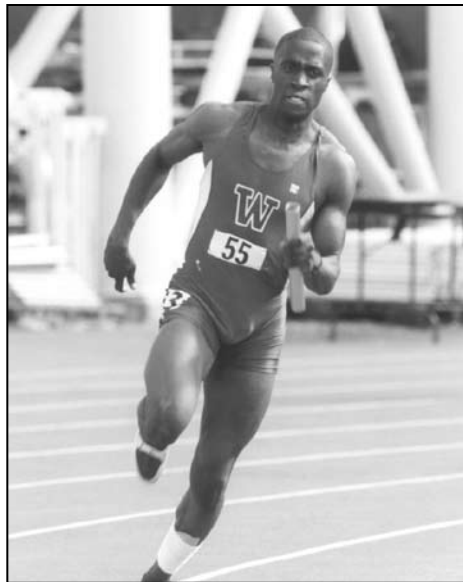


RECORDS & HISTORY



RECORDS • Men's Outdoor Top-10 Lists



Ja'Warren Hooker, 100m and 200m dashes.

100 METERS

10.18	Ja'Warren Hooker	1998
10.26	Pablo Franco	1975
10.27	Sterling Hinds	1982
10.30	LaNorris Marshall	1983
10.43	Davaon Spence	2005
	Ed Turner	1996
10.44	Byron Howell	1984
10.48	Isaiah Stanback	2006
10.50	Kelly Coleman	1992
10.52	Tim Martin	1994

200 METERS

20.23	Ja'Warren Hooker	2000
20.37	Jordan Boase	2008
20.46	LaNorris Marshall	1981
20.61	Sterling Hinds	1982
20.66	Byron Howell	1985
20.68	Pablo Franco	1977
20.74	Ed Turner	1996
21.06	Joe Turner	2008
21.12	Bernie Jackson	1981
21.18	Tim Martin	1993

400 METERS

44.82	Jordan Boase	2008
44.91	Ja'Warren Hooker	2000
45.81	Orlando McKay	1990
45.87	Alex Harcourt	2007
46.06	Billy Hicks	1975
46.13	Derek Prior	1998
46.30	B.J. Dawson	1998
46.31	Brent Merritt	1991
46.41	Bruce Jackson	2006
46.44ch	Terry Tobacco	1959
46.44h	Mark Williamson	1984

c - Converted from 440 yards

800 METERS

1:46.29	Ryan Brown	2006
1:47.21	Rob Webster	1982
1:47.54h	Bill Smart	1970
1:48.04h	Mitch Leffler	1992
1:48.14	Austin Abbott	2008
1:48.24h	Greg Gibson	1976
1:48.39	Brice Newton	1997
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.84h	Peter Favell	1978

1,500 METERS

3:39.89	Bruce Stirling	1987
3:41.74h	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.24h	Greg Gibson	1976
3:43.34h	Rick Albright	1973
3:43.40	Eric Garner	2004
3:43.56	Stormy Shouman	1990
3:43.74	Peter Favell	1978
3:43.77	Gary Gustafson	1978
3:44.07	Dan Bell	1988

3,000M STEEPLECHASE

8:32.27	Dan Bell	1987
8:32.54h	Jim Johnson	1972
8:40.24	Atle Naesheim	1989
8:41.17	Greg Metcalf	1992
8:41.83	Carl Moe	2008
8:42.14h	Bill Koss	1972
8:44.54h	Gary Gustafson	1976
8:44.93	Nick Pavach	1996
8:46.92	Mike Hill	2002
8:48.34h	Christian Belz	1997

5,000 METERS

13:40.61	David Bazzi	2001
13:53.45	Alan Hjort	1989
13:54.07	Jeremy Park	2003
13:54.54	Adam Leahy	1990
13:56.84h	Tim Murray	1977
13:57.58	Bill Stolp	1979
13:57.85	Bruce McDowell	1989
13:59.94h	Jim Johnson	1972
14:02.12	Jason Fayant	2001
14:04.44h	Mark Hallenbeck	1979

10,000 METERS

28:34.54	David Bazzi	2001
28:49.69	Jeremy Mineau	2006
28:56.05	Jake Schmitt	2008
28:58.34h	Curt Corvin	1986
29:07.22	Mike Sayenko	2007
29:13.04h	Jim Reinke	1987
29:22.47	Kevin Peters	2006
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978

110-METER HURDLES

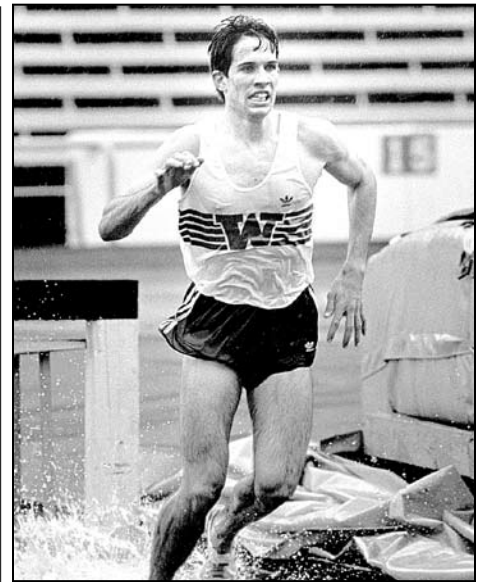
13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04ch	Bill Roe	1967
14.11	Aaron Williams	1981
	Ben Meyer	2000
14.21	James Fredrickson	2007
14.24ch	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974

