

Women's Track & Field Records



CONFERENCE CHAMPION (8)

Name	Event	Year
Nikki Overman	Hammer	1997
Janel Belton	Discus	2007
Katy Evert	400 Hurdles	2007
Kathleen Stynes	Pole Vault	2007
Janel Belton	Shot Put	2008
Rachel Krasich	3,000 Steeplechase	2008
Anastasia Tarpeh	100 Meters	2009
Anastasia Tarpeh	200 Meters	2009

ALL-CONFERENCE (18 awards)

Name	Event	Year
Nikki Overman (1st place)	Hammer	1997
Ashley Bernal (3rd place)	200 meters	2004
Ashley Bernal (3rd place)	400 meters	2004
Mandy Hecker (3rd place)	1,500 meters	2005
Kathleen Stynes (3rd place)	Pole Vault	2005
Hofmann, Stynes, Gelhausen, Bernal	4-x-100 relay	2005
Janel Belton (3rd place)	Discus	2006
Ashley Bernal (2nd place)	400 meters	2006
Ashley Bernal (3rd place)	Triple Jump	2006
Janel Belton (1st place)	Discus	2007
Katy Evert (1st place)	400 Hurdles	2007
Mandy Hecker (2nd place)	800 Meters	2007
Mandy Hecker (2nd place)	1500 Meters	2007
Kathleen Stynes (1st place)	Pole Vault	2007
Janel Belton (1st place)	Shot Put	2008
Rachel Krasich (1st place)	3,000 Steeplechase	2008
Anastasia Tarpeh (1st place)	100 Meters	2009
Anastasia Tarpeh (1st place)	200 Meters	2009

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
800-meter Run			
2:27.15	Mandy Hecker	Illinois College	2005
2:29.54	Rachel Krasich	RHIT	2008
2:30.10	Melissa Rogers	RHIT	2009

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			
5:18.97	Melissa Rogers	RHIT	2009
5:20.87	Rachel Krasich	RHIT	2008
5:22.47	Mandy Hecker	DePauw	2005
2,000-meter Steeplechase			
7:21.42	Rachel Krasich	Wabash	2008
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
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' 11 1/4"	Satomi Kaminaga	RHIT	2009
31' 10 3/4"	Brittiney Hofmann	RHIT	2006
Pole Vault			
8' 8 1/4"	Kathleen Stynes	RHIT	2007
8' 0 1/2"	Heather Demor	DePauw	2009
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



Women's Track & Field Records

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OUTDOOR TRACK & FIELD RECORDS

100-meter Dash

12.59	Anastasia Tarpeh	HCAC	2008
12.99	Sarita Stephney	RHIT	2007
13.10	Alicia Gehlhausen	SCAC	2006

200-meter Dash

26.16	Ashley Bernal	SCAC	2006
26.21	Anastasia Tarpeh	RHIT	2008
26.69	Alicia Gehlhausen	RHIT	2006

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
5:00.17	Susan Nickol	RHIT	2008

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

11:26.45	Rachel Krasich	Rhodes	2008
12:48.19	Luisa Fairfax	Ohio Wesleyan	2005
12:48.60	Susan Nickol	Indianapolis	2006

5,000 meters

18:47.66	Rachel Krasich	HCAC	2008
20:00.61	Mandy Hecker	RHIT	2009
20:38.77	Susan Nickol	RHIT	2005

10,000 meters

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

51.00	Bernal, Hofmann, Stynes, Gehlhausen	RHIT	2005
52.20	Ditteon, Evert, Gehlhausen, Bernal	RHIT	2006
53.19	Evert, Marsh, Kaminaga, Tarpeh	HCAC	2008

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
15' 9 3/4"	Satomi Kaminaga	RHIT	2009
14' 5 1/4"	Liz Ridgway	RHIT	2009

Discus

135' 11"	Janel Belton	RHIT	2008
118' 11"	Rebecca Fehribach	RHIT	2009
116' 6"	Katie Moorhead	RHIT	2009

Triple Jump

35' 11 1/4"	Ashley Bernal	SCAC	2006
32' 11 1/4"	Donna Marsh	Ohio Wesleyan	2008
32' 8 1/4"	Liz Ridgway	HCAC	2008
32' 5"	Kathleen Stynes	IUPUI	2007

Pole Vault

9' 0 1/4"	Kathleen Stynes	HCAC	2007
8' 0"	Bri Leahy	RHIT	2004
7' 10 1/2"	Heather Demor	Ohio Wesleyan	2009

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

132' 1"	Jessica Haraburda	RHIT	2009
131' 11"	Katie Moorhead	RHIT	2009
130' 2 1/4"	Nikki Overman	Emory	1996

Javelin

116' 1"	Liz Ridgway	RHIT	2009
111' 8"	Amanda Jacobson	RHIT	2009
104' 9"	Beth Nixon	SCAC	2000

Shot Put

40' 11 3/4"	Janel Belton	HCAC	2008
36' 6 3/4"	Maggie Lowry	SCAC	1999
35' 5 1/2"	Beth Nixon	SCAC	1999