

# EASTERN WASHINGTON UNIV. WOMEN'S TRACK & FIELD

## All-Time Outdoor Bests as of May 13, 2006

### DISCUS

2001	Kelli Holloway	157-6
1991	Nancy Kuiper	155-1
2000	Julie Nielson	154-7
2003	Shannon Groh	153-4
1986	Diana Bedell	150-4
1999	Leslee Oliver	149-7
2001	Katie Jacobson	149-2
1990	Cheryl Hills	148-9
1992	Sheri Posey	148-5
<b>2006</b>	<b>Carolee Geaudreau</b>	<b>145-11</b>
2005	Anna Woelk	144-7

### JAVELIN (Note: New javelin utilized starting in 2000)

<b>2006</b>	<b>Stephanie Ulmer</b>	<b>165-8</b>
1984	Jo Etheridge	159-7
2005	Jordan Baughan	159-2
1988	Stormi Olsen	157-6
2005	Carolee Geaudreau	156-6
2001	Jenny Sergeant	152-6
2002	Christie Kight	145-8
1986	Terri Amonson	141-5
2003	Rebecca Lewis	139-0
1984	Maureen Christman	138-9
1981	Kim VanDeBrake	135-2
<b>2006</b>	<b>Jessica McFarland</b>	<b>135-1</b>
2002	Shannon Groh	131-7

### SHOT PUT

1991	Nancy Kuiper	50-11
2000	Mandi Fish	47-1/4
2003	Kelli Holloway	45-7 1/4
2001	Katie Jacobson	44-11 1/2
1998	Maria Manley	44-3 1/2
2000	Julie Nielson	44-2 3/4
1987	Diane Bedell	43-11 1/2
2005	Carolee Geaudreau	43-10 3/4
<b>2006</b>	<b>Anna Woelk</b>	<b>43-9 1/4</b>
1980	Paula Nickerson	43-9 1/4
1989	Kristi Yandell	43-5
1987	Patty Patterson	43-2
<b>2006</b>	<b>Amanda Faire</b>	<b>42-7 1/2</b>

### HAMMER

2001	Julie Nielson	182-8
2002	Jaime Martin	178-5
<b>2006</b>	<b>Carolee Geaudreau</b>	<b>171-0</b>
1999	Leslee Oliver	164-10
2003	Katie Jacobson	162-1
2004	Anna Woelk	162-10
<b>2006</b>	<b>Amanda Bower</b>	<b>162-2</b>
2002	Kelli Holloway	160-7
<b>2006</b>	<b>Nicole Luckenback</b>	<b>159-3</b>
<b>2006</b>	<b>Valerie Bertsch</b>	<b>156-8</b>
1997	Maria Manley	149-11
2002	Abby Monta	148-9

### POLE VAULT

2003	Emily Roberts	13-2 1/4
<b>2006</b>	<b>Sarah Hegna</b>	<b>12-5 1/2</b>
2002	Autumn Deda	11-10 1/4
2000	Tracy Koesel	10-11 3/4
2001	Tara Hulbert	10-5 1/4
2002	Kristen Bolender	10-6 3/4
2003	Tracy Koesel	10-6
1997	Christina Withey	9-6 1/4
1999	Katie Heilman	9-0 1/4

### LONG JUMP

2000	Cristi Horning	19-1 1/2
1998	Adrienne Wilson	19-0 3/4
1997	Taneka Sauls	18-11 3/4
2002	Wiyanna Kramer	18-9 3/4
1998	Celeste Stutheit	18-7 1/4
1995	Jennifer Bauman	18-3 1/4
1981	Kristi Madland-Curley	18-2
1986	Kelly Gregory	18-0 1/2
2005	Katelyn Waterhouse	18-0 1/2
1969	Becky Nelson	18-0

### TRIPLE JUMP

2005	Teanna Meinhold	39-7
1998	Jennifer Bauman	38-5
2002	Zandrea Shattuck	38-4 1/4
1997	Taneka Sauls	37-9 1/2
2005	Wiyanna Kramer	37-8 3/4
1998	Adrienne Wilson	37-8
<b>2006</b>	<b>Candice Nell</b>	<b>37-3 1/4</b>
2005	Katelyn Waterhouse	36-11 1/2
1993	Lara Pokall	36-4
1999	Christie Kight	36-2 1/4
1985	Bettie Jackson	35-3 1/2

### HIGH JUMP

1997	Seville Broussard	5-10
1988	Liz Harris	5-10
1994	Lara Pokall	5-8
1985	Gayle Huff	5-8
1971	Becky Nelson	5-6 1/2
2001	Kim Van Dalsem	5-7
2004	Sara Fouts	5-5 1/4
2005	Traci Mickle	5-5
2003	Christie Kight	5-4 1/4
1987	Jill Heinrich	5-4
1983	Carol Dahmen	5-4

