

WOMEN'S TOP FIVE ALL-TIME OUTDOOR MARKS

100 METERS

Katina Kilbourne	12.16	1992
Jennifer Delamater	12.34	2001
Cynthia Merritt	12.37	1988
Tina Salo	12.44	1982
Karen Burr	12.44	1982
Melissa Thomas	12.44	1991

200 METERS

Jennifer Delamater	25.04	2001
Melissa Thomas	25.04	1991
Katina Kilbourne	25.04	1994
Gina Mitchell	25.54	1985
Cynthia Merritt	25.64	1988
Kelly Wellman	25.64	1982

400 METERS

Lauren Washington	55.73	1992
Kiesha Jones	55.90	1999
Melissa Thomas	56.09	1991
Sherri Jones	56.43	1988
Gina Mitchell	56.94	1985

800 METERS

Katie Chapman	2:07.62	2001
Lori Edinger	2:11.01	1994
Monica Ferguson	2:13.24	1991
Sherri Jones	2:14.44	1986
Penny Bailey	2:15.25	1989

1500 METERS

Shelly Saunders	4:36.24	1985
Penny Bailey	4:41.14	1989
Monica Ferguson	4:42.44	1992
Emily Koss	4:43.04	1987
Lori Edinger	4:44.01	1994

3000 METERS

Karen Klein	10:12.74	1987
Emily Koss	10:15.34	1987
Dawn VanBrocklin	10:27.74	1985
Denise DeLong	10:29.14	1982
Penny Bailey	10:30.74	1989

5000 METERS

Dawn VanBrocklin	18:04.04	1985
Tracy Burry	18:09.43	1992
Kerry Wolcott	18:22.14	1989
Pam Browne	18:34.14	1990
Julie Langley	18:37.64	1988

10,000 METERS

Kerry Wolcott	38:32.84	1989
Pam Browne	38:36.24	1991
Karen Klein	38:40.34	1987
Barb Bacon	39:49.34	1987
Helen Denczek	39:56.84	1985

100 METER HURDLES

Shelli Gaul	14:60	1995
Lauren Washington	14:74	1992
Morgan Buckner	14:84	2001
Sherri Jones	14:85	1988
Sue Sweinhagen	15:04	1994

400 METER HURDLES

Sherri Jones	1:00.15	1988
Lauren Washington	1:00.55	1992
Carrie Cunningham	1:02.68	1993
Sue Sweinhagen	1:03.14	1994
Jill Newberry	1:05.31	1998

SHOT PUT

Tianna Kirkland	46-1	2000
Farrah Sewell	41-10.5	2000
Antionette Rose	41-8	1986
Jill Treml	41-6	1981
Vicky Butchko	41-1.5	1989

DISCUS

Jody Pavlik	151-1	1997
D'Ann Hoppa	150-9	1989
Farrah Sewell	145-6	2000
Tianna Kirkland	144-4	2000
Vicky Butchko	136-1	1993

JAVELIN

Terri Paterson	143-10	1989
Jennifer Brogger	131-4	2001
Carla Buechler	123-7	2000
Michelle Dupie	116-9.5	1985
Renee DeWindt	115-9	1981

LONG JUMP

Jamie Sollose	18-2.5	1999
Toya Hunter	18-1	1994
Deb Mackins	17-11.75	1983
Jenny Tabor	17-2.5	1992
Amanda Wolf	17-2	1996

TRIPLE JUMP

Jamie Sollose	37-2.5	2001
Melissa Braxton	36-6.5	1999
Shelli Gaul	36-2	1995
Toya Hunter	35-8	1994
Theresa Schindler	35-7.5	1989

HIGH JUMP

Rhonda Filius	5-8	1983
Trisha Sustarich	5-6	1997
Joann Herst	5-6	1986
Theresa Schindler	5-4	1988
Morgan Buckner	5-3	2001
Barb O'Connell	5-3	1980

4 x 100 METERS

Taber, Washington, Kilbourne, Thomas	47:84	1992
Buckner, Desenzio, Kuzma, Delamater	48.34	2001
Gaul, Wallin, Kilbourne, Thomas	48:36	1994

4 x 400 METERS

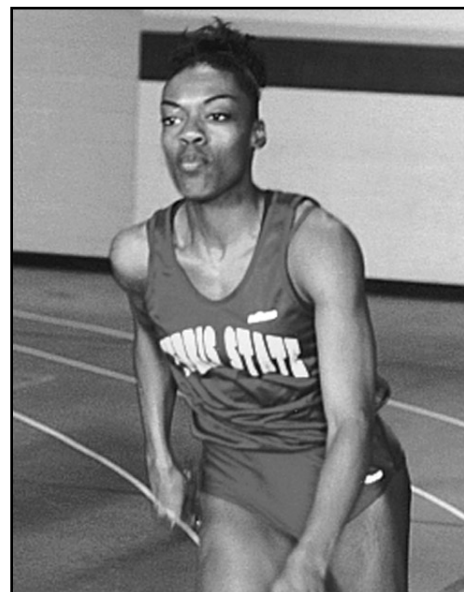
Washington, Edinger, Ferguson, Thomas	3:44.90	1992
Washington, Edinger, Ferguson, Thomas	3:45.42	1992
Washington, Edinger, Ferguson, Thomas	3:45.64	1992

HAMMER THROW

Farrah Sewell	180-9	2000
Carla Buechler	150-7	2000
Jody Pavlik	150-1	1997
Tianna Kirkland	129-10	2000
Danielle Zeigler	124-7	1999

POLE VAULT

Susan Jadan	11-0	2001
Adrienne Desenzio	10-9	2001
Kristyn Buck	10-4	2001
Samantha Masters	9-0	2000
Jill Newberry	8-3	1999
Jamie Sollose	8-3	2000



OUTSTANDING ATHLETE

Kiesha Jones ranks second all-time in the women's outdoor 400 meters at Ferris State. Jones was named FSU's 1999 Outstanding Track Athlete during both the indoor and outdoor campaigns.



FERRIS STATE ALL-AMERICAN

Trisha Sustarich attained All-American honors in the high jump at the 1996 NCAA Division II Indoor Track Championships. She was also the GLIAC high jump champion during the 1997 outdoor season and the 1998 indoor season.