

MONMOUTH COLLEGE

WOMEN'S OUTDOOR TRACK AND FIELD RECORD BOOK

TEAM HISTORY

Women's outdoor track and field began at Monmouth in the spring of 1981. The first Midwest Athletic Conference for Women (MACW) championship meet for women's outdoor track was held in 1979, and Monmouth started MACW conference competition in 1981. Track races were originally measured in imperial yard/mile distances, but all race distances were converted to metric equivalents during the mid-1980s. The conference championship meet schedule has changed many times since the inception of the sport, but all contested events are included in the record book. The MCAC (men) and MACW (women) conferences merged to form the current Midwest Athletic Conference (MWC) in 1994 and both conferences have held joint championship meets since 1985.

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[revised May 2009]

TEAM INFORMATION

Years of Competition:	29 (1981-2009)		
Team Conference Championships:	13	NCAA National Qualifiers:	98
Individual Conference Titles:	114	NCAA All-Americans:	36
	<i>(relays count as 1 title)</i>		<i>(relays count as 4 individuals)</i>

MIDWEST CONFERENCE CHAMPIONSHIPS TEAM RESULTS

Year	Place	Points	Host	Coach
1981	5th	34	Coe	Jud Kruidenier
1982	5th	47	Cornell	Jud Kruidenier
1983	5th	38.5	Grinnell	Jud Kruidenier
1984	6th	42	Monmouth	Jud Kruidenier
1985	7th	34	Monmouth	Jud Kruidenier
1986	4th	61	Ripon	Jud Kruidenier
1987	3rd	64	Coe	Jud Kruidenier
1988	4th	60	St. Norbert	Jud Kruidenier
1989	6th	53.5	Grinnell	Chris Pio
1990	4th	79	Beloit	Chris Pio
1991	4th	93	Monmouth	Chris Pio
1992	2nd	130.5	Lawrence	Chris Pio
1993	1st	143	Knox	Chris Pio
1994	2nd	115	Ripon	Chris Pio
1995	3rd	113	Coe	Chris Pio
1996	1st	174	Carroll	Chris Pio
1997	1st	141	Grinnell	Chris Pio
1998	1st	157	St. Norbert	Chris Pio
1999	3rd	116	Monmouth	Chris Pio
2000	1st	196.5	Lawrence	Roger Haynes
2001	1st	201	Grinnell	Roger Haynes
2002	1ST	208	Ripon	Roger Haynes
2003	1st	180.5	Knox	Roger Haynes
2004	3 rd	134	Ripon	Roger Haynes
2005	1st	216	Monmouth	Roger Haynes
2006	1st	214	Grinnell	Roger Haynes
2007	1st	219.5	Ripon	Roger Haynes
2008	1st	241	Knox	Roger Haynes
2009	1st	254	Carroll	Roger Haynes

MIDWEST CONFERENCE WOMEN'S OUTDOOR TRACK TEAM CHAMPIONS

1979	Grinnell	1990	St. Norbert	2001	MONMOUTH
1980	Grinnell	1991	St. Norbert	2002	MONMOUTH
1981	Cornell	1992	Coe	2003	MONMOUTH
1982	Coe	1993	MONMOUTH	2004	Carroll
1983	Chicago	1994	Coe	2005	MONMOUTH
1984	Chicago	1995	Coe	2006	MONMOUTH
1985	Grinnell	1996	MONMOUTH	2007	MONMOUTH
1986	St. Norbert	1997	MONMOUTH	2008	MONMOUTH
1987	St. Norbert	1998	MONMOUTH	2009	MONMOUTH
1988	St. Norbert	1999	Carroll		
1989	St. Norbert	2000	MONMOUTH		

MIDWEST CONFERENCE CHAMPIONSHIPS

CONFERENCE CHAMPIONS BY YEAR

Monmouth individual event champions are listed chronologically by year and number of titles won each year. Event, athlete name, winning performance and meet site are also listed. Relays are counted as one championship title. Midwest Conference championship meet records are denoted by asterisk ().*

Year	Event	Athlete	Performance	Host
1981 (3)	Shot Put	Elena Snarskis	33'2½"	Coe
	Discus	Elena Snarskis	98'6"	
	Javelin	Kathy Kruidenier	93'10"	
1984 (1)	100 M Hurdles	Kim Dailey	:15.3	Monmouth
1989 (1)	Javelin	Shelley Brown	107'0"	Grinnell
1990 (1)	Javelin	Karen Seeman	121'1"	Beloit
1991 (2)	Javelin	Karen Seeman	126'9"	Monmouth
	High Jump	Linda Schmidt	5'4"	
1992 (2)	Javelin	Karen Seeman	139'1"*	Lawrence
	4 x 400 Relay	Tammy Jefferson, Bitty Quinlan Jan Rowley, Christine Stanton	4:02.57	
1993 (6)	100 M Hurdles	Bitty Quinlan	15.51	Knox
	Javelin	Karen Seeman	127'5"	
	Shot Put	Karen Seeman	41'3"	
	100 Meters	Michelle Dehner	12.87	
	4 x 100 Relay	Dori Ternig, Michelle Dehner, Christine Stanton,		

	4 x 400 Relay	Bitty Quinlan Dori Ternig, Tammy Jefferson, Jan Rowley, Christine Stanton	50.10 4:00.50*	
1994 (4)	High Jump	Linda Schmidt	5'4"	Ripon
	Javelin	Tricia Kalb	107'6"	
	100 Meters	Dori Ternig	11.98*	
	200 Meters	Dori Ternig	26.03	
1995 (2)	100 Meters	Stacy Brown	12.94	Coe
	4x100 Relay	Dori Ternig, Stacy Brown, Christine Stanton, Christy Hickey	49.36	
1996 (9)	100 M Hurdles	Christy Hickey	15.12	Carroll
	Shot Put	Tennille McClure	38'0 ¹ / ₄ "	
	Discus	Tennille McClure	127'7"	
	Long Jump	Heather Furrow	16'4"	
	100 Meters	Christy Hickey	12.32	
	200 Meters	Heather Furrow	25.27*	
	400 Meters	Heather Furrow	56.95	
	4x100 Relay	Dori Ternig, Heather Furrow, Stephanie Owen, Christy Hickey	49.08*	
	4x400 Relay	Christy Keller, Stephanie Owen, Dori Ternig, Heather Furrow	4:05.26	
1997 (7)	400 Hurdles	Heather Furrow	1:03.50*	Grinnell
	Shot Put	Tennille McClure	38'9 ³ / ₄ "	
	Discus	Tennille McClure	138'8"	
	100 Meters	Christy Hickey	12.31	
	200 Meters	Christy Hickey	25.26*	
	400 Meters	Heather Furrow	56.36*	
	4x400 Relay	Julie Kahl, Christy Keller, Gretchen Vandergriff, Heather Furrow	4:03.34	
1998 (6)	400 Hurdles	Heather Furrow	1:04.16	Carroll
	100 Meters	Stacy Brown	12.04	
	200 Meters	Stacy Brown	24.86*	
	400 Meters	Heather Furrow	57.84	
	4x100 Relay	Stacy Brown, Heather Furrow, Christy Keller,		

	4x400 Relay	Constance Jackson Krissy Hosey, Christy Keller, Constance Jackson, Heather Furrow	49.33 4:07.17	
1999 (4)	400 Hurdles	Maggie Semington	1:06.13	Monmouth
	High Jump	Jaime Jones	5' 2"	
	Javelin	Amanda Colgan	128'7"	
	4x400 Relay	Maggie Semington, Sherri Polk, Elise Estes, Christy Keller	4:07.88	
2000 (10)	100 Hurdles	Jill Hoops	16.48	Lawrence
	400 Hurdles	Jill Hoops	1:05.02	
	4x100 Relay	Jill Hoops, Philicia Moredock, Elise Estes, Constance Jackson	49.22	
	4x400 Relay	Jill Hoops, Constance Jackson, Philicia Moredock, Elise Estes	3:58.76*	
	400 Meters	Philicia Moredock	1:00.29	
	100 Meters	Constance Jackson	12.83	
	200 Meters	Constance Jackson	26.43	
	Long Jump	Constance Jackson	17' 6-1/4"	
	Triple Jump	Kara Kuhrts	35' 6-1/2"	
	High Jump	Melissa Jones	5' 1-3/4"	
2001 (8)	Long Jump	Constance Jackson	17' 9-3/4"	Grinnell
	100 Meters	Constance Jackson	12.74	
	200 Meters	Constance Jackson	25.44	
	4x100 Relay	Constance Jackson, Jill Hoops, Philicia Moredock, Michelle Flaar	48.40*	
	High Jump	Melissa Jones	5' 4-1/2"	
	Triple Jump	Kara Kuhrts	36' 1-1/2"	
	4x400 Relay	Kara Kuhrts, Jill Hoops, Philicia Moredock, Elise Estes	4:00.10	
	Javelin	Tracy Nelson	126' 4"	
2002 (9)	100 Meters	Jill Hoops	12.83	Ripon
	200 Meters	Philicia Moredock	26.25	
	100m Hurdles	Jill Hoops	15.21	
	400m Hurdles	Jill Hoops	1:03.54	

	4x400 Relay	Jill Hoops, Philicia Moredock, Katie McGee, Kara Kuhrts	4:09.52	
	High Jump	Melissa Jones	5'2"	
	Long Jump	Kara Kuhrts	17'4"	
	Triple Jump	Kara Kuhrts	36'7"	
	Javelin	Tracy Nelson	109'8"	
2003 (5)	High Jump	Melissa Jones	5'6"	Knox
	Long Jump	Kara Kuhrts	17'10-1/4"	
	Triple Jump	Kara Kuhrts	37'9-1/4"*	
	Discus	Katy Healy	132'7"	
	Javelin	Tracy Nelson	127'2"	
2004 (5)	Javelin	Katy Healy	116'11"	Ripon
	Shot Put	Katy Healy	40'11-3/4"	
	Hammer Throw	Katy Healy	136'5"	
	Triple Jump	Amy Horneck	34'9-3/4"	
	High Jump	Andrea Emery	5'0"	
2005 (5)	4x100 Relay	Kila Cox, Megan Hamilton, Brenda Herrera, Christina Reiner	49.19	Monmouth
	100 Meters	Brenda Herrera	12.32	
	200 Meters	Brenda Herrera	25.84	
	Pole Vault	Christina Reiner	11'0-1/4"	
	Discus	Jen Babos	127'8"	
2006 (4)	100 M Hurdles	Shannon Turczyn	14.76*	Grinnell
	Pole Vault	Jessica White	11'7"*	
	Triple Jump	Megan McKenna	36'11-1/2"	
	High Jump	Christina Reiner	4'10-1/4"	
2007 (7)	High Jump	Megan Clennon	5'4-1/2"	Ripon
	Pole Vault	Jessica White	11'11-3/4"*	
	Discus	Tanesha Hughes	141'10"	
	100 Meters	Brenda Herrera	12.36	
	100m Hurdles	Shannon Turczyn	14.77	
	400m Hurdles	Katie Vaccarello	1:07.50	
	4x100 Relay	Shannon Turczyn, Kila Cox, Lauren Firchau, Brenda Herrera	49.68	
2008 (8)	High Jump	Megan Clennon	5'6-1/2"	Knox
	Pole Vault	Jessica White	12'6-1/4"*	
	Triple Jump	Morgan Leffel	35'3"	
	Discus	Tanesha Hughes	156'0"	
	Hammer Throw	Tanesha Hughes	145'0"*	
	Javelin	Megan Clennon	124'10"	

