

SEHOME TRACK & FIELD ALL TIME BESTS

FEMALE

100 HURDLES

Andrea May	14.5	'02
Teri Graves	15.0	'94
Lauren Zegers	15.0	'05
Brandi Stevenson	15.1	'88
Angie Bring	15.2	'97
Carrie Larsen	15.6	'00
Sue Snell	15.7	'86
Kristen Peterson	15.8	'93
Marie Uy	16.5	'00
Alli Moore	16.6	'03
Natalie Day	16.6	'06
Missy Jorgenson	16.7	'89

100 METERS

Carrie Larsen	12.2	'99
Kayla Mellott	12.2	'99
Shannon Buckley	12.2	'98
Donna Bye	12.2y	'75
Rose Brakel Pierce	12.4	'00
Brandi Stevenson	12.4	'88
Jeva Morton	12.5	'04
Lauren Zegers	12.5	'04
Nicole Marshall	12.7	'95
Mari Tarleton	12.7	'05
Heidi Schuman	12.7	'01
Lauren Gardner	12.8	'01
Karen Alderson	12.8	'80
Shannon Woods	12.9	'99
Temryss Lane	12.9	'98
Teri Graves	12.9	'92
Kerri McKay	12.9	'93

200 METERS

Amber Larsen	25.4	'96
Kacie Fischer	25.6	'02
Shannon Buckley	25.6	'98
Kayla Mellott	25.7	'99
Rose Brakel Pierce	25.8	'99
Brandi Stevenson	25.8	'88
Jeva Morton	25.9	'04
Teri Graves	26.3	'92
Sandra Oehler	26.3y	'79
Shannon Woods	26.4	'99
Temryss Lane	26.5	'98
Lauren Gardner	26.6	'02
Heidi Schuman	26.6	'00
Carrie Larsen	26.8	'99
Mari Tarleton	26.9	'05
Hannah O'Neal	26.9	'07
Angie Bring	27.0	'98
Michelle Teig	27.0	'94
Laura Johanson	27.0	'82
Andrea May	27.0	'03

400 METERS

Rose Brakel Pierce	56.9	'00
Amber Larsen	57.9	'96
Kacie Fischer	58.4	'02
Carrie Larsen	58.7	'99
Sandra Oehler	58.7	'80
Temryss Lane	59.0	'98
Gina Coffman	60.0	'94
Andrea May	60.1	'02
Brandi Stevenson	60.8	'87
Jamey Allsop	61.2	'96
Marla Jerns	61.2	'88
Hannah O'Neal	61.2	'06
Emily Rust	61.4	'00
Kim Alan	61.5	'84
Alex Marcus	61.6	'07
Leslie Fry	61.7	'92
Danielle Shimota	61.7	'04
Jennifer Snell	61.8	'82

300 HURDLES

Carrie Larsen	43.9	'98
Brandi Stevenson	44.0	'89
Andrea May	44.5	'02
Kayla Mellott	45.2	'01
Penny Senger	45.7	'84
Teri Graves	46.5	'94
Kristen Peterson	46.6	'93
Lauren Zegers	47.6	'03
Katie Hayden	49.3	'04
Rachel Ban	49.4	'95
Cate Simmers	49.5	'93
Jordan Billiott	49.7	'05
Alli Moore	49.9	'03
Amber Larsen	50.6	'95
Natalie Day	50.8	'06

800 METERS

Emily Rust	2:16.2	'00
Annie Moore	2:17.5	'07
Lauren Flynn	2:18.7	'05
Adria Kinney	2:18.9	'82
Lou Allison	2:19.2y	'73
Danielle Shimota	2:19.3	'03
Erin Wade	2:19.9	'97
Genevie Pfueller	2:20.3	'83
Susannah Shaw	2:20.9	'02
Annie Garton	2:21.4	'98
Kiffin Noble	2:21.4	'85
Christina Anderson	2:22.3	'98
Carrie Sorenson	2:22.9	'89
Stacey Blum	2:23.4	'01
Ann Richter	2:24.0	'96
Lauren Bruce	2:24.7	'07
Heather O'Moore	2:24.8	'03
Amelia Bethke	2:25.4	'04
Kelsey Moore	2:25.4	'02
Jamey Allsop	2:25.4	'94

