



TOP 10 LIST WOMEN'S OUTDOOR TRACK & FIELD

Spring Arbor University

RUNNING

100 METERS

		Time	Year
1	Cilla Hoffman	11.89	1980
2	Amber Woolsey	12.50	1999
3	Deb Brink	12.61	1992
4	Karen Rodd	12.65	1986
5	Gena Reining	12.67	1984
6	Kaylie Lindberg	12.95	2011
7	Linzi McNew	13.23	2005
8	Kendra Sharp	13.28	2006
9	Amy Mousseau	13.35	1996
10	Jessica Czinder	13.41	2011

1500 METERS

		Time	Year
1	Michella Klein	4:35.50	2001
2	Christina Ingraham	4:38.24	2006
3	Carissa Hudson	4:42.62	2011
4	Amber Myers	4:46.18	2008
5	Katie Alfredson	4:46.22	2007
6	Joyce Woki	4:48.26	2008
7	Kelli DeCamp	4:48.64	1998
8	Tina Simmon	4:49.24	1988
9	Terry Jo Rule	4:49.94	1986
10	Melanie Batey	4:52.24	2001

200 METERS

		Time	Year
1	Cilla Hoffman	25.24	1980
2	Amber Woolsey	25.50	1999
3	Lauren Prueter	25.52	2010
4	Gina Reining	25.95	1984
5	Deb Brink	26.42	1992
6	Heidi Bock	26.86	2001
7	Amy Mousseau	26.89	1996
8	Karen Rodd	26.91	1986
9	LaVonya Edmonds	27.03	1986
10	Kendra Sharp	27.36	2007

3000 METERS

		Time	Year
1	Kelli DeCamp	10:08.12	1997
2	Joyce Woki	10:24.66	2008
3	Christina Ingraham	10:26.30	2006
4	Carissa Hudson	10:27.54	2011
5	Natalie Kendall	10:27.78	2000
6	Melanie Batey	10:38.24	2001
7	Deb Kuntzleman	10:48.81	1985
8	Meran Miles	10:51.64	1999
9	Kim Southworth	10:55.19	1982
10	Melonnie Furgason	10:58.56	1998

400 METERS

		Time	Year
1	Heidi Bock	57.21	2001
2	Lauren Prueter	57.47	2011
3	Greta Schellanberg	59.58	1982
4	Deb Romsek	59.93	1979
5	Melinda Townsend	60.04	1992
6	Dawna Westran	60.05	1992
7	Meran Westran	60.12	1999
8	Meg Peters	60.14	2005
9	LeVonya Edmonds	60.19	1984
10	Rachelle Youngman	60.22	2005

5000 METERS

		Time	Year
1	Kim Southworth	17:58.54	1982
2	Joyce Woki	17:58.77	2009
3	Natalie Kendall	18:06.76	2000
4	Hannah Ringer	18:35.10	2009
5	Deb Kuntzleman	18:55.24	1985
6	Melonnie Furgason	18:59.84	2001
7	Stephanie Klein	19:01.24	1997
8	Rebecca Campbell	19:07.36	2008
9	Brooke Cooper	19:08.65	2010
10	Libbi Fleming	19:13.17	1999

800 METERS

		Time	Year
1	Heidi Bock	2:12.28	2003
2	Meran Miles	2:13.80	2001
3	Meg Peters	2:15.24	2004
4	Katie Alfredson	2:15.85	2007
5	Michelle Klein	2:17.31	2002
6	Christine Ingraham	2:17.58	2004
7	Anna Hamilton	2:18.56	2010
8	Natalie Kendall	2:18.91	2000
9	Michaela Crew	2:19.26	2009
10	Greta Schellenberg	2:19.64	1984

10,000 METERS

		Time	Year
1	Kim Southworth	35:58.17	1982
2	Joyce Woki	37:06.09	2008
3	Hannah Ringer	38:13.26	2009
4	Rose Richards	39:15.84	1982
5	Brooke Cooper	39:22.87	2010
6	Stephanie Klein	40:20.79	1997
7	Libbi Fleming	40:44.23	1998
8	Molly Smith	40:46.17	2011
9	Lisa Taylor	41:26.17	2010
10	Amber Berridge	41:28.44	1997



110 m HURDLES		Time	Year
1	Andrea Vanderhorst	15.60	1999
2	Karen Rodd	15.96	1983
3	Lanette Mossolle	16.11	1999
4	Amy Mousseau	16.27	1996
5	Deanna Redding	16.77	1995
6	Dina Hopklins	17.68	1989
7	Joyce Holsworth	17.81	1985
8	Jeanette Solis	17.89	2011
9	Andrea Bogert	18.17	2011
10			

400 m HURDLES		Time	Year
1	Karen Rodd	1:03:05	19896
2	Deb Romsek	1:04.81	1979
3	Andrea Vanderhorst	1:05.05	1998
4	Rebecca Dennison	1:05.55	2003
5	Denise Abernathy	1:05.95	1999
6	Lanette Mossolle	1:06.12	2000
7	Kaitlin Debruin	1:06.65	2010
8	Jackie Boss	1:08.50	2002
9	Andrea Bogert	1:09.18	2011
10	Lisa Watt	1:09.72	1997

HEPTATHLON		Points	Year
1	Karen Rodd	4502	1986
2	Andrea Vanderhorst	4204	1999
3			
4			
5			

1/2 MARATHON		Time	Year
1	Hilary Green	1:30.17	1998
2	Brooke Cooper	1:30.54	2010
3	Lisa Taylor	1:31.39	2010
4	Liz Lamb	1:31.52	2005
5	Sierra Koker	1:32.43	2009
6			
7			
8			
9			
10			

