

**UMM-Women's Track & Field**  
**All-Time Indoor**  
**Performance List**

\*All-Time list started in 2002.

Please contact the head coach with previous statistics.

**55m Dash**

1)	Tina George	7.30	1999
2)	Megan Croatt	7.44	2008 UMAC Championships
3)	Masera Turkson-Robinson	7.63	2008 St. John's Invite
4)	Katherine Ahrens	7.77	2003 NSIC Championships
5)	Nicole Lefebvre	7.82	2000 NSIC Championships
6)	Carla Perry	7.85	2002 NSIC Championships
7)	Amber O'Connor	7.92	2008 UMAC Championships
8)	Leah Parker	7.93	2009 St. Olaf Ole Open
9)	Christina Van Buren	7.94	2004 Cobber Invitational
10)	Leah Webinger	7.98	2003 NSIC Championships
11)	Sara Hammer	7.99	2008 St. John's Invite
12)	Amy Christensen	8.15	2002 SCSU Open
13)	Karen Frazier	8.23	2006 Cobber Duals
14)	Amanda Croatt	8.25	2005 CSS Invitational
15)	Kim Erbst	8.30	2002 NSIC Championships

**60m Dash**

1)	Megan Croatt	7.98	2009 St. Cloud State
2)	Masera Turkson-Robinson	8.37	2008 SCSU Open
3)	Leah Webinger	8.44	2003 St. Cloud Open
4)	Katherine Ahrens	8.51	2003 St. Cloud Open
5)	Carla Perry	8.54	2002 NDSU-Bison Open
6)	Amber O'Connor	8.54	2008 Bison Classic
7)	Leah Parker	8.59	2009 Bison Open
8)	Sara Mueller	8.69	2003 St. Cloud Open
9)	Christina Van Buren	8.72	2003 Husky Open
10)	Sara Hammer	8.80	2008 Cobber Duals
11)	Amy Christensen	8.81	2002 Bison Open
12)	Karen Frazier	8.89	2007 SCSU Open

**55m Hurdles**

1)	Thersa Kusant	8.68	1987
2)	Amber Holm	9.12	2005 Cobber Open
3)	Lisa Frazier	9.78	2007 UMAC Championships
4)	Ranae Faaborg	9.86	2006 Meet of Hearts
5)	Kandee Normandin	9.56	1998 NSIC Pentathlon
6)	Brianna Johansen	10.21	2003 NSIC Pentathlon
7)	Amy Skeate	10.30	1998 NSIC Pentathlon
8)	Andrea Gohman	10.33	2000 NSIC Pentathlon
9)	Rachel Plaetz	10.36	2007 Cobber Duals

**60m Hurdles**

1)	Jessica Steoring	9.30	1998
2)	Lisa Frazier	10.59	2007 SCSU Open
3)	Rachel Plaetz	11.01	2007 SCSU Open
4)	Darla Stevens	11.47	2009 SCSU Open

4)	Brianna Johansen	11.54c	2003 St. Cloud Open
5)	Cassie Inman	11.83	1998 NDSU-Bison Open
6)	Stephanie Dick	12.24	2002 NDSU-Bison Open

#### 200m Hurdles

1)	Lisa Frazier	33.92	2007 St. John's Invitational
2)	Rachel Plaetz	34.26	2007 St. John's Invitational

#### 200m

1)	Megan Croatt	26.27	2009 St. Olaf Ole Open
2)	Jennifer Higgins	26.84	1998 NSIC Championships
3)	Tina George	27.14	1998 NSIC Championships
4)	Theresa Kusant	27.28	1987
4)	Masera Turkson-Robinson	27.89	2008 UMAC Championships
6)	Katherine Ahrens	27.89	2003 NSIC Championships
7)	Kandee Normandin	27.94	1998 NSIC Championships
8)	Amber O'Connor	27.97	2008 UMAC Championships
9)	Carla Perry	28.06	2002 NSIC Championships
10)	Sara Hammer	28.50	2008 St. John's Invite
11)	Karen Frazier	29.79	2006 SCSU Open
12)	Leah Parker	29.82	2009 Cobber Open
13)	Ashley Janssen	29.88	2007 UMAC Championships

