

# **EIU PANTHER TOP 10 RECORD BOOK** **WOMEN'S INDOOR TRACK & FIELD**

*Bold indicates record set during the 2025 season*

## **60-METER DASH**

|   |      |                      |      |
|---|------|----------------------|------|
| 1 | 7.53 | Nyjah Lane           | 2015 |
| 2 | 7.56 | Anita Saffa          | 2017 |
| 3 | 7.58 | Angelica Anyaogu     | 2014 |
|   | 7.58 | Kyra Lobbins         | 2005 |
| 5 | 7.60 | Chandra Golden       | 2009 |
| 6 | 7.64 | Shawana Smith        | 2009 |
|   | 7.64 | Alicia Harris        | 2004 |
| 8 | 7.67 | Danielle Frank       | 2020 |
| 9 | 7.69 | Violet Nwordu        | 2008 |
|   | 7.69 | Elizabeth Greathouse | 1981 |

## **60-METER HURDLES**

|    |      |                 |      |
|----|------|-----------------|------|
| 1  | 8.40 | Kala Scott      | 1995 |
| 2  | 8.41 | Dameisha Spann  | 2018 |
| 3  | 8.43 | Phoenix McCoy   | 1998 |
| 4  | 8.47 | Chandra Golden  | 2009 |
| 5  | 8.48 | Akiya Kollore   | 2023 |
| 6  | 8.49 | Jalisa Paramore | 2013 |
| 7  | 8.50 | Donna Levy      | 1992 |
| 8  | 8.59 | Shanisa Stinson | 2022 |
| 9  | 8.72 | Candy Phillips  | 2000 |
| 10 | 8.74 | Pedra Hicks     | 2019 |

## **200-METER DASH**

|    |              |                          |             |
|----|--------------|--------------------------|-------------|
| 1  | 24.20        | Akiya Kollore            | 2023        |
| 2  | 24.48        | Danielle Frank           | 2020        |
| 3  | 24.51        | Kyra Lobbins             | 2005        |
| 4  | 24.52        | Alicia Harris            | 2004        |
| 5  | 24.71        | Shawana Smith            | 2009        |
| 6  | 24.73        | Anita Saffa              | 2016        |
| 7  | <b>24.86</b> | <b>Kenyetietta Quinn</b> | <b>2025</b> |
| 8  | 24.94        | Shirley Jones            | 2018        |
| 9  | <b>24.99</b> | <b>Abby Venhaus</b>      | <b>2025</b> |
| 10 | 25.06        | Emily Quinones           | 2012        |

## **400-METER DASH**

|    |       |                 |      |
|----|-------|-----------------|------|
| 1  | 54.96 | Alicia Harris   | 2004 |
| 2  | 55.28 | Dhiaa Dean      | 2015 |
| 3  | 55.98 | Shirley Jones   | 2018 |
| 4  | 56.08 | Bridget Sanchez | 2011 |
| 5  | 56.37 | Emily Quinones  | 2012 |
| 6  | 56.74 | Lorry Plutz     | 1988 |
| 7  | 56.93 | Makenna McBride | 2024 |
| 8  | 57.11 | Pedra Hicks     | 2018 |
| 9  | 57.13 | Kristen Dowell  | 2019 |
| 10 | 57.36 | Zakiya Johnson  | 2023 |

## **600-METER RUN**

|    |         |                     |      |
|----|---------|---------------------|------|
| 1  | 1:32.91 | Dhiaa Dean          | 2016 |
| 2  | 1:34.28 | Megan Gingerich     | 2012 |
| 3  | 1:34.83 | Amina Jackson       | 2016 |
| 4  | 1:34.96 | Kristen Paris       | 2015 |
| 5  | 1:36.55 | Tarra Grant         | 2008 |
| 6  | 1:37.40 | Stephanie Dominguez | 2017 |
| 7  | 1:37.44 | Amy Yeoman          | 2015 |
| 8  | 1:38.11 | Erika Foltys        | 2011 |
| 9  | 1:38.15 | Megan Carney        | 2010 |
| 10 | 1:38.19 | Paige Biehler       | 2011 |

