

# Women's Track & Field Records



## CONFERENCE CHAMPION

Name	Event	Year
Nikki Overman	Hammer	1997
Janel Belton	Discus	2007
Katy Evert	400 Hurdles	2007
Kathleen Stynes	Pole Vault	2007

## ALL-CONFERENCE

Name	Event	Year
Janel Belton (1st place)	Discus	2007
Katy Evert (1st place)	400 Hurdles	2007
Nikki Overman (1st place)	Hammer	1997
Kathleen Stynes (1st place)	Pole Vault	2007
Mandy Hecker (2nd place)	800, 1500 Meters	2007
Ashley Bernal (2nd place)	400 meters	2006
Janel Belton (3rd place)	Discus	2006
Ashley Bernal (3rd place)	Triple Jump	2006
Mandy Hecker (3rd place)	1,500 meters	2005
Kathleen Stynes (3rd place)	Pole Vault	2005
Ashley Bernal (3rd place)	200 meters	2004
Ashley Bernal (3rd place)	400 meters	2004
Hofmann, Stynes, Gelhausen, Bernal	4-x-100 relay	2005

## INDOOR RECORDS

### 55-meter Dash

7.32	Anastasia Tarpeh	RHIT	2008
7.53	Sarita Stephney	RHIT	2007
7.67	Alicia Gehlhausen	Denison	2006

### 55-meter Hurdles

9.60	Katy Evert	RHIT	2008
9.64	Nikki Powell	RHIT	1997
9.75	Paula Ditteon	Denison	2006

### 200-meter Dash

26.42	Anastasia Tarpeh	RHIT	2008
27.22	Ashley Bernal	RHIT	2004
27.30	Alicia Gehlhausen	RHIT	2006

### 300-meter Dash

43.07	Kelly Barney	RHIT	1997
48.37	Erica Snyder	RHIT	2000
49.20	K. Hoffmann	RHIT	1997

### 400-meter Dash

1:01.04	Ashley Bernal	Illinois College	2005
1:01.25	Rachel Rieck	DePauw	2002
1:03.84	Alissa Bishel	RHIT	2007

### 500-meter Run

1:27.26	Hannah Rumpf	RHIT	1999
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### 800-meter Run

2:27.15	Mandy Hecker	Illinois College	2005
2:29.54	Rachel Krasich	RHIT	2008
2:30.10	Melissa Rogers	DePauw	2007

### 1,000-meter Run

3:23.56	Hannah Rumpf	RHIT	1999
3:28.78	Larissa Oaks	Illinois College	2005

### 1,500-meter Run

4:58.71	Rachel Krasich	Anderson	2005
4:59.71	Mandy Hecker	Ohio Northern	2005
5:18.34	Hannah Rumpf	I.Wesleyan	2000

### Mile Run

5:20.87	Rachel Krasich	RHIT	2008
5:22.47	Mandy Hecker	DePauw	2005
5:29.65	Melissa Rogers	RHIT	2007

### 2,000-meter Steeplechase

7:21.42	Rachel Krasich	Wabash	2008
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### 3,000-meter Run

10:45.16	Rachel Krasich	RHIT	2007
11:30.16	Beth Emborsky	RHIT	2004
11:41.76	Susan Nickol	RHIT	2005

### 5,000-meter Run

19:01.92	Rachel Krasich	DePauw	2007
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### Long Jump

16' 3 3/4"	Brittiney Hofmann	RHIT	2005
14' 11"	Ashley Bernal	Denison	2006
14' 10"	Satomi Kaminaga	RHIT	2008

### Shot Put

38' 11 1/2"	Janel Belton	RHIT	2007
37' 6 3/4"	Maggie Lowry	RHIT	2001
36' 11 1/2"	Beth Nixon	RHIT	1998

### 20-lb. Weight

46' 5 1/2"	Janel Belton	RHIT	2008
43' 9 3/4"	Nikki Overman	Indiana	1997
43' 3"	Jessica Haraburda	RHIT	2008

### High Jump

5' 0 1/4"	Kathleen Stynes	Illinois College	2005
4' 10 1/2"	Rachel Rieck	Purdue	2001

### Triple Jump

33' 8"	Ashley Bernal	Illinois College	2006
31' 10 3/4"	Brittiney Hofmann	RHIT	2006
31' 5 1/4"	Satomi Kaminaga	RHIT	2008

### Pole Vault

8' 8 1/4"	Kathleen Stynes	RHIT	2007
8' 0 1/2"	Bri Leahy	RHIT	2005

### 4-x-200 Relay

1:52.20	Bernal, Ditteon, Pierce, Rieck	RHIT	2004
1:52.40	Ditteon, Evert, Gehlhausen, Bernal	RHIT	2006
1:55.34	Bernal, Gehlhausen, Evert, Hofmann	RHIT	2005

