

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

**100m Dash**

|    |                         |       |   |
|----|-------------------------|-------|---|
| 1) | Megan Croatt            | 12.27 | 2009 MN Open                            |
| 2) | Masera Turkson-Robinson | 12.76 | 2008 Morris Open                        |
| 3) | Sue Schwarz             | 12.90 | 1984                                    |
| 4) | Kimeshia Daniels        | 13.07 | 2004 DSU-Invitational 4-23-04           |
| 5) | Christina Van Buren     | 13.08 | 2003 NSIC Championships                 |
| 6) | Sara Hammer             | 13.19 | 2008 Morris Open                        |
| 7) | Kat Ahrens              | 13.30 | 2003 NSIC Championships and UMAC Invite |
| 8) | Leah Webinger           | 13.34 | 2004 DSU-Invitational 4-23-04           |
| 9) | Nicole Lefebvre         | 13.36 | 2001 St. Thomas Invitational            |

**100m Hurdles**

|    |                   |       |                            |
|----|-------------------|-------|----------------------------|
| 1) | Theresa Kusant    | 14.60 | 1986                       |
| 2) | Stephanie Dick    | 16.27 | 2002 UND Invitational      |
| 3) | Ranae Faaborg     | 17.17 | 2006 Cobber Twilight       |
| 4) | Lisa Frazeur      | 17.33 | 2007 Al Cassell Relays     |
| 5) | Melissa Johnson   | 18.00 | 2009 UMAC Championship     |
| 6) | Brianna Johansen  | 18.37 | 2003 St. John's Heptathlon |
| 7) | Darla Stevens     | 18.92 | 2008 UMAC Championships    |
| 8) | Ashley Wintheiser | 20.16 | 2005 UMAC Championships    |

**200m Dash**

|     |                         |       |                               |
|-----|-------------------------|-------|-------------------------------|
| 1)  | Megan Croatt            | 24.86 | 2009 MN Open                  |
| 2)  | Jennifer Higgins        | 25.37 | 1998 NSIC Championships       |
| 3)  | Masera Turkson-Robinson | 26.07 | 2008 Morris Open              |
| 4)  | Sara Mueller            | 26.92 | 2004 UMAC Championships       |
| 5)  | Sara Hammer             | 26.94 | 2008 Morris Open              |
| 6)  | Katherine Ahrens        | 27.05 | 2003 NSIC Championships       |
| 7)  | Amber O'Connor          | 27.41 | 2009 UMAC Championship        |
| 8)  | Carla Perry             | 27.53 | 2002 NDSCS Invitational       |
| 9)  | Annie Harden            | 27.54 | 2004 DSU-Invitational 4-23-04 |
| 10) | Kimeshia Daniels        | 27.57 | 2005 UMAC Championships       |
| 11) | Leah Webinger           | 27.86 | 2003 Cobber Twilight          |
| 12) | Ashley Janssen          | 27.99 | 2005 Manitou Classic          |

**400m Dash**

|    |                   |       |                            |
|----|-------------------|-------|----------------------------|
| 1) | Jennifer Higgins  | 58.76 | 1998 NSIC Championships    |
| 2) | Rachel Plaetz     | 60.27 | 2009 UMAC Championship     |
| 3) | Sara Mueller      | 60.46 | 2003 NSIC Championships    |
| 4) | Ashley Janssen    | 62.57 | 2005 Cobber Twilight       |
| 5) | Annie Harden      | 63.64 | 2003 UMAC Invitational     |
| 6) | Leah Webinger     | 64.58 | 2003 MSU-Ron Masanz Invite |
| 7) | Alexandra Schulze | 65.16 | 2006 UMAC Championships    |
| 8) | Allie Betsch      | 65.59 | 2009 Cobber Twilight       |

### **400m Hurdles**

|    |                  |         |                         |
|----|------------------|---------|-------------------------|
| 1) | Cheryl Hoechst   | 1:10.06 | 1977                    |
| 2) | Stephanie Dick   | 1:12.04 | 2002 NSIC Championships |
| 3) | Ranae Faaborg    | 1:15.27 | 2006 Hamline Invite     |
| 4) | Brianna Johansen | 1:17.53 | 2003 UMAC Invitational  |
| 5) | Darla Stevens    | 1:18.70 | 2009 UMAC Championship  |
| 6) | Lisa Frazier     | 1:19.76 | 2006 Hamline Invite     |