## **800-METER RUN**

|    |          |                 |      |
|----|----------|-----------------|------|
| 1  | 2:08.65  | Megan Gingerich | 2012 |
| 2  | 2:08.96  | Erika Ramos     | 2013 |
| 3  | 2:09.69  | Kristen Paris   | 2017 |
| 4  | 2:11.43  | Amy Yeoman      | 2016 |
| 5  | 2:12.30  | Julie James     | 2017 |
| 6  | 2:12.54  | Lauren Lynch    | 1987 |
| 7  | 2:12.90  | Dhiaa Dean      | 2014 |
| 8  | 2:13.50  | Paige Biehler   | 2011 |
| 9  | 2:14.50y | Janine Jarris   | 1985 |
| 10 | 2:15.56  | Amanda Galvin   | 2003 |

y - converted from 880 yards

## **MILE RUN**

|    |         |                   |      |
|----|---------|-------------------|------|
| 1  | 4:47.16 | Erika Ramos       | 2013 |
| 2  | 4:48.64 | Britney Whitehead | 2013 |
| 3  | 4:52.45 | Grace Rowan       | 2020 |
| 4  | 4:53.15 | Amy Yeoman        | 2016 |
| 5  | 4:54.4  | Margaret Smith    | 1983 |
| 6  | 4:54.70 | Janine Jarris     | 1987 |
| 7  | 4:54.85 | Julie James       | 2017 |
| 8  | 4:55.76 | Lindsey Carlson   | 2020 |
| 9  | 4:55.96 | Sarah Carr        | 2023 |
| 10 | 4:57.06 | Kristen Paris     | 2015 |

## **3000-METER RUN**

|    |          |                   |      |
|----|----------|-------------------|------|
| 1  | 9:43.13  | Jordan Wallace    | 2015 |
| 2  | 9:51.14  | Grace Rowan       | 2020 |
| 3  | 9:51.74  | Britney Whitehead | 2013 |
| 4  | 9:52.24  | Lindsey Carlson   | 2020 |
| 5  | 9:53.62  | Sarah Carr        | 2023 |
| 6  | 9:53.96  | Maria Baldwin     | 2018 |
| 7  | 9:56.14  | Ruth Garippo      | 2017 |
| 8  | 9:58.1y  | Robin Smith       | 1978 |
| 9  | 9:59.6y  | Gina Sperry       | 1983 |
| 10 | 10:00.1* | Ruth Smith        | 1980 |

y - converted from 2 miles

## **5000-METER RUN**

|    |                 |                           |             |
|----|-----------------|---------------------------|-------------|
| 1  | 16:55.22        | Ruth Garippo              | 2017        |
| 2  | 17:00.1y        | Gina Sperry               | 1983        |
| 3  | 17:06.15        | Emily Brelsfoard          | 2015        |
| 4  | 17:08.91        | Lindsey Carlson           | 2020        |
| 5  | 17:11.72        | Britney Whitehead         | 2013        |
| 6  | <b>17:12.68</b> | <b>Mackenzie Aldridge</b> | <b>2025</b> |
| 7  | 17:13.99        | Jordan Wallace            | 2015        |
| 8  | 17:17.35        | Maria Baldwin             | 2016        |
| 9  | 17:19.13        | Rachel Garippo            | 2017        |
| 10 | 17:19.96        | Kate Bushue               | 2022        |

y - converted from 3 miles

## **4x400-METER RELAY**

|    |          |                                        |      |
|----|----------|----------------------------------------|------|
| 1  | 3:46.53  | EIU                                    | 2012 |
|    |          | Quinones, Gingerich, Ramos, Sanchez    |      |
| 2  | 3:47.27  | EIU                                    | 1981 |
|    |          | Ball, Greathouse, Stephens, Johnson    |      |
| 3  | 3:48.54  | EIU                                    | 2014 |
|    |          | Jackson, Dean, Strohl, Fouch           |      |
| 4  | 3:49.20y | EIU                                    | 1984 |
|    |          | Sperry, Olawumi, Lynch, Jarris         |      |
| 5  | 3:49.59  | EIU                                    | 2016 |
|    |          | Dean, Strohl, Spann, Jackson           |      |
| 6  | 3:50.19  | EIU                                    | 2015 |
|    |          | Jackson, Paris, Nicholson, Dean        |      |
| 7  | 3:50.50  | EIU                                    | 2010 |
|    |          | Quinones, Finnegan, Gingerich, Sanchez |      |
| 8  | 3:50.94  | EIU                                    | 2010 |
|    |          | Fabiano, Finnegan, Gingerich, Sanchez  |      |
| 9  | 3:51.01y | EIU                                    | 1986 |
|    |          | Hudson, Olawumi, Johnson, Stephens     |      |
| 10 | 3:51.03  | EIU                                    | 2018 |
|    |          | Hicks, Spann, Dominguez, Jones         |      |

