

The following records are not complete. If you know of a record that is missing, please send a hard copy of the record to the WPU Sports Information office.

#### 100-Meter Dash

12.24	Renee Addison	1985
12.50	Angie Thompson	1986
12.60	Pat Zalesky	1978
12.80	Stephanie Minter	2002
12.80	Desiree Orwig	1987
12.86	Stephanie Minter	2002
12.87	Chris Fisk	1988
12.87	Angie Thompson	1984
12.88	Desiree Orwig	1988
12.96	Stephanie Minter	2002
12.96	Michaela Beck	2011

#### 200-Meter Dash

25.60	Deshay Addison	1985
26.31	Stephanie Minter	2002
26.70	Deshay Addison	1986
26.71	Stephanie Minter	2003
26.74	Stephanie Minter	2003
26.77	Stephanie Minter	2002
26.80	Renee Addison	1986
26.81	Jess Snowbarger	2008
26.83	Jess Snowbarger	2008
26.90	Desiree Orwig	1987

#### 400-Meter Dash

55.76	Renee Addison	1985
1:01.29	Jen Freeman	1998
1:02.39	Jen Freeman	1998
1:02.80	Darci Watt	1999
1:02.90	Jane Jankowski	1978
1:03.20	Donna Stasiak	1984
1:03.30	Desiree Orwig	1988
1:03.40	Melisa Wink	2009
1:03.97	Melisa Wink	2009
1:04.16	Becky Inman	1984

#### 800-Meter Run

2:19.13	Desiree Orwig	1988
2:22.33	Darci Watt	2002
2:23.97	Desiree Orwig	1988
2:25.82	Donna Stasiak	1985
2:26.80	Linda Salterberg	1980
2:28.00	Kasey Kerr	2007
2:29.00	Jodi Berman	2004

2:31.96	Nichole Flores	2003
2:32.31	Kasey Kerr	2007
2:32.81	Emily Eckman	2003

### **1,500-Meter Run**

4:56.60	Pam Johnstone	1984
5:02.37	Kasey Kerr	2007
5:06.59	Kasey Kerr	2007
5:07.84	Kasey Kerr	2007
5:07.92	Pam Johnstone	1984
5:11.31	Emily Eckman	2004
5:13.46	Emily Eckman	2003
5:14.12	Kasey Kerr	2006
5:14.34	Sara Rodriguez	2002
5:15.69	Emily Eckman	2003

### **3,000-Meter Run**

10:53.30	Pam Johnstone	1984
11:24.50	Lisa Fuller	1984
11:54.54	Tyne Crandell	2004
11:57.84	Joanne Tennison	1985
12:20.00	Charlene Curtis	1988
12:24.32	Staci Despain	2005
12:38.11	Tyne Crandell	2006
13:00.40	Melissa Ming	2002

### **3,000-Meter Steeplechase**

11:56.65	Tyne Crandell	2005
12:02.62	Tyne Crandell	2005
12:03.91	Tyne Crandell	2006
12:13.52	Emily Eckman	2005
12:17.80	Tyne Crandell	2005
12:22.05	Emily Eckman	2005
12:24.00	Tyne Crandell	2004
12:26.00	Emily Eckman	2003
12:33.27	Tyne Crandell	2004
12:36.06	Tyne Crandell	2006

### **5,000-Meter Run**

18:59.00	Pam Johnstone	1984
19:13.00	Pam Johnstone	1984
19:18.91	Sara Rodriguez	2002
19:20.78	Sara Rodriguez	2002
19:30.71	Sara Rodriguez	2002
19:59.47	Nicki Thomas	2007
20:10.00	Tyne Crandell	2004
20:19.18	Joanne Tennison	1985
20:20.23	Tyne Crandell	2005

20:22.71	Tyne Crandell	2005
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### **10,000-Meter Run**

44:05.26	Tyne Crandell	2006
44:16.29	Tyne Crandell	2005
44:24.36	Nicki Thomas	2007
44:29.22	Tyne Crandell	2004
44:42.59	Vilinn McReynolds	2006
44:57.11	Nicki Thomas	2007
45:01.80	Vilinn McReynolds	2006
45:10.57	Tyne Crandell	2004
45:37.38	Nicki Thomas	2007
47:34.12	Vilinn McReynolds	2006

