CENTRAL WASHINGTON UNIVERSITY TRACK & FIELD - WOMEN'S TOP TEN MARKS - THROUGH 2012

TRACK EVENTS*

100m Dash

1	Pam Riggs (1977)	11.8h
2	Jody Binder (2002)	12.0h
3	Angela Wright (1987)	12.33
4	Sheri McCormick (1982)	12.1h
5	Chelsea Genther (2011)	12.40
6	Michelle Bergmann (1990)	12.2h
7	Davina Strauss (2002)	12.49
8	Julie Smith (1983)	12.51
9	Alice Pleasant (1982)	12.54
	Nickola Wilson (1985)	12.3h

200m Dash

1	Pam Riggs (1977)	24.5h
2	Terran Legard (2004)	25.19
3	Jody Binder (2002)	25.30
4	Nickola Wilson (1994)	25.31
5	Sheri McCormick (1981)	25.34
6	Angela Wright (1987)	25.39
7	Gwenna Carie (2009)	25.88
8	Julie Smith (1983)	25.7h
9	Teresa Schlafer (2006)	25.96
10	Kara Nygard (2004)	26.02

400m Dash

1	Terran Legard (2004)	54.86
2	Pam Riggs (1977)	54.9h
3	Rachael Kaercher (2006)	57.21
4	Gwenna Carie (2009)	57.54
5	Kelli Lambert (1992)	57.77
6	Chelsea Evans (2008)	57.85
7	Seanna Pitassi (2012)	58.12
8	Heather Lucas (1987)	57.9h
9	Katie Hingston (2005)	58.53
10	Leah Villegas (2001)	58.75

800m Run

1	Alicen Maier (2002)	2:11.45
2	Kristelle Arthur (1989)	2:14.41
3	Kelli Lambert (1990)	2:15.0h
4	Heather Lucas (1988)	2:15.6h
5	Connie Morgan (2012)	2:15.85
6	Ellie Fortin (2000)	2:16.04
7	Lindy Mullen (2006)	2:16.4h
8	Rebecca Hill (1996)	2:16.92
9	Sarah Benson (2006)	2:19.06
10	LeAnne Trople (1991)	2:19.28

1,500m Run

1	Alicen Maier (2002)	4:28.23
2	Lindy Mullen (2006)	4:39.19
3	Rebecca Hill (1995)	4:40.44
4	Katie Hummel (2007)	4:42.02
5	Erika Olson (2003)	4:42.06
6	Sarah Forrey (2001)	4:44.08
7	Laura Myers (1981)	4:44.8h
8	Linsy Nickels (2000)	4:45.50
9	Heather Lucas (1987)	4:46.7h
10	Amy Forrey (2001)	4:48.78

3,000m Run

1	Alicen Maier (2003)	9:54.32
2	Katie Hummel (2007)	9:56.24
3	Laura Myers (1981)	10:01.42
4	Sarah Forrey (2001)	10:02.14
5	Amy Forrey (2001)	10:12.0h
6	Brandy Anderson (2005)	10:12.65
7	Marcie Mullen (2008)	10:12.81
8	Kim Burke (1986)	10:16.6h
9	Heather Lucas (1988)	10:20.6h
10	Carol Christensen (1981)	10:20.9h

3,000m Steeplechase

1	Sarah Benson (2007)	11:11.44
2	Adriana Mendoza (2011)	11:18.42
3	Kelsey Kreft (2012)	11:23.07
4	Sarah Forrey (2001)	11:24.9h
5	Amy Forrey (2001)	11:25.0h
6	Stephanie Stine (2004)	11:41.08
7	Erinn Nickels (2001)	11:47.83
8	Linsy Nickels (2001)	11:52.28
9	Erica Pitman (2004)	12:05.08
10	Rachel Bailey (2005)	12:08.7h