	Shot Put	Tanesha Hughes	41'7-3/4"
	100m Hurdles	Shannon Turczyn	14.79/14.48* prelims
2009 (5)	100 Meters	Jae Moore	12.71
	100m Hurdles	Shannon Turczyn	14.29*
	Steeplechase	Mary Kate Beyer	10:56.60*
	Hammer Throw	Gloria Lehr	153'4''*
	Discus	Tanesha Hughes	161'3''*

CONFERENCE CHAMPIONS BY EVENT

Monmouth individual event champions are listed by event and number of titles won each year. Year, athlete name and winning performance are also listed. Midwest Conference meet records are denoted by asterisk ().*

100 Meter Hurdles (9)

1984	Kim Dailey	15.3
1993	Bitty Quinlan	15.51
1996	Christy Hickey	15.12
2000	Jill Hoops	16.48
2002	Jill Hoops	15.21
2006	Shannon Turczyn	14.76*
2007	Shannon Turczyn	14.77
2008	Shannon Turczyn	14.79/14.48* prelims
2009	Shannon Turczyn	14.29*

400 Meter Hurdles (6)

1997	Heather Furrow	1:03.50 *
1998	Heather Furrow	1:04.16
1999	Maggie Semington	1:06.13
2000	Jill Hoops	1:05.62
2002	Jill Hoops	1:03.54
2007	Katie Vaccarello	1:07.50

100 Meters (12)

1993	Michelle Dehner	12.87
1994	Dori Ternig	11.98 *
1995	Stacy Brown	12.94
1996	Christy Hickey	12.32
1997	Christy Hickey	12.31
1998	Stacy Brown	12.04
2000	Constance Jackson	12.83
2001	Constance Jackson	12.74
2002	Jill Hoops	12.83
2005	Brenda Herrera	12.32
2007	Brenda Herrera	12.36
2009	Jae Moore	12.71

200 Meters (8)

1994	Dori Ternig	26.03
1996	Heather Furrow	25.27 *
1997	Christy Hickey	25.26 *
1998	Stacy Brown	24.86 *

2000	Constance Jackson	26.43
2001	Constance Jackson	25.44
2002	Philicia Moredock	26.25
2005	Brenda Herrera	25.84

400 Meters (4)

1996	Heather Furrow	56.95
1997	Heather Furrow	56.36 *
1998	Heather Furrow	57.84
2000	Philicia Moredock	1:00.29

800 Meters (0)

None

1500 Meters (0)

None

3000 Meters (0)

None

Steeplechase (1)

2009	Mary Kate Beyer	10:56.60*
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5000 Meters (0)

None

10,000 Meters (0)

None

Pole Vault (4)

2005	Christina Reiner	11'0-1/4"
2006	Jessica White	11'7''*
2007	Jessica White	11'11-3/4''*
2008	Jessica White	12'6-1/4''*

Long Jump (5)

1996	Heather Furrow	16'4"
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2000	Constance Jackson	17'6-1/4"
2001	Constance Jackson	17'9-3/4"
2002	Kara Kuhrts	17'4"
2003	Kara Kuhrts	17'10-1/4"

Triple Jump (7)

2000	Kara Kuhrts	35'6-1/2"
2001	Kara Kuhrts	36'1-1/2"
2002	Kara Kuhrts	36'7"
2003	Kara Kuhrts	37'9-1/4"
2004	Amy Horneck	34'9-3/4"
2006	Megan McKenna	36'11-1/2"
2008	Morgan Leffel	35'3"

High Jump (11)

1991	Linda Schmidt	5'4"
1994	Linda Schmidt	5'4"
1999	Jaime Jones	5'2"
2000	Melissa Jones	5'1-3/4"
2001	Melissa Jones	5'4-1/2"
2002	Melissa Jones	5'2"
2003	Melissa Jones	5'6"
2004	Andrea Emery	5'0"
2006	Christina Reiner	4'10-1/4"
2007	Megan Clennon	5'4-1/2"
2008	Megan Clennon	5'6-1/2"

Shot Put (6)

1981	Elena Snarskis	33'2½"
1993	Karen Seeman	41'3"
1996	Tennille McClure	38'0¼"
1997	Tennille McClure	38'9¾"
2004	Katy Healy	40'11-3/4"
2008	Tanesha Hughes	41'7-3/4"

Discus (8)

1981	Elena Snarskis	98'6"
1996	Tennille McClure	127'7"
1997	Tennille McClure	138'8"
2003	Katy Healy	132'7"
2005	Jen Babos	127'8"
2007	Tanesha Hughes	141'10"
2008	Tanesha Hughes	156'0"
2009	Tanesha Hughes	161'3"*

Hammer Throw (3)

2004	Katy Healy	136'5"
2008	Tanesha Hughes	145'0"*
2009	Gloria Lehr	153'4"*

Javelin (13)

1981	Kathy Kruidenier	93'10"
1989	Shelley Brown	107'0"
1990	Karen Seeman	121'1"
1991	Karen Seeman	126'9"
1992	Karen Seeman	139'1" *
1993	Karen Seeman	127'5"
1994	Tricia Kalb	107'6"
1999	Amanda Colgan	128'7"
2001	Tracy Nelson	126'4"
2002	Tracy Nelson	109'8"
2003	Tracy Nelson	127'2"
2004	Katy Healy	116'11"
2008	Megan Clennon	124'10"

4x100 Meter Relay (8)

1993	Ternig-Dehner-Stanton-Quinlan	50.10
1995	Ternig-Brown-Stanton-Hickey	49.36
1996	Ternig-Furrow-Owen-Hickey	49.08 *
1998	Brown-Furrow-Keller-Jackson	49.33
2000	Hoops-Moredock-Estes-Jackson	49.22
2001	Jackson-Hoops-Moredock-Estes	48.40
2005	Cox-Hamilton-Herrera-Reiner	49.19
2007	Turczyn-Cox-Firchau-Herrera	49.68

4x400 Meter Relay (9)

1992	Quinlan-Jefferson-Rowley-Stanton	4:02.57
1993	Ternig-Jefferson-Rowley-Stanton	4:00.50 *
1996	Keller-Owen-Ternig-Furrow	4:05.26
1997	Kahl-Keller-Vandergriff-Furrow	4:03.34
1998	Hosey-Keller-Jackson-Furrow	4:07.17
1999	Semington-Polk-Estes-Keller	4:07.88
2000	Hoops-Jackson-Moredock-Estes	3:58.76
2001	Kuhrts-Hoops-Moredock-Estes	4:00.10
2002	Hoops-Moredock-McGee-Kuhrts	4:09.52

INDIVIDUAL/TEAM MEET RECORDS

Individual Records

MOST INDIVIDUAL CONFERENCE TITLES - SINGLE SEASON

- 5 **Heather Furrow, 1996 (200, 400, LJ, 4x100, 4x400)**
- 5 **Constance Jackson, 2000 (100, 200, LJ, 4x100, 4x400)**
- 4 Heather Furrow, 1998 (400, 400IH, 4x100, 4x400)
- 4 Jill Hoops, 2000 (100H, 400H, 4x100, 4x400)
- 4 Constance Jackson, 2001 (LJ, 100, 200, 4x100)
- 4 Jill Hoops, 2002 (100 Meters, 100 Hurdles, 400 Hurdles, 4x400 Relay)
- 3 Christy Hickey, 1996 (100, 100HH, 4x100)
- 3 Heather Furrow, 1997 (400, 400IH, 4x400)
- 3 Stacy Brown, 1998 (100, 200, 4x100)
- 3 Kara Kuhrts, 2002 (4x400 Relay, Long Jump, Triple Jump)
- 3 Katy Healy, 2004 (Javelin, Shot Put, Hammer Throw)
- 3 Tanesha Hughes, 2008 (Discus, Hammer Throw, Shot Put)

MOST INDIVIDUAL CONFERENCE TITLES - CAREER

- 12 **Heather Furrow (1998 - 400, 400IH, 4x100, 4x400; 1997 - 400, 400IH, 4x400; 1996 - 200, 400, LJ, 4x100, 4x400)**
- 11 Constance Jackson (1998 – 4x100, 4x400; 2000 – 100, 200, LJ, 4x100, 4x400; 2001 – LJ, 100, 200, 4x100)
- 10 Jill Hoops (2000 – 100H, 400H, 4x100, 4x400; 2001 – 4x100, 4x400; 2002 - 100 Meters, 100 Hurdles, 400 Hurdles, 4x400 Relay)
- 8 Kara Kuhrts (2000 - Triple Jump; 2001 - Triple Jump, 4x400 Relay; 2002 - 4x400 Relay, Long Jump, Triple Jump; 2003 – Long Jump, Triple Jump)
- 7 Dori Ternig (1993 - 4x100, 4x400; 1994 - 100, 200; 1995 - 4x100; 1996 - 4x100, 4x400)
- 7 Philicia Moredock (2000 - 400 Meters, 4x100 Relay, 4x400 Relay; 2001 - 4x100 Relay, 4x400 Relay; 2002 - 200 Meters, 4x400 Relay)
- 6 Christy Hickey (1995 - 4x100; 1996 - 100, 100HH, 4x100; 1997 - 100, 200)

MOST INDIVIDUAL CONFERENCE TITLES - SAME EVENT

- 4 **Shannon Turczyn, 100m Hurdles (2006-09) [Undefeated conference champion]**
- 4 **Melissa Jones, High Jump (2000-03) [Undefeated conference champion]**
- 4 **Kara Kuhrts, Triple Jump (2000-03) [Undefeated conference champion]**
- 4 **Christy Keller, 4x400 (1996-99) [Undefeated conference champion]**
- 4 **Karen Seeman, Javelin (1990-1993) [Undefeated conference champion]**
- 3 Heather Furrow, 400 (1996-98), 4x400 (1996-98)
- 3 Constance Jackson, 4x100 Relay (1998, 2000, 2001)
- 3 Dori Ternig, 4x100 Relay (1993, 1995, 1996)
- 3 Tracy Nelson, Javelin (2001-03)

TEAM RECORDS

HIGHEST CONFERENCE MEET PLACE

1st place – 2009, 2008, 2007, 2006, 2005, 2003, 2002, 2001, 2000, 1998, 1997, 1996, 1993

HIGHEST CONFERENCE MEET POINT TOTAL

254 2009 at Carroll
219.5 2007 at Ripon
216 2005 at Monmouth
214 2006 at Grinnell
208 2002 at Ripon

