



WOMEN'S TRACK & FIELD RECORDS

WOMEN'S INDOOR RECORDS

Event	Name	Performance	Year	Site
55 Meters	Jennifer Delamater	7.17	2002	Hillsdale
55 Meter Hurdles	Morgan Buckner	8.17	2002	Hillsdale
200 Meters	Jennifer Delamater	25.26	2002	Hillsdale
300 Yards	Gina Mitchell	37.64	1986	Michigan State
300 Meters	Melissa Thomas	40.71	1991	Saginaw Valley State
400 Meters	Keisha Jones	56.58	1999	Indianapolis
600 Yards	Sherri Jones	1:28.04	1986	Michigan State
	Penny Bailey	1:28.04	1988	Macomb C.C.
600 Meters	Monica Ferguson	1:35.94	1992	Saginaw Valley State
800 Meters	Katie Chapman	2:09.30	2002	Boston, Mass.
1000 Yards	Shelly Saunders	2:42.44	1985	Ferris State
1000 Meters	Nikki Norris	2:59.34	1991	Grand Valley State
1500 Meters	Shelly Saunders	4:39.31	1985	North Dakota State
Mile Run	Jenny Irwin	4:58.38	2005	Boston, Mass.
3000 Meters	Jenny Irwin	10:12.05	2005	Grand Valley State
5000 Meters	Dawn VanBrocklin	17:50.14	1986	Grand Valley State
High Jump	Rhonda Filius	5-9	1981	Central Michigan
Long Jump	Tanisha Maze	18-6 3/4	1992	Grand Valley State
Triple Jump	Tanisha Maze	38-5	1992	Saginaw Valley State
Shot Put	Kamitra Carroll	47-9 1/4	2005	Grand Valley State
20 lb. Weight	Farrah Sewell	56-7 1/4	2001	Boston, Mass.
Pole Vault	Adrienne Desenzio	11-0 1/4	2003	Saginaw Valley State
4 x 400 Meters	Wolf, Kilbourne			
	Colladay, Washington	3:51.55	1995	Iowa State
4 x 800 Meters	Irwin, Jones			
	Flutur, Wolf	9:14.16	2004	Findlay
Distance Medley	Irwin, Wolf			
	Jones, Robinson	11:51.89	2005	Saginaw Valley State



D'Ann Hoppa



Jody Pavlik



Amanda Wolf



Shelly Saunders

WOMEN'S OUTDOOR RECORDS

Event	Name	Performance	Year	Site
100 Meters	Sharon Smith	12.14	2004	Ferris State
200 Meters	Sharon Smith	24.75	2004	Ferris State
400 Meters	Lauren Washington	55.73	1992	Hillsdale
800 Meters	Katie Chapman	2:06.94	2002	Hillsdale
1500 Meters	Jenny Irwin	4:30.11	2005	Hillsdale
3000 Meters	Jenny Irwin	10:00.97	2005	Eastern Michigan
3000 Meter Steeplechase	Crystal Flutur	11:53.17	2004	Saginaw Valley State
5000 Meters	Rachel Cox	17:57.28	2004	Butler
10,000 Meters	Kerry Wolcott	38:32.84	1989	Hillsdale
100 Meter Hurdles	Morgan Buckner	14.48	2002	Northwood
400 Meter Hurdles	Sherri Jones	1:00.15	1988	Angelo State
4 x 100 Meters	Taber, Thomas			
	Kilbourne, Washington	47.84	1992	Hillsdale
4 x 400 Meters	Washington, Edinger			
	Ferguson, Thomas	3:44.90	1992	Angelo State
Long Jump	Jaime Sollose	18-2 1/2	1999	Ferris State
Triple Jump	Jaime Sollose	37-2 1/2	2001	Ferris State
High Jump	Rhonda Filius	5-8	1983	Southeast Missouri St.
Shot Put	Kamitra Carroll	47-3 3/4	2005	North Central (Ill.)
Discus	Tianna Kirkland	153-7	2002	San Angelo, Texas
Javelin	Terri Patterson	143-10	1989	Southwestern Michigan
Hammer Throw	Farrah Sewell	180-9	2000	Grand Valley State
Pole Vault	Kristyn Buck	11-6 1/4	2004	Michigan State