### **800m Run**

|     |                     |          |                              |
|-----|---------------------|----------|------------------------------|
| 1)  | Kathy Rosker        | 2:24.94  | 1982                         |
| 2)  | Allison Betsch      | 2:27.08  | 2009 Gustavus                |
| 3)  | Alexandra Schulze   | 2:29.19  | 2006 Cobber Twilight         |
| 4)  | Kateryna Zhdanovych | 2:29.58  | 2006 Bison Classic           |
| 5)  | Alicia Mendez       | 2:32.18  | 2003 DSU-Invitational        |
| 6)  | Sara Mueller        | 2:33.91  | 2003 Cobber Twilight         |
| 7)  | Gemma Miltich       | 2:34.15  | 2009 UW River Falls          |
| 8)  | Heidi Shelstad      | 2:34.60  | 2002 Cobber Twilight         |
| 9)  | Camille Flanders    | 2:35.11  | 2003 UMAC Invitational       |
| 10) | Brianna Johansen    | 2:35.24  | 2003 CSB Heptathlon          |
| 11) | Annika Bergman      | 2:38.54c | 2004 St. John's Invitational |
| 12) | Leah Webinger       | 2:40.61  | 2004 Cobber Twilight         |

### **1500m Run**

|     |                     |         |                           |
|-----|---------------------|---------|---------------------------|
| 1)  | Shelly Johnson      | 4:55.25 | 1984                      |
| 2)  | Kateryna Zhdanovych | 5:03.34 | 2006 Bison Classic        |
| 3)  | Natalie Timmers     | 5:10.02 | 2002 NSIC Championships   |
| 4)  | Alicia Mendez       | 5:11.65 | 2003 St. John's Quad      |
| 5)  | Camille Flanders    | 5:17.39 | 2003 St. John's Quad      |
| 6)  | Gemma Miltich       | 5:20.35 | 2009 Gustavus             |
| 7)  | Tara Molacek        | 5:24.57 | 2009 UMAC Championship    |
| 8)  | Allison Betsch      | 5:26.11 | 2006 Hamline Invite       |
| 9)  | Melissa Kloek       | 5:27.38 | 2009 UMAC Championship    |
| 10) | Carla Steinbring    | 5:29.02 | 2006 Bison Classic        |
| 11) | Rachel Hawley       | 5:29.63 | 2001 NSIC Championships   |
| 12) | Kelly Bierwerth     | 5:32.40 | 2003 SJU/CSB Quadrangular |
| 13) | Cassie McMahon      | 5:33.49 | 2007 Cobber Twilight      |
| 14) | Christy Meyer       | 5:41.11 | 2006 Bison Classic        |

### **3000m Run**

|    |                     |          |                                     |
|----|---------------------|----------|-------------------------------------|
| 1) | Monica O'Hara       | 10:37.94 | 1983                                |
| 2) | Camille Flanders    | 11:35.84 | 2003 DSU-Invitational               |
| 3) | Anne Skoglund       | 11:47.04 | 2004 DSU-Trojan Invitational 4-3-04 |
| 4) | Debbie Schneiderman | 12:35.74 | 2008 Northern State                 |
| 5) | Kelly Bierwerth     | 12:35.83 | 2003 UMAC Invitational              |
| 6) | Cristina Montanez   | 12:44.61 | 2009 UW River Falls                 |

### **3000m Steeplechase**

|    |                    |          |                         |
|----|--------------------|----------|-------------------------|
| 1) | Camille Flanders   | 12:31.55 | 2003 NSIC Championships |
| 2) | Anne Skoglund      | 12:38.86 | 2002 NSIC Championships |
| 3) | Katie Schneiderman | 12:55.32 | 2009 Gustavus           |

|    |                  |           |                              |
|----|------------------|-----------|------------------------------|
| 4) | Kelly Bierwerth  | 13:16.51  | 2002 NSIC Championships      |
| 5) | Carla Steinbring | 13:44.04  | 2008 UMAC Championships      |
| 6) | Nicole Galagher  | 14:08.60  | 2006 Hamline Invite          |
| 7) | Alicia Mendez    | 14:10.49  | 2006 Masanz Invite           |
| 8) | Christy Meyer    | 14:13.89  | 2006 Masanz Invite           |
| 9) | Ona Johnson      | 14:20.84c | 2004 St. John's Invitational |