MOST INDIVIDUAL/RELAY EVENT TITLES - SINGLE SEASON

15 1996 at Carroll

MOST CONSECUTIVE OUTDOOR TRACK TEAM TITLES

5 2005 to 2009
4 2000 to 2003

MOST CONSECUTIVE COMBINED (INDOOR/OUTDOOR) TRACK TEAM TITLES

9 Indoor 2005 to Outdoor 2009
6 Indoor 1996 to Outdoor 1998

MIDWEST CONFERENCE CHAMPIONSHIPS

MOST OUTSTANDING PERFORMERS – COACH OF THE YEAR

1997		Coach	Roger Haynes	Coach	Roger Haynes
Track	Heather Furrow				
Field	Tennille McClure				
1998		2002		2006	
Track	Heather Furrow, Stacey Brown	Track	Jill Hoops	Field	Megan McKenna
Field	Tennille McClure	Field	Kara Kuhrts	Coach	Roger Haynes
1999		Coach	Roger Haynes	2007	
Field	Amanda Colgan	2003		Track	Brenda Herrera, Shannon Turczyn,
2000		Field	Kara Kuhrts	Field	Tanisha Hughes, Jessica White
Track	Constance Jackson	Coach	Roger Haynes	2008	
2001		2004		Field	Megan Clennon, Tanisha Hughes, Jessica White
Track	Constance Jackson	Field	Katy Healy	Coach	Roger Haynes
		2005			
		Track	Brenda Herrera		
		Field	Christina Reiner		

2009

Track Mary Kate Beyer, Gloria Lehr
Shannon Turczyn Coach Roger Haynes
Field Tanesha Hughes,

NCAA DIVISION III NATIONAL CHAMPIONSHIPS TEAM RESULTS

Year	Place	Points	Host
1992	20th	12	Colby (Waterville, Maine)
1993	28th	9	Baldwin-Wallace (Berea, Ohio)
1994	33rd	7	North Central (Naperville, Illinois)
1995	50th	3	Carleton (Northfield, Minnesota)
1996	29th	9	North Central (Naperville, Illinois)
1997	31st	8	UW-LaCrosse (LaCrosse, Wisconsin)
1998	18th	10	Macalester (St. Paul, Minnesota)
1999	43rd	5	Baldwin-Wallace (Berea, Ohio)
2000	T33rd	9	North Central (Naperville, Illinois)
2001	T18th	13	Millikin University (Decatur, Illinois)
2002	32 nd	8.5	Macalester College (St. Paul, Minnesota)
2003	T78th	1	St. Lawrence Univ. (Canton, NY)
2006	T51st	4	Benedictine Univ. (Lisle, Illinois)
2007	33 rd	8.5	UW-Oshkosh (Oshkosh, Wisconsin)
2008	T25th	10	UW-Oshkosh (Oshkosh, Wisconsin)
2009	T31st	9	Marietta College (Marietta, Ohio)

NCAA DIVISION III NATIONAL CHAMPIONSHIPS

NATIONAL QUALIFIERS BY YEAR

(Includes Provisional Qualifiers)

Monmouth individual national qualifiers are listed chronologically by year and number of qualifiers (counted by event). Provisional qualifiers not competing at NCAA Meet are denoted by an asterisk ().*

Year	Athlete	Event
1983 (1)	Donna Tutor	100 meters
1984 (1)	Kim Dailey	100m Hurdles
1991 (2)	Paula Hageman	Long Jump *
	Karen Seeman	Javelin
1992 (6)	Linda Schmidt	High Jump, Triple Jump
	Karen Seeman	Javelin, Shot Put
	Michelle Dehner	Long Jump
	Bitty Quinlan, Tammy Jefferson, Jan Rowley, Christine Stanton	4x400 Relay *

1993 (7)	Linda Schmidt Michelle Dehner Karen Seeman Christine Stanton Lesley Stone	High Jump, Triple Jump Long Jump Javelin, Shot Put 400 meters * High Jump *
1994 (6)	Linda Schmidt Christine Stanton Dori Ternig Christy Hickey	High Jump, Triple Jump 400 meters 100 meters 100 meters, 100m Hurdles
1995 (2)	Stacy Brown Dori Ternig, Stacy Brown, Christine Stanton, Christy Hickey	100 meters
1996 (10)	Christy Hickey Heather Furrow Dori Ternig Stephanie Owen Tennille McClure Dori Ternig, Heather Furrow, Stephanie Owen, Christy Hickey Heather Furrow, Christy Keller, Stephanie Owen, Dori Ternig	4x100 Relay 100 meters, 200 meters, 100m Hurdles 200 meters, 400 meters 200 meters 400m Hurdles Discus * 4x100 Relay
1997 (9)	Christy Hickey Heather Furrow Stacy Brown Tennille McClure Stacy Brown, Heather Furrow, Christy Keller, Christy Hickey	4x400 Relay * 100 meters, 200 meters*, 100m Hurdles 400 meters, 400m Hurdles 100 meters, 200 meters * Discus
1998 (8)	Stacy Brown Constance Jackson Heather Furrow Tennille McClure Stacy Brown, Heather Furrow, Christy Keller, Constance Jackson	4x100 Relay 100 meters, 200 meters 100 meters, 200 meters 400 meters, 400m Hurdles Discus
1999 (2)	Amanda Colgan Jaime Jones	4x100 Relay Javelin High Jump *
2000 (3)	Constance Jackson Jill Hoops Constance Jackson, Jill Hoops, Philicia Moredock, Elise Estes	200 meters 400m Hurdles
2001 (9)	Constance Jackson Melissa Jones Jill Hoops Philicia Moredock Elise Estes, Jill Hoops, Constance Jackson, Philicia Moredock Elise Estes, Jill Hoops, Constance Jackson, Philicia Moredock Kara Kuhrts	4x400 Relay 100 meters, 200 meters, Long Jump High Jump 400m Hurdles 400m Hurdles 4x100 Relay 4x400 Relay Triple Jump

2002 (11)	Melissa Jones Tracy Nelson Constance Jackson Jill Hoops Philicia Moredock Jill Hoops, Constance Jackson, Philicia Moredock, Shalyn Shirey Jill Hoops, Constance Jackson, Kara Kuhrts, Philicia Moredock Constance Jackson Cheris Beaty Kara Kuhrts	High Jump Javelin 200 meters 400m Hurdles 400m Hurdles 4x100 Relay 4x400 Relay 400 Meters*, 100 Meters* Pole Vault* Triple Jump*
2003 (4)	Melissa Jones Jill Hoops Kara Kuhrts Tracy Nelson	High Jump 400m Hurdles Triple Jump Javelin
2004 (1)	Christina Reiner, Brenda Herrera, Shalyn Shirey, Megan Hamilton	4x100 Relay*
2005 (3)	Brenda Herrera Christina Reiner Jessica White	100 Meters* Pole Vault* Pole Vault*
2006 (6)	Jen Babos Megan McKenna Christina Reiner Shannon Turczyn Jessica White	Discus Long Jump*, Pole Vault* High Jump 100 M Hurdles Pole Vault
2007 (8)	Jenny Babos Megan Clennon Tanisha Hughes Megan McKenna Shannon Turczyn Jessica White	Discus, Shot Put High Jump Discus, Shot Put* Pole Vault 100m Hurdles Pole Vault
2008 (8)	Shannon Turczyn Tanisha Hughes Megan Clennon Jessica White Jenny Babos	100 M Hurdles Discus High Jump Pole Vault Shot Put, Discus, Hammer Throw
2009 (8)	Allison Renfro Tanisha Hughes Gloria Lehr Shannon Turczyn Megan McKenna Mary Kate Beyer	Discus* Discus, Shot Put Shot Put*, Discus, Hammer Throw* 100m Hurdles Pole Vault* Steeplechase*

NATIONAL QUALIFIERS BY EVENT

Lists only those who competed.

100 Meter Hurdles (8)

1984 Kim Dailey
1994 Christy Hickey
1996 Christy Hickey
1997 Christy Hickey
2006 Shannon Turczyn
2007 Shannon Turczyn
2008 Shannon Turczyn
2009 Shannon Turczyn

400 Meter Hurdles (9)

1996 Stephanie Owen
1997 Heather Furrow
1998 Heather Furrow
2000 Jill Hoops
2001 Jill Hoops, Philicia Moredock
2002 Jill Hoops, Philicia Moredock
2003 Jill Hoops

100 Meters (10)

1983 Donna Tutor
1994 Dori Ternig, Christy Hickey
1995 Stacy Brown
1996 Christy Hickey
1997 Christy Hickey, Stacy Brown
1998 Stacy Brown, Constance Jackson
2001 Constance Jackson

200 Meters (10)

1996 Dori Ternig, Heather Furrow,
Christy Hickey
1997 Christy Hickey, Stacy Brown
1998 Stacy Brown, Constance Jackson
2000 Constance Jackson
2001 Constance Jackson
2002 Constance Jackson

400 Meters (5)

1993 Christine Stanton
1994 Christine Stanton
1996 Heather Furrow
1997 Heather Furrow
1998 Heather Furrow

Long Jump (4)

1991 Paula Hageman
1992 Michelle Dehner

1993 Michelle Dehner
2001 Constance Jackson

Triple Jump (5)

1992 Linda Schmidt
1993 Linda Schmidt
1994 Linda Schmidt
2001 Kara Kuhrts
2003 Kara Kuhrts

High Jump (11)

1992 Linda Schmidt
1993 Linda Schmidt, Lesley Stone
1994 Linda Schmidt
1999 Jaime Jones
2001 Melissa Jones
2002 Melissa Jones
2003 Melissa Jones
2006 Christina Reiner
2007 Megan Clennon
2008 Megan Clennon

Shot Put (5)

1992 Karen Seeman
1993 Karen Seeman
2007 Jenny Babos
2008 Jenny Babos
2009 Tanesha Hughes

Discus (9)

1996 Tennille McClure
1997 Tennille McClure
1998 Tennille McClure
2006 Jenny Babos
2007 Jenny Babos, Tanesha Hughes
2008 Jenny Babos, Tanesha Hughes
2009 Tanesha Hughes, Gloria Lehr

Hammer Throw (1)

2008 Jenny Babos

Javelin (6)

1991 Karen Seeman
1992 Karen Seeman
1993 Karen Seeman
1999 Amanda Colgan
2002 Tracy Nelson

2003 Tracy Nelson

Pole Vault (4)

2006 Jessica White

2007 Megan McKenna, Jessica White

2008 Jessica White

4x100 Meter Relay (6)

1995 Ternig-Brown-Stanton-Hickey

1996 Ternig-Furrow-Owen-Hickey

1997 Brown-Furrow-Keller-Hickey

1998 Brown-Furrow-Keller-Jackson

2001 Estes-Hoops-Jackson-Moredock

2002 Hoops-Jackson-Moredock-Shirey

4x400 Meter Relay (5)

1992 Quinlan-Jefferson-Rowley-Stanton

1996 Furrow-Keller-Owen-Ternig

2000 Jackson-Hoops-Moredock-Estes

2001 Estes-Hoops-Jackson-Moredock

2002 Hoops-Jackson-Kuhrts-Moredock

NCAA ALL-AMERICANS

The top eight finishers in each event earn NCAA All-American status for outdoor track and field.

