Championships

1995

1996

Coach of the Year

Dave Walker: 1995

Coach of the Year

Michelle Byrne: 1996

Tom Roberts: 1989

Most Valuable Performer/Most

Outstanding Athlete

1999.....Taniesha Robinson
1998.....Taniesha Robinson
1995.....Shelli Clendenon
1989.....Sabrina Keeton

Most Valuable Performer/Most

Outstanding Athlete

1998.....Taniesha Robinson

Most Outstanding Track

Performer

2017.....Katrina Seymour
2009.....Heidi Dahl

Most Outstanding Freshman

2019.....Mekayla Brown

Most Outstanding Field

Performer

2014.....Katerina Vodova

Most Outstanding Field

Performer

2014.....Katerina Vodova

Athlete of the Week

Mekayla Brown 02/13/19 (Field)
Kyra Atkins02/14/18 (Track)
Kyra Atkins01/31/18 (Track)
Kyra Atkins01/19/17 (Track)
Chelsea Clark.....01/16/13 (Track)
Kristen Champman ... 12/05/13 (Field)
Katerina Vodova 01/25/12 (Field)
Lexie Burley..... 01/18/12 (Field)
Kelly Monteleone 12/07/11 (Field)
Jasmine Ingram02/09/11 (Track)
Lexie Burley..... 01/26/11 (Field)
Jasmine Ingram 12/08/10 (Track)
Zachlynn Blackburn... 01/27/10 (Field)
Jasmine Ingram01/27/10 (Track)
Jasmine Ingram01/13/10 (Track)
Bethany Lender..... 01/13/10 (Field)
Jasmine Ingram 12/05/09 (Track)
Heidi Dahl 02/18/09
Heidi Dahl 02/04/09
Heidi Dahl 01/21/09
Heidi Dahl 01/14/09
Judy Johnson 02/27/08
Zachlynn Blackburn..... 02/13/08
Anna Marie Riccardi 02/07/07
Jenny Knox..... 02/08/06
Anna Marie Riccardi 01/25/06
Chantelle Vernon..... 01/23/02
Roselin Addo 01/31/01
Roselin Addo 01/17/01

Most Outstanding Freshman

2019.....Mekayla Brown
2007.....Zachlynn Blackburn
1995.....Michelle Gregg

Athlete of the Week

Khiara White04/24/19 (Field)
Lindsey Stallworth 03/21/19 (Track)
Alyssa Whipkey04/11/18 (Field)
Kyra Atkins 03/22/17 (Track)
Kyra Atkins03/22/17 (Field)
Ashley Kessler04/27/16 (Field)
Kyra Atkins 03/30/16 (Track)
Ashley Kessler03/23/16 (Field)
Keturah Williams..... 03/25/15 (Track)
Verena Tobis03/25/15 (Field)
Verena Tobis03/26/14 (Field)
Katerina Vodova05/16/12 (Field)
Katerina Vodova05/09/12 (Field)
Lexie Burley.....04/11/12 (Field)
Emani Harrison.....05/18/11 (Track)
Leah Oakhill05/04/11 (Field)
Jasmine Ingram 04/27/11 (Track)
Jasmine Ingram 03/31/10 (Track)
Heidi Dahl05/13/09
Heidi Dahl04/01/09
Kristin Truman.....04/20/04
Emily Chaney04/02/03

2018	Ben Johnson	1985	Brian Dunn
2017	Katrina Seymour	1984	Kim Bird
2016	Michael Williams	1983	Kevin Johnson
2014	Tyler Stepp	1982	Kevin Johnson
2013	Tyler Stepp	1981	Adrian Leek
2009	Heidi Dahl	1979	Adrian Leek
2000	Catherine Berry	1978	Ray Flynn
1998	Michelle Gregg	1976	Mark Halim Mark Brown
1995	Shelli Clendenon Jeff Horton	1975	Neil Cusack
1994	Seamus Power	1974	Neil Cusack Eddie Leddy
1993	Seamus Power	1967	Robert Rovere
1992	Seamus Power	1966	Robert Rovere
1988	Angie Barker		