



# Women's Track & Field Record Book (updated through 2020-21 season)

## 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. Elizabeth Powers | 1997 | 45.16 |
| 3. Kelli Wosick     | 2012 | 45.37 |
| 4. Shannon Lahey    | 2017 | 46.06 |
| 5. Kenya Jenkins    | 1997 | 47.06 |

### 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 Nunnely | 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 Nunnely | 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 Nunnely   | 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. Kim Heiny          | 2018 | 17:53.29 |
| 5. Katherine Germann  | 2019 | 17:54.67 |

### 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 |

### 200m Hurdles

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

### 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 Gricchen | 2005      | 5'0 1/4" |
| Emilie Marsicek      | 2007      | 5'0 1/4" |

### 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" |

### 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" |

### 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. Megan Howdeshell   | 2015 | 52'7 1/4" |

### Pentathlon

| NAME                 | YEAR | POINTS |
|----------------------|------|--------|
| 1. Shannon Lahey     | 2020 | 2,516  |
| 2. Carissa Heinold   | 2008 | 2,186  |
| 3. Theresa Trompeter | 1998 | 1,824  |



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## Indoor Records

### 4x200m Relay

| NAMES                                 | 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 |

### 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 |

### 4x800m Relay

| NAMES   | YEAR | TIME    |
|---|------|---------|
| 1. Billstrom, Nunnelly, Rolf, Zellner         | 2006 | 9:30.47 |
| 2. Mikel, Lee, Zellner, Nelson                | 2003 | 9:39.0  |
| 3. Market, Meyer, Devine, Ludwig              | 1990 | 10:17.0 |
| 4. Fabricius, Bruckner, Hoffmeister, Williams | 1992 | 10:25.0 |

### 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 |

### 4xMile Relay

| NAMES                                | YEAR | TIME    |
|--------------------------------------|------|---------|
| 1. Davis, Burns, Bollig, Hoffmeister | 1994 | 23:55.0 |



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## Outdoor Records

### 100m Dash

| NAME                    | YEAR | TIME    |
|-------------------------|------|---------|
| 1. Amanda Body          | 2009 | (12.19) |
| <i>(non wind-aided)</i> | 2009 | 12.27   |
| 2. Cleo Holt            | 2013 | 12.44   |
| 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 |

### 600m Dash

| NAME          | YEAR | TIME   |
|---------------|------|--------|
| 1. Hope Burns | 1995 | 1:39.8 |

### 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. Danielle Nunnelly | 2006 | 4:38.19 |
| 4. Grace Aurand      | 2021 | 4:38.31 |
| 4. Elizabeth Kinneer | 2001 | 4:39.53 |

### 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. Jessica Richardson | 2013 | 17:40.63 |
| 4. Laura Rolf         | 2006 | 17:49.54 |
| 5. Rachael Button     | 2008 | 17:49.75 |

### 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 |

### 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 |



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## Outdoor Records

### 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. Jacque Richardson | 1998 | 39'4 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. Lindsey Gilman      | 2007 | 3,599  |
| 5. Emilie Marsicek     | 2007 | 3,573  |



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## Outdoor Records

### 4x100m Relay

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

### Shuttle Hurdles Relay

| NAMES                                | YEAR | TIME    |
|--------------------------------------|------|---------|
| 1. Wilson, Zellner,<br>Kloth, Frisch | 2005 | 1:05.02 |

### Sprint Medley Relay

| NAMES                           | YEAR | TIME    |
|---------------------------------|------|---------|
| 1. Sankey, Coyne,<br>Fox, Baker | 1995 | 4:38.63 |

### 4x400m Relay

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

### 4x800m Relay

| NAMES                               | YEAR | TIME    |
|-------------------------------------|------|---------|
| 1. Dahlgren, Liss,<br>Brimmer, Long | 1997 | 9:33.73 |

### Dist. Medley Relay

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

### 4x1600m Relay

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