Year	Athlete	Event	Place
1992 (3)	Karen Seeman	Javelin	3rd
	Linda Schmidt	High Jump	4th
	Michelle Dehner	Long Jump	8th
1993 (2)	Linda Schmidt	High Jump	4th
	Karen Seeman	Javelin	5th
1994 (2)	Linda Schmidt	High Jump	4th
	Dori Ternig	100 meters	7th
1995 (1)	Dori Ternig, Stacy Brown, Christine Stanton, Christy Hickey	4x100 Relay	6th
1996 (2)	Heather Furrow	400 meters	3rd
	Dori Ternig, Heather Furrow, Stephanie Owen, Christy Hickey	4x100 Relay	6th
1997 (3)	Heather Furrow	400 meters	4th
	Heather Furrow	400m Hurdles	7th
	Stacy Brown, Heather Furrow, Christy Keller, Christy Hickey	4x100 Relay	8th
1998 (3)	Heather Furrow	400m Hurdles	4th
	Heather Furrow	400 meters	8th
	Stacy Brown, Heather Furrow, Christy Keller, Constance Jackson	4x100 Relay	5th
1999 (1)	Amanda Colgan	Javelin	4th
2000 (2)	Constance Jackson	200 meters	4 th
	Constance Jackson, Jill Hoops, Phylicia Moredock, Elise Estes	4x400 Relay	5 th
2001 (3)	Constance Jackson	200 meters	2 nd
	Constance Jackson, Jill Hoops, Phylicia Moredock, Elise Estes	4x100 Relay	7 th
	Constance Jackson, Jill Hoops, Phylicia Moredock, Elise Estes	4x400 Relay	6 th
2002 (4)	Melissa Jones	High Jump	T6th

	Constance Jackson	200 Meters	6 th
	Jill Hoops	400m Hurdles	7 th
	Tracy Nelson	Javelin	8 th
2003 (1)	Melissa Jones	High Jump	T7 th
2006 (1)	Shannon Turczyn	100m Hurdles	5 th
2007 (3)	Megan Clennon	High Jump	4 th
	Shannon Turczyn	100m Hurdles	7 th
	Jessica White	Pole Vault	T6 th
2008 (3)	Megan Clennon	High Jump	T8 th
	Jessica White	Pole Vault	T3 rd
	Shannon Turczyn	100m Hurdles	5 th
2009 (2)	Tanasha Hughes	Discus	4 th
	Shannon Turczyn	100m Hurdles	5 th

INDIVIDUAL/TEAM MEET RECORDS

National Qualifier Records

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - SINGLE SEASON

- 5 **Constance Jackson, 2001 (LJ, 100m, 200M, 4x100, 4x400)**
- 4 Heather Furrow, 1996 (200m, 400m, 4x100, 4x400)
- 4 Christy Hickey, 1996 (100m, 200m, 100m hurdles, 4x100)
- 4 Christy Hickey, 1997 (100m, 200m, 100m hurdles, 4x100)
- 3 Dori Ternig, 1996 (200m, 4x100, 4x400)
- 3 Stephanie Owen, 1996 (400m hurdles, 4x100, 4x400)
- 3 Heather Furrow, 1998 (400m, 400m hurdles, 4x100)
- 3 Heather Furrow, 1997 (400m, 400m hurdles, 4x100)
- 3 Stacy Brown, 1997 (100m, 200m, 4x100)
- 3 Constance Jackson, 1998 (100m, 200m, 4x100)
- 3 Stacy Brown, 1998 (100m, 200m, 4x100)
- 3 Jill Hoops, 2001 (400m hurdles, 4x100, 4x400)
- 3 Philicia Moredock, 2001 (400m hurdles, 4x100, 4x400)
- 3 Constance Jackson, 2002 (200m, 4x100, 4x400)
- 3 Jill Hoops, 2002 (400m Hurdles, 4x100, 4x400)
- 3 Philicia Moredock, 2002 (400m Hurdles, 4x100, 4x400)
- 3 Jenny Babos, 2008 (Discus, Hammer Throw, Shot Put)

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - CAREER

- 13 **Constance Jackson (1998 – 100m, 200m, 4x100 Relay; 2000 – 200m, 4x400 Relay; 2001 – 100m, 200m, LJ, 4x100 Relay, 4x400 Relay; 2002 - 200m, 4x100, 4x400)**
- 11 Christy Hickey (1994 - 100m, 100m hurdles; 1995 - 4x100; 1996 - 100m, 200m, 100m hurdles, 4x100; 1997 - 100m, 200m, 100m hurdles, 4x100)

- 10 Heather Furrow (1996 - 200m, 400m, 4x100, 4x400; 1997 - 400m, 400m hurdles, 4x100; 1998 - 400m, 400m hurdles, 4x100)
- 9 Jill Hoops (2000 – 400m Hurdles, 4x400; 2001 – 400m Hurdles, 4x100, 4x400; 2002 – 400m Hurdles, 4x100, 4x400; 2003 – 400m Hurdles;)
- 8 Stacy Brown (1995 - 100m, 4x100; 1997 - 100m, 200m, 4x100; 1998 - 100m, 200m, 4x100)
- 8 Jill Hoops (2000 – 400m hurdles, 4x400 Relay; 2001 – 400m hurdles, 4x100 Relay, 4x400 Relay; 2002 - 400m Hurdles, 4x100, 4x400)
- 7 Philicia Moredock (2000 – 4x400; 2001 – 400m Hurdles, 4x100, 4x400; 2002 - 400m Hurdles, 4x100, 4x400)
- 6 Linda Schmidt (1992 - HJ, TJ; 1993 - HJ, TJ; 1994 - HJ, TJ)
- 6 Jenny Babos (2006 – Discus; 2007 – SP, Discus; 2008 – Discus, SP, HT)
- 5 Karen Seeman (1991 - JV; 1992 - JV, SP; 1993 - JV, SP)
- 5 Dori Ternig (1994 - 100m; 1995 - 4x100; 1996 - 200m, 4x100, 4x400)

MOST INDIVIDUAL NATIONAL QUALIFICATIONS - SAME EVENT

- 4 Constance Jackson, 200m (1998-2002)**
- 4 Jill Hoops, 400m Hurdles (2000-03)**
- 4 Shannon Turczyn, 100m Hurdles (2006-09)**
- 3 Karen Seeman, Javelin (1991-93)
- 3 Linda Schmidt, High Jump (1992-94); Triple Jump (1992-94)
- 3 Christy Hickey, 100m (1994, 1996-97); 100m hurdles (1994, 1996-97); 4x100 (1995-97)
- 3 Stacy Brown, 100m (1995, 1997-98); 4x100 (1995, 1997-98)
- 3 Heather Furrow, 400m (1996-98); 4x100 (1996-98)
- 3 Tennille McClure, Discus (1996-98)
- 3 Constance Jackson, 4x100 (1998-2002); 4x400 (1998-2002)
- 3 Philicia Moredock, 4x400 (2000-02)
- 3 Melissa Jones, High Jump (2001-03)
- 3 Jenny Babos, Discus (2006-08)
- 3 Jessica White, Pole Vault (2006-08)
- 3 Tanesha Hughes, Discus (2007-09)

MOST TEAM NATIONAL QUALIFIERS - SINGLE SEASON

10 - 1996 at North Central

MOST TEAM NATIONAL QUALIFIERS IN SAME EVENT - SINGLE SEASON

3 - 200 meters, 1996 (Heather Furrow, Dori Ternig, Christy Hickey)

ALL-AMERICAN RECORDS

HIGHEST INDIVIDUAL NATIONAL MEET PLACE

- 2nd place – Constance Jackson, 2001 (200 meters)**
- 3rd place - Karen Seeman, 1992 (javelin)

- 3rd place - Heather Furrow, 1996 (400 meters)
- 3rd place – Jessica White, 2008 (pole vault)
- 4th place - Linda Schmidt, 1992-1993-1994 (high jump)
- 4th place - Heather Furrow, 1997 (400 meters)
- 4th place - Heather Furrow, 1998 (400m hurdles)
- 4th place - Amanda Colgan, 1999 (Javelin)
- 4th place - Constance Jackson, 2000 (200 meters)
- 4th place - Megan Clennon, 2007 (High Jump)
- 4th place – Tanesha Hughes, 2009 (Discus)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - SINGLE SEASON

- 3 Heather Furrow, 1997 (400m, 400m hurdles, 4x100); 1998 (400m, 400m hurdles, 4x100)**
- 3 Constance Jackson, 2001 (200m, 4x100 Relay, 4x400 Relay)**

MOST INDIVIDUAL ALL-AMERICAN AWARDS - CAREER

- 8 Heather Furrow (1996 - 400m, 4x100; 1997 - 400m, 400m hurdles, 4x100; 1998 - 400m, 400m hurdles, 4x100)**
- 7 Constance Jackson (1998 – 4x100; 2000 – 200m, 4x400; 2001 – 200m, 4x100, 4x400; 2002 – 200m)
- 4 Jill Hoops (2000 – 4x400; 2001- 4x100, 4x400; 2002 – 400m Hurdles)
- 4 Shannon Turczyn (2006 – 100m hurdles; 2007 – 100m hurdles; 2008 – 100m hurdles; 2009 – 100m hurdles)
- 3 Linda Schmidt (1992, 1993, 1994 - high jump)
- 3 Dori Ternig (1994 - 100m; 1995, 1996 - 4x100)
- 3 Stacy Brown (1995, 1997, 1998 - 4x100)
- 3 Christy Hickey (1995, 1996, 1997 - 4x100)

MOST INDIVIDUAL ALL-AMERICAN AWARDS - SAME EVENT

- 4 Shannon Turczyn, 100m hurdles (2006-09)**
- 3 Linda Schmidt, high jump (1992-94)
- 3 Stacy Brown, 4x100 (1995, 1997-98)
- 3 Christy Hickey, 4x100 relay (1995-97)
- 3 Heather Furrow, 400m (1996-98)
- 3 Heather Furrow, 4x100 (1996-98)
- 3 Constance Jackson, 200m (2000-02)

MOST TEAM ALL-AMERICAN AWARDS - SINGLE SEASON

- 4 2002 at Macalester (High Jump, Javelin, 200m, 400m Hurdles)**
- 3 1997 at UW-LaCrosse (400m, 400m hurdles, 4x100)
- 3 1998 at Macalester (400m, 400m hurdles, 4x100)
- 3 2001 at Millikin (200m, 4x100, 4x400)
- 3 2007 at UW-Oshkosh (High Jump, Pole Vault, 100m Hurdles)
- 3 2008 at UW-Oshkosh (High Jump, Pole Vault, 100m Hurdles)

TEAM RECORDS

HIGHEST TEAM NATIONAL MEET PLACE

18th place - 1998 at Macalester (10 points)

