



WOMEN'S TRACK RECORDS

WOMEN'S INDOOR RECORDS

Event	Name	Performance	Year	Site
55 Meters	Jennifer Delamater	7.25	2001	Findlay
55 Meter Hurdles	Shelli Gaul	8.23	1994	Saginaw Valley State
200 Meters	Lauren Washington	25.70	1992	Grand Valley State
300 Yards	Gina Mitchell	37.64	1986	Michigan State
300 Meters	Melissa Thomas	40.71	1991	Saginaw Valley State
400 Meters	Kiesha 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	2:11.92	2001	Indianapolis
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
3000 Meters	Dawn VanBrocklin	10:15.74	1986	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	Jody Pavlik	43-0	1997	Saginaw Valley State
20 lb. Weight	Farrah Sewell	56-7 1/4	2001	NCAA Championships
Pole Vault	Adrienne Desenzio	10-11 1/2	2001	Central Michigan
4 x 400 Meters	Wolf, Kilbourne Colladay, Washington	3:51.55	1995	Iowa State
4 x 800 Meters	Woodring, Schultz Jones, Terry	9:40.50	1998	Saginaw Valley State
Distance Medley	Bailey, Drown Langley, Klein	12:40.24	1988	Michigan State



D'Ann Hoppa



Jody Pavlik



Amanda Wolf



Katie Chapman

WOMEN'S OUTDOOR RECORDS

Event	Name	Performance	Year	Site
100 Meters	Katina Kilbourne	12.16	1992	Hillsdale
200 Meters	Melissa Thomas	25.04	1991	Central Michigan
	Katina Kilbourne	25.04	1994	Saginaw Valley State
	Jennifer Delamater	25.04	2001	Ferris State
400 Meters	Lauren Washington	55.73	1992	Hillsdale
800 Meters	Katie Chapman	2:07.62	2001	Tennessee
1500 Meters	Shelly Saunders	4:36.24	1985	Southwestern Michigan
3000 Meters	Karen Klein	10:12.44	1987	Kentucky
5000 Meters	Dawn VanBrocklin	18:04.04	1985	Michigan Tech
10,000 Meters	Kerry Wolcott	38:32.84	1989	Hillsdale
100 Meter Hurdles	Sherri Gaul	14.60	1995	Western Michigan
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	Tianna Kirkland	46-1	2000	Grand Valley State
Discus	Jody Pavlik	151-1	1997	Saginaw Valley State
Javelin	Terri Patterson	143-10	1989	Southwestern Michigan
Hammer Throw	Farrah Sewell	180-9	2000	Grand Valley State
Pole Vault	Susan Jadan	11-0	2001	Ferris State

