

MESSIAH COLLEGE OUTDOOR TRACK & FIELD — WOMEN'S ALL-TIME TOP 10 LIST

c = converted hand times to FAT by adding .24 (hand times originally rounded up to tenth)

* = unknown hand time or FAT so treated as hand time

w = measured as wind-aided

[updated 5/11]

100 Meters

12.27	Janine Shirk	1996
12.36	Liz Martin	2011
12.52	Katie Craven	2011
12.69	Lynn Searer	1984
12.74c	Anga Strine	1987
12.77	Ashley Beck	2003
12.77	Julie Griffith	2004
12.84*	Anne Grover	1988
12.84*	Rachel Hepkins	2006
12.84*	Sheila Lerew	1988

1500 Meters

4:38.11	Amy Henry	1994
4:38.64*	Joan Ginder	1994
4:40.73	Grace Kaste	2010
4:41.74c	Kelly Teufel	1986
4:42.44	Jessica Hawthorne	2002
4:42.84*	Tammy Walsh	1988
4:47.54*	Tonya Kinney	1989
4:48.02	Jennifer Kooser	2008
4:48.50*	Erin Rhodes	2010
4:49.24*	Jackie Fetrow	1987

200 Meters

25.34	Katie Craven	2011
25.75	Janine Shirk	1996
25.84c	Anne Grover	1988
25.94*	Anne Bolt	1991
25.96	Rachel Hepkins	2006
26.02	Jessica Sauve	2002
26.04c	Lynn Searer	1984
26.18	Amy Reed	2008
26.20	Ashley Beck	2003
26.24*	Kelly Kegarise	1988

3000 Meters

9:52.74c	Kelly Teufel	1986
10:06.14*	Amy Henry	1994
10:14.74*	Darla Balmer	1989
10:25.64c	Cara Jones	1992
10:27.04*	Tammy Walsh	1988
10:28.74*	Tracy Spaan	1990
10:37.84*	Diane Fonseca	1984
10:41.67	Susan Plissey	2004
10:43.44*	Sally Sauer	1989
10:44.48	Carolyn Clements	1999

400 Meters

56.65	Sonja Hutchins	1983
57.00	Rachel Hepkins	2008
57.34*	Sonita Robinson	1984
57.34*	Rebecca Wiederrecht	1989
57.72	Jessica Sauve	2003
58.59	Katie Craven	2011
58.74c	Tyson Severin	1992
59.40	Amy Reed	2007
59.54c	Jodi Angell	1992
59.64	Janine Shirk	1996

5000 Meters

17:12.09	Kelly Teufel	1986
17:23.12	Jennifer Kooser	2008
17:33.24*	Tammy Walsh	1988
18:04.24*	Diane Fonseca	1984
18:07.13	Rebecca McClintock	2002
18:12.93*	Cara Jones	1994
18:21.24*	Darla Balmer	1989
18:29.04	Laura Nye	2005
18:33.99	Susan Plissey	2004
18:35.58	Sarah Cole	2002

800 Meters

2:14.06	Rebecca Wiederrecht	1989
2:15.18	Joan Ginder	1994
2:15.21	Rachel Hepkins	2008
2:15.76	Grace Kaste	2009
2:16.93	Cecelia Gebhart	1985
2:19.92	Amy Henry	1994
2:20.39	Jodie Hostetter	2005
2:20.59	Brooke Airey	2009
2:20.64*	Jackie Fetrow	1988
2:20.71	Amy Reed	2007

100 Hurdles

13.83	Kristen Bates	2010
14.88	Liz Martin	2011
15.01	Amy Reed	2008
15.18	Anga Strine	1987
15.54*	Liz Krawiec	1988
15.54*	Virginia Dietrich	1992
15.59	Delilah Ruiz	2009
15.71	Amber Stephan	2011
15.74*	Becky Meekins	1987
15.77	Maria Peterkin	1994