T18th place – 2001 at Millikin (13 points)

HIGHEST TEAM NATIONAL MEET POINT TOTAL

13 points – 2001 at Millikin (T18th place)

12 points - 1992 at Colby (20th place)

MONMOUTH WOMEN'S OUTDOOR TRACK & FIELD VARSITY RECORDS

100 METER HURDLES	Shannon Turczyn	14.18	2008
400 METER HURDLES	Heather Furrow	1:01.54	1997
100 METER DASH	Dori Ternig	11.98	1994
200 METER DASH	Constance Jackson	24.25	2002
400 METER DASH	Heather Furrow	56.33	1996
800 METER RUN	Pauline Mahoney	2:20.64	1994
1500 METER RUN	Tiffanie York	4:51.17	2005
1500 STEEPLECHASE	Carrie Knauer	5:48.45	1998
3000 METER RUN	Carrie Knauer	10:50.56	1998
3000 STEEPLECHASE	Mary Kate Beyer	10:56.60	2009
5000 METER RUN	Mary Kate Beyer	17:58.90	2009
10,000 METER RUN	Carrie Knauer	39:20.66	1998
HIGH JUMP	Linda Schmidt	5'7-3/4"	1993
LONG JUMP	Michelle Dehner	18'6-3/4"	1993
TRIPLE JUMP	Kara Kuhrts	39'6"	2003
SHOT PUT	Tanesha Hughes	44'5-1/2"	2009

DISCUS	Tanesha Hughes	164'6"	2009
HAMMER THROW	Jenny Babos	164'4"	2008
JAVELIN	Karen Seeman	147'11"	1992
POLE VAULT	Jessica White	12'6-1/4"	2008
HEPTATHALON	Kathy Cox	2,997 pts.	1982
4x100 RELAY	Hoops, Moredock, Estes, Jackson	47.76	2001
4x200 RELAY	Cameron, Furrow, Brown, Jackson	1:42.02	1998
4x400 RELAY	Jackson, Hoops, Moredock, Estes	3:49.67	2001
SPRINT MEDLEY	Stanton, Jefferson, Rowley, Mills	4:25.4	1993
4x800 RELAY	Ingersoll, Ab. Horneck, Sandoval, Daves	10:17.31	2006
DISTANCE MEDLY	Staab, Quart Nelson, Ingersoll	12:53.94	2007

MONMOUTH WOMEN'S OUTDOOR TRACK & FIELD FRESHMAN RECORDS

100 METER HURDLES	Shannon Turczyn	14.33	2006
400 METER HURDLES	Jill Hoops	1:02.41	2000
100 METER DASH	Constance Jackson	12.24	1998
200 METER DASH	Constance Jackson	25.04	1998
400 METER DASH	Philicia Moredock	59.15	2000
800 METER RUN	Jennifer Koranda	2:24.88	1995
1500 METER RUN	Tiffanie York	4:51.17	2005

3000 METER RUN	Aleksandra Forsman	10:56.29	2003
3000 STEEPLECHASE	Mary Kate Beyer	11:38.76	2008
5000 METER RUN	Mary Kate Beyer	18:46.28	2008
10,000 METER RUN	Aleksandra Forsman	40:59.94	2003
HIGH JUMP	Jaime Jones	5'5"	1998
LONG JUMP	Michelle Dehner	18'4½"	1992
TRIPLE JUMP	Kara Kuhrts	35'9-1/2"	2000
SHOT PUT	Gloria Lehr	41'5"	2007
DISCUS	Allison Renfro	144'2"	2008
HAMMER THROW	Amanda Streeter	131'5"	2009
JAVELIN	Karen Seeman	124'10"	1990
POLE VAULT	Whitney Didier	11'0-3/4"	2008

ALL-TIME TOP TEN PERFORMANCES and ALL-TIME TOP TEN INDIVIDUALS (By Event)

The following lists include the top ten all-time Monmouth performances and top ten Monmouth individuals in each track and field event. The performance lists include all regular-season and post-season competition and may include the same athlete more than once. Only an athlete's best career performance may be ranked on the top ten individual list. The performance list shows the year and site of the performance; the individual list shows only the season in which the performance was recorded. Where necessary, manual times (MT) for track events have been converted to fully-automatic times (FAT) by adding 0.24 seconds and are denoted by a "C" after the time.

100-METER HIGH HURDLES			
Performance:		Individual:	
1)	14.18 Shannon Turczyn, 2008 (NCAA-UW-Oshkosh)	1)	14.18 Shannon Turczyn, 2008 (NCAA-UW-Oshkosh)
2)	14.24 Shannon Turczyn, 2008 (NCAA-UW-Oshkosh)	2)	14.74 Christy Hickey, 1996
3)	14.29 Shannon Turczyn, 2008 (Butler); 2009 (Conf-Carroll)	3)	15.21 Jill Hoops, 2002
4)	14.33 Shannon Turczyn, 2009 (Washington); 2006 (NCAA-Benedictine)	4)	15.30 Philicia Moredock, 2002
5)	14.40 Shannon Turczyn, 2009 (NCAA-Marietta)	5)	15.34C Kim Dailey, 1984
		6)	15.40 Ashley Widdop, 2006 (Conf-Grinnell)
		7)	15.48 Bitty Quinlan, 1993
		8)	15.74C Heather Robertson, 1988

6) 14.43 Shannon Turczyn, 2008 (Wartburg)	9) 15.80 Stephanie Owen, 1996
7) 14.46 Shannon Turczyn, 2006 (Augustana); 2009 (Indiana State, NCAA-Marietta)	10) 16.00 Kara Kuhrts, 2003
8) 14.49 Shannon Turczyn, 2009 (Augustana)	
9) 14.50 Shannon Turczyn, 2007 (Central)	
10) 14.51 Shannon Turczyn, 2009 (Conf-Carroll)	
<p>400-METER INTERMEDIATE HURDLES</p> <p>Performance:</p> <p>1) 1:01.54 Heather Furrow, 1997 (NCAA-LaCrosse)</p> <p>2) 1:01.94 Heather Furrow, 1997 (NCAA-LaCrosse)</p> <p>3) 1:02.22 Heather Furrow, 1998 (Augustana)</p> <p>4) 1:02.41 Jill Hoops, 2000 (NCAA-North Central)</p> <p>5) 1:02.44 Heather Furrow, 1997 (Conf-Grinnell)</p> <p>6) 1:02.45 Heather Furrow, 1998 (NCAA-Macalester)</p> <p>7) 1:02.47 Heather Furrow, 1998 (Washington Univ.)</p> <p>8) 1:02.66 Jill Hoops, 2001 (LaCrosse)</p> <p>9) 1:02.69 Jill Hoops, 2002 (Augustana)</p> <p>10) 1:02.72 Philicia Moredock, 2002 (Central)</p>	<p>Individual:</p> <p>1) 1:01.54 Heather Furrow, 1997 (NCAA-UW-LaCrosse)</p> <p>2) 1:02.41 Jill Hoops, 2000 (NCAA-North Central)</p> <p>3) 1:02.72 Philicia Moredock, 2002 (Central)</p> <p>4) 1:03.79 Stephanie Owen, 1996</p> <p>5) 1:04.79 Abby Horneck, 2005</p> <p>6) 1:05.19 Bitty Quinlan, 1993</p> <p>7) 1:05.40 Tammy Jefferson, 1993</p> <p>8) 1:05.75 Katie Vaccarello, 2006 (Conf-Grinnell)</p> <p>9) 1:06.01 Shannon Turczyn, 2009 (Conf-Carroll)</p> <p>10) 1:06.13 Maggie Semington, 1999</p>
<p>100 METER DASH</p> <p>Performance:</p> <p>1) 11.98 Dori Ternig, 1994 (Conf-Ripon)</p> <p>2) 12.04 Stacy Brown, 1998 (Conf-St. Norbert)</p> <p>3) 12.24 Constance Jackson, 1998 (Conf-St. Norbert); 2002 (Coe)</p> <p>12.24C Stacy Brown, 1998 (Conf-St. Norbert)</p> <p>4) 12.25 Constance Jackson, 2001 (Lee Calhoun-Monmouth)</p> <p>5) 12.28 Stacy Brown, 1998 (Augustana)</p> <p>6) 12.29 Brenda Herrera, 2005 (Wartburg)</p> <p>7) 12.31 Christy Hickey, 1997 (Conf-Grinnell)</p> <p>12.31 Constance Jackson, 2001 (Millikin)</p> <p>8) 12.32 Christy Hickey, 1996 (Conf-Carroll)</p> <p>9) 12.33 Constance Jackson, 2000 (Grinnell)</p> <p>10) 12.36 Stacy Brown, 1998 (Missouri)</p> <p>12.36 Brenda Herrera, 2007 (Conf-Ripon)</p>	<p>Individual:</p> <p>1) 11.98 Dori Ternig, 1994 (Conf-Ripon)</p> <p>2) 12.04 Stacy Brown, 1998 (Conf-St. Norbert)</p> <p>3) 12.24 Constance Jackson, 1998 (Conf-St. Norbert); 2002 (Coe)</p> <p>4) 12.31 Christy Hickey, 1997 (Conf-Grinnell)</p> <p>5) 12.32 Brenda Herrera, 2005 (Conf-Monmouth)</p> <p>6) 12.44C Donna Tutor, 1983</p> <p>7) 12.60 Shalyn Shirey, 2003</p> <p>8) 12.62 Heather Furrow, 1996</p> <p>9) 12.63 Jill Hoops, 2002</p> <p>10) 12.64 Shannon Turczyn, 2008 (Butler)</p>
<p>200 METER DASH</p> <p>Performance:</p> <p>1) 24.25 Constance Jackson, 2002(NCAA-Macalester)</p> <p>2) 24.35 Constance Jackson, 2001 (Lee Calhoun-Monmouth)</p> <p>3) 24.38 Constance Jackson, 2002 (NCAA-Macalester)</p> <p>4) 24.51 Constance Jackson, 2000 (Grinnell)</p> <p>5) 24.78 Constance Jackson, 2001 (NCAA-Millikin)</p> <p>6) 24.84 Constance Jackson, 2002 (Coe)</p> <p>7) 24.86 Stacy Brown, 1998 (Conf-St. Norbert)</p> <p>24.86 Constance Jackson, 2000 (Augustana)</p> <p>8) 24.95 Constance Jackson, 2000 (Washington Univ.)</p> <p>9) 25.04 Constance Jackson, 1998 (Conf-St.</p>	<p>Individual:</p> <p>1) 24.25 Constance Jackson, 2002 (NCAA-Macalester)</p> <p>2) 24.86 Stacy Brown, 1998 (Conf-St. Norbert)</p> <p>3) 25.26 Christy Hickey, 1997</p> <p>4) 25.27 Heather Furrow, 1996</p> <p>5) 25.37 Dori Ternig, 1996</p> <p>6) 25.53 Philicia Moredock, 2002</p> <p>7) 25.54 Brenda Herrera, 2005, (Conf-Monmouth)</p> <p>8) 25.59 Kila Cox, 2007 (Conf-Ripon)</p> <p>9) 25.84C Donna Tutor, 1983</p> <p>10) 25.94 Elise Estes, 2001</p>

