



† CUAA Women's Indoor Track 'Top 5' Performance List †

*Current Players in Bold

60m Dash

1. **8.04 – Michele LaGrand (2012)**
2. 8.45 – Myrissa Moore (1999)
3. 8.78 – Ashley Hart (2010)
4. 9.43 – Jamie Kuzdek (2001)
5. **9.25 – Brenda Hawkins (2012)**

200m Dash

1. **26.65 – Michele LaGrand (2012)**
2. 28.17 – Myrissa Moore (1999)
3. 29.24 – Rachel Wesche (1999)
4. 29.71 – Ashley Hart (2010)
5. 31.02 – Emily Niermann (2009)
6. **31.09 – Brenda Hawkins (2012)**

300m Dash

1. **50.52 – Joy Orr (2012)**

400m Dash

1. 1:04.04 – Rachel Wesche (1999)
2. 1:09.29 – Gretchen Shoup (2001)

3. 1:10.95 – Joy Orr (2012)

4. 1:16.24 – Liz Fair (2001)

600m Dash

1. 1:56.34 – Gretchen Shoup (2002)

800m Dash

1. 2:28.95 – Rachel Wesche (2000)

2. 2:30.63 – Susan Topolosky (2000)

3. 2:43.18 – Stephanie Carpenter (2000)

4. 2:45.24 – Liz Fair (2000)

5. 2:48.67 – Molly Rathje (2011)

1,000m Run

1. 3:19.35 – Rachel Wesche (2000)

2. 3:32.50 – Liz Fair (2000)

3. 3:33.07 – Mary Ebendick (2002)

4. 3:34.52 – Gretchen Shoup (2002)

1,500m Run

1. 5:09.30 – Amanda Hohnstadt (2009)

2. 5:36.24 – Stephanie Carpenter (2000)

3. 5:46.90 – Jennifer Westholm (1998)

Mile Run

1. 5:33.82 – Amanda Hohnstadt (2009)

2. 5:35.24 – Susan Topolosky (1999)

3. 5:57.34 – Rachel Wesche (2000)

4. 6:03.74 – Stephanie Carpenter (2002)

5. 6:04.80 – Liz Fair (1999)

3,000m Run

1. 11:04.64 – Susan Topolosky (2000)

2. 11:13.76 – Amanda Hohnstadt (2009)

3. 11:57.24 – Stephanie Carpenter (2002)

4. 12:05.00 – Jennifer Westholm (1998)

5,000m Run

1. 18:46.81 – Susan Topolosky (2000)

2. 20:17.90 – Stephanie Carpenter (2001)

Shot Put

1. 33'6.75" (10.23) – Kaitlyn McKnight (2012)

2. 32'11" (10.03) – Jamie Kuzdek (2000)

3. 30'2" (9.19) – Jen McPherson (2001)

4. 26'8" (8.14) – Natalie Haupt (2000)

5. 24'6" (7.47) – Cristien Brown (2000)

Long Jump

1. 15'3.5" (4.66) – Gretchen Shoup (2002)

2. 14'10.5" – Ashley Hart (2010)

High Jump

1. 5'3.25" (1.61) – Gretchen Shoup (2002)

4x200m Relay

1. 2:02.24 – Wesche, Moore, Harris, Topolosky (1999)

2. 2:08.57 – Wesche, Fair, Riggs, Harris (2000)

4x400m Relay

1. 4:40.84 – Wesche, Carpenter, Topolosky, Fair (2000)

2. 4:55.24 – Wesche, Moore, Harris, Topolosky (1999)

Distance Medley Relay (1200, 400, 800, 1600)

1. 14:01.25 – Wesche, Fair, Carpenter, Topolosky (2000)