

**Grinnell College Women's Track & Field Top 10 Performances Of All-Time
(Updated 5/11/09)**

Outdoor

100 (* - 100 yds)	Year	Adj Time
Lisa Meeden	1982	12.37
Ruth Pagani	1982	12.54
Sarah Sanford-Reinbold	1982	12.71
Amanda Walker	1995	12.77
Chris Lawson	1985	12.94
Amy Reinhart	1990	12.96
Melanie Schettler	2000	13.13
Kate Diedrick	2004	13.16w
Jennifer Paarlberg*	1975	13.29
Kim Kuncel	1985	13.39

200 (* - 220 yds)	Year	Time
Amanda Walker	1997	25.72
Kate Peterson	1992	26.44
Melanie Schettler	2000	26.66
Molly Kratz	2005	26.82
Camarin Bailey	1998	26.85
Amy Reinhart	1990	26.86
Kate Diedrick	2005	26.94
Lisa Meeden	1982	26.96
Marta Grabowski	2005	27.42
Fran Lee	2000	27.50

400 (* - 440 yds)	Year	Time
Amanda Walker	1997	58.39
Camarin Bailey	2000	58.96
Molly Kratz	2008	59.52
Danielle Walker	1984	1:00.31
Amy Walters	2001	1:00.36
Kate Peterson	1992	1:00.59
Marta Grabowski	2005	1:01.21
Sara Boudouris	1997	1:01.24
Jennifer Jones	1993	1:01.27
Melanie Schettler	2002	1:01.37

800 (* - 880 yds)	Year	Time
Camarin Bailey	2000	2:15.67
Nicole Cueno	2001	2:16.39
Rebecca Webel	1998	2:17.61
Allison Louthan	2006	2:20.68
Stephanie Walters	1995	2:20.87
Joanne Sackett	1988	2:21.66
Leah Russell	2009	2:22.28
Amy Walters	1998	2:23.12
Juliana Serafini	1998	2:24.74
Sarah Spencer	2006	2:24.96

1500 (* - mile)	Year	Time
Nicole Cueno	2001	4:35.48
Sarah Spencer	2007	4:42.44
Allison Louthan	2006	4:47.45
Rebecca Webel	1998	4:50.54
Shavaun Adams	1984	4:51.01
Stephanie Meleady	2001	4:51.73
Leah Russell	2009	4:55.61
Stephanie Hitztaler	1994	4:55.78
Joanne Sackett	1990	4:55.79
Juliana Serafini	1998	4:55.82

3000 (* - two-mile)	Year	Time
Nicole Cueno	2001	10:34.21
Christine Thorburn	1989	10:35.92
Shavaun Adams	1984	10:36.64
Holly Killmer	1996	10:38.41
Rebecca Webel	1998	10:48.10
Alison Nair	2000	10:50.49
Juliana Serafini	1998	10:50.78
Stephanie Hitztaler	1996	10:51.41
Katie Converse	2000	10:54.08
Holly Pfitsch	1994	10:56.50

5000 (* - three-mile)	Year	Time
Nicole Cueno	2002	16:54.42
Sarah Spencer	2007	17:12.99
Allison Louthan	2008	17:46.03
Katie Ryan	2007	18:11.79
Stephanie Hitztaler	1996	18:21.04
Christine Thorburn	1989	18:21.40
Sara Brady	2006	18:27.23
Julia Carver	1980	18:30.40
Meredith Groves	2005	18:42.42
Holly Pfitsch	1996	18:43.00

10000 (* - six-mile)	Year	Time
Nicole Cueno	2002	34:52.14
Sarah Spencer	2007	36:05.20
Allison Louthan	2008	37:14.62
Katie Ryan	2007	38:28.65
Barb Elias	1981	39:13.20
Sara Brady	2006	39:15.88
Shavaun Adams	1987	39:36.00
Holly Pfitsch	1996	39:44.41
Ruth-Hazel Mueller	1996	39:52.64
Katie Converse	1999	39:56.87

100m HH	Year	Time
Danielle Walker	1984	15.46
Liza Brost	2008	16.77
Anna Veit	2004	17.03
Jennie Mescon	2003	17.26
Margaret Klingele	1978	17.32
Maria Stanislaw	2004	17.50
Anne Hollister	1989	17.53
Barb Duffrin	1988	17.59
Jennie Mescon	2004	17.69
Rommany Chanthavong	1993	17.71