400 Hurdles

1:02.61	Kristen Bates	2007
1:04.99	Amy Reed	2007
1:05.14	Debbie Cameron	1990
1:05.23	Liz Martin	2011
1:05.64*	Cherie Solomon	1993
1:05.74*	Virginia Dietrich	1993
1:05.93	Becky Meekins	1987
1:06.09	Mindy Miller	2000
1:06.14c	Kathy Chapman	1979
1:06.24*	Liz Krawiec	1991

3000 Meter Steeplechase

11:02.86	Susan Plissey	2004
11:17.44	Erin Rhodes	2010
11:39.04	Rebecca Lewis	2002
11:39.07	Grace Trabulsi	2004
11:42.40	Jackie VanArsdale	2009
12:02.64	Lindsay Shifflett	2006
12:09.05	Emily Nye	2003
12:13.54	Inna Potekhina	2008
12:22.14c	Grace Kaste	2011
12:22.50	Jenn Hellmann	2010

10,000 Meters

36:18.08	Jennifer Kooser	2008
37:09.24c	Kelly Teufel	1988
37:49.24c	Diane Fonseca	1984
38:09.51	Laura Nye	2005
38:22.66	Cara Jones	1994
38:45.06	Mary Higgins	2011
38:54.34	Sarah Clemmer	2007
39:20.24	Susan Plissey	2004
40:13.24*	Robbin Warehime	1990
40:19.73	Amy Agnolutto	2006

Long Jump

18' 6"	Kelly Kegarise	1989
18' 5 1/4"	Janine Shirk	1995
18' 3 1/2"	Amy Reed	2008
18' 2 1/2"	Kristen Bates	2010
18' 1 1/4"	Virginia Dietrich	1993
17' 10 1/2"	Liz Krawiec	1988
17' 3 1/2"	Anne Grover	1991
17' 3 1/2"	Kaitlyn Valis	2011
17' 2 1/4"	Sheila Lerew	1998
17' 1 1/4"	Meghan LeFevre	1993

Triple Jump

39' 9 1/4"	Kristen Bates	2010
38' 2 1/4"	Amy Reed	2008
37' 2"	Janine Shirk	1996
36' 11 3/4"	Liz Krawiec	1988
36' 11 3/4"	Kelly Kegarise	1989
36' 1 1/4"	Meghan LeFevre	1993
36' 4 1/4"	Maria Peterkin	1994
36' 1 1/2"	Uma Allimuthu	2004
35' 3 3/4"	Rachel Bjorkman	2011
35' 3/4"	Prisca Chase	2001

400 Meter Relay

49.12	Martin, Stephan, Grammar, Craven	2011
49.27	Martin, Stephan, Valis, Craven	2011
49.39	Bush, Robinson, Hutchins, Searer	1983
49.54*	Frey, Wiederrecht, Kegarise, Grover	1989
49.61	Dao, Herb, Haak, Shirk	1996
49.74*	Shirk, Dietrich, Solomon, Bolt	1993
49.74*	Shirk, Ginder, Solomon, Bolt	1994
49.94*	Krawiec, Lerew, Kegarise, Grover	1988
50.04c	Angell, Dietrich, Severin, Bolt	1992
50.20	Hansen, Brown, Bower, Sauve	2001

Pole Vault

10' 11 3/4"	Erin Weaner	2006
10' 6"	Abby McDonald	2010
10' 6"	Julie Griffith	2005
10' 6"	Vonelle Allocco	2003
10' 3 1/4"	Jen Mason	2007
9' 6 1/4"	Laura Carbone	2008
9' 6 1/4"	Emily Brantner	2009
9' 6 1/4"	Rachel Poletti	2011
9' 6"	Sara Brown	2001
9' 6"	Jessica Mohr	2004