FULL MARATHON		Time	Year
1	Deb Kuntzleman	3:10:47.24	1985
2	Brooke Cooper	3:19:40.01	2010
3	Liz Lamb	3:22:48.01	2005
4	Hillary Green	3:24:52.21	1998
5			

RELAYS

4 X 100 METERS

1	49.94	Denise Abernathy, Mandy Malcolm, Lannette Mossolle, Amber Woolsey	1999
2	50.00	Abby Koppelman, Jen Murdoch, Carrie Burger, Andria VanderHorst	1997
3	50.44	Greta Schellanberg, Sally Ingraham, Rose Richards, Cillia Hoffman	1981
4	50.86	Kaylie Lindberg, Lauren Prueter, Megan Bement, Aislinn Candido	2010
5	50.93	Kaylie Lindberg, Kayla Finkbinder, Aislinn Candido, Megan Bement	2011

4 X 400 METERS

1	3:58.81	Heidi Bock, Mandy Salisbury, Meran Miles, Amber Woolsey	2001
2	4:01.59	Heidi Bock, Jackie Boss, Iris Slater, Amber Woolsey	2002
3	4:02.87	Denise Abernathy, Andria VanderHorst, Natalie Kendall, Amber Woolsey	1999
4	4:02.89	Meg Peters, Christine Ingraham, Courtney Ingraham, Rachelle Youngman	2005
5	4:03.32	Heidi Bock, Mandy Salisbury, Courtney Ingraham, Rebecca Dennison	2003

4 X 800 METERS

1	9:09.38	Meg Peters, Amanda Shirk, Christine Ingraham, Heidi Bock	2003
2	9:14.44	Meg Peters, Amber Myers, Rachelle Youngman, Christine Ingraham	2005
3	9:18.77	Meran Miles, Becky Olson, Michelle Klein, Matalie Kendall	1999
4	9:20.56	Michelle Crouch, Carissa Hudson, Michaele Crew, Faith Gunderson	2011
5	9:21.78	Michelle Crouch, Amber Myers, Kaitlin DeBruin, Hannah Weide	2008



FIELD EVENTS

HIGH JUMP

		Result	Year
1	Andrea Vanderhorst	5' 8"	2000
2	Lanette Mossolle	5' 4 1/4"	2000
3	Courtney Thompson	5' 4"	1996
4	Karen Rodd	5' 3 1/4"	1985
5	Kayla Finkbinder	5' 3"	2011
6	Erika Mestdagh	5' 1"	2011
7	Spencer	5' 0"	1977
8	Carmen Wittman	4' 10"	1994
	Sara Fisher	4' 10"	1995

LONG JUMP

		Result	Year
1	Cilla Hoffman	17' 10"	1982
2	Donna Hankins	17' 3 3/4"	1984
3	Dawn Faler	17' 3 1/2"	1988
4	Karen Rodd	17' 0 3/4"	1986
5	Abbie Koppelman	16' 6 3/4"	1997
6	Gina Reining	16' 0"	1984
7	Deb Brink	15' 11"	1993
8	Jenny Murdoch	15' 10"	1997
9	Linzi McNew	15' 2 1/4"	2005
10	Withenshaw	14' 2 1/2"	1979

TRIPLE JUMP

		Result	Year
1	Dawn Faler	34' 8"	1988
2	Denna Hopkins	34' 5 1/2"	1990
3	Karen Rodd	34' 2 1/2"	1986
4	Abbie Koppelman	32' 10"	1997
5	Simie Bredeweg	30' 8 1/2"	1996
6			
7			
8			
9			
10			

SHOT PUT

		Result	Year
1	Shanna DuBose	46' 2"	2003
2	Kim Sturm	42' 10 3/4"	1998
3	Linda Crouch	42' 2"	1987
4	Amy Korte	38' 0 1/2"	1996
5	Karen Rodd	37' 6 1/2"	1984
6	Karen Gibbs	36' 6 1/2"	1997
7	Betsy Kintigh	35' 0"	2002
8	Janet Vidler	34' 8"	1985
9	Nicole Putra	34' 0"	1999
	Andrea Vanderhorst	34' 0"	1999
	Krista Carpenter	34' 0"	2000

DISCUS

		Result	Year
1	Kim Sturm	139' 6"	1998
2	Shanna DuBose	138' 4"	2003
3	Linda Crouch	132' 11"	1986
4	Krista Carpenter	114' 0"	2000
5	Courtney Thompson	113' 7"	1996
6	Karen Gibbs	113' 0"	1999
7	Amy Korte	110' 1"	1995
8	Janet Vidler	102' 0 1/2"	1985
9	Karen Rodd	101' 0"	1983
10			

POLE VAULT

		Result	Year
1	April Bennett	10' 6"	2003
	Vanessa Rogers	10' 6"	2011
	Emily Reed	10' 6"	2011
4	Brandy Stalhood	10' 2"	2002
5	Aislinn Candido	9' 6"	2011
6			
7			
8			
9			
10			

HAMMER

		Result	Year
1	Shanna DuBose	121' 0"	2001
2	Krista Carpenter	107' 7"	2001
3	Nicole Putra	94' 0"	1999
4			
5			

JAVELIN

		Result	Year
1	Glenda Gruno	134' 1 1/2"	1982
2	Linda Crouch	121' 11 1/2"	1987
3	Karen Rodd	118' 0"	1985
4	Krista Carpenter	110' 8"	2002
5	Andrea Vanderhorst	104' 7"	1999
6	Jackson	98' 0"	1979
7	Jo Greenman	96' 10 1/2"	1984
8	Kim Sturm	86' 3 1/5"	1997
9	Bedell	80' 10"	1980
10			