400H (* - 440 yds)	Year	Time
Danielle Walker	1984	1:06.04
Victoria Diedrichs	2008	1:08.93
Trini Campbell	1987	1:10.43
Idelle Cooper	1999	1:10.81
Anna Veit	2004	1:10.81
Anne Hollister	1990	1:11.06
Liza Brost	2008	1:11.30
Maia Olsen	2009	1:12.12
Joanne Sackett	1987	1:12.18
Megan Schuknecht	1990	1:12.98

3000 Steeplechase	Year	Time
Becky Bessinger	2009	11:34.85
Lola Garcia	2006	12:25.17
Samantha Thomas	2004	12:32.15
Lisa Niedergeses	2004	12:48.79
Emily Lynam	2006	12:56.09
Cassie Schmitz	2002	13:11.25
Tirza Costello	2003	13:12.07
Freya Stein	2003	13:19.24
Robyn Repko	2004	13:21.59
Kate Morcom	2005	13:37.34

4x100 (* - 440 relay)	Year	Time
	2001	51.13
	2005	51.33
	2006	51.43
	1997	51.43
	1999	51.43
	1998	51.46
	2000	51.66
	2008	51.86
	1992	52.20
	1990	52.64

4x400 (* - mile relay)

Year	Time
1997	4:04.91
2006	4:05.03
2000	4:06.04
1998	4:06.66
2005	4:08.10
1996	4:08.30
2008	4:09.14
1995	4:11.45
1992	4:12.71
1999	4:12.88

Distance Medley

Year	Time
1997	12:54.14
1996	13:17.76
1994	13:20.00
1992	13:34.40
1991	13:45.01
1995	14:03.27
2001	14:12.79
2002	14:14.68
1982	14:20.00

High Jump

	Year	Height
Abby Green	1987	5'4
Curran Johnson	2009	5'3.25
Mariah Hibarger	2000	5'2
Sheryl Thedford	1984	5'0.5
Ellen Mangan	1984	5'0
Karen Drinkwater	1988	5'0
Meredith Ing	1997	5'0
Stephanie Nelson	1980	4'10.5
Tina Ward	1998	4'10
Camarin Bailey	1998	4'10

Long Jump	Year	Distance
Abby Green	1987	16'10
Maria Stanislav	2004	16'5
Amanda Walker	1995	16'2.5
Chris Lawson	1985	16'0.5
Ruth Pagani	1981	16'0
Kim Krutilla	1977	15'10.25
Idelle Cooper	2001	15'10.25
Laura Brodsky	1980	15'9
Ellen Mangan	1985	15'5.5
Kate Peterson	1992	15'5

Triple Jump	Year	Distance
Skye Langs	20003	4'4.75
Maria Stanislav	200	434'.25
Kim KuncI	1986	33'8.75
Lisa Meeden	1985	33'3
Mariah Hibarger	2000	32'7
Missy Ebitz	1992	32'5.75
Chris Lawson	1984	32'1.5
Colbey Chang	1993	31'6
Barb Duffrin	1989	31'3.75
Liz Ehlinger	2006	31'3.75

Pole Vault	Year	Height
Idelle Cooper	2000	11'6.5
Anna Gilbert	2006	11'2
Maria Stanislav	2004	10'4
Kelly Brock	2001	10'0
Tammy Baker	2000	10'0
Renata Heberton	2004	9'
C. Simms	2005	8'9.5
Sachi Graber	2009	8'8.25
C. Cloninger	2005	8'6.25
Alison McQuillan	2003	8' 6
J. Ault	2005	8'6

Shot Put	Year	Distance
Veronika Platzer	1983	46'7.5
Katie Bartlett	2006	39'5.75
Sheryl Thedford	1983	37'3.75
Alison Ecker	2006	36'7.25
Lura Barber	2001	35'9
Karen Ellison	1980	35'5
Heather Bell	1996	34'11.25
Daria Terrebonne	1998	34'9
Angela Onwuachi	1993	33'0.25
Rena Youngs	2002	32'7

Discus	Year	Distance
Veronika Platzer	1986	156'8.5
Katie Bartlett	2006	129'7
Daria Terrebonne	1998	125'7.75
Rena Youngs	2002	125'7
Amy Amabile	1983	117'11.5
Heather Bell	1996	115'7.5
Lura Barber	2001	113'6.5
Missy Ebitz	1990	109'1
Alison Ecker	2006	102'3
Renata Heberton	2004	100'

Javelin	Year	Distance
Katie Colver	2009	111'1
Joanne Sackett	1987	109'8
Sheryl Thedford	1986	105'1
Sarah Hick	1992	102'2
Maria Stanislaw	2004	97' 11
Daria Terrebonne	1998	97'10.5
Veronika Platzer	1983	97'8
Ellen Mangan	1985	97'6
Laura Sauerhaft	1985	96'2
Missy Ebitz	1990	89'3