c - Converted from 120-yard hurdles

400-METER HURDLES

49.51	Shane Charles	2006
49.85	Bernard Ellison	1991
50.63	James Fredrickson	2007
51.45	Brad Goodrich	2002
51.64ch	Terry Lavery	1974
	Tom Strathairn	1978
	Dan Johnston	1998
51.88c	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000

c - Converted from 440-yard hurdles



Dan Bell, Steeplechase

4x100-METER RELAY

39.24	Brown/Hinds/Howell/Marshall	1983
39.43	Boase/Davidson/S. Williams/Spence	2005
39.49	Marshall/Stankovic/Howell/Jackson	1981
39.52	Boase/Fredrickson/Turner/Hamilton	2008
39.84ch	Carr/Elkins/Hicks/Davis	1974
39.86	Noji/Hall/McKay/Jones	1990
39.94ch	Kirtman/Hicks/Franco/Tinner	1975
39.97	Boase/Bacon/Turner/Hamilton	2008
40.00	Bacon/Fredrickson/Turner/Hamilton	2008
40.07	Boase/Harcourt/Charles/Stanback	2006

c - Converted from 440-yard relay

4x400-METER RELAY

3:03.85	S. Williams/Charles/Brown/Jackson	2005
3:04.14yh	Tinner/Belur/Franco/Hicks	1975
3:04.22	Boase/Charles/Brown/Jackson	2006
3:04.73	Bryant/McKay/Merritt/Ellison	1990
3:05.21	Hooker/Prior/Anabel/Dawson	1998
3:06.41	Adams/McCary/S. Williams/Jackson	2004
3:06.53	Strub/McKay/Merritt/Ellison	1991
3:07.08	Boase/Charles/McCary/Jackson	2006
3:08.37	Boase/Charles/S. Williams/Jackson	2005
3:08.39	Gudaitis/Fredrickson/Brown/Harcourt	2007

c - Converted from mile relay

HIGH JUMP

7-6 1/2	Rick Noji	1990
7-3 1/4	Norris Frederick	2008
7-1	Lucian Moore	1977
	Mike Ramos	1986
7-0 1/2	J.D. Taylor	1985
	Mark Alan	1989
7-0 1/4	Tracey Thomas	1988
	Sean Steele	2001
7-0	Darryl Laverdure	1973
	Doug Meade	1981

POLE VAULT

18-6 1/2	Brad Walker	2003
18-0 1/2	Garth Willard	1992
18-0 1/4	Steve Oravetz	1979
17-10 1/2	Scott Roth	2007
	Ron Johnson	1992
	Bryan Madche	1996
	Matt Phillips	2000
17-6 1/4	Kirk Bryde	1972
17-6	Jeff Taylor	1975
17-5 3/4	Todd Campbell	1994



Scott Roth, Pole Vault

Washington Men's Freshman Records

100 Meters	10.18, Ja'Warren Hooker, 1998	400-Meter Hurdles	51.53, Brad Goodrich, 2001
200 Meters	20.70, Ja'Warren Hooker, 1998	High Jump	7-4 1/2, Rick Noji, 1986
400 Meters	46.42, Ja'Warren Hooker, 1998	Pole Vault	17-10 1/2, Scott Roth, 2007
800 Meters	1:47.9h, Greg Gibson, 1973	Long Jump	25-6 1/4i, Norris Frederick, 2005
1,500 Meters	3:44.36, Austin Abbott, 2005	Triple Jump	50-3 1/2, Tony Parrish, 1994
Mile	4:04.5h, Greg Gibson, 1973	Shot Put	59-11, Russ Vincent, 1974
3,000 Meters	8:02.02i, Carl Moe, 2004	Discus	187-2, Ben Lindsey, 1997
Steeplechase	8:44.4h, Gary Gustafson, 1976	Hammer Throw	221-5, Scott Neilson, 1976
5,000 Meters	13:54.03i, Jeremy Mineau, 2006	Javelin (old)	266-11, Bob Rockett, 1983
10,000 Meters	28:49.69, Jeremy Mineau, 2006	Javelin (new)	238-8, Troy Burkholder, 1996
110-Meter Hurdles	13.57, Spider Gaines, 1976	Decathlon	7,638, Mike Ramos, 1982

LONG JUMP

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-6 3/4	Norris Frederick	2006
25-5 3/4	Wariboko West	1964
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
24-8 1/4	J.R. Wolfork	2005
24-7 1/4	Tony Zackery	1986

TRIPLE JUMP

52-5 3/4	Wayne Hinkley	1975
51-5 1/2	Eric Klein	1968
51-5	Al Harris	1983
50-11	Dion Brown	1989
50-5 1/4	Aaron Williams	1981
	Tony Parrish	1995
50-4 1/4	Vestee Jackson	1982
50-3	Dennis Cook	1977
49-11	Jerrold Akins	1994
49-9 3/4	John Triplett	1976

SHOT PUT

65-11	Steve Summers	1979
65-4	Ben Lindsey	1998
64-4	Russ Vincent	1976
62-11 1/4	John Hubbell	1969
62-9 1/2	Ernie Conwell	1996
61-7	Pete Kaligis	1994
61-3 3/4	Ernie Cathcart	1972
60-10 1/4	Jeff Johnson	1981
60-3	Erik Johnson	1988
60-0 1/4	Neal Kneip	1986

