

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

[updated 03/11]

<b>Event</b>	<b>Athlete</b>	<b>Performance</b>	<b>Year</b>
55 Meter Dash	Kristen Bates	7.47	2009
55 Meter HH	Kristen Bates	7.89	2010
60 Meter HH	Kristen Bates	8.81	2010
200 Meter Dash	Katie Craven	26.18	2011
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	Grace Kaste	3:00.89	2010
Mile Run	Grace Kaste	5:06.67	2010
3000 Meter Run	Kelly Teufel	10:02 (HT)	1986
5000 Meter Run	Jennifer Kooser	17:48.72	2008
4 X 200 Relay	L. Martin, C. Grammar, A. Stephen, K. Valis	1:50.25	2011
4 X 400 Relay	L. Martin, G. Kaste, A. Stephan, K. Craven	4:01.29	2011
4 X 800 Relay	E. Weaner, L. Nye, Hostetter, Monachello	9:48.45	2005
4 X 1600 Relay	Airey, Dillner, Rhodes, Kaste	21:52.87	2010
Distance Medley Relay	Rhodes, Harte, Airey, Kaste	12:11.31	2010
High Jump	Kristen Bates	5' 3 3/4"	2010
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	Hillary Pelkey	38' 2 3/4"	2010
20 lb. Weight Throw	Alyssa Lengel	43' 8"	2011
Pentathlon	Kristen Bates	3555	2010
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
1500 meter run	Sarah Cole	4:54.09	2002
2 mile	Cara Jones	11:31	1992
3 mile	Kelly Teufel	17:19	1987
HT – <i>hand time</i>			