Hammer Throw	Year	Distance
Caitlin Shannon	2006	118'
Rena Youngs	2005	111'
Sarah Freeman	2008	98'4
Liz Carrier	2005	79'2

Indoor

55 (* - 60 yds)	Year	Adj Time	Time	Conversion
Amanda Walker	1997	7.67		
Chris Lawson*	1985	7.67	7.45	7.670775
Amy Jo Reinhart	1993	7.74		
Kate Diedrick	2004	7.74		
Lisa Meeden*	1982	7.75	7.53	7.750575
Cecelia Kees	1996	7.79		
Debra Simon*	1987	7.80	7.58	7.80045
Jennifer Paarlberg*	1975	7.82	7.60	7.8204
Kim Kunch*	1987	7.82	7.60	7.8204
Sarah Sanford-Reinbold*	1981	7.84	7.62	7.84035

200 (* - 220 yds)	Year	Adj Time	Time	Conversion
Amanda Walker	1997	27.01		
Lisa Meeden*	1983	27.28	27.00	27.24
Melanie Schettler	2002	27.56		
Kate Peterson	1992	27.90		
Molly Kratz	2005	28.00		
Amy Jo Reinhart	1993	28.01		
Marta Grabowski	2005	28.03		
Danielle Walker*	1984	28.10	27.94	28.098278
Fran Lee	1998	28.31		
Kate Diedrich	2005	28.33		

400 (* - 440 yds)	Year	Adj Time	Time	Conversion
Camarin Bailey	2000	59.19		
Amanda Walker	1997	59.96		
Melanie Schettler	2002	1:01.18		
Danielle Walker	1985	1:01.70		
Brenda Bower*	1980	1:01.78	61.90	61.779588
Marta Grabowski	2005	1:01.81		
Kate Peterson	1992	1:02.14		
Lisa Meeden	1983	1:02.40		
Molly Kratz	2008	1:02.43		
Sara Boudouris	1997	1:02.49		

800 (* - 880 yds)	Year	Adj Time	Time	Conversion
Nicole Cueno	2001	2:19.10		
Jennifer Bishop*	1984	2:23.86	144.70	143.86074
Stephanie Walters	1996	2:24.22		
Leah Russell	2009	2:26.06		
Juliana Serafini	1999	2:26.44		
Sue Durkee*	1983	2:26.65	147.51	146.654442
Joanne Sackett	1987	2:28.01		
Frances Leslie	2008	2:28.73		
Laura Gould	1995	2:28.91		
Julia Carver*	1980	2:28.98	149.85	148.98087

1500 (* mile)	Year	Time
Nicole Cueno	2001	4:37.74
Rebecca Webel	1997	4:56.83
Shavaun Adams	1984	4:57.10
Juliana Serafini	1998	4:57.28
Stephanie Meleady	2001	4:59.34
Stephanie Walters	1996	4:59.53

Mile	Year	Time
Nicole Cueno	2002	4:49.80
Allison Louthan	2008	5:19.85
Stephanie Hitztaler	1996	5:21.68
Holly Killmer	1996	5:22.32
Julia Carver	1980	5:22.36
Christine Thorburn	1989	5:22.54
Becky Bessinger	2009	5:28.93
Emily Lynam	2007	5:38.40
Nora Colter	2007	5:39.20
Maja Gamble	2008	5:50.12

3000 (* - two-mile)	Year	Adj Time	Time	Conversion
Sarah Spencer	2007	10:12.36		
Nicole Cueno	2002	10:18.52		
Allison Louthan	2008	10:27.06		
Erin Booth	2004	10:35.98		
Shavaun Adams*	1985	10:40.35	687.00	640.3527
Andrea Straight*	1984	10:41.19	687.90	641.19159
Julia Carver	1980	10:42.20		
Stephanie Hitztaler	1996	10:42.30		
Christine Thorburn	1989	10:47.00		
Holly Killmer	1997	10:51.38		

5000 (* - three-mile)	Year	Time
Sarah Spencer	2007	17:36.88
Allison Louthan	2008	17:53.26
Erin Booth	2004	18:32.68
Katie Ryan	2007	18:44.45
Mary Parsons	2003	18:47.87
Liv Thorstenson	1994	18:57.04
Katie Converse	2001	19:05.69
Alison Nair	2001	19:06.89
Ruth-Hazel Mueller	1997	19:07.37
Meredith Groves	2005	19:14.39