### 100 METERS

1995	Joyce Rainwater	11.55
1998	Celeste Stutheit	11.71
1996	Christian White	11.85
2004	Angel Davis	11.93
1991	Freda Everett	11.93
1981	Cathy Davis	11.7
1987	Amy Hoggarth	11.99
1996	Nakia Walker	12.06
2001	Cristi Horning	12.13
2004	Haley Heater	12.14
1979	Jamie Day	12.0

### 200 METERS

1994	Joyce Rainwater	23.73
1981	Cathy Davis	24.04

1991	Freda Everett	24.25
1994	Christian White	24.59
1988	Amy Hoggarth	24.4
1984	Sydney Armstead	25.00
1979	Lisa Sorrell	24.8
1984	Elaine Robinson	25.05
1995	Nakia Walker	25.07
1992	Lyn Andrews	25.18
2002	Rosheida Adams	25.23
1995	Azure Thompson	25.23

### 400 METERS

1979	Lisa Sorrell	54.8
1980	Cathy Mayberry	56.40
1994	Chundranae Nicholson	56.70
1984	Carmen Fulghum	56.94
1992	Kirste Threadcraft	57.01
2005	Jamie Griffith	57.11
2004	Haley Heater	57.12
2000	Shannon Anderson	57.18
2000	Yolanda Simmons	57.24
1994	Azure Thompson	57.51
1981	Cathy Davis	57.4
<b>2006</b>	<b>Lyndsey Johnson-Cooper</b>	<b>57.64</b>
2000	Jessika Lee	57.71
2001	Susannah Lowber	57.76

### 800 METERS

2000	Katie Ellison	2:11.41
<b>2006</b>	<b>Caitlin Prunty</b>	<b>2:12.73</b>
2000	Lisa Harrison	2:13.03
1999	Hannah Lohrmann	2:13.21
1998	Jamie Bellamy	2:13.87
1979	Sue Pike	2:14.3
1997	Dawn Baerlocher	2:15.04
1984	Bobbi Annette	2:16.48
2005	Camille Gibb	2:16.93
1985	Carmen Fulghum	2:17.46
1987	Micki Labadie	2:18.12
1991	Kari McKay	2:18.52
2000	Sarah Becker	2:18.59

### 1500 METERS

1999	Hannah Lohrmann	4:31.93
1990	Heather Maple	4:31.95
2004	Caitlin Prunty	4:32.40
1991	Kari McKay	4:37.65
1983	Cheryl Flom	4:37.6
1984	Julie Rodgers	4:38.42
<b>2006</b>	<b>Camille Gibb</b>	<b>4:38.82</b>
2000	Lisa Harrison	4:40.45
2004	Holly Evans	4:41.16
1999	Darcy Steele	4:42.49
1999	Amber Johnson	4:42.59
1997	Dawn Baerlocher	4:42.93
2000	Sarah Becker	4:43.46
2000	Katie Ellison	4:43.81

### 3,000 METERS

1992	Kari McKay	9:28.50
1999	Darcy Steele	9:57.11
1999	Amber Johnson	9:58.5
1989	Heather Maple	10:05.4
1994	Kami Hammond	10:19.07

1983	Michelle Ballentine	10:29.0
1997	Dawn Baerlocher	10:31.33
2005	Camille Gibb	10:32.95
1982	Cheryl Yoke	10:33.1
2003	Lanaia Jones	10:34.39
1986	Megan MacDermott	10:37.83
1999	Hannah Lohrmann	10:40.19
1995	Susan Bonogofski	10:41.46
2000	Jennifer Ehrlichman	10:44.9

#### 5000 METERS

1992	Kari McKay	16:57.71
1999	Darcy Steele	17:04.03
2000	Amber Johnson	17:13.40
2003	Lanaia Jones	17:50.59
<b>2006</b>	<b>Camille Gibb</b>	<b>18:02.18</b>
1982	Cheryl Yoke	18:05.0
2005	Nicolle Clutter	18:09.87
<b>2006</b>	<b>Kiri Garruto</b>	<b>18:18.78</b>
2004	Amy Jo Perreault	18:22.24
2000	Sarah Becker	18:25.74
1989	Heather Maple	18:29.09
2000	April Franck	18:40.14
1995	Susan Bonogofski	18:41.70
2000	Jeanette Gardiner	18:49.77

#### 10,000 METERS

1992	Kari McKay	33:46.1
1999	Amber Johnson	35:44.38
1999	Darcy Steele	36:16.11
2000	Lanaia Jones	38:14.58
2000	April Franck	38:20.20
<b>2006</b>	<b>Kiri Garruto</b>	<b>39:44.45</b>
2003	Amy Jo Perreault	39:58.44