DISCUS

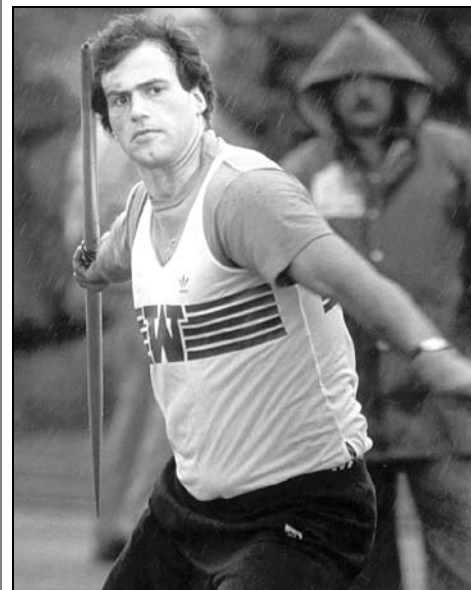
214-7	Borys Chambul	1976
210-3	Adam Setliff	1993
208-9	Mart Israel	2007
202-7	Ben Lindsey	1998
201-8	Doug Wollen	1982
200-1	Will Conwell	2006
192-11	Todd Wilson	1991
192-4	Dan Tabish	1987
189-6	Pat Feider	1990
187-3	Mat Schwin	2003

HAMMER

238-7	Scott Neilson	1978
222-1	Martin Bingisser	2007
216-2	Neil Kneip	1985
208-5	Sam Fu	1995
207-11	Zack Midles	2008
205-8	Erik Johnson	1988
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
196-9	Rich Bagley	1979
194-6	Bill Stengele	1997

JAVELIN (new implement, 1986-)

249-6	Darryl Roberson	1989
240-8	Tony Parsley	1991
238-8	Troy Burkholder	1996
237-2	Mike deMunnik	1994
236-1	Craig Manalili	1994
233-10	Juan Romero	2006
233-5	Bob Rockett	1987
	Jacob Smith	1995
232-7	Havard Johansen	1990
231-3	Justin St. Clair	1999



Bob Rockett, Javelin

JAVELIN (old implement, pre-1986)

287-6	Bob Rockett	1985
280-8	Duncan Atwood	1978
275-6	Cary Feldman	1971
269-6	Rod Ewaliko	1976
264-7	Gary Quitslund	1972
261-3	Tom Sinclair	1979
260-0	Mike Mahovlich	1980
255-7	Dale Pedersen	1983
254-3	Robert Moulder	1980
242-3	Fred Luke	1968

DECATHLON

8,322	Mike Ramos	1986
8,063	Steve Erickson	1985
7,758	Gary Gefre	1980
7,465	Gary Wipfler	1981
7,426	Jacob Predmore	2000
7,125	Brian Mondschein	1977
7,065	Stan Vegar	1977
7,006	Blake Bidleman	2007
6,991	E.J. Iddings	1997
6,970	Dave Lorvick	1980



These six sprinters — (clockwise from top left) Ryan Brown, Shane Charles, Bruce Jackson, Sean Williams, Phil McCary and Jordan Boase — including five from Seattle-area high schools, combined to clock four of UW's ten-fastest 4x400-meter relays all-time from 2004-06, including a UW-record 3:03.85 in 2005.

RECORDS • Men's Indoor Top-10 Lists

60 METERS

6.55	Ja'Warren Hooker	2001
6.71c	Ed Turner	1997
	Willem Ryan	1997
6.77c	Tim Martin	1994
	Sterling Hinds	1983
6.78c	Napoleon Kaufman	1993
	Rick Noji	1987
6.80	Isaiah Stanback	2006
6.80c	Carlos Hattix	1997
6.81c	Kelley Coleman	1993
6.81	Marvin Kasim, Jr.	1999

c - Converted from 55 meters

200 METERS

20.56	Ja'Warren Hooker	2001
21.05	Ed Turner	1997
21.08	Jordan Boase	2008
21.18	Shelton Sampson	2003
21.41	Alex Harcourt	2007
21.51	James Fredrickson	2008
21.54	Beno Bryant	1990
21.57	Joe Turner	2008
	Tim Martin	1994
	Orlando McKay	1990

400 METERS

46.34	Jordan Boase	2008
46.43	Alex Harcourt	2007
46.45	Derek Prior	1999
46.86	B.J. Dawson	1998
47.32	Orlando McKay	1991
47.40	James Fredrickson	2008
47.41	Sean Williams	2005
47.58	Bernard Ellison	1990
47.82	Bruce Jackson	2006
48.02	Ja'Warren Hooker	2000



Jeremy Park, 3,000 Meters



Eric Garner, Mile Run

800 METERS

1:48.40	Ryan Brown	2007
1:49.00	Austin Abbott	2007
1:49.59	Shane Charles	2005
1:49.64	Ryan Brown	2005
1:50.65	Mitch Leffler	1993
1:51.14c	Rich Mesmer	1968
1:51.17	Bruce Jackson	2005
1:51.55	Todd Arnold	2003
1:51.81	John Snyder	2002
1:51.91	Eric Garner	2004

c - Converted from 880 yards

MILE

3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
3:59.47	Austin Abbott	2006
4:01.33	Carl Moe	2007
4:03.77	John Russell	2004
4:05.45	Andy Fader	2004
4:05.29	Jon Harding	2007
4:05.54	Dave Barnett	1984
4:05.59	Al Hjort	1990
4:05.67	Chris Ahl	2008

3,000 METERS

7:54.13	Jeremy Park	2003
8:02.56	Eric Garner	2002
8:02.82	Carl Moe	2004
8:04.92	Mark Mandi	2004
8:04.94c	Jim Johnson	1972
8:06.04	Dustin Duke	2002
8:06.57	David Bazzi	2001
8:06.86	Jon Harding	2006
8:07.20c	Dan Bell	1987
8:07.69	Kelly Spady	2007

c - Converted from two-mile run



Jordan Boase: 400 Meters, 4x400 Meter Relay

5,000 METERS

13:54.03	Jeremy Mineau	2006
13:58.51	David Bazzi	2001
14:04.40	Jake Schmitt	2008
14:10.81	Andy Fader	2004
14:11.39	Jon Hickey	2004
14:12.51	Mark Mandi	2004
14:13.89	Mike Hill	2002
14:14.73	Mike Sayenko	2007
14:16.62	Kevin Peters	2006
14:17.04	Kelly Spady	2007