### 4-x-400 Relay

4:22.19	Lundahl, Stephney, Evert, Hecker	RHIT	2007
4:22.43	Bernal, Pierce, Hecker, Rieck	RHIT	2004
4:23.41	Pierce, Oaks, Evert, Bernal	Ill. Coll.	2005

### Distance Medley Relay

13:12.83	Nickol, Evert, Lundahl, Krasich	RHIT	2008
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THE RECORD BOOK



# Women's Track & Field Records

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## OUTDOOR TRACK & FIELD RECORDS

### 100-meter Dash

12.99	Sarita Stepney	RHIT	2007
13.10	Alicia Gehlhausen	SCAC	2006
13.20	Ashley Bernal	RHIT	2005

### 200-meter Dash

26.16	Ashley Bernal	SCAC	2006
26.69	Alicia Gehlhausen	RHIT	2006
26.85	Sarita Stepney	RHIT	2007

### 400-meter Dash

59.09	Ashley Bernal	SCAC	2006
1:02.57	Alissa Bishel	HCAC	2007
1:04.25	Caitlin Pierce	SCAC	2005

### 100-meter Hurdles

16.98	Katy Evert	SCAC	2005
17.32	Paula Ditteon	SCAC	2006
17.49	Anna Burgner	Indianapolis	2000

### 400-meter Hurdles

1:09.29	Katy Evert	SCAC	2006
1:15.15	Bessie Fulk	ICAC	1997
1:17.76	Anna Burgner	Indianapolis	2000

### 800-meter Run

2:18.99	Mandy Hecker	RHIT	2007
2:27.62	Melissa Rogers	HCAC	2007
2:28.94	Kate Buchanan	Vincennes	1997

### 1,500-meter Run

4:48.60	Mandy Hecker	Indiana	2007
4:54.47	Melissa Rogers	RHIT	2007
5:05.07	Rachel Krasich	RHIT	2005

### 3,000 meters

11:00.69	Rachel Krasich	RHIT	2006
11:22.41	Becky Merow	SCAC	1999
11:51.21	Bessie Fulk	RHIT	1998

### 3,000 steeplechase

12:01.33	Rachel Krasich	Purdue	2007
12:48.19	Luisa Fairfax	Ohio Wesleyan	2005
12:48.60	Susan Nickol	Indianapolis	2006

### 5,000 meters

19:02.53	Rachel Krasich	Ohio Wesleyan	2005
20:38.77	Susan Nickol	RHIT	2005
21:28.03	Stephanie Story	RHIT	2006

### 10,000 meters

41:50	Bessie Fulk	Indianapolis	1998
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### 4x100-meter Relay

51.00	Bernal, Hofmann, Stynes, Gelhausen	RHIT	2005
52.20	Ditteon, Evert, Gehlhausen, Bernal	RHIT	2006
53.31	Bernal, Ditteon, Pierce, Hughes	SCAC	2004

### 4x400-meter Relay

4:13.70	Evert, Gehlhausen, Hecker, Bernal	SCAC	2006
4:17.59	Bernal, Pierce, Stynes, Evert	RHIT	2005
4:18.35	Hecker, Pierce, Bernal, L. Oaks	SCAC	2004

### Long Jump

16' 0 1/2"	Britt Hofmann	Anderson	2005
14' 5"	Ashley Bernal	RHIT	2006
13' 7 1/2"	Lauren Hughes	Anderson	2004

### Discus

125' 2"	Janel Belton	HCAC	2007
118' 3"	Rebecca Fehribach	HCAC	2007
113' 2"	Jessica Haraburda	SCAC	2006

### Triple Jump

35' 11 1/4"	Ashley Bernal	SCAC	2006
32' 5"	Kathleen Stynes	IUPUI	2007
29' 1"	Katy Evert	SCAC	2006

### Pole Vault

9' 0 1/4"	Kathleen Stynes	HCAC	2007
8' 0"	Bri Leahy	RHIT	2004

### High Jump

5' 0 1/4"	Kathleen Stynes	RHIT	2007
4' 10 1/2"	Anna Yokel	SCAC	1999
4' 8"	Dawn Hobbs	DePauw	1997

### Hammer Throw

130' 2 1/4"	Nikki Overman	Emory	1996
117' 7"	Maggie Lowry	Indianapolis	2000
111' 1"	Jessica Haraburda	RHIT	2007

### Javelin

104' 9"	Beth Nixon	SCAC	2000
101' 9"	Amanda Salinas	Indianapolis	2001
95' 2"	Katie Moorhead	RHIT	2007

### Shot Put

38' 4 1/4"	Janel Belton	HCAC	2007
36' 6 3/4"	Maggie Lowry	SCAC	1999
35' 5 1/2"	Beth Nixon	SCAC	1999