

WOMEN'S TOP FIVE ALL-TIME INDOOR MARKS

55 METERS

Jennifer Delamater	7.17	2002
Katina Kilbourne	7.26	1994
Sharon Smith	7.27	2005
Crystal Kuzma	7.28	2004
Melissa Thomas	7.34	1990

55 METER HURDLES

Morgan Buckner	8.17	2002
Shelli Gaul	8.23	1994
Sue Sweinhagen	8.44	1995
Lisa Corbiere	8.59	1994
Myrtis Hymon	8.60	1990

200 METERS

Jennifer Delamater	25.26	2002
Sharon Smith	25.31	2005
Lauren Washington	25.70	1992
Katina Kilbourne	25.77	1992
Crystal Kuzma	25.79	2003

400 METERS

Kiesha Jones	56.58	1999
Melissa Thomas	57.32	1992
Lauren Washington	57.54	1992
Sherri Jones	57.91	1988
Amanda Wolf	58.46	1996

600 METERS

Monica Ferguson	1:35.94	1992
Sherri Jones	1:36.64	1986
Lori Edinger	1:36.79	1992
Penny Bailey	1:37.04	1986
Sarah Colladay	1:37.17	1994

800 METERS

Katie Chapman	2:09.30	2002
Lori Edinger	2:14.06	1993
Jenny Irwin	2:14.40	2005
Monica Ferguson	2:14.64	1992
Michelle Terry	2:15.79	1998

1000 METERS

Nikki Norris	2:59.34	1991
Monica Ferguson	3:00.59	1992
Lori Edinger	3:01.40	1993
Jeanne Spitler	3:03.54	1990
Danielle Daniels	3:04.34	1986

MILE RUN

Jenny Irwin	4:58.38	2005
Shelly Saunders	5:01.30	1985
Monica Ferguson	5:04.60	1992
Michelle Terry	5:04.80	1998
Penny Bailey	5:05.10	1989

3000 METERS

Jenny Irwin	10:12.05	2005
Dawn VanBrocklin	10:15.74	1986
Shelly Saunders	10:20.94	1985
Mary Miller	10:25.69	2005
Rachel Cox	10:30.73	2004

5000 METERS

Dawn VanBrocklin	17:50.14	1986
Tracy Burry	18:20.05	1992
Rachel Cox	18:23.66	2004
Mary Miller	18:34.97	2004
Helen Denczek	18:39.09	1988

4 x 400 METERS

Wolf, Kilbourne, Colladay, Washington	3:51.55	1995
Washington, Edinger, Ferguson, Thomas	3:52.04	1992
Kilbourne, Colladay, Edinger, Thomas	3:52.45	1994
Kilbourne, Colladay, Edinger, Thomas	3:53.29	1994
Colladay, Kilbourne, Wolf, Washington	3:53.40	1995

SHOT PUT

Kamitra Carroll	47-9.25	2005
Tianna Kirkland	46-11	2002
Jody Pavlik	43-0	1997
Vicky Butchko	42-0	1989
D'Ann Hoppa	41-11	1989

LONG JUMP

Tanisha Maze	18-6.75	1992
Jamie Sollose	18-3.5	2001
Toya Hunter	18-2	1994
Alethia Milner	18-2	1987
Jennifer Delamater	18-0.25	2002

TRIPLE JUMP

Tanisha Maze	38-5	1992
Toya Hunter	36-11	1994
Shelli Gaul	36-6	1995
Jamie Sollose	36-1.5	2001
Melissa Braxton	35-10.5	1999

HIGH JUMP

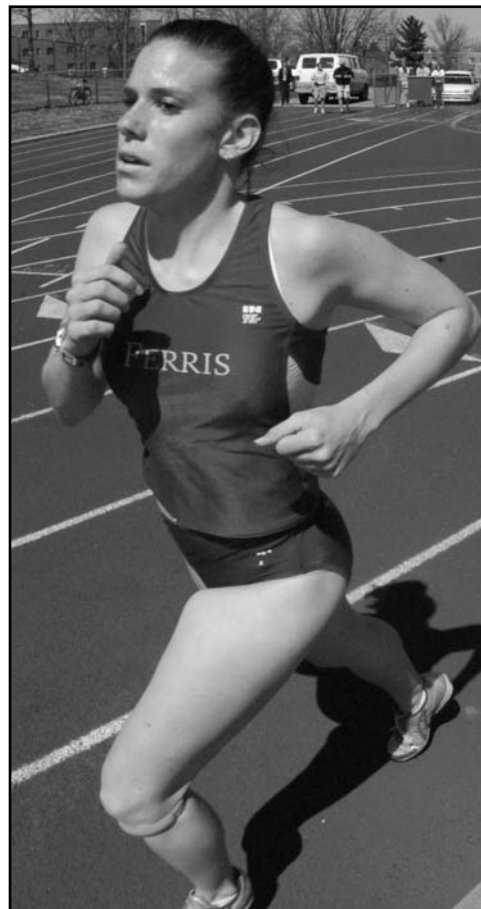
Rhonda Filius	5-9	1981
Trisha Sustarich	5-7	1996
Joann Herst	5-5	1987
Irene Cleaver	5-4	1984
Theresa Schindler	5-4	1990

20 LB. WEIGHT THROW

Farrah Sewell	56-7.25	2001
Tianna Kirkland	51-4.25	2002
Jody Pavlik	50-2.5	1997
Kamitra Carroll	47-11	2005
Carla Buechler	46-11.5	2000

POLE VAULT

Adrienne Desenzio	11-0.25	2003
Kristyn Buck	10-6.25	2004
Michele Vanderhyde	10-6.25	2004
Michelle Blanch	10-6	2004
Susan Jadan	10-5.5	2001



TWO-SPORT ATHLETE

Senior distance runner Kristen Balla, who is shown competing in last season's Ferris State Invitational at Top Taggart Field, currently participates in both women's cross country along with track and field at Ferris State.



Shelli Gaul



Trisha Sustarich



Lauren Washington



Kiesha Jones