#### STEEPLECHASE

2005	Holly Evans	11:02.29
2003	Jennifer Ehrlichman	11:17.16
<b>2006</b>	<b>Nikki Buchholtz</b>	<b>11:32.96</b>
2004	Amy Jo Perreault	12:03.45
2000	Sarah Becker	12:04.89
2003	Melanie Hevel	13:05.27

#### 100-METER HURDLES

1999	Seville Broussard	13.52
1993	Veronica Penton	14.2
1997	Angie Herdener	14.65
1977	Kristi Madland	14.5
1982	Michelle Riley	14.6
2003	Wiyanna Kramer	14.78
1990	Tamara Durham	14.82
1993	Tina Brockway	14.85
1985	Bettie Jackson	14.89
2000	Tina Olson	14.91
2004	Jeslyn Lemke	14.99
1999	Latasha Walker	15.14
1994	Loreen Zapata	15.24

#### 400-METER HURDLES

1999	Seville Broussard	58.12
<b>2006</b>	<b>Lyndsey Johnson-Cooper</b>	<b>1:00.49</b>
<b>2006</b>	<b>Haley Heater</b>	<b>1:00.69</b>
1992	Veronica Penton	1:00.85
2005	Jamie Griffith	1:01.20
1990	Tamara Durham	1:02.48
1985	Chris Grant	1:04.14
1995	Carol Mahoney	1:04.36
1993	Loreen Zapata	1:04.38
2004	Jeslyn Lemke	1:04.74
1999	Danni O'Bannan	1:04.77
1994	Dominique Norwood	1:05.02

#### HEPTATHLON

2003	Christie Kight	4,850
2003	Wiyanna Kramer	4,566
1982	Maria Cronrath	4,369
1987	Kelly Gregory	4,366
1999	Danni O'Bannan	4,340
1983	Cathy Federico	4,312
2004	Hana Merck	4,166
2001	Katie Coles	3,864
1987	Jill Heinrich	3,803
1983	Cherie Clark	3,802
1988	Sheri Gundlach	3,705
2004	Traci Mickle	3,700

#### 4x100-METER RELAY

1994	Nakia Walker Christian White Chundranae Nicholson Joyce Rainwater	45.93
1995	Nakia Walker Christian White Chundranae Nicholson Joyce Rainwater	46.05
1996	Nakia Walker Seville Broussard Chundranae Nicholson Christian White	46.53
1999	Cristi Horning Robbi Scharz Jessica Lee Celeste Stutheit	47.19
1998		47.26
2003	Lyndsey Johnson Robbi Schwarz Haley Heater Angel Davis	47.53
2000		47.59
1993	Lyn Andrews Chundranae Nicholson Nakia Walker Christian White	47.68
2004	Haley Heater Angel Davis Emily Hannah Jaime Griffith	47.74
1990		47.74
1992	Kirste Threadcraft Veronica Penton Camisha Gix Lyn Andrews	47.78

#### 4x400 RELAY

1999	Yolonda Simmons Danni O'Bannan Seville Broussard	3:48.01
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<b>2006</b>	<b>Robbi Schwarz</b> <b>Sarah Frey</b> <b>Caitlin Prunty</b> <b>Lyndsey Johnson-Cooper</b> <b>Haley Heater</b>	<b>3:48.57</b>
1995	Chundranae Nicholson Nakia Walker Azure Thompson Taneka Sauls	3:51.2
2000		3:52.46
2003	Lisa Harrison Robbi Schwarz Haley Heater Emily Alspaugh	3:52.53
1994	Nakia Walker Joyce Rainwater Veronica Penton Loreen Zapata	3:52.64
1992	Veronica Penton Loreen Zapata Camisha Gix Kirste Threadcraft	3:56.6
2005	Alisyn Clark	3:57.40
2004	Jamie Griffith Emily Hannah Haley Heater Caitlin Prunty	3:58.09
1984	Carmen Fulghum Cami Smith Elaine Robinson Sydney Armstead	3:58.44
1993		3:58.77
1998		3:59.68
1985	Carmen Fulghum Sydney Armstead Cami Smith Julie Rodgers	4:00.3
1991		4:01.80
1990		4:01.18
2005	Jamie Griffith Emily Hannah Camille Gibb Alisyn Clark	4:02.21
2002	Lyndsey Johnson Caitlin Prunty Haley Heater Rosheida Adams	4:03.33
1997	Taneka Sauls Dawn Baerlocher Amber Johnson Jamie Bellamy	4:03.66
2001		4:04.33
1980		4:09.0
1982		4:09.64