60-METER HURDLES

7.82c	Dana Hall	1991
7.90c	Skip Moody	1998
7.95c	Ben Meyer	1997
8.03	James Fredrickson	2007
8.06c	Kyle Gano	1994
8.08	Marc James	2004
8.09c	Greg Barber	1999
8.10c	Don Morehead	1984
8.22c	Joshua Renz	2001
8.25	Ben Meyer	1999

c - Converted from 55-meter hurdles

4x400-METER RELAY

3:07.03	Boase/Brown/Charles/Jackson	2006
3:07.33	Hooker/Dawson/Anabel/Prior	1998
3:07.86	Harcourt/Brown/Charles/Jackson	2006
3:07.94	S. Williams/Brown/Charles/Jackson	2005
3:09.08	Gudaitis/Still/Brown/Fredrickson	2007
3:09.74	Gudaitis/Fredrickson/Boase/Harcourt	2008
3:10.07	Hooker/Mackey/Prior/Anabel	1999
3:10.67	N. Williams/Adams/McCary/S. Williams	2004
3:10.74c	Kozol/Bathurst/Bredahl/Stankovic	1981
3:11.64	Harcourt/Charles/McCary/ Boase	2006

c - Converted from mile relay

DISTANCE MEDLEY RELAY

9:35.35	Abbott/Jackson/Brown/Moe	2006
	Garner/S. Williams/Moe/Russell	2004
9:35.89	Abbott/Fredrickson/Brown/Moe	2007
9:36.20	Abbott/S. Williams/Brown/Fader	2005
9:38.09	Russell/S. Williams/Arnold/Moe	2004
9:40.82	Garner/S. Williams/Arnold/Park	2003
9:43.40	Abbott/Still/Govier/Spady	2007
9:43.59	Russell/S. Williams/Jackson/Moe	2004
9:44.54	Abbott/Harcourt/Brown/Moe	2006
9:48.43	C. Williams/Gudaitis/Govier/Ahl	2008

c - Converted from yards to meters

HIGH JUMP

7-5	Rick Noji	1988
7-3	Norris Frederick	2008
7-0 1/4	Warren Eickhoff	2005
	Rob Reynolds	1996
	Tracey Thomas	1988
6-11 3/4	Sean Steele	2001
6-11	Greg Fjellman	1992
6-10 3/4	Tay Cody	1994
	Mark Allan	1991
6-10 1/2	Mike Ramos	1983
	Stan Vegar	1978

POLE VAULT

19-0 1/4	Brad Walker	2003
18-1 3/4	Scott Roth	2007
17-10	Steve Oravetz	1979
17-9 3/4	McKane Lee	2007
17-7 3/4	Matt Phillips	2000
17-6 1/2	Garth Willard	1992
17-6	Jeff Taylor	1975
17-1 3/4	Brian Madche	1998
17-1	Craig Connors	1998
	Todd Campbell	1995

LONG JUMP

26-7 3/4	Norris Frederick	2008
25-6 1/2	Phil Shinnick	1965
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-9 1/2	J.R. Wolfork	2006
23-9	Skip Moody	1997
23-7 1/2	Mike Ramos	1984
23-7 1/4	Shane Paulsen	1991
23-6 3/4	Vestee Jackson	1982
23-4 1/2	Jacob Predmore	1999
	Tyriff Rudder	2001



Jeremy Mineau, 5,000 Meters



Rick Noji, High Jump

TRIPLE JUMP

50-10	John Triplett	1976
50-2 1/2	Wayne Hinkley	1975
50-0 1/2	Tony Parrish	1995
49-8 1/4	Marcus Kelly	2001
49-7	Greg Henderson	1982
49-3 3/4	James Sims, Jr.	2003
49-2 1/4	Jerrod Akins	1992
49-1 3/4	Al Harris	1984
48-11 1/2	Tyriff Rudder	2001
48-7	Dennis Cook	1977

SHOT PUT

65-5 1/4	Ben Lindsey	1998
64-4	Russ Vincent	1975
64-1	Steve Summers	1980
60-7	John Hubbell	1969
60-6 1/2	Ernie Conwell	1995
58-11 1/2	Eric Johnson	1988
57-5 3/4	Neal Kneip	1986
56-10 1/4	George Sutherland	1975
56-7 1/4	Brett Holden	1982
56-5 1/4	Daniel Te'o-Nesheim	2007

35-LB. WEIGHT THROW

71-5 1/2	Scott Neilson	1979
67-0	Martin Bingisser	2007
65-7 1/2	Neal Kneip	1986
64-8 3/4	Martin Bingisser	2006
62-1 3/4	Russ Vincent	1978
61-6	Eric Johnson	1989
61-4 3/4	Bill Stengele	1997
60-3	Zack Midles	2008
58-0 1/4	Will Conwell	2006
55-9 1/4	Sam Fu	1995
55-3	Casey Ballwey	1974

HEPTATHLON

5,126	Blake Bidleman	2006
4,874	Corey Fredericks	2007
4,644	Bobby Noble	2008
4,609	Doug Blaty	2004
4,542	Andrew Ferleman	2008