5,000m Run

1	Katie Hummel (2007i)	17:13.50
2	Amy Forrey (2001)	17:17.41
3	Sarah Forrey (2001)	17:20.58
4	Kim Burke (1987)	17:27.9h
5	Marcie Mullen (2009)	17:33.49
6	Rachel Bailey (2006)	17:38.80
7	Laura Myers (1981)	17:45.4h
8	Tiffany Picinich (2003)	17:50.11
9	Carol Christensen (1981)	17:52.5h
10	Abby Bielenberg (2001)	17:53.77

10,000m Run

1	Marcie Mullen (2008)	36:41.83
2	Carol Christensen (1983)	38:16.0h
3	Penny Myrvang (1983)	38:36.0h
4	Krissi Mathers (2000)	39:06.59
5	Amber Green (2006)	39:08.92
6	Kirsten Myrvang (1998)	39:17.89
7	Kim Burke (1986)	39:27.8h
8	Carmen Aguirre (1981)	39:41.8h
9	Brandy Anderson (2005)	39:50.16
10	Jamie Tuchscherer (2000)	39:53.02

100m Hurdles

1	Kathleen Kilpatrick (1977)	14.2h
2	Ashley Rountree (2003)	14.55
3	Chelsea Genther (2011)	14.67
4	Tayler Fettig (2012)	15.13
5	Raquel Gonzalez (2010)	15.24
6	Katharine Lotze (2010)	15.50
7	Kelly Keene (1983)	15.56
8	Kris Kjolso (1990)	15.5h
9	Kirston Obergh (1994)	15.76
10	Kennedy Lewis (1992)	15.80

400m Hurdles

1	Kara Dodd (1995)	1:03.04
2	Cathy Peterson (1980)	1:04.3h
3	Kara Nygard (2004)	1:04.67
4	Kennedy Lewis (1992)	1:04.8h
5	Kris Kjolso (1989)	1:05.06
6	Kestle Riley (2004)	1:05.37
7	Kelly Keene (1983)	1:06.48
8	Raquel Gonzalez (2010)	1:06.90
9	Ashley Rountree (2005)	1:07.40
10	Dana Hansen (1998)	1:08.05

** Add .24 to hand times (h) to equate automatic times*

CENTRAL WASHINGTON UNIVERSITY TRACK & FIELD - WOMEN'S TOP TEN MARKS - THROUGH 2012

TRACK EVENTS (continued)

4x100m Relay

1	2011	48.29
	2005	48.29
3	2003	48.37
	2006	48.37
5	2004	48.43
6	1980	48.3h
7	2002	48.78
8	2007	48.97
9	1987	49.04
10	1983	49.2h

4x400m Relay

1	2007	3:50.17
2	2006	3:51.83
3	2004	3:53.42
4	2003	3:57.28
5	2008	3:57.73
6	2005	3:58.31
7	1999	3:58.78
8	2000	4:00.20
9	1998	4:00.31
10	1994	4:00.77

MULTI-EVENTS

Heptathlon

1	Lona Joslin (1984)	4,647
2	Kirston Obergh (1994)	4,421
3	Kris Kjolso (1992)	4,396
4	Raquel Gonzalez (2010)	4,327
5	Megan Prkut (1997)	4,268
6	Sara Lind (1998)	4,239
7	Tayler Fettig (2012)	4,217
8	Heidi Peterson (1998)	4,038
9	Lisa Carlson (1983)	3,968
10	Brenda Allenbaugh (1981)	3,740

FIELD EVENTS

Triple Jump

1	Katharine Lotze (2012)	39-7 3/4
2	Lea Tiger (2005)	37-6 3/4
3	Lisa Ostrander (1993)	37-6 1/2
4	Stephanie Jones (2010)	37-1 1/4
5	Amanda Rose (2010)	36-7
6	Julie Graham (2005)	36-5 1/2
7	Jessica Wagner (2005)	35-9 1/4
8	Anjuli Spear (2005)	35-6 3/4
9	Katie Crowell (1986)	35-4 1/2
10	Shelley Johnson (1994)	34-3 1/4