y - converted from 4x440 yards

## **DISTANCE MEDLEY RELAY**

|    |          |                                         |      |
|----|----------|-----------------------------------------|------|
| 1  | 11:41.99 | EIU                                     | 2017 |
|    |          | Mendoza, Dean, Paris, James             |      |
| 2  | 11:50.24 | EIU                                     | 2015 |
|    |          | James, Jackson, Dean, Rohrer            |      |
| 3  | 11:52.60 | EIU                                     | 2017 |
|    |          | Mendoza, Dean, Paris, Handley           |      |
| 4  | 11:53.11 | EIU                                     | 2016 |
|    |          | Yeoman, Jackson, Dean, Rohrer           |      |
| 5  | 11:53.25 | EIU                                     | 2020 |
|    |          | Bushue, Kieth, Irish, Rowan             |      |
| 6  | 11:55.94 | EIU                                     | 2011 |
|    |          | Biehler, Quinones, Foltys, Ramos        |      |
| 7  | 11:58.48 | EIU                                     | 2016 |
|    |          | Mendoza, Jackson, Dean, Rohrer          |      |
| 8  | 11:58.55 | EIU                                     | 2012 |
|    |          | Biehler, Quinones, Gingerich, Whitehead |      |
| 9  | 11:58.89 | EIU                                     | 2023 |
|    |          | Mabry, Wojcicki, Cichon, Carr           |      |
| 10 | 12:01.91 | EIU                                     | 2007 |
|    |          | Flounders, Finnegan, Selby, LeJeune     |      |

\* - Indicates hand-timing. The rule of thumb for conversion of races less than 400M is .24 added to the hand-time. For the 400M, the accepted standard is to add .14 to the hand-time. For longer races, all times should be taken at face value.

# - List includes personal records for each athlete as top mark in that event.

## EIU WOMEN'S INDOOR TRACK & FIELD RECORDS ... continued

### HIGH JUMP

|    |         |                |      |
|----|---------|----------------|------|
| 1  | 6-00.50 | Haleigh Knapp  | 2018 |
| 2  | 5-09.25 | Candy Phillips | 2000 |
| 3  | 5-09.00 | Tiffany Jansen | 1995 |
| 4  | 5-08.50 | Maura Cummins  | 2013 |
| 5  | 5-08.00 | Denise Jones   | 2005 |
|    | 5-08.00 | Tina Dawson    | 1989 |
|    | 5-08.00 | Tara Mayner    | 1989 |
|    | 5-08.00 | Barbro Hines   | 1982 |
| 9  | 5-07.75 | Cynthia McGee  | 2001 |
| 10 | 5-07.00 | Kailey James   | 2014 |

### LONG JUMP

|          |                 |                     |             |
|----------|-----------------|---------------------|-------------|
| 1        | 20-01.75        | Gayle Brandon       | 1981        |
| 2        | 19-10.25        | Jenna Uhe           | 2008        |
| 3        | 19-08.75        | Angelica Anyaogu    | 2017        |
| 4        | 19-08.00        | Jalisa Paramore     | 2014        |
| 5        | 19-06.25        | Shavon Alexander    | 1999        |
| <b>6</b> | <b>19-00.75</b> | <b>Abby Venhaus</b> | <b>2025</b> |
| 7        | 18-11.25        | Esta Saverson       | 1990        |
| 8        | 18-10.75        | Kala Scott          | 1995        |
|          | 18-10.00        | Mary Swenson        | 1982        |
| 10       | 18-09.00        | Brion Portis        | 2018        |

### TRIPLE JUMP

|    |          |                   |      |
|----|----------|-------------------|------|
| 1  | 41-03.75 | Jenna Uhe         | 2008 |
| 2  | 40-06.25 | Brion Portis      | 2018 |
| 3  | 40-00.50 | Marissa Bushue    | 2000 |
| 4  | 39-10.75 | Queenie Adeboyejo | 2011 |
| 5  | 39-10.00 | Shavon Alexander  | 1999 |
| 6  | 39-03.75 | Ronesha Franklin  | 2005 |
| 7  | 39-01.00 | Kala Scott        | 1995 |
| 8  | 38-06.25 | Nicole Marczewski | 2007 |
| 9  | 38-06.00 | Vicki Dzura       | 2006 |
| 10 | 38-01.50 | Taryn Tarquin     | 2024 |

### POLE VAULT

|          |                 |                      |             |
|----------|-----------------|----------------------|-------------|
| 1        | 14-07.25        | Jade Riebold         | 2013        |
| 2        | 12-10.75        | Abigail Schmitz      | 2012        |
| 3        | 12-08.25        | Kirstie Wieber       | 2014        |
| 4        | 12-05.50        | Annemarie Reid       | 2015        |
|          | 12-05.50        | Mary Wood            | 2005        |
| 6        | 12-04.50        | Sadie Lovett         | 2014        |
| 7        | 12-00.00        | Nicolene Galas       | 2006        |
| 8        | 11-11.75        | Lauralyn Rosenberger | 2014        |
| <b>9</b> | <b>11-08.50</b> | <b>Mikaila Ek</b>    | <b>2025</b> |
| 10       | 11-05.75        | Tricia Gaumer        | 2007        |