1600 METERS

Genevie Pfueller	5:03.5	'84
Susannah Shaw	5:04.4	'02
Erin Wade	5:04.9	'97
Adria Kinney	5:05.2	'82
Annie Moore	5:05.2	'07
Emily Rust	5:05.3	'00
Jackie Dargitz	5:07.8	'05
Ann Richter	5:11.7	'96
Lauren Flynn	5:13.1	'05
Dana Cantrell	5:17.9	'98
Stacey Blum	5:19.7	'99
Natalie Smith	5:20.2	'03
Megan McCune	5:22.7	'88
Jenny Torpey	5:23.1	'03
Meredith Curtis	5:23.2	'02
Dani Smith	5:24.2	'01
Amelia Bethke	5:27.9	'04
Heather O'Moore	5:29.9	'05
Yarrow Moench	5:31.7	'95
Danielle Shimota	5:32.3	'03
Katie Hoyt	5:32.7	'03
Megan Moore	5:35.7	'99
Kelly Shea	5:36.5	'02
Jasmine Duffy	5:37.0	'06

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3200 METERS

Annie Moore	10:56.3	'07
Genevieve Pfueller	10:58.5	'84
Susannah Shaw	11:03.3	'02
Adria Kinney	11:08.7	'85
Grace Coulter	11:15.3	'03
Jackie Dargitz	11:21.0	'05
Meredith Curtis	11:21.5	'02
Ann Richter	11:33.3	'96
Natalie Smith	11:36.0	'03
Yarrow Moench	11:42.0	'95
Jasmine Duffy	11:42.7	'04
Jenny Torpey	11:48.8	'03
Katie Hoyt	11:49.8	'03
Amelia Bethke	11:52.4	'04
Kelly Shea	11:53.7	'02
Dana Cantrell	11:55.4	'98
Heather O'Moore	11:58.9	'05
Sarah Read	12:01.9	'91
Jasmine Duffy	12:04.0	'07
Megan Moore	12:04.1	'98

POLE VAULT

Alli Moore	12' 2"	'03
Julie Stone	11'	'03
Danielle Sherman	9' 6"	'07
Molly Frolich	9'	'03
Katie Wilson	8' 7"	'07
Denise Tso	7' 7"	'07
Jackie Zender	7'	'06

JAVELIN

Martha Reinert	149' 10"	'79
Maureen Christman	138' 9"	'83
Becky Swindell	129' 8"	'95
Debbie Huffman	122' 1"	'87
Jessica Hill	114' 10"	'99
Kelsey Erickson	108' 7"	'04
Tina Lohse	108' 2"	'99
Holly Smiley	106' 4"	'87
Lisa Ezzre	106' 1"	'87
Kodi Still	104' 4"	'03
Mandy Schuett	101' 8"	'98

SHOT PUT

Molly Frolich	41' 7"	'04
Brittany Todhunter	40' 2 1/2"	'07
Marie Smith	38' 7 1/4"	'07
Melanie Walker	36' 11"	'04
Barb Grub	35' 3 1/2"	'91
Tina Lohse	35' 0"	'99
Sarah Case	34' 10"	'93
Susan Heydron	34' 7"	'89
Maureen Christman	33' 10"	'82
Jill Bader	33' 5"	'07
Becky Swindell	33' 4 1/2"	'95
Tammie Yazzolino	32' 6"	'93

