

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

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)	Christina Van Buren	7.94	2004 Cobber Invitational
9)	Leah Webinger	7.98	2003 NSIC Championships
10)	Sara Hammer	7.99	2008 St. John's Invite
11)	Amy Christensen	8.15	2002 SCSU Open
12)	Karen Frazeur	8.23	2006 Cobber Duals
13)	Amanda Croatt	8.25	CSS Invitational
14)	Kim Erbst	8.30	2002 NSIC Championships

60m Dash

1)	Megan Croatt	8.15	2007 SCSU Open
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)	Sara Mueller	8.69	2003 St. Cloud Open
8)	Christina Van Buren	8.72	2003 Husky Open
9)	Sara Hammer	8.80	2008 Cobber Duals
10)	Amy Christensen	8.81	2002 Bison Open
11)	Karen Frazeur	8.89	2007 SCSU Open

55m Hurdles

1)	Thersa Kusant	8.68	1987
2)	Amber Holm	9.12	2005 Cobber Open
3)	Lisa Frazeur	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 Frazeur	10.59	2007 SCSU Open
3)	Rachel Plaetz	11.01	2007 SCSU Open
4)	Darla Stevens	11.51	2008 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 Frazeur	33.92	2007 St. John's Invitational
2)	Rachel Plaetz	34.26	2007 St. John's Invitational
200m			
1)	Jennifer Higgins	26.84	1998 NSIC Championships
2)	Megan Croatt	26.87	2008 St. John's Invite
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 Frazeur	29.79	2006 SCSU Open
12)	Ashley Janssen	29.88	2007 UMAC Championships
300m			
1)	Megan Croatt	43.17	2008 Bison Classic
2)	Theresa Kusant	43.65	1986
400m			
1)	Sara Mueller	63.24	2003 NSIC Champoinships
2)	Rachel Plaetz	63.95	2008 St. John's Invite
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)	Sara Mueller	1:46.68	2003 Cobber Invitational
3)	Allie Betsch	1:48.27	2006 CSB/SJU
4)	Heidi Shelstad	1:50.99	2002 St. Cloud Open
5)	Ashley Janssen	1:51.38	2005 Cobber Open
6)	Brianna Johansen	1:53.71	2005 CSS Invitational
800m			
1)	Julie Benson	2:30.06	1990
2)	Kandee Normandin	2:31.29	1998 NSIC Pentathlon
3)	Allie Betsch	2:32.12	2008 UMAC Championships

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)	Ashley Janssen	2:39.05	2005 Cobber Duals
9)	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)	Cassie McMahon	5:57.60	2007 UMAC Championships
5)	Kelly Bierwerth	5:58.66	2003 St. Cloud Open
6)	Julie Cousins	5:59.38	1998 NSIC Championships
7)	Mari Mancini	6:02.30	1998 NDSU-Bison Open
8)	Carla Steinbring	6:04.43	2006 CSB/SJU
9)	Rachel Hawley	6:04.58	2001 NSIC Championships
10)			

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)	Cassie McMahon	11:58.90	2007 Concordia Open
6)	Kari Jacobsen	12:05.73	1998 NDSU-Bison Open
7)	Camille Flanders	12:07.06	2003 Bemidji Open
8)	Anne Skoglund	12:29.68	2001 SCSU Open

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|-----|--------------------|----------|------------------|
| 9) | Debbie Scheiderman | 12:40.46 | 2008 Cobber Open |
| 10) | 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) | Kari Jacobsen | 21:29.00 | 1998 NSIC Championships |
| 5) | Anne Skoglund | 21:31.15 | 2001 NSIC Championships |
| 6) | Cassie McMahon | 21:37.25 | 2007 UMAC Championships |
| 7) | Debbie Schneiderman | 21:53.74 | 2008 St. John's Invite |

4x200m Relay

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|----|---|---------|--------------------------|
| 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 |
| 4) | Ahrens-Webinger-Flanders-Mueller | 4:21.03 | 2003 St. Cloud Open |
| 5) | Insley-Schwartz-Kusant-Sopkowiak | 4:25.72 | 1986 |
| 6) | K.Frazeur-Betsch-Croatt-Janssen | 4:32.56 | 2007 UMAC Championships |
| 7) | Johansen-Mendez-Webinger-Janssen | 4:32.68 | 2005 CSS Invitational |
| 8) | Johansen-Mendez-Mueller-Webinger | 4:38.01 | 2003 Bemidji Open |
| 9) | L.Frazeur-Zhdanovych-Betsch-K.Frazeur | 4:38.65 | 2006 Cobber Duals |
| 10) | Perry-Shelstad-Christensen-Hawley | 4:38.21 | 2002 NSIC Championships |