### SHOT PUT

|          |                 |                          |             |
|----------|-----------------|--------------------------|-------------|
| 1        | 52-05.25        | Makenna Wilson           | 2021        |
| 2        | 50-06.00        | Kandace Arnold           | 2010        |
| 3        | 49-08.25        | Bryn Buckwalter          | 2017        |
| 4        | 48-10.75        | Valeta Strickland        | 1987        |
| 5        | 48-07.25        | Tisha Alvarez            | 1996        |
| 6        | 46-09.00        | Janie Howse              | 2016        |
| 7        | 45-05.00        | Keisha Dunlap            | 2000        |
| <b>8</b> | <b>45-03.00</b> | <b>Isabella Fabrizio</b> | <b>2025</b> |
| 9        | 45-01.75        | Denise Macon             | 1985        |
| 10       | 45-01.50        | Tiffany Greenley         | 2002        |

### 20-# WEIGHT THROW

|          |                 |                       |             |
|----------|-----------------|-----------------------|-------------|
| 1        | 62-03.00        | Janie Howse           | 2016        |
| 2        | 61-00.75        | Kandace Arnold        | 2010        |
| 3        | 60-03.75        | Jasmine Woodley       | 2019        |
| <b>4</b> | <b>59-02.25</b> | <b>Taylor Iverson</b> | <b>2024</b> |
| 5        | 57-11.25        | Bryn Buckwalter       | 2016        |
| 6        | 57-05.00        | Makenna Wilson        | 2020        |
| 7        | 57-02.25        | Tiffany Greenley      | 2002        |
| 8        | 56-08.00        | Nicole Walcott        | 2009        |
| 9        | 56-02.00        | Keisha Dunlap         | 2000        |
| 10       | 55-10.25        | Lexie Yeley           | 2017        |

### PENTATHLON

|          |             |                   |             |
|----------|-------------|-------------------|-------------|
| 1        | 3555        | Tina Dawson       | 1989        |
| 2        | 3240        | Kayla Scott       | 1991        |
| 3        | 3239        | Louisa Rieger     | 2019        |
| 4        | 3231        | Kailey James      | 2014        |
| 5        | 3174        | Elizabeth Smith   | 1985        |
| 6        | 3075        | Chrissy Roche     | 1996        |
| 7        | 2961        | Susan Gruszka     | 2024        |
| 8        | 2905        | Katie Ryan        | 2015        |
| <b>9</b> | <b>2786</b> | <b>Anna Jones</b> | <b>2025</b> |
| 10       | 2688        | Sophia Keith      | 2020        |

### ADDITIONAL INDOOR RECORDS

#### 50-METER DASH

|   |      |                |      |
|---|------|----------------|------|
| 1 | 7.18 | Emily Quinones | 2012 |
|---|------|----------------|------|

#### 55-METER HURDLES

|   |      |                 |      |
|---|------|-----------------|------|
| 1 | 7.86 | Jalisa Paramore | 2014 |
|---|------|-----------------|------|

#### 300-METER DASH

|   |       |                      |      |
|---|-------|----------------------|------|
| 1 | 37.62 | Elizabeth Greathouse | 1982 |
|---|-------|----------------------|------|

#### 500-METER DASH

|   |         |               |      |
|---|---------|---------------|------|
| 1 | 1:14.24 | Tracy Olawumi | 1988 |
|---|---------|---------------|------|

#### 1000-METER RUN

|   |         |               |      |
|---|---------|---------------|------|
| 1 | 2:49.16 | Janine Jarris | 1987 |
|---|---------|---------------|------|

#### 1500-METER RUN

|   |         |               |      |
|---|---------|---------------|------|
| 1 | 4:35.97 | Janine Jarris | 1987 |
|---|---------|---------------|------|

#### 4x800-METER RELAY

|   |          |                                |      |
|---|----------|--------------------------------|------|
| 1 | 9:04.25y | EIU                            | 1987 |
|   |          | Sperry, Olawumi, Lynch, Jarris |      |

y - converted from 4x880 yards

# EIU PANTHER TOP 10 RECORD BOOK

## WOMEN'S OUTDOOR TRACK & FIELD

*Bold indicates record set during the 2024 season*

### 100-METER DASH

|    |       |                      |      |
|----|-------|----------------------|------|
| 1  | 11.64 | Shawana Smith        | 2009 |
| 2  | 11.67 | Anita Saffa          | 2016 |
| 3  | 11.68 | Elizabeth Greathouse | 1982 |
| 4  | 11.74 | Sonya Brown          | 1982 |
|    | 11.74 | Audrey Marrocco      | 1978 |
| 6  | 11.76 | Danielle Frank       | 2021 |
| 7  | 11.78 | Mary Burroughs       | 1981 |
| 8  | 11.8* | Gayle Brandon        | 1982 |
| 9  | 11.92 | Vivica Coleman       | 2021 |
| 10 | 11.94 | Violet Nwordu        | 2009 |