<p>Norbert) 10) 25.07 Constance Jackson, 2001 (NCAA – Millikin)</p>	
<p>400 METER DASH Performance: 1) 56.33 Heather Furrow, 1996 (Central) 2) 56.36 Heather Furrow, 1997 (Conf-Grinnell) 3) 56.37 Heather Furrow, 1998 (NCAA-Macalester) 4) 56.41 Heather Furrow, 1997 (NCAA-LaCrosse) 5) 56.50 Heather Furrow, 1996 (Coe) 6) 56.56 Heather Furrow, 1997 (NCAA-LaCrosse) 7) 56.70 Heather Furrow, 1996 (NCAA-North Central) 8) 56.78 Heather Furrow, 1998 (NCAA-Macalester) 9) 56.88 Constance Jackson, 2002 (Central) 10) 56.95 Heather Furrow, 1996 (NCAA,Conf-Carroll)</p>	<p>Individual: 1) 56.33 Heather Furrow, 1996 (Central) 2) 56.88 Constance Jackson, 2002 (Central) 3) 58.10 Philicia Moredock, 2002 4) 58.12 Kila Cox, 2005 (Augustana) 5) 58.43 Christine Stanton, 1994 6) 59.01 Dori Ternig, 1996 7) 59.41 Elise Estes, 2001 8) 59.75 Kara Kuhrts, 2003 9) 1:00.22 Jacquie Ouart, 2005 (Conf-Monmouth) 10) 1:00.87 Christy Keller, 1997</p>
<p>800 METER RUN Performance: 1) 2:20.64 Pauline Mahoney, 1994 (Coe) 2) 2:20.92 Pauline Mahoney, 1994 (Augustana) 3) 2:21.51 Lindsie Pettie, 2009 (Conf-Carroll) 4) 2:22.50 Sara Ingersoll, 2007 (Wisconsin) 5) 2:22.83 Sara Ingersoll, 2006 (Conf-Grinnell) 6) 2:23.05 Sara Ingersoll, 2007 (Conf-Ripon) 2:23.05 Katie Staab, 2009 (Conf-Carroll) 7) 2:23.40 Pauline Mahoney, 1994 (North Central) 8) 2:23.97 Sara Ingersoll, 2006 (UW-Madison) 9) 2:24.07 Sherri Polk, 1998 (Monmouth) 10) 2:24.37 Tiffanie York, 2005 (MWC-Monmouth)</p>	<p>Individual: 1) 2:20.64 Pauline Mahoney, 1994 (Coe) 2) 2:21.51 Lindsie Pettie, 2009 (Conf-Carroll) 3) 2:22.50 Sara Ingersoll, 2007 (Wisconsin) 4) 2:23.05 Katie Staab, 2009 (Conf-Carroll) 5) 2:24.07 Sherri Polk, 1998 (Monmouth) 6) 2:24.37 Tiffanie York, 2005 (MWC-Monmouth) 7) 2:24.45 Gretchen Vandergriff, 1997 (Conf-Grinnell) 8) 2:24.88 Jennifer Koranda, 1995 9) 2:26.36 Jessica Mills, 1992 10) 2:26.58 Diana Plack, 1996</p>
<p>1500 METER RUN Performance: 1) 4:51.17 Tiffanie York, 2005 (Conf-Monmouth) 2) 4:51.94 Katie Staab, 2009 (Indiana State) 3) 4:52.68 Tiffanie York, 2005 (Washington Univ.) 4) 4:53.79 Sara Ingersoll, 2007 (Conf-Ripon) 5) 4:55.14 Tiffanie York, 2005 (Wisconsin) 6) 4:55.28 Sara Ingersoll, 2006 (WIU) 7) 4:56.13 Katie Staab, 2008 (Conf-Knox) 8) 4:56.85 Sara Ingersoll, 2006 (Conf-Grinnell) 9) 4:57.08 Katie Staab, 2009 (Conf-Carroll) 10) 4:57.22 Tiffanie York, 2005 (Rhodes)</p>	<p>Individual: 1) 4:51.17 Tiffanie York, 2005 (Conf-Monmouth) 2) 4:51.94 Katie Staab, 2009 (Indiana State) 3) 4:53.79 Sara Ingersoll, 2007 (Conf-Ripon) 4) 4:57.72 Pauline Mahoney, 1994 (Conf-Ripon) 5) 4:59.74 Nicki Bertelsen, 1992 (Conf-Lawrence) 6) 4:59.93 Elizabeth Altekruise, 2003 7) 5:00.44 Gretchen Vandergriff, 1998 8) 5:04.04C Angie Hickerson, 1987 9) 5:05.40 Mary Kate Beyer, 2009 (Monmouth) 10) 5:05.87 Carrie Knauer, 1997</p>
<p>1500-METER STEEPLECHASE Performance: 1) 5:48.45 Carrie Knauer, 1998 (Augustana) 2) 6:01.63 Sherri Polk, 1999 (Augustana)</p>	<p>Individual: 1) 5:48.45 Carrie Knauer, 1998 (Augustana) 2) 6:01.63 Sherri Polk, 1999 (Augustana)</p>

<p>3000-METER STEEPLECHASE</p> <p>Performance:</p> <p>1) 10:56.60 Mary Kate Beyer, 2009 (Conf-Carroll)</p> <p>2) 10:57.57 Mary Kate Beyer, 2009 (North Central)</p> <p>3) 11:01.94 Mary Kate Beyer, 2009 (Indiana State)</p> <p>4) 11:18.80 Mary Kate Beyer, 2009 (Augustana)</p> <p>5) 11:38.76 Mary Kate Beyer, 2008 (Conf-Knox)</p> <p>6) 11:43.13 Mary Kate Beyer, 2008 (Benedictine)</p> <p>7) 11:46.45 Mary Kate Beyer, 2008 (Butler)</p> <p>8) 11:53.19 Tiffanie York, 2005 (Conf-Monmouth)</p> <p>9) 11:59.18 Valerie Daves, 2006 (Conf-Grinnell)</p> <p>10) 12:06.14 Tiffanie York, 2005 (Wartburg)</p>	<p>Individual:</p> <p>1) 10:56.60 Mary Kate Beyer, 2009 (Conf-Carroll)</p> <p>2) 11:53.19 Tiffanie York, 2005 (Conf-Monmouth)</p> <p>3) 11:59.18 Valerie Daves, 2006 (Conf-Grinnell)</p> <p>4) 12:19.32 Lindsey Whately, 2002 (Monmouth)</p> <p>5) 12:28.94 Abby Horneck, 2004</p> <p>6) 12:41.98 Jayme Ayers, 2008 (Benedictine)</p> <p>7) 12:56.50 Brianna Flynn, 2007 (Loras)</p> <p>8) 12:56.91 Elizabeth Altekruise, 2004</p> <p>9) 13:11.10 Becky Duncan, 2002</p> <p>10) 13:33.49 Sara Ditzler, 2008 (Butler)</p>
<p>3000 METER RUN</p> <p>Performance:</p> <p>1) 10:50.56 Carrie Knauer, 1998 (Monmouth)</p> <p>2) 10:56.29 Aleksandra Forsman, 2003 (Vanderbilt)</p> <p>3) 11:01.03 Carrie Knauer, 1996 (Coe)</p> <p>4) 11:03.94C Angie Hickerson, 1987 (Augustana)</p> <p>5) 11:04.68 Pauline Mahoney, 1994 (Coe)</p> <p>6) 11:06.44 Carrie Knauer, 1998 (Knox)</p> <p>7) 11:09.06 Carrie Knauer, 1998 (Conf-St. Norbert)</p> <p>8) 11:15.70 Carrie Knauer, 1998 (Monmouth)</p> <p>9) 11:15.94 Carrie Knauer, 1996 (Monmouth)</p> <p>10) 11:20.81 Rita McQuinn, 1998 (Missouri)</p>	<p>Individual:</p> <p>1) 10:50.56 Carrie Knauer, 1998 (Monmouth)</p> <p>2) 10:56.29 Aleksandra Forsman, 2003 (Vanderbilt)</p> <p>3) 11:03.94C Angie Hickerson, 1987 (Augustana)</p> <p>4) 11:04.68 Pauline Mahoney, 1994 (Coe)</p> <p>5) 11:20.81 Rita McQuinn, 1998 (Missouri)</p> <p>6) 11:22.21 Lindsey Whatley, 2002</p> <p>7) 11:38.85 Jeana Fowler, 2003</p> <p>8) 11:41.42 Diana Plack, 1996</p> <p>9) 11:41.95 Ann Moody, 2000</p> <p>10) 11:42.24C Kathleen Yarger, 1996</p>
<p>5000 METER RUN</p> <p>Performance:</p> <p>1) 17:58.90 Mary Kate Beyer, 2009 (Washington)</p> <p>2) 18:36.50 Carrie Knauer, 1998 (Washington Univ.)</p> <p>3) 18:36.53 Carrie Knauer, 1998 (Missouri)</p> <p>4) 18:40.45 Mary Kate Beyer, 2009 (Conf-Carroll)</p> <p>5) 18:40.47 Mary Kate Beyer, 2008 (Loras)</p> <p>6) 18:46.48 Mary Kate Beyer, 2008 (Rhodes)</p> <p>7) 18:53.24C Carrie Knauer, 1996 (Conf-Carroll)</p> <p>8) 18:59.55 Carrie Knauer, 1996 (Monmouth)</p> <p>9) 19:03.03 Aleksandra Forsman, 2003 (Loras)</p> <p>10) 19:06.49 Carrie Knauer, 1998 (Conf-St. Norbert)</p>	<p>Individual:</p> <p>1) 17:58.90 Mary Kate Beyer, 2009 (Washington)</p> <p>2) 18:36.50 Carrie Knauer, 1998 (Washington Univ.)</p> <p>3) 19:03.03 Aleksandra Forsman, 2003 (Loras)</p> <p>4) 19:07.31 Katie Staab, 2009 (Augustana)</p> <p>5) 19:31.49 Tiffanie York, 2005 (WIU)</p> <p>6) 19:31.58 Audrey Bellefeuille, 2005 (Wisconsin)</p> <p>7) 19:33.86 Rita McQuinn, 1997</p> <p>8) 19:36.10 Lindsey Whately, 2002</p> <p>9) 19:41.04 Erin Mann, 2006 (Loras)</p> <p>10) 19:45.15 Julia Zobrist, 1990</p>
<p>10,000 METER RUN</p> <p>Performance:</p> <p>1) 39:20.66 Carrie Knauer, 1998 (Grinnell)</p> <p>2) 40:14.94 Erin Mann, 2006 (Grinnell)</p> <p>3) 40:31.60 Rita McQuinn, 1998 (Monmouth)</p> <p>4) 40:33.52 Mary Kate Beyer, 2009 (Conf-Carroll)</p> <p>5) 40:53.33 Erin Mann, 2006 (Wartburg)</p> <p>6) 40:59.94 Aleksandra Forsman, 2003 (Central)</p> <p>7) 41:04.74 Rita McQuinn, 1997 (Monmouth)</p> <p>8) 41:08.00 Rita McQuinn, 1997 (Conf-Grinnell)</p> <p>9) 41:19.94 Rita McQuinn, 1997 (Washington Univ.)</p> <p>10) 41:27.14 Rita McQuinn, 1998 (Washington Univ.)</p>	<p>Individual:</p> <p>1) 39:20.66 Carrie Knauer, 1998 (Grinnell)</p> <p>2) 40:14.94 Erin Mann, 2006 (Grinnell)</p> <p>3) 40:31.60 Rita McQuinn, 1998 (Monmouth)</p> <p>4) 40:33.52 Mary Kate Beyer, 2009 (Conf-Carroll)</p> <p>5) 40:59.94 Aleksandra Forsman, 2003 (Central)</p> <p>6) 41:47.04 Lindsey Whately, 2002</p> <p>7) 41:58.50 Julia Zobrist, 1990</p> <p>8) 42:12.8 Kathleen Yarger, 1995</p> <p>9) 42:20.00 Jennifer Hoffman, 1997</p> <p>10) 42:22.80 Taryn Tang, 2009 (Augustana)</p>