#### 300m

1)	Megan Croatt	43.17	2008 Bison Classic
2)	Theresa Kusant	43.65	1986

#### 400m

1)	Rachel Plaetz	63.04	2009 St. Olaf Ole Open
2)	Sara Mueller	63.24	2003 NSIC Champoinships
3)	Ashley Janssen	64.62	2005 CSS Invitational
4)	Carla Perry	65.10	2002 NSIC Championships
5)	Jo Sopkowiak	65.25	1987
6)	Cassie Inman	65.69	1998 NSIC Championships
7)	Leah Webinger	67.06	2004 St. Cloud Open

#### 500m

1)	Lisa Witty	1:22.69	1990
2)	Rachel Plaetz	1:29.14	2008 Bison Classic
3)	Ashley Janssen	1:32.73	2007 SCSU Open

#### 600m

1)	Kandee Normandin	1:42.69	1998 NSIC Championships
2)	Rachel Plaetz	1:46.44	2009 UW River Falls
3)	Sara Mueller	1:46.68	2003 Cobber Invitational
4)	Allie Betsch	1:48.27	2006 CSB/SJU
5)	Heidi Shelstad	1:50.99	2002 St. Cloud Open
6)	Ashley Janssen	1:51.38	2005 Cobber Open
7)	Brianna Johansen	1:53.71	2005 CSS Invitational

**800m**

1)	Allie Betsch	2:28.49	2009 St. Olaf Ole Open
2)	Julie Benson	2:30.06	1990
3)	Kandee Normandin	2:31.29	1998 NSIC Pentathlon
4)	Cassie Inman	2:32.44	1998 NSIC Pentathlon
5)	Janine Diedrich	2:33.86	1998 NDSU-Bison Open
6)	Alicia Mendez	2:34.93	2005 Husky Open
7)	Kelly Bierwerth	2:35.52	2003 NSIC Championships
8)	Gemma Miltich	2:37.51	2009 St. Olaf Ole Open
9)	Ashley Janssen	2:39.05	2005 Cobber Duals
10)	Heidi Shelstad	2:40.85	2002 Bison Open

**1000m**

1)	Lisa Witty	3:08.61	1990
2)	Kat Zhdanovych	3:17.24	2006 CSB/SJU
3)	Alicia Mendez	3:17.67	2003 NSIC Championships
4)	Camille Flanders	3:19.82	2003 NSIC Championships
5)	Allie Betsch	3:21.18	2007 Bison Classic
6)	Mari Mancini	3:22.75	1998 NSIC Championships
7)	Heidi Shelstad	3:28.68	2002 NSIC Championships
8)	Kelly Bierwerth	3:31.80	2003 Bison Open

**1500m**

1)	Lisa Witty	5:02.04	1990
2)	Alicia Mendez	5:13.28	2005 SJU/CSB Triangular
3)	Camille Flanders	5:17.76	2003 Cobber Invitational
4)	Allie Betsch	5:23.77	2008 St. John's Invite
5)	Kelly Bierwerth	5:34.60	2003 Cobber Invitational
6)	Teresa McAlpin	5:37.02	2004 St. John's Quad

**Mile**

1)	Kat Zhdanovych	5:34.23	2006 CSB/SJU
2)	Camille Flanders	5:41.45	2003 St. Cloud Open
3)	Alicia Mendez	5:42.96	2005 CSS Invitational
4)	Allie Betsch	5:50.37	2008 SCSU Open
5)	Tara Molacek	5:50.52	2009 St. Olaf Ole Open
6)	Cassie McMahon	5:57.60	2007 UMAC Championships
7)	Kelly Bierwerth	5:58.66	2003 St. Cloud Open
8)	Julie Cousins	5:59.38	1998 NSIC Championships
9)	Mari Mancini	6:02.30	1998 NDSU-Bison Open
10)	Carla Steinbring	6:04.43	2006 CSB/SJU
11)	Rachel Hawley	6:04.58	2001 NSIC Championships