#### 5000m Run

|     |                     |          |                         |
|-----|---------------------|----------|-------------------------|
| 1)  | Monica O'Hara       | 18:04.82 | 1983                    |
| 2)  | Kristi Jensen       | 19:46.58 | 2000 NSIC Championships |
| 3)  | Katie Schneiderman  | 20:12.12 | 2009 St. John's         |
| 4)  | Anne Skoglund       | 20:15.52 | 2004 UMAC Championships |
| 5)  | Katherine Huemmer   | 20:22.88 | 2001 NSIC Championships |
| 6)  | Debbie Schneiderman | 20:33.73 | 2009 UW River Falls     |
| 7)  | Camille Flanders    | 21:20.46 | 2002 NSIC Championships |
| 8)  | Cristina Montanez   | 21:26.01 | 2009 Gustavus           |
| 9)  | Alicia Mendez       | 21:43.87 | 2005 Falcon Invite      |
| 10) | Cassie McMahan      | 22:14.39 | 2005 Manitou Classic    |
| 11) | Christy Meyer       | 22:27.11 | 2006 UMAC Championships |
| 12) | Ona Johnson         | 22:47.79 | 2004 UMAC Championships |

#### 10,000m Run

|    |                   |          |                         |
|----|-------------------|----------|-------------------------|
| 1) | Monica O'Hara     | 37:46.00 | 1983                    |
| 2) | Katherine Huemmer | 41:17.00 | 2001 NSIC Championships |
| 3) | Anne Skoglund     | 42:06.00 | 2001 NSIC Championships |
| 4) |                   |          |                         |
| 5) |                   |          |                         |

#### 4x100m Relay

|    |  |       |                                |
|----|--|-------|--------------------------------|
| 1) | M. Croatt, Parker, Plaetz, O'Connor      | 50.74 | 2009 UMAC Championship         |
| 2) | Van Buren-Mueller-Webinger-Daniels       | 50.87 | 2004 DSU-Invitational 4-23-04  |
| 3) | Croatt, Hammer, Plaetz, Turkson-Robinson | 51.02 | 2008 UMAC Championships        |
| 4) | Ahrens-Van Buren-Webinger-Mueller        | 51.12 | 2003 UMAC Invitational         |
| 5) | Schotzko-Schwarz-Lindquist-Athman        | 51.64 | 1984                           |
| 6) | Webinger-Ahrens-Van Buren-Harden         | 51.79 | 2003 St. John's Quad           |
| 7) | Ahrens-Harden-Webinger-Mueller           | 51.93 | 2003 Concordia-Cobber Twilight |
| 8) | A. Croatt-Daniels-Webinger-Faaborg       | 52.97 | 2005 UMAC Championships        |

#### 4x400m Relay

|     |                                    |         |                                |
|-----|------------------------------------|---------|--------------------------------|
| 1)  | Croatt, Plaetz, Betsch, Hammer     | 4:12.07 | 2008 Morris Open               |
| 2)  | Plaetz, Betsch, Molacek, Croatt    | 4:16.87 | 2009 UMAC Championship         |
| 3)  | Harden-Webinger-Ahrens-Mueller     | 4:18.02 | 2003 UMAC Invitational         |
| 4)  | Daniels-Mendez-Johansen-Janssen    | 4:20.39 | 2005 UMAC Championships        |
| 5)  | Croatt, Plaetz, Betsch, Miltich    | 4:20.62 | 2009 UW River Falls            |
| 6)  | Harden-Flanders-Bierwerth-Johansen | 4:23.59 | 2003 Concordia-Cobber Twilight |
| 7)  | Schwarz-Lindquist-Reiter-Sieben    | 4:23.90 | 1984                           |
| 8)  | Mueller-Daniels-Johansen-Harden    | 4:24.30 | 2004 DSU-Invitational 4-23-04  |
| 9)  | K.Frazeur-Plaetz-Betsch-M.Croatt   | 4:24.57 | 2007 UMAC Championships        |
| 10) | Harden-Johansen-Bierwerth-Ahrens   | 4:25.20 | 2003 NSIC Championships        |

