

MESSIAH COLLEGE INDOOR TRACK & FIELD — WOMEN'S ALL-TIME RECORDS

[updated 03/09]

Event	Athlete	Performance	Year
55 Meter Dash	Kristen Bates	7.47	2009
55 Meter HH	Kristen Bates	8.06	2009
60 Meter HH	Kristen Bates	8.83	2009
200 Meter Dash	Jess Sauve	26.96	2003
300 Meter Dash	Anne Bolt	43.4 (HT)	1994
400 Meter Dash	Rachel Hepkins	59.42	2006
500 Meter Run	Rachel Hepkins	1:19.93	2008
600 Meter Run	Grace Kaste	1:40.74	2009
800 Meter Run	Grace Kaste	2:19.95	2009
1000 Meter Run	Amy Henry	3:01.8 (HT)	1994
1500 meter run	Sarah Cole	4:54.09	2002
Mile Run	Jennifer Kooser	5:13.98	2008
3000 Meter Run	Kelly Teufel	10:02 (HT)	1986
5000 Meter Run	Jennifer Kooser	17:48.72	2008
4 X 200 Relay	Sauve, Beck, Mohr, Allimuthu	1:50.85	2003
4 X 400 Relay	Spadaro, E. Weaner, Mason, R. Hepkins	4:10.59	2006
4 X 800 Relay	E. Weaner, L. Nye, Hostetter, Monachello	9:48.45	2005
4 X 1600 Relay	Nye, E., Plissey, Martinson, Agnolutto	22:36.08	2004
Distance Medley Relay	Kaste, Harte, Airey, Rhodes	12:25.80	2009
High Jump	Meghan LeFevre	5' 3"	1993
Long Jump	Kristen Bates	18' 2 1/4"	2009
Triple Jump	Kristen Bates	38' 6"	2009
Pole Vault	Erin Weaner	11' 1 3/4"	2006
Shot Put	Jocelyn Wilson	37' 5"	1985
20 lb. Weight Throw	Medalana Smith	39' 8"	2006
Pentathlon	Kristen Bates	3394	2009
60 yard dash	Kelly Kegarise	7.4	1988
60 yard HH	Anga Strine	8.9	1986
	Liz Krawiec	8.9	1988
200 yard dash	Sonita Robinson	28.2	1984
440 yard dash	Rebecca Wiederrecht	62.6	1987
600 yard run	Sonja Hutchins	1:28.4	1984
880 yard run	Joan Ginder	2:25.9	1993
1000 yard run	Rebecca Wiederrecht	2:51.5	1987
2 mile	Cara Jones	11:31	1992
3 mile	Kelly Teufel	17:19	1987

HT – *hand time*