Shot Put

1	Krissy Tandle (2007)	49-1
2	Torrie Self (2011i)	45-10
3	Shaina Afoa (2011)	44-4 1/4
4	Cindy Pottle (1978)	43-5
5	Lona Joslin (1983)	42-1 1/2
6	Angie Marchant (1994)	42-1
7	Jordan Stueckle (2011i)	42-0 1/2
8	Jill Palmquist (1981)	42-0
9	Kaylee Baumstark (2012)	41-5
10	Amanda Johnson (1996)	41-3 1/2

Pole Vault

1	Kati Davis (2012i)	12-5 1/2
2	Becca Clark (2011i)	12-0 1/2
3	Jamie Larsen (2012)	11-7
4	Haley Amos (2006i)	11-5 3/4
5	Sarah Windham (2001)	10-8 1/4
6	Cindy Glenn (2009)	10-8
7	Hannah Swigart (2011)	10-6
	Whitney Omlin (2004)	10-6
9	Dana Riste (1998)	10-2
10	Brianna Fredricksen (2005)	10-0

High Jump

1	Sonia Swan (1989)	5-8
2	Tayler Fettig (2012)	5-7 1/4
3	Veronica Persons (1993, 94)	5-7
4	Kelly Keene (1983)	5-6
	Karen Munger (1987)	5-6
	Kirston Obergh (1994)	5-6
7	Jenoa Potter (2002)	5-5
8	Megan Prkut (1997)	5-4 1/2
9	Mirranda Saari (1994, 95)	5-3 3/4
10	Liz Ryen (2004)	5-3 1/4
	Tiffany Fackrell (2004)	5-3 1/4

Hammer

1	Torrie Self (2011)	182-4
2	Christin McDowell (2005)	167-3
3	Kaylee Baumstark (2012)	156-0
4	Jordan Stueckle (2011)	154-2
5	Krissy Tandle (2007)	154-1
6	Heather Yergen (2005)	150-4
7	Alison McWeeny (2008)	143-1
	Becky Scherer (2007)	143-1
9	Jacque Korn (2011)	132-10
10	Sydney Jensen (2012)	132-2

Discus

1	Cindy Pottle (1977)	158-10
2	Torrie Self (2011)	144-3
3	Stacy Faller (1998)	141-11
4	Jennifer Mercy (1998)	140-11
5	Becky Scherer (2006)	139-3
6	Krissy Tandle (2006)	137-7
7	Shaina Afoa (2008)	134-2
8	Tiffany Quilter (2004)	131-6
9	Raisa Yates (2010)	131-4
10	Jill Palmquist (1981)	131-0

Long Jump

1	Davina Strauss (2002)	18-10 1/4
2	Shelley Johnson (1994)	18-4 3/4
3	Katie Crowell (1985)	18-4 1/2
4	Nickola Wilson (1994)	18-4
5	Alice Pleasant (1982)	18-1 1/2
6	Kris Kjolso (1992)	17-10 1/4
7	Katharine Lotze (2011)	17-5 3/4
8	Raquel Gonzalez (2010)	17-5 1/4
9	Heather Lucas (1987)	17-4
10	Anjuli Spear (2004)	17-3 1/2

Javelin+

1	Lorna Martinson (1983)	160-11
2	Katie McMeel (2006)#	160-4
3	Karie Pruett (2002)#	140-1
4	Donna Olin (1984)	137-8
5	Angie Marchant (1994)	136-1
6	Sara Lind (1999)#	134-0
7	Kris Kjolso (1992)	131-8
8	Hailey Ruff (2002)#	128-10
9	Natalie Hutcheson (1996)	128-6
10	Becky Swindell (1999)#	127-11



+ Specifications for javelin, adjusting flight distance, were changed in 1986 and again in 1989. Angie Marchant (1994) holds the school record of 136-1 with 1986-98 javelin specifications; Katie McMeel (2006) holds the school record of 160-4 with current javelin specifications (denoted by # on above list).