Norris Frederick, Long Jump



Ben Lindsey, Shot Put

RECORDS • Women's Outdoor Top-10 Lists

100 METERS

11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
11.54h	Ashley Lodree	2006
11.84	Esrenee Cunningham	1989
	Tracy Griffin	1994
11.86	Shirley Walker	1985
11.87	Marzette Penton	1996
11.90	Meledy Smith	1984
11.94	Michele Stapleton	1989
11.96	Keisha Griffis	1997

200 METERS

23.40	Donna Dennis	1983
23.86	Tracy Griffin	1994
24.12	Chelsie Pentz	2000
24.13	Zelda Johnson	1985
24.14h	Esrenee Cunningham	1989
24.34	Lauran Dignam	2004
24.44	Joyce Schweim	1989
24.44h	Tamanika Terry	1994
24.50	Keisha Griffis	1998
24.56	Ashley Lodree	2006

400 METERS

54.31	Lauran Dignam	2006
54.44	Keisha Griffis	1998
54.45	Patrice Woods	1996
54.47	Terra Barter	1995
54.64	Koko Sandmeyer	1994
54.70	Monique Glass	1998
54.74h	Colleen Richardson	1980
54.84h	Kelsey Sheppard	2000
54.98	Asya Muhammad	1998
55.05	Chelsie Pentz	2000

800 METERS

2:05.73	Sarah Bolender	1987
2:05.97	Courtney Inman	2003
2:06.43	Katie Follett	2008
2:06.51	Dana Arnim	1980
2:06.75	Mary Dong	1987
2:06.80	Sandra Gregg	1981
2:06.98	Amanda Miller	2008
2:07.39	Dani Schuster	2007
2:07.48	Amy Lia	2007
2:07.99	Michelle Turner	2008



Regina Joyce, 3,000 Meters, 5,000 Meters, 10,000 Meters

Washington Women's Freshman Records

100 Meters	11.53, Donna Dennis, 1983
200 Meters	23.40, Donna Dennis, 1983
400 Meters	54.6h, Colleen Richardson, 1980
800 Meters	2:06.75, Mary Dong, 1987
1,500 Meters	4:12.7h, Regina Joyce, 1981
3,000 Meters	8:59.39, Regina Joyce, 1981
Steeplechase	10:37.27, Dallon Williams, 2004
5,000 Meters	16:29.91, Anita Campbell, 2006
10,000 Meters	34:34.79, Lisa Gibbs, 2002
100-Meter Hurdles	13.41, Ashley Lodree, 2004
400-Meter Hurdles	57.35, Keisha Griffis, 1996
High Jump	6-0, Sherri Felton, 1978
Pole Vault	13-3 3/4, Kelley DiVesta, 2005
Long Jump	21-0, Meledy Smith, 1984
Triple Jump	39-11 1/2, Fahern Thomas, 1992
Shot Put	50-5 1/4i, Meg Jones, 1985
Discus	175-8, Cecelia Barnes, 1999
Hammer Throw	178-9, Elisa Bryant, 2008
Javelin (old)	170-6, Vicki Smiley, 1983
Javelin (new)	157-9, Tiffany Zahn, 2003
Heptathlon	4,891, Angie Tasker, 1987



Anita Campbell, 5,000 Meters

1,500 METERS

4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
4:14.63	Amy Lia	2006
4:14.94	Michelle Turner	2008
4:15.78	Katie Follett	2008
4:16.68	Amanda Miller	2008
4:18.31	Sandra Gregg	1981
4:18.81	Danelle Kabush	1998
4:19.07	Lindsey Egerdahl	2005
4:21.00	Sarah Bolender	1988

3,000 METERS

8:55.05	Regina Joyce	1982
9:16.56	Tara Carlson	1996
9:20.35	Margaret Butler	2000
9:23.66	Janicka Peterson	1990
9:23.89	Jennifer Smalley	1991
9:26.38	Cami Matson	2000
9:31.04	Emily Johnson	1996
9:31.10	Sabrina Monro	2003
9:31.91	Anne Howard	1991
9:32.44h	Kathy Adams	1979

3,000M STEEPLECHASE

10:33.28	Laura Halverson	2004
10:35.31	Kate Spigel	2003
10:37.27	Dallon Williams	2004
10:43.26	Camille Connelly	2005
10:49.34	Mo Huber	2008
11:01.27	Karen Schwager	2004
11:04.87	Trisha Rasmussen	2006
11:21.45	Anna Imperati	2008
11:55.54	Kelsey McCallum	2004

5,000 METERS

15:35.60	Regina Joyce	1982
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:00.03	Anita Campbell	2007
16:01.16	Katie Follett	2008
16:01.20	Anna Aoki	2001
16:10.94	Gillian Palmer	2001
16:30.04h	Karen Petley	1982
16:32.60	Jennifer Gillette	1990
16:36.95	Brandi Evans	1992

10,000 METERS

33:13.45	Regina Joyce	1983
33:32.28	Sabrina Monro	2003
33:35.51	Kate Bradshaw	2001
34:04.70	Deeja Youngquist	1999
34:04.77	Anna Aoki	2001
34:12.54h	Karen Petley	1982
34:34.79	Lisa Gibbs	2002
35:01.64	Trisha Rasmussen	2008
35:03.94h	Sara Lindgren	1984
35:08.24h	Kathy Adams	1978