**3000m**

1)	Lisa Witty	11:00.40	1990
2)	Amanda Jasken	11:26.99	2008 Cobber Open

3)	Alicia Mendez	11:32.70	2003 Husky Open
4)	Kristi Jensen	11:40.34	1998 NDSU-Bison Open
5)	Katie Schneiderman	11:41.45	2009 UW River Falls
6)	Cassie McMahan	11:58.90	2007 Concordia Open
7)	Kari Jacobsen	12:05.73	1998 NDSU-Bison Open
8)	Camille Flanders	12:07.06	2003 Bemidji Open
9)	Debbie Scheiderman	12:16.26	2009 UW River Falls
10)	Anne Skoglund	12:29.68	2001 SCSU Open
11)	Carla Steinbring	12.41.41	2006 Cobber Open

### 5000m

1)	Kristi Jensen	19:55.74	2000 NSIC Championships
2)	Amanda Jasken	20:05.86	2008 UMAC Championships
3)	Camille Flanders	20:43.56	2002 NSIC Championships
4)	Katie Schneiderman	20:49.20	2009 Cobber Open
5)	Kari Jacobsen	21:29.00	1998 NSIC Championships
6)	Anne Skoglund	21:31.15	2001 NSIC Championships
7)	Cassie McMahan	21:37.25	2007 UMAC Championships
8)	Debbie Schneiderman	21:53.74	2008 St. John's Invite

### 4x200m Relay

1)	Croatt, Hammer, Plaetz, O'Connor	1:51.42	2008 Cobber Open
2)	Webinger-VanBuren-Mueller-Harden	1:54.51	2004 Cobber Invitational
3)	Frazeur, Hammer, Plaetz, Turkson-Robinson	1:54.78	2008 UMAC Championships
2)	Webinger-Goodwin-Mueller-Harden	1:55.37	2004 St. John's Quad
3)	Webinger-Ahrens-Mueller-VanBuren	1:57.34	2003 Cobber Invitational
4)	Janssen-L.Frazeur-Heysse-Croatt	1:58.03	2007 UMAC Championships
5)	L.Frazeur-K.Frazeur-Goodwin-Montgomery	1:58.98	2006 Cobber Duals

### 4x400m Relay

1)	Ahrens-Webinger-Harden-Mueller	4:16.68	2003 NSIC Championships
2)	UM-Morris	4:16.78	1998 NSIC Championships
3)	Croatt, Plaetz, Betsch, O'Connor	4:17.29	2008 UMAC Championships
4)	Croatt, Plaetz, Betsch, Hammer	4:17.86	2008 St. John's Invite
5)	Croatt, Plaetz, Betsch, Miltich	4:19.19	2009 St. Olaf Ole Open
6)	Ahrens-Webinger-Flanders-Mueller	4:21.03	2003 St. Cloud Open
7)	Insley-Schwartz-Kusant-Sopkowiak	4:25.72	1986
8)	K.Frazeur-Betsch-Croatt-Janssen	4:32.56	2007 UMAC Championships
9)	Johansen-Mendez-Webinger-Janssen	4:32.68	2005 CSS Invitational
10)	Johansen-Mendez-Mueller-Webinger	4:38.01	2003 Bemidji Open
11)	Perry-Shelstad-Christensen-Hawley	4:38.21	2002 NSIC Championships

### 4x400m Relay Split

1)	Megan Croatt	60.7	2009 St. Olaf Ole Open
2)	Rachel Plaetz	63.1	2009 St. Olaf Ole Open
3)	Ashley Janssen	64.6	2005 CSS
4)	Allie Betsch	64.9	2008 UMAC Championships
5)	Sara Hammer	65.1	2008 St. John's

### 4x800m Relay

1)	Mendez-Bierwerth-Webinger-Flanders	10:19.15	2003 NSIC Championships
2)	Beals-Johnson-Sieben-Reiter	10:21.80	1984
3)	Hawley-Frahm-Skoglund-Flanders	11:05.83	2001 Dordt Invitational
4)	UM-Morris	11:11.52	1998 NDSU-Bison Open
5)	Mueller-Mogck-McAlpin-Webinger	11:48.34	2004 St. Cloud Open