<p>LONG JUMP</p> <p>Performance:</p> <ol style="list-style-type: none"> 1) 18' 6¾" Michelle Dehner, 1993 (Indianapolis) 2) 18' 6" Paula Hageman, 1991 (Monmouth) 3) 18' 4½" Michelle Dehner, 1992 (NCAA-Colby) 4) 18' 4" Michelle Dehner, 1993 (Western Illinois) 5) 18' 3¼" Michelle Dehner, 1993 (NCAA-Baldwin Wallace) 6) 18' 3" Michelle Dehner, 1992 (Augustana) 7) 18'2-1/4" Constance Jackson, 2001 (Disney) 18'2-1/4" Megan McKenna, 2006 (Conf-Grinnell) 8) 18'1" Megan McKenna, 2007 (Conmf-Ripon) 9) 18' 0¾" Michelle Dehner, 1993 (Conf-Knox) 10) 17'11¾" Michelle Dehner, 1993 (NCAA-Baldwin Wallace) 	<p>Individual:</p> <ol style="list-style-type: none"> 1) 18' 6¾" Michelle Dehner, 1993 (Indianapolis) 2) 18' 6" Paula Hageman, 1991 (Monmouth) 3) 18'2-1/4" Constance Jackson, 2001 (Disney) 18'2-1/4" Megan McKenna, 2006 (Conf-Grinnell) 5) 17'6-3/4" Christina Reiner, 2005 (Wisconsin) 6) 17' 6½" Kelly Simpson, 1988 7) 17' 6" Lesley Stone, 1993 17'6" Philicia Moredock, 2002 9) 17'5-1/2" Kara Kuhrts, 2001 10) 17' 3" Christy Keller, 1997
<p>TRIPLE JUMP</p> <p>Performance:</p> <ol style="list-style-type: none"> 1) 39'6" Kara Kuhrts, 2003 (Monmouth) 2) 38'8-1/4" Kara Kuhrts, 2003 (NCAA – St. Lawrence) 3) 38'5" Kara Kuhrts, 2003 (Vanderbilt) 4) 37'10-3/4" Kara Kuhrts, 2003 (Wartburg) 5) 37'10" Kara Kuhrts, 2003 (North Central) 6) 37'9-1/2" Kara Kuhrts, 2003 (Loras) 7) 37'9-1/4" Kara Kuhrts, 2003 (Conf-Monmouth -- Knox host) 8) 37-5-3/4" Kara Kuhrts, 2001 (Augustana); 2002 (Augustana) 9) 37' 4½" Linda Schmidt, 1994 (Monmouth) 37'4-1/2" Kara Kuhrts, 2002 (Central, Monmouth) 10) 37'4-1/4" Kara Kuhrts, 2002 (Central) 	<p>Individual:</p> <ol style="list-style-type: none"> 1) 39'6" Kara Kuhrts, 2003 (Monmouth) 2) 37' 4½" Linda Schmidt, 1994 (Monmouth) 3) 36'11-1/2" Megan McKenna, 2006 (Conf-Grinnell) 4) 36'2-1/2" Philicia Moredock, 2002 5) 35' 5½" Lesley Stone, 1993 6) 35'4" Amy Horneck, 2004 7) 35'3-3/4" Jae Moore, 2009 (Conf-Carroll) 8) 35'3" Morgan Leffel, 2008 (Conf-Knox) 9) 35'2-1/2" Christina Reiner, 2005 (Conf-Monmouth) 10) 34' 9¾" Kelly Simpson, 1988
<p>HIGH JUMP</p> <p>Performance:</p> <ol style="list-style-type: none"> 1) 5' 7¾" Linda Schmidt, 1993 (NCAA-Baldwin Wallace) 2) 5' 7¼" Linda Schmidt, 1994 (NCAA-North Central) 5' 7¼" Linda Schmidt, 1992 (NCAA-Colby) 3) 5' 7" Linda Schmidt, 1992 (Conf-Lawrence) 4) 5' 6½" Linda Schmidt, 1994 (Augustana, Knox) 5'6-1/2" Melissa Jones, 2001 (Illinois Wesleyan) 5'6-1/2" Megan Clennon, 2008 (Conf-Knox) 5) 5' 6" Linda Schmidt, 1993 (NCAA, Conf-Knox, Augustana) 5' 6" Linda Schmidt, 1992 (Coe) 5'6" Melissa Jones, 2002 (Monmouth); 2003 (Vanderbilt, Conf-Monmouth -- Knox host) 5'6" Christina Reiner, 2006 (WIU) 6) 5'5-3/4" Melissa Jones, 2003 (Central) 5'5-3/4" Megan Clennon, 2007 (Central, NCAA-UW-Oshkosh); 2008 (Wartburg) 7) 5' 5½" Lesley Stone, 1993 (Coe) 8) 5' 5" Jaime Jones, 1999 (Monmouth) 	<p>Individual:</p> <ol style="list-style-type: none"> 1) 5' 7¾" Linda Schmidt, 1993 (NCAA-Baldwin Wallace) 2) 5'6-1/2" Melissa Jones, 2001 (Illinois Wesleyan) 5'6-1/2" Megan Clennon, 2008 (Conf-Knox) 4) 5'6" Christina Reiner, 2006 (WIU) 5) 5' 5½" Lesley Stone, 1993 (Coe) 6) 5' 5" Jaime Jones, 1999 (Monmouth) 7) 5' 4½" Stephenie Schuler, 1998 (Grinnell) 5'4-1/2" Tracy Nelson, 2001 (Monmouth) 9) 5' 4" Heather Robertson, 1987 10) 5'3-1/4" Heather Hull, 2009 (Conf-Carroll)

<p>5' 5" Linda Schmidt, 1993 (Indianapolis) 5' 5" Lesley Stone, 1993 (Indianapolis) 5' 5" Linda Schmidt, 1992 (NCAA-Colby, EIU) 5' 5" Melissa Jones, 2003 (Monmouth, Loras, Coe)</p> <p>9) 5' 4½" Stephenie Schuler, 1998 (Grinnell) 5' 4-1/2" Tracy Nelson, 2001 (Monmouth) 5' 4-1/2" Melissa Jones, 2001 (Conf-Grinnell) 5' 4-1/2" Melissa Jones, 2002 (Grinnell) 5' 4-1/2" Kara Kuhrts, 2001 (Conf-Grinnell) 5' 4-1/2" Megan Clennon, 2008 (NCAA-UW-Oshkosh)</p> <p>10) 5' 4-1/4" Melissa Jones, 2002 (Monmouth, Augustana) 5' 4-1/4" Christina Reiner, 2006 (Augustana)</p>	
<p>SHOT PUT Performance:</p> <p>1) 44'5-1/2" Tanesha Hughes, 2009 (Washington)</p> <p>2) 43' 10-3/4" Jenny Babos, 2007 (Loras) 3) 43' 7-3/4" Jenny Babos, 2008 (Butler) 4) 43' 7" Karen Seeman, 1992 (Augustana) 5) 42' 9-1/2" Tanesha Hughes, 2009 (Conf-Carroll) 6) 42' 8" Tanesha Hughes, 2009 (Central) 7) 42' 6-3/4" Tanesha Hughes, 2007 (Conf-Ripon) 8) 42' 6-3/4" Jenny Babos, 2008 (NCAA-UW-Oshkosh) 9) 42' 5-1/2" Tanesha Hughes, 2009 (Augustana) 10) 42' 5-1/4" Gloria Lehr, 2009 (Monmouth, Washington)</p>	<p>Individual:</p> <p>1) 44'5-1/2" Tanesha Hughes, 2009 (Washington)</p> <p>2) 43' 10-3/4" Jenny Babos, 2007 (Loras) 3) 43' 7" Karen Seeman, 1992 (Augustana) 4) 42' 5-1/4" Gloria Lehr, 2009 (Monmouth, Washington) 5) 41' 6½" Tricia Kalb, 1995 (North Central) 6) 40' 10-1/4" Amanda Streeter, 2009 (Augustana) 7) 40' 7" Tennille McClure, 1998 8) 40' 11¾" Katy Healy, 2003, 2004 9) 38' 11¾" Meaghan Tobias, 2003 10) 38' 11" Debby Jackowniak, 1992</p>
<p>DISCUS Performance:</p> <p>1) 164'6" Tanesha Hughes, 2009 (Augustana)</p> <p>2) 161' 3" Tanesha Hughes, 2009 (Conf-Carroll) 3) 157' 9" Tanesha Hughes, 2008 (Augustana) 4) 156' 0" Tanesha Hughes, 2008 (Conf-Knox) 5) 155' 1" Tanesha Hughes, 2008 (Augustana) 6) 153' 0" Jenny Babos, 2007 (Central) 7) 152' 9" Tanesha Hughes, 2008 (Rhodes) 8) 152' 5" Tanesha Hughes, 2009 (Monmouth) 9) 152' 2" Jenny Babos, 2007 (Wisconsin) 10) 151' 8" Jenny Babos, 2006 (Augustana)</p>	<p>Individual:</p> <p>1) 164'6" Tanesha Hughes, 2009 (Augustana)</p> <p>2) 153' 0" Jenny Babos, 2007 (Central) 3) 145' 10" Tennille McClure, 1997 (Monmouth) 4) 144' 2" Allison Renfro, 2008 (Augustana) 5) 137' 9" Gloria Lehr, 2009 (Conf-Carroll) 6) 135' 5" Katy Healy, 2003 7) 131' 5" Samantha Bleyaert, 2008 (Butler) 8) 125' 6" Vanessa Armstrong, 2001 9) 124' 6" Deb Carlson, 1993 10) 119' 6" Amanda Colgan, 1999</p>
<p>HAMMER THROW Performance:</p> <p>1) 164'4" Jenny Babos, 2008 (Augustana)</p> <p>2) 153' 4" Gloria Lehr, 2009 (Conf-Carroll) 3) 152' 5" Jenny Babos, 2008, (Central) 4) 151' 8" Tanesha Hughes, 2009 (Monmouth) 5) 149' 11" Jenny Babos, 2007 (Loras) 6) 149' 8" Jenny Babos, 2008 (Loras) 7) 149' 3" Amanda Streeter, 2009 (Central) 8) 148' 11" Gloria Lehr, 2009 (Augustana) 9) 147' 7" Amanda Streeter, 2009 (Indiana State)</p>	<p>Individual:</p> <p>1) 164'4" Jenny Babos, 2008 (Augustana)</p> <p>2) 153' 4" Gloria Lehr, 2009 (Conf-Carroll) 3) 151' 8" Tanesha Hughes, 2009 (Monmouth) 4) 149' 3" Amanda Streeter, 2009 (Central) 5) 136' 5" Katy Healy, 2004 (Conf-Ripon) 6) 130' 3" Jessica Phillips, 2006 (Conf-Grinnell) 7) 125' 8" Maureen Dewan, 2009 (Indiana State) 8) 125' 1" Lisa Curry, 2005 (Conf-Monmouth) 9) 123' 2" Meaghan Tobias, 2004 10) 123' 0" Allison Renfro, 2008 (Wartburg)</p>