DISCUS

Brittany Todhunter	134' 8"	'07
Karen Hansey	132' 4"	'80
Sarah Case	127' 2"	'93
Tina Lohse	126' 4"	'99
Tammie Yazzolino	119' 11"	'93
Barb Grub	119' 10"	'92
Melanie Walker	119' 8"	'04
Marie Smith	115' 7"	'07
Jill Bader	114' 2"	'07
Susan Heydron	113' 10"	'88
Molly Frolich	108' 9"	'04
Jackie Eskeberg	107' 2"	'04
Jessica Hill	106' 1"	'99
Maureen Christman	104' 9"	'82
Lisa Weimer	104' 4"	'01
Alyssa Evans	104' 0"	'00
Sarah Dawson	101' 0"	'85

TRIPLE JUMP

Kacie Fischer	38' 3"	'03
Angie Bring	37' 6 1/4"	'98
Katie Hayden	36' 9"	'06
Jazzmin Reece	35' 7 3/4"	'99
Missy Jorgenson	35' 4 1/2"	'89
Tamara Zaferatos	34' 10 3/4"	'95
Erin Keyes	34' 5 1/4"	'07
Alli Moore	34' 2"	'03
Eva Scherer	33' 9"	'01
Kaylee Gardner	33' 7 1/2"	'00
Stacy White	32' 8 1/2"	'03
Jamilah Williams	32' 8"	'07
Kristen Peterson	32' 7"	'92
Theresa Spink	32' 6"	'92
Marla Jerns	32' 6"	'91
Heidi Schuman	32' 5 1/2"	'01
Carrie Larsen	32' 5 1/2"	'97
Lauren Sherman	32' 5"	'06
Kanita Fuller	32' 4"	'02
Amy Elmendorf	32' 1/2"	'89

LONG JUMP

Melanie Kiehn	18' 10"	'71
Ghvette Hoy	18' 2"	'84
Angie Bring	17' 8 3/4"	'98
Heidi Schuman	17' 5"	'01
Missy Jorgenson	17' 3 1/4"	'89
Carrie Larsen	17' 2"	'98
Kacie Fischer	17' 1 3/4"	'03
Kerri McKay	16' 10 3/4"	'92
Sue Snell	16' 9"	'86
Hannah O'Neal	16' 8 1/2"	'07
Erin Keyes	16' 8"	'07
Katie Hayden	16' 5 1/4"	'06
Eirin Waade	16' 5"	'06
Shannon Woods	16' 4"	'02
Kaylee Gardner	16' 2 1/2"	'00
Marla Jerns	16' 1"	'91

HIGH JUMP

Kerri McKay	5' 8"	'92
Martha Reinert	5' 6"	'79
Heidi Stull	5' 5"	'93
Sue Snell	5' 5"	'86
Kim Alan	5' 4"	'82

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400 RELAY

C. Larsen, Brakel Pierce,
Woods, Mellott 48.4 '00
C. Larsen, Brakel Pierce
Lane, Mellott 48.7 '99
C. Larsen, Mellott,
Lane, Buckley 48.7 '98
Morton, Gardner, Woods,
Brakel Pierce 48.8 '02
Morton, Shimota,
Zegers, Fischer 48.8 '03
C. Larsen, Mellott,
Bring, Buckley 48.8 '98
C. Larsen, Bring,
Lane, Buckley 48.9 '97
Schuman, Brakel-Pierce,
Woods, Mellott 49.0 '01
C. Larsen, Bring,
A. Larsen, Buckley 49.3 '97
Morton, May,
Zegers, Fischer 49.4 '03
Blum, Bring,
Lane, Buckley 49.8 '97
Buckley, Bring
Larsen, Marshall 49.8 '96
Alan, Snell,
Johanson, Hoy 50.0 '83
Schuman, Gardner,
Woods, Mellott 50.1 '01
O'Neal, Tarleton,
Major, Zegers 50.2 '05
Zimmerman, Hoy,
K. & L. Johanson 50.3 '82
O'Neal, Hayden,
Day, Tarleton 50.3 '06
O'Neal, Billiot,
Marcus, Tarleton 50.3 '07
Morton, May,
White, Fischer 50.4 '03
Morton, Shimota,
O'Neal, Zegers 50.5 '04
Buckley, Marshall,
Bring, Coffman 50.7 '95