55H (* - 60 yd hurdles)	Year	Adj Time	Time	Conversion
Danielle Walker*	1986	8.88	8.66	8.87775
Liza Brost	2007	9.52		
Anne Hollister	1991	9.60		
Rommany Chauthavong	1992	9.69		
Jennie Mescon	2004	9.71*		
Liz Welch	1995	9.76		
Margaret Klingele*	1980	9.76	9.54	9.75555
Meredith Good	1996	9.79		
Jennifer Bishop*	1984	9.96	9.74	9.95505
Christy Cloninger	2005	9.96		

4x200 (* - 880 yd relay)	Year	Time
	2000	1:51.85
	1998	1:52.28
	2005	1:52.56
	1997	1:52.74
	1986	1:53.40
	1996	1:53.42
	1987	1:53.60
	1999	1:53.75
	1992	1:53.96
	2004	1:54.94

4x400 (* - mile relay)

Year	Adj. Time	Time	Conversion
1997	4:09.27		
2000	4:12.16		
1996	4:14.18		
1998	4:14.41		
2005	4:18.63		
1999	4:19.12		
2008	4:21.04		
1983*	4:21.50	263.03	261.504426
1992*	4:23.33	264.87	263.333754
1993	4:24.63		

Sprint Medley

Year	Time
2000	4:15.93
2001	4:18.80
1999	4:22.97
2002	4:24.05
2005	4:28.84
2003	4:36.66
2004	4:37.18
2008	4:38.76
2007	4:41.17

Distance Medley

Year	Time
1997	12:54.14
2004	13:02.48
2005	13:00.58
2002	13:06.41
2001	13:07.29
2006	13:10.76
2007	13:27.03
2000	13:28.85
2008	13:39.64
2003	13:46.18

High Jump	Year	Height
Curran Johnson	2009	5' 1.25
Abby Green	1990	5' 1
Ellen Mangan	1984	5' 0
Mariah Hibarger	2002	5' 0
Sheryl Thedford	1983	4' 10
Meredith Ing	1997	4' 10
Camarin Bailey	1999	4' 9
Elizabeth Laine	1982	4' 8
Karen Drinkwater	1986	4' 8
Tina Ward	1996	4' 8

Long Jump	Year	Distance
Amanda Walker	1995	16' 10.5
Maria Stanislaw	2004	16' 1.5
Chris Lawson	1987	16' 0.75
Idelle Cooper	2001	15' 10.75
Laura Brodsky	1979	15' 10.5
Jennifer Paarlberg	1975	15' 8
Ellen Mangan	1985	15' 8
Ruth Pagani	1981	15' 6
Danielle Walker	1983	15' 5.75
Mary Jo Trepka	1983	15' 5.5
Barb Dufferin	1989	15' 5.5

Triple Jump	Year	Distance
Maria Stanislaw	2001	33' 9.5
Skye Langs	1998	32' 10.75
Kim Kuncel	1986	32' 7.25
Colbey Chang	1993	31' 10
Chris Lawson	1984	31' 10
Kristen Richert	1987	31' 6.5
Betsy Root	2004	31' 2
Lisa Meeden	1985	31' 0.75
Maggie Kamraczewski	2008	30' 2.25
Liz Ehlinger	2006	30' 0.5

Pole Vault	Year	Height
Anna Gilbert	2006	11'2
Idelle Cooper	2001	10' 2
Tammy Baker	2001	10' 0
Maria Stanislaw	2004	10' 0
Kelly Brock	2002	9' 8.5
Christy Cloninger	2007	8' 11
Sachi Graber	2009	8' 6.25
Cassandra Sims	2007	8' 00.50
Julie Ault	2006	7' 11.50

Shot Put	Year	Distance
Veronika Platzner	1985	44' 6.75
Katie Barlett	2006	41' 10.75
Lura Barber	2001	36' 10.5
Sheryl Thedford	1983	36' 8
Alison Ecker	2006	35' 7.75
Daria Terrebonne	1998	33' 8.5
Amy Amabile	1984	33' 2.5
Beth Sauerhaft	1985	32' 10
Angela Onwuachi	1994	32'3.5
Karen Ellison	1980	32' 2.75

Weight Throw	Year	Distance
Renae Youngs	2005	40' 6.75
Caitlin Shannon	2006	39' 3
Katie Bartlett	2006	38' 5.50
Daria Terrebonne	1998	37' 4.5
Lura Barber	2001	32' 7.25
Sarah Freeman	2009	31' 6
Holly Lutwitze	2006	26' 10.50
Leah Ray	1998	18' 8