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 Frazeur	14-7.25	2008 Cobber Open
10)	Lisa Frazeur	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 Fazeur	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 Frazeur	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

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|----|-------------------|----------|-------------------------|
| 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 | 32-2.5 | 2008 SCSU 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 |

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

100m Dash

1)	Megan Croatt	12.73	2007 Cobber Twilight
2)	Sue Schwarz	12.90	1984
3)	Kimeshia Daniels	13.07	2004 DSU-Invitational 4-23-04
4)	Christina Van Buren	13.08	2003 NSIC Championships
5)	Kat Ahrens	13.30	2003 NSIC Championships and UMAC Invite
6)	Leah Webinger	13.34	2004 DSU-Invitational 4-23-04
7)	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 AI Cassell Relays
5)	Brianna Johansen	18.37	2003 St. John's Heptathlon
6)	Ashley Wintheiser	20.16	2005 UMAC Championships

200m Dash

1)	Jennifer Higgins	25.37	1998 NSIC Championships
2)	Megan Croatt	26.45	2007 Cobber Twilight
3)	Sara Mueller	26.92	2004 UMAC Championships
4)	Katherine Ahrens	27.05	2003 NSIC Championships
5)	Carla Perry	27.53	2002 NDSCS Invitational
6)	Annie Harden	27.54	2004 DSU-Invitational 4-23-04
7)	Kimeshia Daniels	27.57	2005 UMAC Championships
8)	Leah Webinger	27.86	2003 Cobber Twilight
9)	Ashley Janssen	27.99	2005 Manitou Classic

400m Dash

1)	Jennifer Higgins	58.76	1998 NSIC Championships
2)	Sara Mueller	60.46	2003 NSIC Championships
3)	Ashley Janssen	62.57	2005 Cobber Twilight
4)	Annie Harden	63.64	2003 UMAC Invitational
5)	Leah Webinger	64.58	2003 MSU-Ron Masanz Invite
6)	Alexandra Schulze	65.16	2006 UMAC Championships
7)	Carla Perry	66.33	2002 NDSCS Invitational

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)	Lisa Frazeur	1:19.76	2006 Hamline Invite

800m Run

1)	Kathy Rosker	2:24.94	1982
2)	Allison Betsch	2:28.67	2006 Masanz Invite
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)	Heidi Shelstad	2:34.60	2002 Cobber Twilight
8)	Camille Flanders	2:35.11	2003 UMAC Invitational
9)	Brianna Johansen	2:35.24	2003 CSB Heptathlon
10)	Annika Bergman	2:38.54c	2004 St. John's Invitational
11)	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)	Allison Betsch	5:26.11	2006 Hamline Invite
7)	Carla Steinbring	5:29.02	2006 Bison Classic
8)	Rachel Hawley	5:29.63	2001 NSIC Championships
9)	Kelly Bierwerth	5:32.40	2003 SJU/CSB Quadrangular
10)	Cassie McMahon	5:33.49	2007 Cobber Twilight
11)	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)	Kelly Bierwerth	12:35.83	2003 UMAC Invitational
5)			

3000m Steeplechase

1)	Camille Flanders	12:31.55	2003 NSIC Championships
2)	Anne Skoglund	12:38.86	2002 NSIC Championships
3)	Kelly Bierwerth	13:16.51	2002 NSIC Championships
4)	Nicole Gallagher	14:08.60	2006 Hamline Invite
5)	Alicia Mendez	14:10.49	2006 Masanz Invite
6)	Christy Meyer	14:13.89	2006 Masanz Invite
7)	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)	Anne Skoglund	20:15.52	2004 UMAC Championships
4)	Katherine Huemmer	20:22.88	2001 NSIC Championships
5)	Camille Flanders	21:20.46	2002 NSIC Championships
6)	Alicia Mendez	21:43.87	2005 Falcon Invite
7)	Cassie McMahon	22:14.39	2005 Manitou Classic
8)	Christy Meyer	22:27.11	2006 UMAC Championships