### 100-METER HURDLES

|    |       |                 |      |
|----|-------|-----------------|------|
| 1  | 13.43 | Akiya Kollore   | 2023 |
| 2  | 13.51 | Jalisa Paramore | 2014 |
| 3  | 13.70 | Chandra Golden  | 2008 |
| 4  | 13.71 | Shanisa Stinson | 2022 |
| 5  | 13.86 | Katie Ryan      | 2015 |
| 6  | 13.92 | Pedra Hicks     | 2019 |
| 7  | 13.95 | Darneisha Spann | 2018 |
| 8  | 13.97 | Candy Phillips  | 1998 |
| 9  | 14.16 | Kristen Dowell  | 2019 |
| 10 | 14.19 | Romona Fowler   | 1982 |

### 200-METER DASH

|    |       |                      |      |
|----|-------|----------------------|------|
| 1  | 23.67 | Akiya Kollore        | 2022 |
| 2  | 23.74 | Gail Stephens        | 1983 |
| 3  | 23.82 | Shawana Smith        | 2009 |
| 4  | 23.93 | Anita Saffa          | 2017 |
| 5  | 23.95 | Elizabeth Greathouse | 1981 |
| 6  | 24.00 | Danielle Frank       | 2021 |
| 7  | 24.25 | Alicia Harris        | 2005 |
| 8  | 24.43 | Zakiya Johnson       | 2021 |
| 9  | 24.47 | Briana Walker        | 2015 |
| 10 | 24.50 | Bridget Sanchez      | 2011 |
|    | 24.50 | Violet Nwordu        | 2009 |

### 400-METER DASH

|    |       |                 |      |
|----|-------|-----------------|------|
| 1  | 54.0* | Gail Stephens   | 1984 |
| 2  | 54.23 | Alicia Harris   | 2004 |
| 3  | 54.56 | Bridget Sanchez | 2011 |
| 4  | 54.65 | Dhiaa Dean      | 2015 |
| 5  | 55.08 | Zakiya Johnson  | 2022 |
| 6  | 55.19 | Lorry Plutz     | 1988 |
| 7  | 55.73 | Kyra Lobbins    | 2005 |
| 8  | 55.76 | Tracy Olawumi   | 1985 |
| 9  | 55.84 | Pedra Hicks     | 2019 |
| 10 | 55.87 | Makenna McBride | 2024 |

### 400-METER HURDLES

|   |         |                  |      |
|---|---------|------------------|------|
| 1 | 59.40   | Pedra Hicks      | 2019 |
| 2 | 1:00.73 | Amina Jackson    | 2015 |
| 3 | 1:01.19 | Hallee Thomas    | 2023 |
| 3 | 1:01.48 | Shirley Jones    | 2017 |
| 4 | 1:01.49 | Chandra Golden   | 2009 |
| 5 | 1:01.90 | Caitlin Finnegan | 2010 |
| 6 | 1:01.96 | Tracy Olawumi    | 1988 |
| 7 | 1:02.09 | Keri Davis       | 2000 |
| 8 | 1:02.34 | Samantha Manto   | 2008 |
| 9 | 1:02.38 | Janessa Clay     | 2012 |

### 800-METER RUN

|    |         |                   |      |
|----|---------|-------------------|------|
| 1  | 2:06.37 | Megan Gingerich   | 2011 |
| 2  | 2:06.77 | Lauren Lynch      | 1987 |
| 3  | 2:07.35 | Erika Ramos       | 2013 |
| 4  | 2:08.76 | Kristen Paris     | 2015 |
| 5  | 2:09.10 | Amy Yeoman        | 2016 |
| 6  | 2:09.11 | Dhiaa Dean        | 2014 |
| 7  | 2:09.19 | Britney Whitehead | 2013 |
| 8  | 2:09.84 | Julie James       | 2017 |
| 9  | 2:10.23 | Nicole Flounders  | 2007 |
| 10 | 2:10.7* | Janine Jarris     | 1986 |

### 1500-METER RUN

|    |         |                   |      |
|----|---------|-------------------|------|
| 1  | 4:24.60 | Britney Whitehead | 2013 |
| 2  | 4:26.08 | Margaret Smith    | 1983 |
| 3  | 4:28.75 | Erika Ramos       | 2012 |
| 4  | 4:28.96 | Lauren Lynch      | 1987 |
| 5  | 4:31.13 | Amy Yeoman        | 2016 |
| 6  | 4:31.54 | Grace Rowan       | 2019 |
| 7  | 4:32.61 | Megan Gingerich   | 2012 |
| 8  | 4:32.74 | Janine Jarris     | 1986 |
| 9  | 4:32.76 | Sarah Carr        | 2023 |
| 10 | 4:32.80 | Kristen Paris     | 2015 |