10) 147'5"	Jenny Babos, 2008 (NCAA-UW-Oshkosh)		
JAVELIN Performance: 1) 147'11" Karen Seeman, 1992 (North Central) 2) 140' 9" Karen Seeman, 1992 (NCAA-Colby) 3) 140' 6" Karen Seeman, 1992 (NCAA-Colby) 4) 139' 6" Karen Seeman, 1993 (Western Illinois) 5) 139' 3" Karen Seeman, 1991 (North Central) 6) 139' 1" Karen Seeman, 1992 (Conf-Lawrence) 7) 138' 6" Karen Seeman, 1993 (NCAA-Baldwin Wallace) 138' 6" Karen Seeman, 1992 (Coe) 8) 138' 5" Karen Seeman, 1993 (NCAA-Baldwin Wallace) 9) 138' 0" Karen Seeman, 1992 (Augustana) 10) 136' 6" Tracy Nelson, 2003 (North Central)		Individual: 1) 147'11" Karen Seeman, 1992 (North Central) 2) 136'6" Tracy Nelson, 2003 (North Central) 3) 135' 7" Amanda Colgan, 1999 4) 130' 0" Angie Hickerson, 1987 5) 126'0" Megan Clennon, 2008 (Butler) 6) 122'2" Gloria Lehr, 2009 (Indiana State) 7) 120'8" Brittany McCline, 2009 (Augustana) 8) 116' 10" Katy Healy, 2004 9) 113' 6" Tricia Kalb, 1995 10) 110'5" Heather Hull, 2009 (Indiana State)	
POLE VAULT Performance: 1) 12'6-1/4" Jessica White, 2008 (Conf-Knox; Augustana; NCAA-UW-Oshkosh) 2) 12'5-3/4" Jessica White, 2007 (Benedictine) 3) 12'5-1/2" Jessica White, 2008 (WIU) 4) 12'1-1/2" Jessica White, 2008 (Butler) 5) 12'0-3/4" Jessica White, 2008 (Loras) 6) 11'11-3/4" Jessica White, 2007 (Loras, Conf-Ripon); 2008 (Wartburg) 7) 11'10-3/4" Jessica White, 2007 (Augustana) 11'10-3/4" Megan McKenna, 2007 (Augustana) 8) 11'10-1/2" Jessica White, 2007 (NCAA-UW-Oshkosh) 9) 11'10" Jessica White, 2006 (Coe) 10) 11'9-3/4" Jessica White, 2006 (Augustana)		Individual: 1) 12'6-1/4" Jessica White, 2008 (Conf-Knox; Augustana; NCAA-UW-Oshkosh) 2) 11'10-3/4" Megan McKenna, 2007 (Augustana) 3) 11'0-3/4" Whitney Didier, 2008 (Conf-Knox) 4) 11'0-1/4" Christina Reiner, 2005 (Conf-Monmouth) 5) 10'6" Cheris Beaty, 2002 6) 10'2" Erin Degelman, 2006 (Grinnell) 7) 9'4-1/4" Kelly Caruso, 2005 8) 9' Briane Blout, 2002 9) 8'7" Morgan Leffel, 2008 (Conf-Knox) 10) 6'6" Elizabeth Altekruze, 2002	

ALL-TIME TOP TEN RELAY PERFORMANCES

4 x 100 METER RELAY

- 1) 47.76 Hoops, Moredock, Estes, Jackson, 2001 (NCAA – Millikin)
- 2) 47.95 Brown, Furrow, Keller, Jackson, 1998 (Augustana)
- 3) 47.97 Brown, Furrow, Keller, Jackson, 1998 (NCAA-Macalester)
- 4) 48.04 Jackson, Hoops, Moredock, Shirey, 2002 (NCAA-Macalester)
- 5) 48.05 Ternig, Furrow, Owen, Hickey, 1996 (NCAA-North Central)
- 6) 48.07 Brown, Furrow, Keller, Hickey, 1997 (Augustana)
- 7) 48.09 Brown, Furrow, Keller, Jackson, 1998 (NCAA-Macalester)
- 8) 48.24 Hoops, Jackson, Moredock, Shirey, 2002 (Central)
- 9) 48.31 Estes, Jackson, Hoops, Moredock, 2001 (NCAA-Millikin)
- 10) 48.33 Ternig, Furrow, Owen, Hickey, 1996 (North Central)

4 x 200 METER RELAY

1)	1:42.02	Cameron, Furrow, Brown, Jackson, 1998 (Drake)
2)	1:43.44	Brown, Furrow, Keller, Hickey, 1997 (Drake)
3)	1:43.47	Hosey, Furrow, Brown, Jackson, 1998 (Grinnell)
4)	1:44.44	Herrera, Ouart, Hamilton, Cox, 2005 (Drake)
5)	1:45.20	Herrera, Hamilton, Cox, Reiner, 2005 (WIU)
6)	1:46.70	Cox, Ouart, Vaccarello, Turczyn, 2006 (Drake)
7)	1:47.34	Cox, Widdop, Vaccarello, Ouart, 2006 (WIU)
8)	1:47.71	Cameron, Brown, Utter, Stanton, 1995 (Drake)
9)	1:48.81	Jackson, Estes, Moredock, Hoops, 2000 (Grinnell)
10)	1:49.64C	Dailey, Kvasnicka, Freeman, Tutor, 1983 (Knox)

4 x 400 METER RELAY

1)	3:49.67	Jackson, Hoops, Moredock, Estes, 2001 (NCAA-MILLIKIN)
2)	3:50.41	Jackson, Hoops, Moredock, Estes, 2001 (NCAA- Millikin)
3)	3:50.48	Jackson, Hoops, Moredock, Estes, 2000 (Augustana)
4)	3:50.73	Hoops, Jackson, Estes, Moredock, 2001 (LaCrosse)
5)	3:50.89	Jackson, Hoops, Moredock, Estes, 2000 (Augustana)
6)	3:52.78	Jackson, Moredock, Kuhrts, Hoops, 2002 (Augustana)
7)	3:53.39	Jackson, Moredock, Kuhrts, Hoops, 2002 (NCAA-Macalester)
8)	3:52.88	Jackson, Moredock, Kuhrts, Hoops, 2002 (Coe)
9)	3:55.35	Jackson, Hoops, Kuhrts, Moredock, 2000 (Drake)
10)	3:56.15	Jackson, Hoops, Moredock, Estes, 2001, (Disney Relays)

SPRINT MEDLEY RELAY

1)	4:25.4	Stanton, Jefferson, Rowley, Mills, 1993 (Monmouth)
2)	4:28.8	Rowley, Quinlan, Jefferson, Mills, 1992 (Monmouth)
3)	4:31.97	Cameron, Landeros, Utter, Koranda, 1995 (SIU-Edwardsville)
4)	4:32.14C	Hickey, Ternig, Mahoney, Mills, 1994 (Monmouth)
5)	4:38.20	Fordyce, Rowley, Mills, Bertelsen, 1992 (Coe)
6)	4:39.41	????????????????????????????, 2001 (Disney Relays, FL)
7)	4:40.4	Dehner, Stanton, Rowley, Salisbury, 1993 (Western Illinois)
8)	4:44.3	Fordyce, Rowley, Stanton, Salisbury, 1992 (Monmouth)
9)	4:45.8	Jefferson, Cato, Lafferty, Bertelsen, 1991 (Monmouth)
10)	4:48.5	Dailey, Tutor, Freeman, Kvasnicka, 1983 (Monmouth)

4 x 800 METER RELAY

1)	10:17.31	Ingersoll, Ab. Horneck, Sandoval, Daves, 2006 (Grinnell)
2)	10:35.6	Buehrig, Hickerson, Gullickson, Kvasnicka, 1984 (Knox)
3)	10:38.09	Vandergriff, Polk, Koranda, Plack, 1996 (Grinnell)
4)	10:46.4	Buehrig, Chatfield, Hickerson, Morgan, 1985 (Knox)
5)	10:49.8	Putnam, Smith, Zobrist, Bertelsen, 1991 (Monmouth)
6)	10:53.0	Mills, Bertelsen, Salisbury, Putnam, 1992 (Western Illinois)
7)	10:59.7	Smith, Burge, Zobrist, Moran, 1990 (Western Illinois)
8)	11:12.7	Chatfield-Hickerson, Morgan, Gullickson, 1986 (Knox)
9)	11:51.6	Buehrig-Lewis-Chatfield-Kvasnicka, 1983 (Black Hawk)

DISTANCE MEDLEY RELAY

1)	12:53.94	Staab, Ouart, Nelson, Ingersoll, 2007 (Drake)
2)	13:26.68	Aghababian, Ingersoll, Nelson, Vacarello, 2007 (Augustana)
3)	13:32.75	Polk, Lichamer, Vandergriff, Knauer, 1997 (Augustana)
4)	13:40.54	Knauer, Vandergriff, Polk, McQuinn, 1998 (Monmouth)
5)	13:54.07	Vandergriff, Koranda, Knauer, Plack, 1996 (Monmouth)
6)	13:54.60	Lafferty, Rowley, Bertelsen, Zobrist, 1991 (Coe)
7)	13:59.6	Gullickson, Freeman, Buehrig, Kvasnicka, 1984 (Monmouth)
8)	14:05.2	Putnam, Lafferty, Bertelsen, Smith, 1991 (Grinnell)
9)	14:05.23	Ditzler, Flynn, Gaul, Ouart, 2007 (Augustana)
10)	14:09.75	Polk, Koranda, Vandergriff, Knauer, 1996 (Grinnell)