



Women's Track & Field Record Book (updated through 2022-23 outdoor)

Indoor Records

55m Dash

NAME	YEAR	TIME
1. Makyba Lyons	1998	7.32
2. Amanda Body	2009	7.33
3. Laura Arloszynski	2004	7.45
4. Patricia Kloth	2008	7.50
5. Elizabeth Powers	1997	7.56

60m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	7.82
2. Cleo Holt	2013	7.94
3. Laura Arloszynski	2005	7.96
4. Makyba Lyons	1999	7.98
Patricia Kloth	2008	7.98

200m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	25.35
2. Sierra Fischer	2020	25.44
3. Melanie Wilson	2005	25.74
4. Karie Dahlgren	1998	25.89
5. Cleo Holt	2013	26.17

300m Dash

NAME	YEAR	TIME
1. Karie Dahlgren	1997	42.56
2. Isabella Smith	2023	44.41
3. Kai Dilosa	2023	44.58
4. Elizabeth Powers	1997	45.16
5. Rhena Kiger	2023	45.29

400m Dash

NAME	YEAR	TIME
1. Sierra Fischer	2020	56.67
2. Karie Dahlgren	1998	57.82
3. Kelli Wosick	2014	58.73
4. Maggie Zellner	2003	59.29
5. Kayla Horne	2016	59.73

600m Dash

NAME	YEAR	TIME
1. Sierra Fischer	2020	1:38.29
2. Amanda Meyer	2004	1:39.54
3. Maggie Zellner	2003	1:41.34
4. Nicole Zehel	2014	1:41.51
5. Kelli Wosick	2015	1:42.30

800m Run

NAME	YEAR	TIME
1. Collette Liss	1998	2:11.37
2. Liz (Bloy) Owen	2016	2:13.03
3. Danielle Nunnelly	2006	2:15.44
4. Rachel Nelson	2002	2:15.82
5. Nicole Zehel	2013	2:17.95

1,000m Run

NAME	YEAR	TIME
1. Chrys Davis	1996	3:08.29
2. Elizabeth Kinneer	2004	3:18.8
3. Rachel Brimmer	1997	3:23.2

One Mile Run

NAME	YEAR	TIME
1. Collette Liss	1999	4:42.08
2. Laura Rolf	2007	4:44.96
3. Danielle Nunnelly	2006	4:56.92
4. Liz (Bloy) Owen	2014	4:57.10
5. Rachel Nelson	2003	5:00.60

3,000m Run

NAME	YEAR	TIME
1. Laura Rolf	2007	9:22.44
2. Collette Liss	1999	9:23.17
3. Danielle Nunnelly	2006	9:47.50
4. Ashley Billstrom	2007	10:11.58
5. Jessica Richardson	2013	10:12.69

5,000m Run

NAME	YEAR	TIME
1. Laura Rolf	2009	16:53.16
2. Collette Liss	1999	16:57.26
3. Jessica Richardson	2013	17:33.29
4. Grace Aurand	2023	17:33.56
5. Joely Overstreet	2023	17:42.47

55m Hurdles

NAME	YEAR	TIME
1. Melanie Wilson	2008	8.39
2. Lakisha Lane	2007	8.51
3. Karie Dahlgren	1997	8.55
4. Maggie Zellner	2006	8.86
5. Patricia Kloth	2005	9.08



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60m Hurdles

NAME	YEAR	TIME
1. Melanie Wilson	2008	8.74
2. Lakisha Lane	2007	9.02
3. Maggie Zellner	2006	9.55
Hannah Reynard	2016	9.55
5. Annie Gaugert	2013	10.10
Krystal Dickens	2018	10.10

High Jump

NAME	YEAR	DIST.
1. Jazmin Taylor	2014/2015	5'6 1/2"
2. Martha Josephson	2003	5'4"
3. Sydney Bronner	2019	5'3"
4. Ashleigh Griechen	2005	5'0 1/4"
Emilie Marsicek	2007	5'0 1/4"

Pole Vault

NAME	YEAR	DIST.
1. Sarah Peters	2016	12'0 1/2"
2. Carli Sowonik	2019	11'10"
3. Kelley Freeman	2013	11'5 3/4"
4. Rachel Matthews	1999	10'11 3/4"
Amanda Meyer	2005	10'11 3/4"

Long Jump

NAME	YEAR	TIME
1. Amanda Body	2006	18'8"
2. Melanie Wilson	2008	18'7 1/4"
3. Alycia Corral	2012	17'7 1/2"
4. Chidimma Ozodi	2016	17'6"
Shannon Lahey	2019	17'6"

Triple Jump

NAME	YEAR	DIST.
1. Melanie Wilson	2006	38'5"
2. Anne Mou	2019	37'2 1/2"
3. Amanda Body	2006	36'7 3/4"
4. Fran Browden	1999	35'8 1/2"
5. Chidimma Ozodi	2017	34'9 1/2"

Pentathlon

NAME	YEAR	POINTS
1. Rhena Kiger	2023	2,577
2. Shannon Lahey	2020	2,516
3. Carissa Heinold	2008	2,186
4. Theresa Trompeter	1998	1,824