### 3000-METER RUN

|    |          |                |      |
|----|----------|----------------|------|
| 1  | 9:50.74  | Lindsay Speer  | 2000 |
| 2  | 9:54.85  | Margaret Smith | 1983 |
| 3  | 9:58.37  | Maria Baldwin  | 2015 |
| 4  | 10:00.1* | Ruth Smith     | 1979 |
| 5  | 10:01.91 | Janine Jarris  | 1986 |
| 6  | 10:05.44 | Beth Martin    | 2001 |
| 7  | 10:06.45 | Kiya Thomas    | 1994 |
| 8  | 10:06.8* | Janet Steele   | 1981 |
| 9  | 10:07.3* | Robin Smith    | 1979 |
| 10 | 10:07.67 | Stephanie Bone | 2002 |

### 3000-METER STEEPLECHASE

|    |          |                   |      |
|----|----------|-------------------|------|
| 1  | 10:23.91 | Britney Whitehead | 2012 |
| 2  | 10:42.14 | Rachel Garippo    | 2017 |
| 3  | 10:44.45 | Erin O'Grady      | 2010 |
| 4  | 10:49.66 | Ruth Garippo      | 2016 |
| 5  | 10:54.94 | Olivia Klaus      | 2012 |
| 6  | 10:56.24 | Avani Flanagan    | 2019 |
| 7  | 10:57.94 | Jill Blondell     | 2007 |
| 8  | 10:59.83 | Beth Martin       | 2002 |
| 9  | 11:08.95 | Rylea Borgic      | 2024 |
| 10 | 11:11.93 | Lindsay Speer     | 2001 |

### 5000-METER RUN

|    |          |                    |      |
|----|----------|--------------------|------|
| 1  | 16:27.08 | Lindsey Carlson    | 2022 |
| 2  | 16:59.13 | Mackenzie Aldridge | 2024 |
| 3  | 17:03.42 | Sarah Carr         | 2023 |
| 4  | 17:03.8* | Robin Smith        | 1980 |
| 5  | 17:08.1* | Gina Sperry        | 1983 |
| 6  | 17:08.29 | Ivy Handley        | 2016 |
| 7  | 17:08.8* | Ruth Smith         | 1980 |
| 8  | 17:13.49 | Kate Bushue        | 2022 |
| 9  | 17:15.54 | Maria Baldwin      | 2016 |
| 10 | 17:17.38 | Emily Brelsfoard   | 2014 |

### 10,000-METER RUN

|    |          |                    |      |
|----|----------|--------------------|------|
| 1  | 34:13.10 | Lindsey Carlson    | 2022 |
| 2  | 35:20.52 | Ruth Garippo       | 2017 |
| 3  | 35:28.08 | Maria Baldwin      | 2018 |
| 4  | 35:59.63 | Emily Brelsfoard   | 2014 |
| 5  | 36:11.9* | Robin Smith        | 1980 |
| 6  | 36:21.14 | Laurie Mizener     | 1992 |
| 7  | 36:21.7* | Nancy Kramer       | 1982 |
| 8  | 36:31.62 | Whitney Maninfor   | 2015 |
| 9  | 36:35.66 | Mackenzie Aldridge | 2024 |
| 10 | 36:35.94 | Ivy Handley        | 2017 |

### 4x100-METER RELAY

|    |       |                                          |      |
|----|-------|------------------------------------------|------|
| 1  | 45.05 | EIU                                      | 2021 |
|    |       | Coleman, Frank, Z. Johnson, Kollore      |      |
| 2  | 45.55 | EIU                                      | 2009 |
|    |       | Nwordu, Golden, Grant, Smith             |      |
| 3  | 45.82 | EIU                                      | 2017 |
|    |       | Anyagou, Saffa, Spann, Lane              |      |
| 4  | 45.95 | EIU                                      | 2015 |
|    |       | Anyagou, Walker, Spann, Lane             |      |
| 5  | 46.12 | EIU                                      | 2016 |
|    |       | Anyagou, Walker, Saffa, Spann            |      |
| 6  | 46.25 | EIU                                      | 1981 |
|    |       | Stephens, Greathouse, Burroughs, Brandon |      |
| 7  | 46.29 | EIU                                      | 2022 |
|    |       | Z. Johnson, R. Jackson, Coleman, Kollore |      |
| 8  | 46.35 | EIU                                      | 2015 |
|    |       | Anyagou, Walker, Saffa, Lane             |      |
| 9  | 46.38 | EIU                                      | 1982 |
|    |       | Greathouse, Stephens, Johnson, Brown     |      |
| 10 | 46.42 | EIU                                      | 2021 |
|    |       | Stinson, Frank, Z. Johnson, Kollore      |      |
|    | 46.42 | EIU                                      | 2023 |
|    |       | Frank, McBride, Wright, Kollore          |      |