100-METER HURDLES

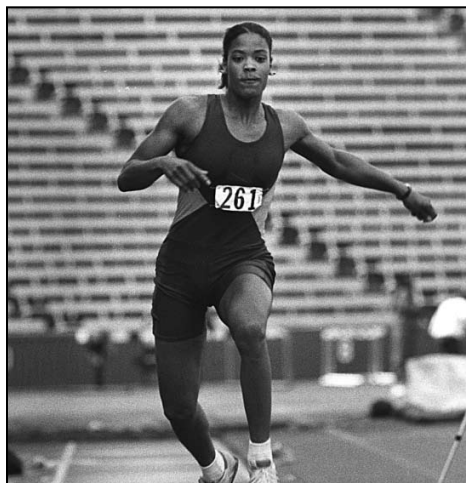
12.99	Ashley Lodree	2007
13.46	Falesha Ankton	2008
13.55	Claudine Robinson	1994
13.62	Shirley Walker	1984
13.69	Joyce Schweim	1990
13.86	Leslie Campbell	1991
13.98	Grace Vela	2004
14.05	Brynne Steward	2003
	Patrice Davis	1999
14.07	Keisha Griffis	1998

400-METER HURDLES

57.13	Terra Barter	1995
57.35	Keisha Griffis	1997
57.79	Mari Bjone	1991
58.29	Kelsey Sheppard	2000
58.40	Patrice Woods	1995
59.45	Angie Tasker	1990
	Patrice Davis	1997
59.52	Falesha Ankton	2008
59.53	Joyce Schweim	1989
59.60	Syreeta Martin	2007

4x100-METER RELAY

44.74h	Smith/Walker/Johnson/Dennis	1985
45.20	Keller/Walker/Smith/Dennis	1984
45.63	Cunningham/Stapleton/Gamby/Schweim	1989
45.67	Smith/T. Moore/Pentz/Hawkins	2000
45.81	Vela/Craddock/Steward/Lodree	2004
45.89	McClatcher/Penton/Griffis/Muhammad	1998
46.04	Steward/Lodree/Dignam/Nash	2005
	Washington	1999
46.07	Dignam/Leonhardt/Ankton/Nash	2006
	Griffin/Sandmeyer/Woods/Barter	1994



Tara Davis, Triple Jump

4x400-METER RELAY

3:37.68	McClatcher/Glass/Griffis/Muhammad	1998
3:39.04	Sheppard/Pentz/Moore/Bledsoe	2000
3:39.65	Woods/Casbere/Barter/Sandmeyer	1994
3:41.60	Newton/Minelli/Woods/Barter	1995
3:41.92	Washington	1999
3:41.97	Reibold/Minelli/Newton/Woods	1996
3:43.24h	Nomiyama/Shannon/Arnim/Richardson	1980
3:43.61	Dignam/Leonhardt/ Martin/Ankton	2006
3:43.92	Glass/Minelli/Davis/Newton	1997
3:44.58	Steward/Dignam/Lodree/Miller	2005

HIGH JUMP

6-2 3/4	Vicki Borsheim	1987
6-0 1/2	Maggie Garrison	1978
6-0	Sherri Felton	1978
5-10 1/4	Dianne Baumann	1983
5-10	Makare Desilets	1997
5-9 3/4	Gaye Brandenstein	1982
5-8 3/4	Celia Willis	1990
	Mary Prince	1990
5-8 1/2	Janie Vermeere	1994
5-8	Diane Jolivet	1983
	Fran Richardson	1998

POLE VAULT

14-2	Kate Soma	2004
13-9 1/4	Carly Dockendorf	2005
13-5 3/4	Stevie Marshalek	2007
13-5 1/4	Kelley DiVesta	2006
	Ashley Wildhaber	2005
12-11 1/2	Sandy Erickson	2000
12-7 1/2	Sarah Pappas	2008
12-6	Myrriah Swango	2007
12-2	Alexis Jaime	2001
12-1 1/2	Andrea Peterson	2008
	Allison Moore	2008

LONG JUMP

21-0	Meledy Smith	1984
20-8 1/2	Ashlee Lodree	2007
	Tara Davis	1995
20-8 1/4	Shiri Milton	1984
20-1	Kendra Keller	1987
	Angie Tasker	1989
19-11 1/4	Jakki Davis	1984
19-10 3/4	Sonja Forster	1992
19-9	Kam Warner	1994
19-7 1/2	Tami Mathewson	1990
	Zee Ogarro	2002

TRIPLE JUMP

41-7 3/4	Tara Davis	1995
41-4 1/2	Brittany Roberts	2003
40-9 3/4	Michelle Reid	1997
40-8 1/4	Angie Tasker	1989
40-7	Suzanne Silvis	1994
40-4 3/4	Sidney Brown	2004
39-11 1/2	Fahern Thomas	1992
39-10 1/2	Kyla Sutton	1996
39-7 1/2	Celia Willis	1991
39-2 1/4	Meledy Smith	1985

SHOT PUT

55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/4	Caryl Van Pelt	1981
51-5	Aretha Hill	1998
51-2 1/2	Meg Jones	1987
50-8 3/4	Sesilia Thomas	2000
49-4 1/2	Jackie Henry	1983
48-5 1/4	Sheree Ellis	2007
48-0 3/4	Cherron Davis	2004
47-0 1/4	Soozie Shanley	1995

DISCUS

215-3	Aretha Hill	1998
179-3	Jennifer Ponath	1988
175-8	Cecilia Barnes	1999
174-10	Meg Jones	1987
170-7	Sandy Whitlock	1990
168-0	Susanne Dandenault	1990
161-2	Soozie Shanley	1995
160-1	Jackie Henry	1980
159-1	Caryl Van Pelt	1979
157-9	Sesilia Thomas	1997

HAMMER

189-9	Kameko Gay	2003
178-9	Elisa Bryant	2008
169-1	Rebecca Morrison	1998
168-7	Soozie Shanley	1996
168-2	Aretha Hill	1998
156-4	Cecilia Barnes	1999
155-3	Shannon Harvey	2007
155-2	Carin Trygg	2004
153-3	Arlecier West	2006
150-5	Piper Hope	2005