Shot Put

NAME	YEAR	DIST.
1. Emilie Marsicek	2008	48'7 1/2"
2. Sarah Drozdowski	2013	44'10 3/4"
3. Holly Hagen	2005	43'10"
4. Nellie Bonham	2017	42'6 3/4"
5. Abby Jankowski	2016	41'10 1/2"

Weight Throw

NAME	YEAR	DIST.
1. Sarah Drozdowski	2014	62'6"
2. Holly Hagen	2005	56'5 3/4"
3. Lauren Mikolajczak	2020	55'4 1/4"
4. Michelle Pierce	2021	54'4 3/4"
5. Mackenzi Patten	2022	54'2 3/4"

Dist. Medley Relay

NAMES	YEAR	TIME
1. Johnson, Wosick, Zehel, Bloy	2014	12:01.70
2. Long, Dahlgren, Wittbracht, Liss	1998	12:07.0
3. Schmiesing, Zellner, Billstrom, Rolf	2006	12:18.27
4. Mikel, Zellner, Meyer, Nelson	2004	12:25.59
5. Kinneer, Kueker, Mikel, Whiting	2001	12:31.58

4x400m Relay

NAMES	YEAR	TIME
1. Wilson, Body, Anderson, Kloth	2008	3:59.11
2. Reynard, Baylor, Banks, Wosick	2015	4:01.79
3. Meyer, Frisch, Wilson, Zellner	2005	4:02.98
4. Wosick, Zehel, Buck, Bloy	2014	4:05.23
5. Body, Alexander, Christensen, Lane	2007	4:05.55



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Outdoor Records

100m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	12.27
2. Cleo Holt	2013	12.47
3. Makyba Lyons	1998	12.48
4. Patricia Kloth	2007	12.58
5. Laura Arloszynski	2004	12.64

200m Dash

NAME	YEAR	TIME
1. Amanda Body	2009	24.67
2. Karie Dahlgren	1999	25.66
3. Cleo Holt	2016	25.72
4. Patricia Kloth	2008	25.95
5. Sierra Fischer	2019	25.99

400m Dash

NAME	YEAR	TIME
1. Karie Dahlgren	1998	57.53
2. Maggie Zellner	2003	57.88
3. Patricia Kloth	2008	58.40
4. Kelli Wosick	2015	58.46
5. Sierra Fischer	2019	58.89

3,000m Steeplechase

NAME	YEAR	TIME
1. Liz Owen	2017	10:37.45
2. Ashley Billstrom	2007	10:40.38
3. Nicole Zehel	2014	11:10.96
4. Jobeth Schmiesing	2005	11:22.84
5. Amanda Lee	2003	11:23.64

800m Run

NAME	YEAR	TIME
1. Julia Rustmann	2019	2:14.36
2. Danielle Nunnelly	2006	2:14.37
3. Collette Liss	1997	2:15.15
4. Rachel Nelson	2004	2:15.34
5. Liz (Bloy) Owen	2014	2:15.39

1,500m Run

NAME	YEAR	TIME
1. Collette Liss	1999	4:22.78
2. Liz (Bloy) Owen	2016	4:33.41
3. Maranda Donahue	2023	4:34.90
4. Danielle Nunnelly	2006	4:38.19
5. Grace Aurand	2021	4:38.31

3,000m Run

NAME	YEAR	TIME
1. Collette Liss	1999	9:22.39
2. Tami Long	1998	10:20.0
3. Kimberly Bruckner	1990	10:49.0

5,000m Run

NAME	YEAR	TIME
1. Collette Liss	1997	16:25.32
2. Danielle Nunnelly	2006	17:12.77
3. Maranda Donahue	2023	17:25.17
4. Grace Aurand	2022	17:35.57
5. Jessica Richardson	2013	17:40.63

10,000m Run

NAME	YEAR	TIME
1. Collette Liss	1999	33:26.21
2. Jessica Richardson	2014	36:46.01
3. Tami Long	2000	36:46.68
4. Elizabeth Whiting	2002	37:57.27
5. Rachael Button	2008	37:57.44

100m Hurdles

NAME	YEAR	TIME
1. Melanie Wilson	2008	14.27
2. Lakisha Lane	2007	14.68
3. Karie Dahlgren	1998	15.01
4. Hannah Reynard	2015	15.28
5. Maggie Zellner	2006	15.32

400m Hurdles

NAME	YEAR	TIME
1. Karie Dahlgren	1998	1:01.97
2. Hannah Reynard	2015	1:03.63
3. Lakisha Lane	2007	1:03.70
4. Maggie Zellner	2006	1:04.59
5. Mary Frisch	2003	1:06.55



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High Jump

NAME	YEAR	DIST.
1. Jazmin Taylor	2014	5'7"
2. Sydney Bronner	2019	5'-3 1/4"
3. Martha Josephson	2003	5'3"
4. Rachel Matthews	1998	5'2"
5. Heather Furr	2004	4'11 1/2"