### 4x400-METER RELAY

|    |         |                                         |      |
|----|---------|-----------------------------------------|------|
| 1  | 3:42.39 | EIU                                     | 1982 |
|    |         | Lackland, Greathouse, Johnson, Stephens |      |
| 2  | 3:43.3* | EIU                                     | 1984 |
|    |         | Hudson, Lynch, Johnson, Stephens        |      |
| 3  | 3:43.65 | EIU                                     | 1984 |
|    |         | Hudson, Olawumi, Johnson, Stephens      |      |
| 4  | 3:44.47 | EIU                                     | 1982 |
|    |         | Brown, Greathouse, Johnson, Stephens    |      |
| 5  | 3:44.61 | EIU                                     | 2009 |
|    |         | Sanchez, Nwordu, Gingerich, S. Smith    |      |
| 6  | 3:45.66 | EIU                                     | 2012 |
|    |         | Quinones, Ramos, Clay, Gingerich        |      |
| 7  | 3:45.83 | EIU                                     | 1981 |
|    |         | Greathouse, Ball, Stephens, Johnson     |      |
| 8  | 3:46.50 | EIU                                     | 1983 |
|    |         | Hudson, Johnson, Carrethers, Stephens   |      |
| 9  | 3:47.13 | EIU                                     | 2012 |
|    |         | Sanchez, Ramos, Gingerich, Quinones     |      |
| 10 | 3:47.75 | EIU                                     | 2014 |
|    |         | Jackson, Dean, Nicholson, Fouch         |      |

\* - Indicates hand-timing. The rule of thumb for conversion of races less than 400M is .24 added to the hand-time. For the 400M, the accepted standard is to add .14 to the hand-time. For longer races, all times should be taken at face value.

# - List includes personal records for each athlete as top mark in that event.

## EIU WOMEN'S OUTDOOR TRACK & FIELD RECORDS ... *continued*

### HIGH JUMP

|    |         |                |      |
|----|---------|----------------|------|
| 1  | 6-00.50 | Haleigh Knapp  | 2016 |
| 2  | 5-09.75 | Maura Cummins  | 2013 |
|    | 5-09.75 | Tina Dawson    | 1989 |
| 3  | 5-09.00 | Candy Phillips | 2000 |
| 4  | 5-08.75 | Denise Jones   | 2006 |
| 6  | 5-08.00 | Tiffany Jansen | 1995 |
|    | 5-08.00 | Barbro Hines   | 1982 |
| 8  | 5-07.75 | Tara Mayner    | 1989 |
| 9  | 5-07.00 | Deb Hasik      | 2005 |
| 10 | 5-06.50 | Jackie Jones   | 2016 |

### LONG JUMP

|   |          |                   |      |
|---|----------|-------------------|------|
| 1 | 20-05.50 | Gayle Brandon     | 1982 |
| 2 | 20-03.75 | Jalisa Paramore   | 2014 |
| 3 | 19-11.75 | Angelica Anyaogu  | 2017 |
| 4 | 19-09.50 | Jaimee Roy        | 2010 |
| 5 | 19-08.25 | Candy Phillips    | 2000 |
| 6 | 19-07.75 | Tina Dawson       | 1989 |
| 7 | 19-04.00 | Esta Saverson     | 1989 |
| 8 | 19-04.75 | Brion Portis      | 2018 |
| 9 | 19-02.50 | Holly Vogt        | 2024 |
|   | 19-02.50 | Nicole Marczewski | 2007 |

### TRIPLE JUMP

|    |          |                   |      |
|----|----------|-------------------|------|
| 1  | 42-00.00 | Brion Portis      | 2018 |
| 2  | 41-09.75 | Ronesha Franklin  | 2005 |
| 3  | 41-01.50 | Jenna Uhe         | 2008 |
| 4  | 40-08.25 | Nicole Marczewski | 2007 |
| 5  | 40-07.25 | Marissa Bushue    | 2000 |
| 6  | 40-02.75 | Tina Dawson       | 1989 |
| 7  | 39-08.00 | Queenie Adeboyejo | 2010 |
| 8  | 39-04.00 | Taryn Tarquin     | 2024 |
| 9  | 38-11.50 | Kala Scott        | 1994 |
| 10 | 38-10.25 | Abby Venhaus      | 2024 |