JAVELIN (new implement, 1999-)

173-7	Megan Priestestersbach	2004
161-9	Tiffany Zahn	2006
159-6	Heather Reichmann	2003



Megan Priestestersbach, Javelin (new implement)

143-8	Kaisa Keranen	2007
136-4	Chris Withey	2000
122-5	Grace Vela	2005
117-1	Rebecca Morrison	1999
116-7	Liz Fuller	2007
114-11	Emily Whitish	1990
110-0	Kelly Stovin	2004

JAVELIN (old implement, pre-1999)

197-4	Helena Uusitalo	1986
191-2	Deanna Carr	1983
182-4	Shelly Sanford	1989
173-4	Tessie Schorr	1993
171-10	Liz Lasiter	1986
170-6	Vicki Smiley	1983
	Lisa Torrison	1983
167-7	Kristin Ronning	1993
167-2	Monika Parker	1994
165-10	Laura Kruse	1994

HEPTATHLON

5,266	Sonja Forster	1992
5,225	Grace Vela	2004
5,186	Angie Tasker	1989
4,845	Liz Fuller	2007
4,831	Janie Vermeere	1994
4,796	Deanna Carr	1982
4,657	Shelley Pascoe	1991
4,469	Kaisa Keranen	2006
4,404	Dianne Baumann	1982
4,367	Jennifer Nacrelli	1984



Vicki Borsheim, High Jump

RECORDS • Women's Indoor Top-10 Lists

60 METERS

7.34	Ashley Lodree	2007
7.40c	Tracy Griffin	1994
7.50c	Donna Dennis	1986
	Zelda Johnson	1985
7.52c	Marzette Penton	1997
7.57c	Tami Mathewson	1993
7.60	LeTasha Moore	2002
7.62c	Jamara Alexander	2001
7.64c	Joyce Schweim	1991
	Keisha Griffis	1996

c - Converted from 55 meters

200 METERS

24.22	Ashley Lodree	2007
24.49	Tracy Griffin	1994
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
25.10	Syreeta Martin	2008
25.13	Lauran Dignam	2004
25.23	Joyce Schweim	1991
25.27	Jamara Alexander	2000
25.30	Tamanika Terry	1994
25.31	Kelsey Sheppard	2001

400 METERS

55.11	Kelsey Sheppard	2002
55.46	Lauran Dignam	2006
55.48	Chelsie Pentz	2000
55.74	Koko Sandmeyer	1994
55.91	Patrice Woods	1996
55.99	Kinyatta Leonhardt	2007
56.01	Kellie Gamby	1991
56.13	LeTasha Moore	2002
56.23	Monique Glass	1999
56.35	Lara Kelley	1999



Katie Follett, Mile, 3,000 Meters, DMR



Ashley Lodree, 60 Meters, 200 Meters, 60-Meter Hurdles

800 METERS

2:06.69	Amanda Miller	2008
2:08.39	Courtney Inman	2003
2:08.97	Michelle Turner	2008
2:09.73	Amy Lia	2004
2:09.99	Dani Schuster	2007
2:10.17	Kira Harrison	2007
2:11.06c	Sarah Bolender	1987
2:11.08	Terra Barter	1995
2:12.43	Angela Froese	1995
2:12.44c	Sandra Gregg	1983

c - Converted from 880 yards

MILE

4:37.22	Katie Follett	2008
4:39.93	Amanda Miller	2008
4:40.08	Michelle Turner	2008
4:40.24	Courtney Inman	2003
4:42.17	Ingvill Makestad	2004
4:42.27	Lindsey Egerdahl	2005
4:43.33	Dani Schuster	2007
4:44.34	Amy Lia	2006
4:45.94	Andrea Brown	2008
4:48.36c	Sandra Gregg	1983

c - Converted from 1,500 meters

3,000 METERS

9:25.09	Katie Follett	2008
9:32.28	Sabrina Monro	2002
9:32.39	Tara Carlson	1996
9:33.84	Deeja Youngquist	1999
9:35.08	Lindsey Egerdahl	2004
9:35.57	Anita Campbell	2008
9:36.23	Anna Aoki	2000
9:39.74	Melinda Campbell	2000
9:41.44	Sandra Gregg	1983
9:42.14	Margaret Butler	2000

5,000 METERS

16:22.13	Sabrina Monro	2003
16:28.19	Anita Campbell	2007
16:33.01	Anna Aoki	2000
16:45.58	Lisa Gibbs	2002
16:45.96	Lauren Saylor	2008
16:49.35	Trisha Rasmussen	2008
16:57.56	Kate Bradshaw	2002
16:58.00	Deeja Youngquist	1997
16:59.87	Jamie Gibbs	2002
17:07.58	Tori Tyler	2006

60-METER HURDLES

8.01	Ashley Lodree	2007
8.21c	Claudine Robinson	1994
8.41c	Joyce Schweim	1991
8.43	Falesha Ankton	2008
8.55	Brynne Steward	2006
8.55c	Leslie Campbell	1990
8.59c	Patrice Davis	1999
8.62c	Kam Warner	1994
8.63	Grace Vela	2005
8.66c	Lara Kelley	1999