Shot Put

40' 8 1/4"	Jocelyn Wilson	1985
39' 7 1/2"	Lori Wiggins	1992
39' 0 1/2"	Hillary Pelkey	2011
38' 2 3/4"	Missy Sisco	1987
36' 4 1/4"	Maria Peterkin	1994
36' 3 1/2"	Deidre Gorsline	1989
36' 2 1/4"	Medalana Smith	2006
35' 8 1/2"	Emily Hartz	2004
35' 4 1/2"	Amy Reed	2008
35' 4"	Hope Diehl	1983

Discus

127' 9"	Jocelyn Wilson	1986
127' 1"	Medalana Smith	2006
120' 4"	Kira Maier	2011
115' 9"	Susan McKinney	1987
113' 8"	Alyssa Lengel	2010
113' 7"	Mindy Sevin	1992
112' 2"	Kelsey Henkel	2006
111' 7"	Karrie Schinkler	1989
110' 7"	Deidre Gorsline	1991
109' 0"	Angie Wagner	1996

High Jump

5' 4"	Jenni Schrock	1989
5' 4"	Kristen Bates	2008
5' 3"	Meghan LeFevre	1993
5' 3"	Danielle Warden	1999
5' 2 1/2"	Virginia Dietrich	1992
5' 2 1/4"	Emily Ellis	2010
5' 2 1/4"	Rachel Bjorkman	2011
5' 2"	Sonja Hutchins	1982
5' 2"	Stacey Workinger	1990
5' 2"	Jessica Herb	1997

1600 Meter Relay

3:53.05	Searer, Robinson, Gebhart, Hutchins	1983
3:55.82	Bates, Kaste, Reed, Hepkins	2008
3:56.04*	Severin, Wansley, Kegarise, Wiederrecht	1989
3:56.26	Martin, Kaste, Stephan, Craven	2011
3:58.34c	Angell, Bolt, Severin, Solomon	1992
3:58.41	Martin, Mills, Stephan, Craven	2011
4:00.14*	Hutchins, Gebhart, Searer, Lehman	1985
4:00.64*	Krawiec, Solomon, Severin, Grover	1991
4:01.24*	Bolt, Shirk, Solomon, Ginder	1994
4:01.44*	Nelson, Robinson, Searer, Hutchins	1982

Javelin (Old)

129' 2"	Alice Musser	1982
129' 0"	Tara Kidder	1991
128' 11"	Jennifer Patton	1986
119' 11"	Marianne Rufulo	1981
118' 10"	Brenda Stewart	1979
114' 1"	Sue Ditty	1984
114' 0"	Karen Roberts	1992
113' 9"	Mim Blank	1987
112' 1"	Hope Blank	1983
111' 6"	Tricia Michaels	1984

Javelin (New)

152' 11"	Amy Reed	2007
134' 6 1/4"	Hillary Pelkey	2011
127' 8"	Sadie Sumner	2008
121' 6"	April Thomas	2005
120' 2"	Alyssa Lengel	2011
119' 2"	Courtney Albano	2002
114' 3"	Vonelle Allocco	2003
107' 11"	Ashley Hermany	2011
103' 4"	Kathy Habecker	2000
98' 3"	Kira Maier	2010

Hammer Throw

132' 2"	Emily Strait	2010
131' 0"	Alyssa Lengel	2011
129' 2"	Medalana Smith	2006
124' 5"	Janessa Rempala	2003
103' 2"	Angie Wagner	1998
100' 9"	Sadie Sumner	2008
96' 6"	Melissa Sharrer	2003
94' 7"	Kristina Donahue	2006
94' 2"	Jayne Keefer	2001
93' 9"	Kira Maier	2010

Heptathlon

5111	Amy Reed	2008
4423	Kristen Bates	2009
3627	Kaitlyn Valis	2011
3487	Delilah Ruiz	2007
3359	Brianna Eshelman	2010
3283	Rachel Bjorkman	2010
3228	Stacy Boxum	2002
3225	Prisca Chase	2000
3153	Emily Olsen	2009
2945	Liz Nole	2001