### POLE VAULT

|    |          |                      |      |
|----|----------|----------------------|------|
| 1  | 14-05.25 | Jade Riebold         | 2013 |
| 2  | 12-11.50 | Abigail Schmitz      | 2012 |
| 3  | 12-09.50 | Annemarie Reid       | 2015 |
| 4  | 12-06.25 | Sadie Lovett         | 2015 |
| 5  | 12-04.75 | Lauralyn Rosenberger | 2014 |
| 6  | 12-00.75 | Kirstie Wieber       | 2014 |
| 7  | 11-11.75 | Tricia Gaumer        | 2007 |
|    | 11-11.75 | Nicolene Galas       | 2005 |
|    | 11-11.75 | Mary Wood            | 2005 |
| 10 | 11-03.75 | Hallee Thomas        | 2023 |

### DISCUS

|    |        |                     |      |
|----|--------|---------------------|------|
| 1  | 165-07 | Kandace Arnold      | 2010 |
| 2  | 160-07 | Bryn Buckwalter     | 2016 |
| 3  | 156-07 | Gracie Cox          | 2024 |
| 4  | 154-08 | Makenna Wilson      | 2021 |
| 5  | 154-03 | Marie Koch          | 2022 |
| 6  | 153-11 | Lexie Yeley         | 2017 |
| 7  | 153-07 | Condia Smith        | 2012 |
| 8  | 152-00 | Adrianne Leschewski | 2005 |
| 9  | 149-11 | Janie Howse         | 2016 |
| 10 | 147-10 | Frisline Saintoiry  | 2010 |

### HAMMER THROW

|    |        |                  |      |
|----|--------|------------------|------|
| 1  | 201-04 | Makenna Wilson   | 2021 |
| 2  | 180-07 | Jasmine Woodley  | 2019 |
| 3  | 178-09 | Emily Montgomery | 2021 |
| 4  | 175-00 | Taylor Iverson   | 2024 |
| 5  | 173-05 | Bryn Buckwalter  | 2017 |
| 6  | 171-04 | Janie Howse      | 2016 |
| 7  | 171-00 | Kandace Arnold   | 2010 |
| 8  | 169-04 | Condia Smith     | 2014 |
| 9  | 168-11 | Keisha Dunlap    | 2000 |
| 10 | 167-03 | Clayre Shaver    | 2024 |

### JAVELIN

|    |           |                    |      |
|----|-----------|--------------------|------|
| 1  | 148-07    | Kristi Baum        | 1987 |
| 2  | 145-09    | Michelle Warren    | 1992 |
| 3  | 145-04.50 | Donna Gayle        | 1980 |
| 4  | 142-06    | Caroline Lendy     | 2024 |
| 5  | 140-11    | Danielle Scaduto   | 2023 |
| 6  | 139-07    | Denise Jones       | 2006 |
| 7  | 137-02    | Rachel Galligan    | 2007 |
| 8  | 135-11    | Makenna Wilson     | 2018 |
| 9  | 134-11    | Jenna Uhe          | 2009 |
| 10 | 132-05    | Yvonne Breitwieser | 1988 |

### SHOT PUT

|    |          |                     |      |
|----|----------|---------------------|------|
| 1  | 52-06.75 | Kandace Arnold      | 2010 |
| 2  | 50-03.25 | Makenna Wilson      | 2021 |
| 3  | 49-11.50 | Bryn Buckwalter     | 2017 |
| 4  | 49-05.50 | Valeta Strickland   | 1987 |
| 5  | 47-00.25 | Tisha Alvarez       | 1995 |
| 6  | 46-02.00 | Keisha Dunlap       | 2000 |
| 7  | 45-07.25 | Debbie Zubik        | 1987 |
| 8  | 45-06.25 | Adrianne Leschewski | 2004 |
| 9  | 45-03.75 | Erin Stein          | 2005 |
| 10 | 45-02.25 | Nicole Walcott      | 2009 |

### HEPTATHLON

|    |      |                 |      |
|----|------|-----------------|------|
| 1  | 5085 | Tina Dawson     | 1989 |
| 2  | 5049 | Kala Scott      | 1995 |
| 3  | 4622 | Louisa Rieger   | 2018 |
| 4  | 4425 | Kailey James    | 2014 |
| 5  | 4231 | Elizabeth Smith | 1984 |
| 6  | 4112 | Susan Gruszka   | 2024 |
| 7  | 4088 | Denise Jones    | 2006 |
| 8  | 4052 | Morgan Atchison | 2019 |
| 9  | 4039 | Vicki Sleezer   | 1998 |
| 10 | 3705 | Kaitlyn Corzine | 2014 |

### ADDITIONAL OUTDOOR RECORDS

#### 4x800-METER RELAY

|   |         |                                 |      |
|---|---------|---------------------------------|------|
| 1 | 8:46.72 |                                 | 2013 |
|   |         | Ramos, Dean, Biehler, Whitehead |      |

#### DISTANCE MEDLEY RELAY

|   |          |                              |      |
|---|----------|------------------------------|------|
| 1 | 11:34.00 |                              | 2017 |
|   |          | James, Saffa, Paris, Handley |      |