800 RELAY

May, Fischer, L. Gardner,
Brakel Pierce 1:43.0 '02
Schuman, Brakel-Pierce,
Woods, Mellott 1:43.3 '01
C. Larsen, Mellott,
Lane, Buckley 1:43.3 '98
C. Larsen, Schuman,
K. Gardner, Woods 1:44.0 '00
C. Larsen, Lane,
Bring, Buckley 1:44.2 '98
Morton, Gardner,
Woods, Fischer 1:45.1 '02
C. Larsen, Brakel Pierce
Woods, Mellott 1:45.5 '99
O'Neal, Billiot,
Marcus, Tarleton 1:45.5 '07
May, Fischer, Woods,
Brakel Pierce 1:45.6 '02
A. Larsen, C. Larsen,
Bring, Buckley 1:45.9 '97
Fischer, Gardner, Woods,
Brakel Pierce 1:46.2 '02
C. Larsen, Blum,
Lane, Buckley 1:46.3 '97
Alan, Zimmerman,
Snell, Hoy 1:46.6 '82
Morton, Gardner,
Fischer, Woods 1:46.7 '02
Morton, Shimota,
Zegers, Fischer 1:47.0 '03
O'Neal, Hayden,
Day, Tarleton 1:47.1 '06
Schuman, L. Gardner,
K. Gardner, Woods 1:47.3 '00
Day, Billiot,
Marcus, Tarleton 1:47.6 '07
Senger, Hoy,
Alan, Snell 1:47.7 '83
O'Neal, Billiot,
Marcus, Vosburgh 1:47.9 '07
Cook, Teig,
Teig, Marshall 1:48.0 '93
Cook, Marshall,
Wright, M. Teig 1:48.5 '94
Billiot, Tarleton,
Major, Zegers 1:48.5 '05
Lim, May,
Moran, Zegers 1:48.9 '03
Hayden, Hebert,
O'Neal, Zegers 1:49.4 '04
Kiehn, Marcus,
Marcus, Kiehn 1:49.4y '72
A. Larsen, Blum,
Lane, Buckley 1:49.5 '97

1600 RELAY

Brakel Pierce, Rust,
Mellott, C. Larsen 3:55.3 '00
C. Larsen, Wade,
Bring, A. Larsen 3:56.0 '97
May, Shimota,
Shaw, Fischer 3:58.2 '02
Schuman, May, Fischer,
Brakel-Pierce 3:59.1 '01
May, Fischer, Shimota
Brakel Pierce 3:59.3 '02
Brakel Pierce, Lane,
Mellott, C. Larsen 3:59.5 '99
Graves, Allsop,
Larsen, Coffman 3:59.6 '94
Shimota, Morton,
Alli Moore, Fischer 4:00.1 '03
Lane, Cantrell,
Wade, C. Larsen 4:00.7 '98
O'Neal, Billiot, Marcus,
Annie Moore 4:01.2 '07
Lane, Cantrell, Anderson,
C. Larsen 4:01.4 '98
Coffman, Allsop,
Bring, Larsen 4:03.0 '95
Cratsenberg, Alan,
Kinney, Senger 4:04.6 '83
Senger, Snell,
Cratsenberg, Alan 4:04.7 '84
May, Moore,
Bethke, Fischer 4:04.9 '03
Wade, Allsop,
Bring, Larsen 4:05.0 '96
Morton, Flynn,
Bethke, Shimota 4:05.7 '04
Mellott, Fischer,
May, Schuman 4:05.9 '01
Prill, Oltmann,
Jerns, Stevenson 4:06.1 '89
Tarleton, Billiot, Marcus,
Annie Moore 4:06.7 '07
Fry, Allsop,
Peterson, Coffman 4:07.4 '93
Cratsenberg, Kinney,
Williamson, Senger 4:07.4 '82
May, Shimota,
Moore, Fischer 4:07.7 '03
Melovich, Senger, Cratsenberg,
Williamson 4:09.0 '81
Peterson, T. Teig,
Fry, Coffman 4:09.4 '92