#### 4x400m Relay Split

|    |                  |      |                         |
|----|------------------|------|-------------------------|
| 1) | Megan Croatt     | 58.6 | 2008 Morris Open        |
| 2) | Rachel Plaetz    | 61.8 | 2009 UMAC Championship  |
| 3) | Kimeshia Daniels | 62.9 | 2005 UMAC Championships |
| 4) | Ashley Janssen   | 63.1 | 2005 UMAC Championships |
| 5) | Allie Betsch     | 64.9 | 2008 UMAC Championships |
| 6) | Sara Hammer      | 65.1 | 2008 UMAC Championships |

#### 4x800m Relay

|    |  |          |                                     |
|----|--|----------|-------------------------------------|
| 1) | Walz-Schoenbauer-Johnson-Roske           | 10:17.84 | 1981                                |
| 2) | Mendez-Bierwerth-Johansen-Flanders       | 10:34.10 | 2003 NSIC Championships             |
| 3) | Percy, D. Schneiderman, Montanez, Betsch | 11:06.28 | 2009 UMAC Championship              |
| 4) | UM-Morris                                | 11:09.30 | 2002 NSIC Championships             |
| 4) | Mendez-McMahon-Meyer-Johansen            | 11:12.17 | 2005 Manitou Classic                |
| 5) | Bergman-Webinger-Mogck-Mueller           | 11:15.19 | 2004 DSU-Trojan Invitational 4-3-04 |

#### Sprint Medley Relay

|    |                               |         |      |
|----|-------------------------------|---------|------|
| 1) | Gehrke-Insley-Sopkowiak-Boyer | 1:58.00 | 1986 |
| 2) |                               |         |      |
| 3) |                               |         |      |
| 4) |                               |         |      |
| 5) |                               |         |      |

#### Long Jump

|    |                         |         |                         |
|----|-------------------------|---------|-------------------------|
| 1) | Cathy Hartman           | 18-4    | 1981                    |
| 2) | Andrea Hannan           | 17-0.5  | 2000 NSIC Championships |
| 3) | Dana Knutson            | 16-2    | 2000 NSIC Championships |
| 4) | Sara Mueller            | 15-6.25 | 2003 Cobber Twilight    |
| 5) | Masera Turkson-Robinson | 15-3.5  | 2008 UMAC Championships |
| 6) | Lisa Frazeur            | 15-0.75 | 2007 Cobber Twilight    |
| 7) | Karen Frazeur           | 14-9.25 | 2007 Cobber Twilight    |
| 8) | Nikita Warren           | 14-6.5  | 2004 UMAC Championships |

#### Triple Jump

|    |                         |          |                                |
|----|-------------------------|----------|--------------------------------|
| 1) | Theresa Kusant          | 37-4     | 1986                           |
| 2) | Brianna Johansen        | 35-9 1/4 | 2005 Cobber Twilight           |
| 3) | Andrea Hannan           | 34-5.25  | 2001 NSIC Championships        |
| 4) | Masera Turkson-Robinson | 34-1.5   | 2008 Morris Open               |
| 5) | Amanda Croatt           | 31-6 3/4 | 2005 Manitou Classic           |
| 6) | Lisa Frazeur            | 31-7.25  | 2007 Cobber Twilight           |
| 7) | Nikita Warren           | 30-7     | 2004 Concordia-Cobber Twilight |

#### High Jump

|    |                    |       |                         |
|----|--------------------|-------|-------------------------|
| 1) | Jennifer Higgins   | 5-4.5 | 1998 NSIC Championships |
| 2) | Brianna Johansen   | 5-3   | 2003 UMAC Invitational  |
| 3) | Danielle Templeton | 4-10  | 2004 NDSU Open          |
| 4) | Karen Frazeur      | 4-8   | 2006 UMAC Championship  |
| 5) | Melissa Carnicle   | 4-7   | 2009 St. John's         |

#### Pole Vault

|    |                |           |                         |
|----|----------------|-----------|-------------------------|
| 1) | Megan Croatt   | 9-7: 2.92 | 2009 UMAC Championship  |
| 1) | Leah Parker    | 9-7: 2.92 | 2009 Gustavus           |
| 2) | Cassie Inman   | 8-0       | 1998 Bemidji State Open |
| 3) | Amber O'Connor | 7-00.5    | 2008 Morris Open        |
| 4) | Amanda Croatt  | 6-4       | 2005 UMAC Championships |