9) 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) Van Buren-Mueller-Webinger-Daniels 50.87 2004 DSU-Invitational 4-23-04
2) Ahrens-Van Buren-Webinger-Mueller 51.12 2003 UMAC Invitational
3) Schotzko-Schwarz-Lindquist-Athman 51.64 1984
4) Webinger-Ahrens-Van Buren-Harden 51.79 2003 St. John's Quad
5) Ahrens-Harden-Webinger-Mueller 51.93 2003 Concordia-Cobber Twilight
6) Croatt-Daniels-Webinger-Faaborg 52.97 2005 UMAC Championships

4x400m Relay

1) Harden-Webinger-Ahrens-Mueller 4:18.02 2003 UMAC Invitational
2) Daniels-Mendez-Johansen-Janssen 4:20.39 2005 UMAC Championships
3) Harden-Flanders-Bierwerth-Johansen 4:23.59 2003 Concordia-Cobber Twilight
4) Schwarz-Lindquist-Reiter-Sieben 4:23.90 1984
5) Mueller-Daniels-Johansen-Harden 4:24.30 2004 DSU-Invitational 4-23-04
6) K.Frazeur-Plaetz-Betsch-M.Croatt 4:24.57 2007 UMAC Championships
7) Harden-Johansen-Bierwerth-Ahrens 4:25.20 2003 NSIC Championships

4x400m Relay Split

4x800m Relay

1) Walz-Schoenbauer-Johnson-Roske 10:17.84 1981
2) Mendez-Bierwerth-Johansen-Flanders 10:34.10 2003 NSIC Championships
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) Lisa Frazeur 15-0.75 2007 Cobber Twilight

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|----|---------------|---------|-------------------------|
| 6) | Karen Frazeur | 14-9.25 | 2007 Cobber Twilight |
| 7) | 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) | Amanda Croatt | 31-6 3/4 | 2005 Manitou Classic |
| 5) | Lisa Frazeur | 31-7.25 | 2007 Cobber Twilight |
| 6) | 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) | | | |

Pole Vault

- | | | | |
|----|---------------|-------|-------------------------|
| 1) | Megan Croatt | 9-0.5 | 2007 Manitou Classic |
| 2) | Cassie Inman | 8-0 | 1998 Bemidji State Open |
| 3) | Amanda Croatt | 6-4 | 2005 UMAC Championships |
| 4) | | | |
| 5) | | | |

Shot Put

- | | | | |
|----|-------------------|----------|----------------------------|
| 1) | Ashley Wintheiser | 40-3 | 2007 AI Cassell Relays |
| 2) | Tracy Frazier | 35-9 | 1982 |
| 3) | Joy Heysse | 34-3.50 | 2007 Cobber Twilight |
| 4) | Audra Sorensen | 31-6.5 | 2002 St. John's Quint |
| 5) | Ellie Krueger | 31-4 | 2005 Cobber Twilight |
| 6) | Ranae Faaborg | 28-5 3/4 | 2005 Falcon Invite |
| 7) | Brianna Johansen | 25-9.25 | 2003 St. John's Heptathlon |

Hammer Throw

- | | | | |
|----|-------------------|----------|-------------------------|
| 1) | Ashley Wintheiser | 150-4 | 2007 AI Cassell Relays |
| 2) | Joy Heysse | 102-7 | 2007 AI Cassell Relays |
| 3) | Ranae Faaborg | 79-4 | 2005 UMAC Championships |
| 4) | Ellie Krueger | 68-9 1/2 | 2005 UMAC Championships |
| 5) | | | |

Discus Throw

- | | | | |
|----|-------------------|---------|------------------------|
| 1) | Ashley Wintheiser | 132-4 | 2007 AI Cassell Relays |
| 2) | Sarah Roesch | 121-11 | 2000 |
| 3) | Joy Heysse | 114-3 | 2007 Cobber Twilight |
| 4) | Ranae Faaborg | 108-2.5 | 2006 Bison Classic |
| 5) | Audra Sorensen | 94-9 | 2002 St. John's Quint |

6)	Ellie Krueger	86-4	2004 DSU-Invitational 4-23-04
7)	Dana Knutson	79-7	2001 Al Cassell Invite - Jamestown College
8)	Arline Litchfield	74-2	2007 Manitou Classic

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)	Brianna Johansen	80-6.5	2003 St. John's Heptathlon
5)	Gabby Portillo	78-10	2006 UMAC Championships
6)	Ashley Wintheiser	75-1	2007 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)			