Pole Vault

NAME	YEAR	DIST.
1. Carli Sowonik	2018	12'1 1/4"
2. Kelley Freeman	2012	11'9 3/4"
Sarah Peters	2016	11'9 3/4"
4. Amanda Meyer	2004	11'3 3/4"
5. Elizabeth Powers	1998	10'7 1/2"

Long Jump

NAME	YEAR	DIST.
1. Amanda Body	2008	18'9"
2. Melanie Wilson	2006	18'6 1/2"
3. Marissa Crafton	2012	18'1 1/2"
4. Ann Chapman	2016	17'0 3/4"
5. Karie Dahlgren	1999	17'0"

Triple Jump

NAME	YEAR	DIST.
1. Melanie Wilson	2006	39'4"
2. Marissa Crafton	2013	37'5 3/4"
3. Amanda Body	2006	37'4"
4. Anne Mou	2019	36'7 1/2"
5. Fran Browden	1999	35'11"

Shot Put

NAME	YEAR	DIST.
1. Emilie Marsicek	2008	46'9"
2. Sarah Drozdowski	2015	46'1 1/2"
3. Holly Hagen	2004	42'10 1/4"
4. Nellie Bonham	2017	41'9 3/4"
5. Michelle Pierce	2022	40' 2 1/2"

Discus Throw

NAME	YEAR	DIST.
1. Megan Howdeshell	2014	147'10"
2. Abby Jankowski	2016	143'8"
3. Ini Umana	2010	143'6"
4. Elizabeth Schroeder	1999	141'0"
5. Emilie Marsicek	2008	140'9"

Hammer Throw

NAME	YEAR	DIST.
1. Sarah Drozdowski	2015	187'9"
2. Lauren Mikolajczak	2021	177'10"
3. Holly Hagen	2005	177'0"
4. Ini Umana	2010	156'8"
5. Emilie Marsicek	2007	156'4"

Javelin Throw

NAME	YEAR	DIST.
1. Jessica Cherrington	2002	140'5"
2. Emilie Marsicek	2007	124'2"
3. Sarah Drozdowski	2012	122'6"
4. Karie Dahlgren	1999	121'9"
Heather Mende	2016	121'9"

Heptathlon

NAME	YEAR	POINTS
1. Karie Dahlgren	1999	4,660
2. Heather Furr	2004	3,969
3. Jessica Cherrington	2003	3,784
4. Rhena Kiger	2023	3,746
5. Lindsey Gilman	2007	3,599



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Outdoor Records

4x100m Relay

NAMES	YEAR	TIME
1. Body, Kloth, Wilson, Lane	2007	48.33
2. Body, Kloth, Zellner, Wilson	2006	48.63
3. Body, Heinold, Wilson, Lane	2007	48.83
4. (names unknown)	2008	48.97
5. (names unknown)	1998	49.17

4x400m Relay

NAMES	YEAR	TIME
1. Zellner, Nelson, Mikel, Meyer	2003	3:58.65
2. Zellner, Schmitz, Nelson, Meyer	2004	4:00.93
3. Banks, Reynard, Baylor, Holt	2016	4:02.16
4. Reynard, Wosick, Baylor, (Bloy) Owen	2015	4:03.75
5. (names unknown)	2008	4:03.95

Shuttle Hurdles Relay

NAMES	YEAR	TIME
1. Wilson, Zellner, Kloth, Frisch	2005	1:05.02

4x1600m Relay

NAMES	YEAR	TIME
1. Kinneer, Mikel, Lee, Whiting	2001	21:11.09
2. Nelson, Waterman, Lee, Stoehr	2002	21:11.83
3. Aurand, Roeglin, Donahue, Overstreet	2021	21:18.55
4. Nelson, Lee, Schmiesing, Mikel	2003	21:25.24

Dist. Medley Relay

NAMES	YEAR	TIME
1. Long, Dahlgren, Liska, Liss	1997	11:54.16
2. Nelson, Zellner, Mikel, Schmiesing	2004	12:24.31



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Indoor Records - Discontinued Events

200m Hurdles

NAME	YEAR	TIME
1. Mary Frisch	2005	31.34
2. Becky Eager	2002	31.62
3. Tracy Larson	1998	33.22

4x200m Relay

NAME	YEAR	TIME
1. (names unknown)	1998	1:47.45
2. Arloszynski, Banda, Zellner, Meyer	2004	1:49.94
3. Zellner, Meyer, Weide, Frisch	2003	1:50.49

4x800m Relay

NAME	YEAR	TIME
1. Billstrom, Nunnelly, Rolf, Zellner	2006	9:30.47
2. Mikel, Lee	2003	9:39.0
Zellner, Nelson		
3. Market, Meyer,	1990	10:17.0

4xMile Relay

NAME	YEAR	TIME
1. Davis, Burns, Bollig, Hoffmeister	1994	23:55.0

Outdoor Records - Discontinued Events

600m Dash

NAME	YEAR	TIME
1. Hope Burns	1995	1:39.8

Sprint Medley Relay

NAME	YEAR	TIME
1. Sankey, Coyne, Fox, Baker	1995	4:38.63

4x800m Relay

NAME	YEAR	TIME
1. Dahlgren, Liss, Brimmer, Long	1997	9:33.73