### Distance Medley Relay

1)	Flanders-Johansen-Mendez-Bierwerth	14:05.56	2003 Cobber Invitational
2)	UM-Morris	14:09.50	1998 NSIC Championships
3)	Steinbring-Janssen-Betsch-McMahon	14:48.45	2007 Cobber Duals
4)	McMahon-Betsch-Zhdanovych-Steinbring	14:57.47	2006 SCSU Open
5)	Johnson-Howe-Mogck-McAlpin	15:02.37	2004 Cobber Invitational
6)	McMahon-Mogck-Meyer-Bierwerth	15:18.37	2005 CSS Invitational

### Long Jump

1)	Andea Hannan	16-9	2000 NSIC Championships
2)	Amy Skeate	16-6.75	1998 NDSU-Bison Open
3)	Dana Knutson	16-1	2000 NSIC Championships
4)	Masera Turkson-Robinson	15-9	2008 UMAC Championships
5)	Kandee Normandin	15-2	1998 NSIC Pentathlon
6)	Jessica Steoring	15-1.25	1998 NDSU-Bison Open
7)	Sara Mueller	14-9 1/4	2003 Cobber Invitational
8)	Brianna Johansen	14-8 3/4	2003 Cobber Invitational
9)	Karen Frazier	14-7.25	2008 Cobber Open
10)	Lisa Frazier	14-5 3/4	2007 Bison Classic

### Triple Jump

1)	Theresa Kusant	37-2	1987
2)	Brianna Johansen	35-8	2003 NSIC Championships
3)	Masera Turkson-Robinson	35-1.25	2008 St. John's Invite
4)	Andrea Hannan	34-4	2000 NSIC Championships
5)	Amy Skeate	34-3.25	1998 NSIC Championships
6)	Lindsay Witt	32-10.5	1998 NSIC Championships
7)	Jill Kimman	32-7 1/2	2002 Dordt Invitational
8)	Lisa Frazier	31-1	2007 Carleton

### High Jump

1)	Brianna Johansen	5-2	2003 NSIC Championships
2)	Amber Holm	5-1	2005 Cobber Duals
3)	Gwen Athman	5-0	1984
4)	Amy Skeate	4-10	1998 NSIC Championships
5)	Karen Frazier	4-10	2007 UMAC Championships
5)	Danielle Templeton	4-9	2004 St. John's Quad
6)	Cassie Inman	4-7	1998 NSIC Pentathlon

### Pole Vault

1)	Megan Croatt	9-6.25	2008 UMAC Championships
2)	Amber O'Connor	9-0	2008 Cobber Open

- 3)
- 4)
- 5)

### Shot Put

- 1) Ashley Wintheiser 38-2 3/4 2007 UMAC Championships
- 2) Sara Erickson 37-1.25 2008 St. John's Invite
- 3) Leah Regenold 35-7 1998
- 4) Joy Heysse 34-10 3/4 2007 UMAC Championships
- 5) Ally Sylvester 33-4 2008 UMAC Championships
- 6) Amy Skeate 32-11.5 1998 NDSU-Bison Open
- 7) Kayla Zimmer 31-7.25 2008 St. John's Invite
- 8) Ellie Krueger 30-7 1/4 2006 SCSU Open
- 9) Ranae Faaborg 29-6 3/4 2005 CSS invitational
- 10) Dana Knutson 28-8.5 2001 Dordt Invitational

### 20# Wt. Throw

- 1) Ashley Wintheiser 45-1 2007 UMAC Championships
- 2) Sara Erickson 42-11 2008 UMAC Championships
- 3) Kayla Zimmer 35-7.25 2008 UMAC Championships
- 4) Ally Sylvester 34-2.5 2009 St. Cloud State Open
- 5) Joy Heysse 32-1 2007 Carleton
- 6) Arline Litchfield 29-6 1/2 2007 Bison Classic

### Pentathlon

- 1) Brianna Johansen 2619pts. 2003 NSIC Pentathlon
- 2) Kandee Normandin 2603pts. 1998 NSIC Pentathlon
- 3) Amy Skeate 2357pts. 1998 NSIC Pentathlon
- 4) Cassie Inman 2315pts. 1998 NSIC Pentathlon
- 5) Andrea Gohman 1921pts. 2000 NSIC Pentathlon