### Shot Put

|     |                   |             |                            |
|-----|-------------------|-------------|----------------------------|
| 1)  | Ashley Wintheiser | 40-3        | 2007 AI Cassell Relays     |
| 2)  | Sara Erickson     | 38-4        | 2008 Cobber Twilight       |
| 3)  | Tracy Frazier     | 35-9        | 1982                       |
| 4)  | Joy Heysse        | 34-3.50     | 2007 Cobber Twilight       |
| 5)  | Ally Sylvester    | 33-5: 10.16 | 2009 UMAC Championship     |
| 6)  | Audra Sorensen    | 31-6.5      | 2002 St. John's Quint      |
| 7)  | Kayla Zimmer      | 31-4.75     | 2008 UMAC Championships    |
| 8)  | Ellie Krueger     | 31-4        | 2005 Cobber Twilight       |
| 9)  | Ranae Faaborg     | 28-5 3/4    | 2005 Falcon Invite         |
| 10) | Brianna Johansen  | 25-9.25     | 2003 St. John's Heptathlon |

### Hammer Throw

|    |                   |               |                         |
|----|-------------------|---------------|-------------------------|
| 1) | Ashley Wintheiser | 150-4         | 2007 AI Cassell Relays  |
| 2) | Sara Erickson     | 134-11: 41.12 | 2009 MN Open            |
| 3) | Joy Heysse        | 112-6: 34.26  | 2009 Cobber Twilight    |
| 4) | Ally Sylvester    | 109-8: 33.44  | 2009 UMAC Championship  |
| 5) | Sally Bohlinger   | 100-7 (30.66) | 2008 Morris Open        |
| 6) | Kayla Zimmer      | 95-1 (28.98)  | 2008 Morris Open        |
| 7) | Ranae Faaborg     | 79-4          | 2005 UMAC Championships |
| 8) | Ellie Krueger     | 68-9 1/2      | 2005 UMAC Championships |

### Discus Throw

|     |                   |               |                               |
|-----|-------------------|---------------|-------------------------------|
| 1)  | Ashley Wintheiser | 132-4         | 2007 AI Cassell Relays        |
| 2)  | Sarah Roesch      | 121-11        | 2000                          |
| 3)  | Joy Heysse        | 116-9: 35.58  | 2009 Cobber Twilight          |
| 4)  | Sara Erickson     | 115-10: 35.31 | 2009 UMAC Championship        |
| 5)  | Ranae Faaborg     | 108-2.5       | 2006 Bison Classic            |
| 6)  | Ally Sylvester    | 95-1: 28.98   | 2009 UMAC Championship        |
| 7)  | Audra Sorensen    | 94-9          | 2002 St. John's Quint         |
| 8)  | Kayla Zimmer      | 88-3 (26.91)  | 2008 Northern State           |
| 9)  | Ellie Krueger     | 86-4          | 2004 DSU-Invitational 4-23-04 |
| 10) | Sally Bohlinger   | 82-4 (25.11)  | 2008 Cobber Twilight          |

### Javelin

|    |            |        |      |
|----|------------|--------|------|
| 1) | B. Koopman | 126-11 | 1978 |
|----|------------|--------|------|

|    |                   |              |                              |
|----|-------------------|--------------|------------------------------|
| 2) | Dana Knutson      | 112-0        | 2000 NSIC Championships      |
| 3) | Ellie Krueger     | 96-3         | 2005 St. John's Invitational |
| 4) | Sara Erickson     | 85-4: 26.02  | 2009 UMAC Championship       |
| 5) | Ally Sylvester    | 84-9: 25.84  | 2009 Morris Open             |
| 6) | Brianna Johansen  | 80-6.5       | 2003 St. John's Heptathlon   |
| 7) | Gabby Portillo    | 78-10        | 2006 UMAC Championships      |
| 7) | Joy Heysse        | 78-10: 24.04 | 2009 Morris Open             |
| 8) | Ashley Wintheiser | 75-1         | 2007 UMAC Championships      |
| 9) | Kayla Zimmer      | 74-6 (22.70) | 2008 UMAC Championships      |

### Heptathlon

|    |                  |          |                            |
|----|------------------|----------|----------------------------|
| 1) | Jennifer Higgins | 4402pts. | 1998 NSIC Heptathlon       |
| 2) | Brianna Johansen | 3311pts. | 2003 St. John's Heptathlon |
| 3) | Dana Knutson     | 2733pts. | 2000 NSIC Championships    |
| 4) |                  |          |                            |
| 5) |                  |          |                            |