### **1-Mile Run**

5:37.19	Pam Johnstone	1984
5:45.10	Jan O' Hara	1975
8:48.09	Phyllis Ewings	1981

### **55-Meter Hurdles**

8.44	Jacqui Johnson	1985
8.48	Desiree Orwig	1988
9.02	Chris Fisk	1988
9.30	Carrie Burch	1989
9.48	Carrie Burch	1988

### **100-Meter Hurdles**

14.64	Desiree Orwig	1988
15.10	Jacqui Johnson	1985
15.37	Desiree Orwig	1987
15.40	Kathleen Newell	1980
15.55	Chris Fisk	1988
15.61	Jessica Walker	2005
15.66	Jenna DeBower	2005
15.91	Jessica Walker	2005
16.35	Jessica Walker	2005
16.45	Jess Snowbarger	2008

### **400-Meter Hurdles**

1:02.00	Desiree Orwig	1986
1:02.71	Desiree Orwig	1988
1:02.87	Desiree Orwig	1987
1:03.20	Desiree Orwig	1987
1:07.20	Jacqui Johnson	1986
1:08.60	Jacqui Johnson	1985
1:09.34	Laura Adams	1998
1:09.36	Laura Adams	1998

1:09.51	Jessica Walker	2005
1:11.54	Krista Pettit	2009

### High Jump

5-5	Kenyani Allen	2002
5-5	Na Onka Mixon	2007
5-4.25	Na Onka Mixon	2007
5-4	Na Onka Mixon	2006
5-4	Renee Addison	1986
5-3	Kenyani Allen	2002
5-3	Na Onka Mixon	2006
5-2.5	Na Onka Mixon	2006
5-2.5	Kenyani Allen	2002
5-2	Kenyani Allen	2002
5-2	Desiree Orwig	1988
5-2	Renee Addison	1985

### Long Jump

18-9.75	Na Onka Mixon	2007
18-2.5	Kenyani Allen	2002
18-1	Na Onka Mixon	2007
17-10.75	Na Onka Mixon	2007
17-9.75	Kenyani Allen	2002
17-9.5	Na Onka Mixon	2006
17-8.5	Na Onka Mixon	2006
17-6.75	Na Onka Mixon	2007
17-6.5	Desiree Orwig	1988
17-6.25	Na Onka Mixon	2006

### Triple Jump

39-3.75	Na Onka Mixon	2006
38-11	Na Onka Mixon	2007
38-6	Na Onka Mixon	2007
38-0	Na Onka Mixon	2006
36-9.75	Na Onka Mixon	2007
36-7	Na Onka Mixon	2007
36-6.5	Kenyani Allen	2002
36-5.5	Na Onka Mixon	2007
36-2.25	Na Onka Mixon	2006
35-9	Kenyani Allen	2002

### Javelin

141-2	Katie Burnett	2011
136-6	Katie Burnett	2009
136-1	Katie Burnett	2011
130-7	Katie Burnett	2010
130-7	Katie Burnett	2011
130-4	Rachel Butler	2011

129-3	Katie Burnett	2009
127-11	Katie Burnett	2010
127-0	Katie Burnett	2010
126-1	Katie Burnett	2009

### **Discus**

135-4	Rachel Butler	2011
134-11	Rachel Butler	2010
134-5	Arlene Truss	1994
131-2	Rachel Butler	2011
130-1	Rachel Butler	2010
129-1	Laura Gentry-Jones	2011
127-1	Laurie Griffin	1987
125-9	Rachel Butler	2010
124-8	Rachel Butler	2010
121-3	Rachel Butler	2011

### **Shot Put**

56-5	Arlene Truss	1994
39-5.25	Ashley Lyons	2011
39-1.75	Ashley Lyons	2011
39-0	Chelsea Glavin	2004
38-7.5	Desiree Orwig	1988
38-0.25	Brenda Dieckmann	1975
37-1	Ashley Lyons	2011
36-9.75	Rachel Butler	2011
36-3	Desiree Orwig	1988
35-1.25	Maude Packer	1985