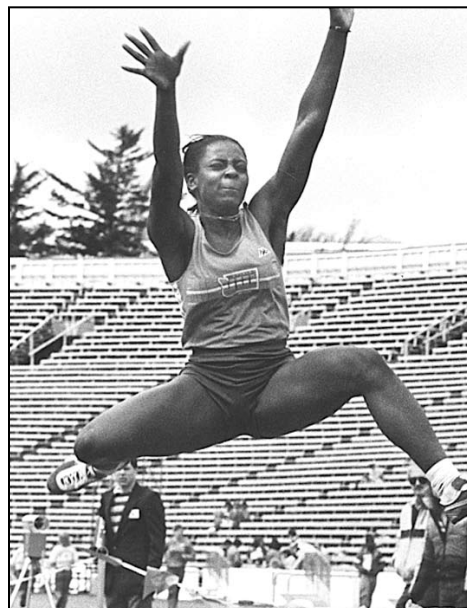
c - Converted from 55-meter hurdles



Kelsey Sheppard: 400 Meters, 4x400-Meter Relay



Jennifer Ponath, Shot Put



Meledy Smith, Long Jump



Kate Soma, Pole Vault

4x400-METER RELAY

3:44.00	Glass/Sheppard/Muhammad/Griffis	1999
3:44.26	Pentz/Sheppard/Moore/Bledsoe	2000
3:44.90	Dignam/Steward/Leonhardt/ Martin	2006
3:45.32	R. Moore/Jensen/Sheppard/Hawkins	2002
3:45.40	Woods/Griffin/Sandmeyer/Barter	1994
3:47.19	Sandmeyer/Hallett/Dohrt/Bjone	1991
3:47.58	Martin/Ankton/Miller/Lodree	2007
3:47.88	Martin/Ankton/Miller/Turner	2008
3:48.68	L. Moore/Sheppard/Jensen/Hawkins	2002
3:48.84	Griffis/McClatcher/Newton/Woods	1996

DISTANCE MEDLEY RELAY

11:12.77	Miller/ Ankton/Turner/Follett	2008
11:19.94	Miller/Tvare/Turner/ Follett	2008
11:23.12	Lia/Jensen/Makestad/Egerdahl	2004
11:23.57	Makestad/Harrison/Lia/Egerdahl	2004
11:24.45	Miller/Leonhardt/Schuster/Lia	2007
11:25.67	Schuster/Leonhardt/Harrison/Miller	2007
11:35.41	Kabush/Griffis/Froese/Butler	1998
11:36.54	Funk/Barter/Johnson/Carlson	1994
11:38.61	McLeod/Dignam/Miller/Lia	2006
11:41.12	Barter/Woods/Froese/Carlson	1995

HIGH JUMP

6-2	Vicki Borsheim	1988
6-0	Maggie Garrison	1977
5-8 1/4	Dianne Baumann	1983
5-8	Grace Vela	2005
	Celia Willis	1990
5-7 3/4	Daria Amiad-Pavlov	2006
	Francine Richardson	1997
5-7	Liz Fuller	2006
	Sidney Brown	2003
	Mary Prince	1990

POLE VAULT

14-3 1/2	Kate Soma	2005
13-9 1/4	Kelley DiVesta	2008
	Ashley Wildhaber	2005
13-7 3/4	Carly Dockendorf	2006
13-7 1/4	Stevie Marshalek	2005
12-9 1/2	Sandy Erickson	2002
12-8	Andrea Peterson	2008
	Myrriah Swango	2007
12-4	Alexis Jaime	2003
12-2 1/2	Allison Moore	2008

LONG JUMP

20-5 1/2	Meledy Smith	1984
19-9 3/4	Tara Davis	1995
19-9	Kendra Keller	1984
19-7 3/4	Angie Tasker	1989
	Jakki Davis	1984
19-6 3/4	Grace Vela	2005
19-6 1/4	Ashley Lodree	2004
	Kam Warner	1994
19-5 3/4	Michele Reid	1998
19-3	Marzette Penton	1998

TRIPLE JUMP

41-4 1/4	Brittany Roberts	2003
40-6 3/4	Angie Tasker	1988
40-3 1/4	Sidney Brown	2005
40-0 1/2	Michele Reid	1998
39-7 1/2	Tara Davis	1995
39-3 3/4	Grace Vela	2005
39-3 1/2	Kyla Sutton	1996
39-3	Daria Amiad-Pavlov	2008
39-2 1/2	Suzanne Silvis	1994
38-9 1/2	Bonnie Snyder	2005

SHOT PUT

52-7 1/2	Jennifer Ponath	1988
51-4 1/2	Shirley Ross	1988
50-9 1/2	Meg Jones	1988
49-10 3/4	Caryl Van Pelt	1978
49-9 3/4	Seselia Thomas	2000
49-4 1/4	Aretha Hill	1998
47-5 1/4	Sheree Ellis	2007
46-10	Suzanne Dandenault	1991
46-7 1/4	Whitney Hooks	2007
46-1 1/4	Cherron Davis	2003

20-LB. WEIGHT THROW

61-1 1/2	Elisa Bryant	2008
55-2	Aretha Hill	1998
52-2 1/2	Soozie Shanley	1996
51-5 3/4	Seselia Thomas	2000
50-11 1/2	Arlecier West	2005
50-9 1/4	Korede Oyetuga	2008
50-8 3/4	Kameko Gay	2003
49-1 1/2	Rebecca Morrison	1999
47-9 1/4	Searan Salibian	2002
47-7 1/4	Carin Trygg	2004

PENTATHLON

3,915	Grace Vela	2005
3,854	Daria Amiad-Pavlov	2006
3,840	Liz Fuller	2008
3,696	Dianne Baumann	1983
3,692	Angie Tasker	1989
3,508	Sonja Forster	1990
3,471	Bonnie Snyder	2005
3,266	Roxanne Rohweder	1984
3,251	Deanna Carr	1983
3,213	Kaisa Keranen	2006