### **Hammer Throw**

154-0	Rachel Butler	2011
151-5	Rachel Butler	2011
148-4	Rachel Butler	2011
145-8	Rachel Butler	2010
145-6	Rachel Butler	2011
141-3	Rachel Butler	2010
139-7	Rachel Butler	2010
133-9	Rachel Butler	2010
79-2	Amanda Hart	2007
70-0	Hope Trimble	

### **Pole Vault**

7-6	Katie Burnett	2010
5-6	Jessica Carson	2005

### **Sprint Medley**

1:50.50	Angie Thompson, Jacqui Johnson, Deshay Addison, Renee Addison	1986
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1:56.56 1984

#### **4x100-Meter Relay**

49.60	Angie Thompson, Jacqui Johnson, Deshay Addison, Renee Addison	1986
50.73	Jessica Carson, Stacey Minter, Kenyani Allen, Stephanie Minter	2002
50.79	Jessica Carson, Stacey Minter, Kenyani Allen, Stephanie Minter	2002
51.21	Jessica Carson, McMillan, Stacey Minter, Stephaine Minter	2003
51.28		2002
51.74		2003
51.93	Jessica Carson, Nichole Flores, Stacey Minter, Stephaine Minter	2003
52.03		2002
52.38		1984
52.56		2002

#### **4x200-Meter Relay**

1:48.42	Angie Thompson, Jacqui Johnson, Deshay Addison, Renee Addison	1986
1:54.50		1984
1:55.34		2002
1:57.70	Jane Jankowski, Sondra Shull, Lea Hendricks, Linda Salterberg	1978
2:01.20		1998
2:03.07	Colleen Maynard, Deb Barnd, Sally Rasche, Jayne Mosher	1980
2:09.0	Ann Elmore, Colleen Maynard, Deb Barnd, Jayne Mosher	1980

#### **4x400-Meter Relay**

3:54.70	Angie Thompson, Jacqui Johnson, Deshay Addison, Renee Addison	1985
3:54.73	Angie Thompson, Desiree Orwig, Deshay Addison, Renee Addison	1986
4:20.20	Lea Hendricks, Linda Salterberg, Sondra Shull, Jane Jankowski	1978
4:20.72		2002
4:21.40		2002
4:21.85	Jen Freeman, Christy, Katie Walters, Laura Adam	1998
4:22.35		2005
4:22.56	Krista Pettit, Jessica Bixler, Melisa Wink, Tibisa Thor	2009
4:23.20	Krista Pettit, Jessica Bixler, Melisa Wink, Tibisa Thor	2009
4:24.01	Nichole Flores, Miller, Stephanie Minter, Emily Eckman	2003

#### **Mile Relay**

4:24.0	L Hendricks, L. Salterberg, S. Shull, Jane Jankowski	1978
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#### **4x800 Meter Relay**

10:13.00	Darci Watt, Jodi Berman, Dove Morrow, Katie Baugh	2002
10:25.70	Jodi Berman, Crystal Drury, Nichole Flores, Emily Eckman	2003
10:29.46	Jodi Berman, Ashley Burk, Jessica Carson, Emily Eckman	2004
10:49.16		2005
11:08.36		2002
11:09.27	Jodi Berman, Crystal Drury, Royal, Nichole Flores	2003
11:17.40		2009
11:30.16		2005

**Distance Medley**

14:02.65	Tyne Crandell Jessica Carson, Ashley Burk, Kasey Kerr	2005
14:13.87	Vilinn McReynolds, Kasey Kerr, Ashley Burk, Tyne Crandell	2006
14:27.32		2002

**Half Marathon**

1:33.32	Valinn McRynolds	2006
1:36.41	Nicki Thomas	2007

**Marathon**

3:46:04.83	Valinn McReynolds	2006
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**Heptathlon**

4,731	Desiree Orwig	1988
4,619	Desiree Orwig	1987
3,404	Katie Burnett	2010
2,842	Jessica Bixler	2010
2,659	Emily Eckman	2004
2,475	Jessica Carson	2004
1,538	Jessica Carson	2004

**5,000-Meter Race Walk**

23:51.83	Katie Burnett	2011
25:49.75	Katie Burnett	2011
26:22.19	Katie Burnett	2010
27:25	Katie Burnett	2010